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THE PROPHECIC VOICE

A G U I D E
T O
P R A Y E R
A N D
F A S T I N G



Year Of The Supernatural

Fasting & Prayer

A GUIDE ON THE SPIRITUAL JOURNEY OF FASTING AND PRAYER

Anna the prophetess spent time with God continually day and night, even at times forgetting to eat, drink or sleep not once or twice but for decades.

Biblical Basis

The bible has a great deal to say about fasting, including commands to fast.

Jesus taught His disciples about fasting. It was expected that they would fast.

(Matthew 6:16-18)

What is fasting?

- It is abstaining from food for a period of time in order to commit oneself to prayers
- It is intentionally making a commitment to deny the natural self, in order to feed the spiritual self.
- It is dedicating a period of time to devote oneself to commune with God without food

Fasting in its true sense, turns our hearts to the direction of God. You might think of Paul's critical remarks (Philippians 3:17-19) on the 'enemies of the cross of Christ' of whom he says that their god is the belly. The point here is that we remain permanently in danger of drifting into putting at the centre of our lives that which is not of God. It can be a powerful statement of who and what God really means to us. The point is that nothing should take the place of God in our lives otherwise such a thing becomes an idol.

Anna the prophetess spent time with God continually day and night, even at times forgetting to eat, drink or sleep not once or twice but for decades. She channeled her loss, disappointments and pain into seeking and praising of the Almighty God all the way through.

Moses also fasted when communing with God on Mount Sinai as captured in the sacred text:

"So he was there with the Lord forty days and forty nights; he neither ate bread nor drank water... Exodus 34:28 NKJV.

It could have been this experience along with God's provision of manna in

"So he was there with the Lord forty days and forty nights; he neither ate bread nor drank water... Exodus 34:28 NKJV."

Fasting & Prayer





A Guide To Fasting

FASTING DEMONSTRATES DEPENDENCE ON
GOD. WE RECOGNISE THAT WE NEED GOD
MORE THAN OUR VERY BASIC HUMAN NEEDS
(FOOD, WATER, CLOTHING, SHELTER, ETC.)



the wilderness that prompted him to declare: that man shall not live by bread alone; but man lives by every word that proceeds from the mouth of the Lord' Deuteronomy 8:3 NKJV.

We need to keep this above scripture in mind as we fast. Fasting demonstrates dependence on God. We recognize that we need God more than our very basic human needs (food, water, cloths shelter , etc.) required for survival in the physical realm. Jesus reminds us: "I am the wine, you are the branches. He who abides in me, and I in him, bears much fruit; for without me you can do nothing." John 15:5 NKJV.

Apart from God, we can do nothing and we are nothing. God is our lifeline, and in Christ,

we can live life to the fullest. As you seek God's face by prayer and fasting, I encourage you to set time aside to do the following:

1. Pray
2. Study the Word
3. Meditate on the Word, and
4. Listen as He speaks (see details in page 6).

Allow this experience to draw you closer to God as you tell Him you recognize He is all you need.

MAIN SCRIPTURE

"Now there was one, Anna, a prophetess, the daughter of Phanuel, of the tribe of Asher. She was of a great age, and had lived with a husband seven years from her virginity; and this woman was a widow of about eighty-four years, who did not depart from the temple, but served God with fasting and prayers night and day. And coming in that instant she gave thanks to the Lord, and spoke of Him to all those who looked for redemption in Jerusalem.

Luke 2:36-38 NKJV.

Anna's fasting and prayers were considered as an expression of her continuous service to God. She felt the need and burden to partner with God concerning the coming of the promised Redeemer (Micah 5:1-4).

Four Types of Fasting

"EVEN NOW," SAYS THE LORD, "RETURN TO ME WITH ALL YOUR HEART, WITH FASTING AND WEeping AND MOURNING."
- JOEL 2:12



4 TYPES OF FAST

1 PARTIAL FAST

This type of fast generally refers to omitting a specific meal from your diet or refraining from certain types of foods. Daniel 1:12; 10:2-31

2

2 FULL FAST

This fast is complete. It requires abstaining from any form of food and drink. Esther 4:15-16; Acts 9:9]

4

1

3 REGULAR FAST

It is refraining from eating all kinds of food. Most people still drink water during a regular fast.

Luke 4:1-21

3

4 SEXUAL FAST

Couples agree to avoid sex for the purpose of seeking God in prayer and fasting for a specific time frame.

