

21

21 DAYS OF

PRAYER & FASTING



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TWENTY-TWENTY-FIVE

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We are rooted in relentlessly pursuing the heart of God through strategic, intercessory prayer. We know that God releases His power in all areas of our lives when we have dedicated and fervent prayer! For this reason, January has been designated as “Prayer and Fasting Month” for the entire Lord of Hosts Church family. We believe corporate prayer ushers in spiritual unity and alignment with the Spirit of the Lord for the new year, which has been prophetically declared to be the Year of Twenty-Twenty FREE. Your participation in these corporate times of prayer will help us further the vision of Lord of Hosts Church during this Decade of Difference!

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TWENTY-TWENTY FREE DECLARATION

We decree that 2023 is our year to walk in liberty and freedom!

We prophesy, that we are free from the shackles and strongholds of the past.

We say that the harsh season of struggles, bondages, hardships and pain, is replaced by a new season of goodness and peace.

We break the power of all demonic activity that would come to bind us, or imprison us with evil, in Jesus' name!

We remove our attention from the activities of the wicked, and we place our focus on God's agenda.

We expect this year to be crowned with the goodness of God!

Our paths shall overflow with blessings.

We seal 2023 as a year of deliverance, and we call it Twenty-Twenty FREE In Jesus' Name! Amen!



THE PURPOSE OF FASTING

Isaiah 58:6-9 says, "Is not this the fast that I have chosen? To loose the bands of wickedness, To undo the heavy burdens, and to let the oppressed go free, and that ye break every yoke? Is it not to deal thy bread to the hungry, and that thou bring the poor that are cast out to thy house? when thou seest the naked, that thou cover him; and that thou hide not thyself from thine own flesh? Then shall thy light break forth as the morning, and thine health shall spring forth speedily: and thy righteousness shall go before thee; the glory of the LORD shall be thy rereward. Then shalt thou call, and the LORD shall answer; thou shalt cry, and he shall say, Here I am. If thou take away from the midst of thee the yoke, the putting forth of the finger, and speaking vanity."

FASTING HAS FOUR MAIN PURPOSES IN THE ABOVE VERSES:

1. To loose the bondage of wickedness in your life
2. To undo and remove heavy burdens
3. Free you from the oppression from the devil
4. Break yokes or restraints, particularly things that draw you into unholiness

From these verses we can see that fasting does not change God, but instead **FASTING CHANGES YOU**. Fasting helps us to pull our focus away from our fleshy desires, and place them upon the Lord for a special and designated period of time for the purpose of lasting results. Fasting is not an end in itself. In other words, fasting alone will not bring results. It is not some magic wand, but it is for the purpose of causing your flesh to submit to the Word of God and prepare you to receive.

THREE KEY COMMANDMENTS TO FOLLOW

1

GIVE TO THE POOR.

A key spiritual principle that the Bible gives is for us to **“deal our bread to the hungry.”** We can take the food we might have eaten during the time of fasting and give it to those in need.

2

INCREASED TIME DEVOTED TO PRAYER.

“Then shalt thou CALL”; fasting and prayer should work together. You can have prayer without fasting, but you cannot have fasting without prayer. Remember: Fasting goes with prayer, not prayer with fasting. Other Scriptures are: *Acts 10:30, Acts 13:2-3, Acts 14:23, Ezra 8:21-23, Judges 20:26, 2 Chronicles 20:3-4, Joel 1:14, and Joel 2:15-17.*

3

STOP ANY UNHOLY WAY OF LIFESTYLE.

“Take away from the midst of thee the yoke, the putting forth of the finger (STRIFE), and speaking vanity (USELESS OR EVIL WORDS).”

HOW FASTING WAS INCORPORATED IN JESUS' MINISTRY

MATTHEW 4:1-2

Then was Jesus led up of the Spirit into the wilderness to be tempted of the devil. And when he had fasted forty days and forty nights, he was afterward and hungered.

MATTHEW 6:16-18

Moreover when ye fast, be not, as the hypocrites, of a sad countenance: for they disfigure their faces, that they may appear unto men to fast. Verily I say unto you, They have their reward. But thou, when thou fastest, anoint thine head, and wash thy face; that thou appear not unto men to fast, but unto thy Father which is in secret: and thy Father, which seeth in secret, shall reward thee openly.

Don't look sad so your fasting may be seen by others. The reward for fasting is not to be seen by others. But when you fast, be joyful and refreshed. This is so your fasting won't be noticed by others. What you do in secret, God will reward you for openly.

MATTHEW 9:14

Then came to him the disciples of John, saying, Why do we and the Pharisees fast oft, but thy disciples fast not? And Jesus said unto them, Can the children of the bridechamber mourn, as long as the bridegroom is with them? but the days will come, when the bridegroom shall be taken from them, and then shall they fast.

See also *Mark 2:18-22, Luke 5:33.*

Jesus is stating that fasting would be a practice when he departed back to heaven. This is why fasting was, and is, practiced in the New Testament church.

HOW FASTING APPLIES TO THE NEW TESTAMENT CHURCH

ACTS 10:30

And Cornelius said, Four days ago I was fasting until this hour; and at the ninth hour I prayed in my house, and, behold, a man stood before me in bright clothing.

- He fasted four days. His fasting was coupled with prayer. Fasting and prayer opened the door to the supernatural.

ACTS 13:2-3

As they ministered to the Lord, and fasted, the Holy Ghost said, Separate me Barnabas and Saul for the work whereunto I have called them. And when they had fasted and prayed, and laid their hands on them, they sent them away.

