



Strength to Fast

30 DAYS OF PRAYER
AND FASTING

Before Starting Your Fast

We are fasting for 30 days 30 minutes a day (set aside lunch or the whole day) from June 21, 2019 to July 20, 2019

The directions will incorporate two days at a time filled with scripture, prayer, and praise.

Research your own scripture or use verses we have included.

The goal for the next 30 days of prayer and fasting: Revelation & knowledge to deepen our relationship with YAHWEH!

Why Should I Fast? To experience transformation and revival for your spirit man.

Spiritual Preparation- Pray and seek God's wisdom and His direction regarding your fast.

Physical Preparation - Seek your doctor making sure your body can handle fasting. Ask your doctor about removing toxins from your body.

Types of Fasting. Which one is best suited for you?

Partial Fast - abstain from food for a set time; eat a simple meal of bread & water; sacrifice a certain food.

Daniel Fast - abstains from delicacies, meats, focus on fresh foods such as fruits and vegetables.

No Food Fast - abstains from all food, including milk (protein) and only drinks liquids and water.

Water Only Fast - abstains from everything except water.

Absolute/Supernatural Fast - This fast involves abstaining from any food or liquids, including water.

Restoration ASAP Ministries Inc. selected the Absolute/Supernatural Fast for the 1st 3 days June 21-23, 2019.

Next, we will proceed to Water Only Fast. We will end our fast by incorporating the Daniel Fast the last week of our fast.

Absolute/Supernatural Fast chosen by both Moses and Jesus "Carriers of God's Word." demonstrated.

Be encouraged and read biblical accounts regarding 40 Days of Fasting. **Moses** - Exodus 34:28 **Jesus** - Luke 4:1

May God continually strengthen you,

I am Diana G

Be A Carrier of God's Word One Day At A Time

Day 1-2 Praise Psalm 100:4 - Enter into his gates with thanksgiving, and into his courts with praise: be thankful unto him, and bless his name.

Day 3-4 Identity Genesis 1:27 - So God created man in his *own* image, in the image of God created he him; male and female created he them. Galatians 5:1 Stand fast therefore in the liberty wherewith Christ hath made us free, and be not entangled again with the yoke of bondage.

Day 5-6 Examine Yourself - *Psalm 51 Entire Chapter*

Day 7-8 Forgiveness 1 John 1:8-9 - If we say that we have no sin, we deceive ourselves, and the truth is not in us. If we confess our sins, he is faithful and just to forgive us our sins, and to cleanse us from all unrighteousness. Day 9-10 Peace Matthew 5:9 - Blessed are the peacemakers: for they shall be called the children of God. Day 11-12 Guidance Psalm 139:24 - And see if there be any wicked way in me, and lead me in the way everlasting.

Day 13-14 Finances Deuteronomy 8:18 - But you shall remember the LORD your God, for it is He who is giving you power to make wealth, that He may confirm His covenant which He swore to your fathers, as it is this day *Ecclesiastes 5:19* - Every man also to whom God hath given riches and wealth, and hath given him power to eat thereof, and to take his portion, and to rejoice in his labor; this is the gift of God.

Day 15-16 Vision Psalm 119:18 - Open thou mine eyes, that I may behold wondrous things out of thy law. *Habakkuk 2:2* - And the Lord answered me, and said, Write the vision, and make it plain upon tables, that he may run that readeth it.

Be A Carrier of God's Word One Day At A Time

Day 17-18 Submission *Philippians 2:5-6* - Let this mind be in you which was also in Christ Jesus, who being in the form of God, did not consider it robbery to be equal with God

Day 19-20 Humility *Proverbs 22:4* - By humility *and* the fear of the LORD *Are* riches and honor and life.

Day 21-22 Obedience *1 Peter 5:5* - Likewise you younger people, submit yourselves to *your* elders. Yes, all of *you* be submissive to one another, and be clothed with humility, for God resists the proud, But gives grace to the humble. *Hebrews 13:17* - Obey them that have the rule over you, and submit yourselves: for they watch for your souls, as they that must give account, that they may do it with joy, and not with grief: for that is unprofitable for you.

Day 23-24 Healing *Matthew 15:27-28* - And she said, "Yes, Lord, yet even the little dogs eat the crumbs which fall from their masters' table." Then Jesus answered and said to her, "O woman, great *is* your faith! Let it be to you as you desire." And her daughter was healed from that very hour. *Jeremiah 33:6* - Behold, I will bring it health and healing; I will heal them and reveal to them the abundance of peace and truth. *James 5:13-16* - Is any among you afflicted? let him pray. Is any merry? let him sing psalms. Is any sick among you? let him call for the elders of the church; and let them pray over him, anointing him with oil in the name of the Lord: And the prayer of faith shall save the sick, and the Lord shall raise him up; and if he have committed sins, they shall be forgiven him.

Confess your faults one to another, and pray one for another, that ye may be healed. The effectual fervent prayer of a righteous man availeth much.

Be A Carrier of God's Word One Day At A Time

Day 25-26 Love – *1 John 4:8* - He that loveth not knoweth not God; for God is love

Mark 12:30-31 - And you shall love the LORD your God with all your heart, with all your soul, with all your mind, and with all your strength.' This *is* the first commandment. ³¹ And the second, like *it, is* this: 'You shall love your neighbor as yourself.' There is no other commandment greater than these."

Day 27-28 Protection - *Psalms 18:30* As for God, his way is perfect: the word of the LORD is tried: he is a buckler to all those that trust in him. *Psalms 34:22* - The LORD redeemeth the soul of his servants: and none of them that trust in him shall be desolate. *Romans 8:38-39* - For I am persuaded, that neither death, nor life, nor angels, nor principalities, nor powers, nor things present, nor things to come, Nor height, nor depth, nor any other creature, shall be able to separate us from the love of God, which is in Christ Jesus our Lord.

Day 29-30 Stability – *Psalms 89:2* - For I have said, Mercy shall be built up for ever: thy faithfulness shalt thou establish in the very heavens. *Hebrews 6:18-20* - Which hope we have as an anchor of the soul, both sure and stedfast, and which entereth into that within the veil; Whither the forerunner is for us entered, even Jesus, made an high priest for ever after the order of Melchisedec.

Galatians 5:1 - Stand fast therefore in the liberty wherewith Christ hath made us free, and be not entangled again with the yoke of bondage.