1 Corinthians 7:3-6



2022 - YEAR OF THE SUPERNATURAL

READ THE WORD
Meditate
PRAY

A GUIDE TO
PRAYER
AND
FASTING
FOR 2022

5 Requirements Of Fasting

When you fast, do not look somber as the hypocrites do, for they disfigure their faces to show others they are fasting. Truly I tell you, they have received their reward in full. But when you fast, put oil on your head and wash your face, so that it will not be obvious to others that you are fasting, but only to your Father, who is unseen; and your Father, who sees what is done in secret, will reward you.” Matthew 6:16-18



1

FASTING DEMANDS
PRAYER



2

FASTING DEMANDS
READING THE BIBLE



FASTING DEMANDS
ABSTAINING FROM
SOCIAL
ENGAGEMENTS



FASTING DEMANDS
MEDITATION

4

FASTING DEMANDS
LISTENING TO
WHAT GOD IS
SAYING TO YOU

5

3

...where for forty days he was tempted by the devil. He ate nothing during those days, and at the end of them, He was hungry. The devil said to him, "if you're the Son of God, tell this stone to become bread." Jesus answered, "It is written: 'Man shall not live on bread alone'" - Luke 4:2-4 ”

Benefits Of Fasting

10

1. Enhances Intimacy with God (Exodus 34:28)
2. Increases your spiritual capacity (Exodus 34:2)
3. Answers to prayer (Ezra 8:21-2)
4. Total freedom: spirit, soul and body (Isaiah 58:6)
5. Heightens your spiritual sensitivity (Acts 10:3)
6. It brings reward (Matthew 6:17-18)
7. Protection (Esther 4:16)
8. It brings clarity of purpose and direction (Acts 13:2)
9. It averts disaster (1 Kings 21:25-29; Jonah 3:5-10)
10. It causes your light to shine (Isaiah 58:8)

Recommended While Fasting

- Take water at least 8 glasses a day at room temperature.
- You can chew gum during the fast, but avoid candies
- The last three days of fast if you become weak add honey to warm water and you can sip

Not Recommended

- If you are on medication, you may avoid the fast
- If you are pregnant you may avoid the fast.
- When breaking the fast-NO JUICES WITH ACIDS ORANGE, PINEAPPLE ETC.
- When breaking the fast-NO SOLID FOOD, START WITH SOUP, VEGETABLES, FRUITS BEFORE SOLID FOOD

Daily Fasting Guide

HELPFUL BIBLE VERSES AND GUIDED PRAYER



Morning

Seeking the face of God

"When You said, "Seek My face," My heart said to You, "your face, Lord, I will seek." (Psalm 27:8) NKJV

"As for me, I will see Your face in righteousness; I shall be satisfied when I awake in Your likeness. (Psalm 17:15) NKJV

*"As the deer pants for the water brooks, So pants my soul for You, O. God. My soul thirsts for God, for the living God. When shall I come and appear before God? **b**" (Psalm 42:1-2) NKJV*

"How lovely is Your tabernacle, O. Lord of hosts! My soul longs, yes, even faints For the courts of the Lord; My heart and my flesh cry out for the living God." (Psalm 84:1-2) NKJV

Prayer

- *Worship Him in psalms, songs and words.*
- *Pray for a greater desire to know more of God and Passion for the Lord.*
- *Pray to be sensitive to Jesus Christ.*
- *Prayers for deliverance*



Afternoon

Seeking the favour of God

"You intended to harm me, but God intended it all for good. He brought me to this position so I could save the lives of many people. - (Genesis 50:20) NLT

"For You, O. Lord, will bless the righteous; With favor You will surround him as with a shield." (Psalm 5:12) NKJV

"And may the Lord our God show us his approval and make our efforts

successful. Yes, make our efforts successful!" **(Psalm 90:17) NLT**

"For the Lord God is a sun and shield; The Lord will give grace and glory; No good thing will He withhold From those who walk uprightly." **(Psalm 84:11) NKJV**

Prayer

- Pray that whatever the enemy intended to harm you with, let the Lord turn it for your good. Decree the grace of Joseph is your portion
- Pray and declare your life will attract favor.
- Pray that God will crown your efforts with uncommon success.
- Pray in this season the Lord will grant you access to the hidden treasures of this land. Decree you are a candidate of Divine Abundance.



Evening

Testifying of the goodness of God

"And coming in that instant she gave thanks to the Lord, and spoke of Him to all those who looked for redemption in Jerusalem." **(Luke 2:38) NKJV**

"Oh, give thanks to the Lord, for He is good! For His mercy endures forever. Let the redeemed of the Lord say so, Whom He has redeemed from the hand of the enemy;" **(Psalm**

107:1-2) NKJV

"He sent His word and healed them, And delivered them from their destructions. Oh, that men would give thanks to the Lord for His goodness, And for His wonderful works to the children of men!" **(Psalm 107:20-21) NKJV**

One of them, when he saw he was healed, came back, praising God in a loud voice. He threw himself at Jesus' feet and thanked him—and he was a Samaritan.

Jesus asked, "Were not all ten cleansed? Where are the other nine? 18 Has no one returned to give praise to God except this foreigner?" Then he said to him, "Rise and go; your faith has made you well." **Luke 17:15-19 NIV**

"Then our mouth was filled with laughter, And our tongue with singing. Then they said among the nations, "The Lord has done great things for them." **(Psalms 126:2) NKJV**

Prayer

- Prayer of thanksgiving for your salvation. If you are not saved. Refer to page 16 and say the sinners prayer. After saying this prayer, thank God for being saved.
- Proclaim your deliverance from the enemy according to (Psalm 107:2; 91:3)
- Proclaim your healing body, soul and spirit] (Isaiah 53:5; 3 John 2)
- Decree the healing, deliverance and salvation of your love ones and neighbors.
- Decree they will be open to the Gospel.
- Declare the removal and destruction of the veil of ignorance and darkness of the mind (2 Corinthians 3:16, 4:4; John 12:31)
- Declare it is the season of testifying of the goodness of God in songs, words and deeds.

Psalm 91



He who dwells in the secret place of the Most High Shall abide under the shadow of the Almighty.

I will say of the Lord, "He is my refuge and my fortress; My God, in Him I will trust."

Surely He shall deliver you from the snare of the fowler And from the perilous pestilence.

He shall cover you with His feathers, And under His wings you shall take refuge; His truth shall be your shield and buckler. You shall not be afraid of the terror by night, Nor of the arrow that flies by day,

Nor of the pestilence that walks in darkness, Nor of the destruction that lays waste at noonday. A thousand may fall at your side, And ten thousand at your right hand; But it shall not come near you.

Only with your eyes shall you look, And see the reward of the wicked. Because you have made the Lord, who is my refuge, Even the Most High, your dwelling place, No evil shall befall you, Nor shall any plague come near your dwelling; For He shall give His angels charge over you, To keep you in all your ways. In their hands they shall bear you up, Lest you dash your foot against a stone. You shall tread upon the lion and the cobra, The young lion and the serpent you shall trample under foot.

"Because he has set his love upon Me, therefore I will deliver him; I will set him on high, because he has known My name. He shall call upon Me, and I will answer him; I will be with him in trouble; I will deliver him and honor him. With long life I will satisfy him, And show him My salvation.

Jewish Prayer

Help me O. Lord, to labour for the joys of others. Help me to spread happiness as I go, and to have a gentle heart for suffering.

Help me to be charitable in thoughts as well as in deed.

Help me to be just and patient and forgiving to all.

Help me to speak the word of peace to him that is far off as well as to him that is near.

Give me strength to perform Israel's mission, to set an example of righteousness and purity, and to



be a witness before the world of Thine everlasting love.

To Thee my spirit I consign; Asleep, awake, I do not fear; My body, too, I do resign; Thou, Lord, my hope, art ever near.

**Rejoice always, 17
pray continually, 18
give thanks in all
circumstances; for
this is God's will for
you in Christ Jesus.
- 1 Thessalonians
5:16-18**



Tips for Prayer and Fasting in 2022



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Accepting *JESUS*

As Your Personal Lord and Saviour

*If you want Jesus Christ to be your Lord and Personal Saviour...
You May Say The following Prayer:*

Heavenly Father,

I come to you in prayer asking for the forgiveness Of my sins. I confess with my mouth and believe with my heart that Jesus Christ is your son, And that He died on the Cross at Calvary that I might be forgiven and have eternal Life in the Kingdom of Heaven.

Father, I believe that Jesus rose from death and I ask you right now to come in to my life and be my Personal Lord and Saviour.

I repent of my sins and will worship you all the days Of my Life.

Because your word is truth, I confess with my mouth that I am born again and cleansed by the Blood of Jesus!

In Jesus name I pray with thanksgiving.