- Fasting was coupled with ministering to the Lord. This opened the door to the supernatural word of the Holy Spirit.

ACTS 14:23

And when they had ordained them elders in every church, and had prayed with fasting, they commended them to the Lord, on whom they believed.

- When elders were ordained into the church, there was fasting and prayer that went forth.

TYPES OF BIBLICAL FASTING

The Bible does not give any particular set way or length for fasting.

1. COMPLETE FASTS

No food or no food AND water. Commonly one day.

2. PARTIAL FASTS

Daniel ate no pleasant bread for 21 days. No pleasant bread might include one or more of the following:

1. Just bread/plain crackers and/or juice and water
2. Just a broth or type of soup
3. Eliminating all sweets, junk food or “pleasurable” foods (probable)
4. Choosing only a limited and healthful diet (maybe limit some dairy products)
5. Dietary supplements or shakes may be useful.
6. Skipping perhaps one meal per day
7. Most beverages should be limited to water or 100 percent juice. Be sure to get plenty of fluids and get plenty of sleep. More sleep and rest is needed during a fast.

Rather than long periods of fasting, the Bible encourages regular fasting. This is living a “fasted life.” In fact, the Bible doesn’t teach long fasts at all. Longer fasts are more than likely to fall under the category of Partial Fasts, especially if a regular or semi-normal work schedule is kept.

NOTE: Pregnant or nursing mothers, as well as those with other certain health conditions, should only consider minimal fasts under the Partial Fasts category such as Point 3 or Point 4. This is a suggestion only and is in no way medical advice; please see your medical professional if you have questions.

3. SUPERNATURAL FASTS

Jesus and Moses fasted 40 days without any food at all. And they only did it once. Very few will ever be called to this type of fast. Serious health conditions could result without the supernatural work of the Holy Spirit.

4. OTHER FASTS

While the Bible generally speaks of food fasts, you could also consider fasting activities such as TV or other similar activities; however, these should be considered regardless in the endeavor to devote to special times of increased prayer and Bible reading.

When choosing the perimeters of your tailor-made fast, be sure to consider your health level, work environment etc.. Decide how you will fast each day ahead of time and stick to it. Write down your plan. Planning ahead will help you maintain your fast. Realize that the first few days are the most challenging.

BIBLICAL EXAMPLES OF BENEFITS OF PRAYER AND FASTING

REPENTANCE AND RESTORATION

- The people were instructed to fast and weep as they repented. They were to rend their hearts (*Joel 2:12-17*).

ENCOURAGES CHARACTER-BUILDING AND HOLINESS

- God desires that fasting will cause you to give food to the hungry, take in the poor, cover the naked, care properly, and be responsible for your family (*Isaiah 58:1-7*).

FOR INTERCESSION

- David afflicted his soul with fasting for his enemies when they were sick (*Psalms 35:13*).

DIRECTION AND GUIDANCE

- God directed the sending out of Saul and Barnabas (*Acts 13:2-3*).
- They sought God for a right way of direction (*Ezra 8:21-23*).

DELIVERANCE AND PROTECTION

- Prayer and fasting is required in casting out demons (*Matthew 17:21*).
- Judah was delivered from their enemies when they fasted and sought the Lord (*2 Chronicles 20*).
- Fasting loosens the bands of wickedness, undoes heavy burdens, lets the oppressed go free, and breaks every yoke (*Isaiah 58:6*).
- The glory of the Lord shall be your rearguard (*Isaiah 58:8-9*).

OPENS THE DOOR TO THE GLORY OF GOD

- Cornelius spoke with an angel. Fasting will open the door to the supernatural (*Acts 10:30*).

STEPS TO HELP YOU BEGIN YOUR FAST

1

DECIDE THE PURPOSE AND NATURE OF THE FAST.

What do you want to accomplish?

2

PROCLAIM THE FAST BEFORE THE LORD.

State when you will start and finish. Begin with a declaration before the Lord that you have called this as the time of fasting. You may want to receive communion.

3

BELIEVE THAT YOU RECEIVE THE REWARD OF FASTING.

Thank God for it throughout the fast (*Matthew 6:18*).

4

WORSHIP THE LORD DURING THE FAST.

Worship is always important in our receiving from the Lord (*Acts 13*).

5

ELIMINATE AS MANY THINGS AS POSSIBLE FROM YOUR SCHEDULE.

Seek the Lord, and include your children in the fast. While children cannot “fast” their foods in the way adults can, they can give up certain toys, events, or candy etc..

PRAYER TOPICS

In order to further the vision at Lord of Hosts Church, and for the continued release of God's power in OUR lives during this Decade of Difference, please join us for our designated PRAYER and FASTING MONTH.

DURING THE MONTH OF JANUARY, PRAY AND FAST FOR:

2023

- In the Decade of Difference, and in 2023, the Year of Freedom, shout an unashamed cry! Declare rest, refreshing, and renewal!
- Declare things that have been stolen by the enemy to be restored. Ask God to restore to us a great awakening, and for global freedom to sweep across the nations of the earth.
- Pray about the exposure of the 2020 Election, and for integrity in future elections. Remember, Heaven is listening!

UNITED STATES

- Speak that we reclaim our schools, our freedom, and our country! Pray for continued momentum in this fight, and for renewed strength and vigor for all who stand.
- Pray for the Spirit of Truth to take over and outweigh the lies that have been dominating our country.
- Pray for divine conviction to fall upon the Supreme Court Justices, and that the fear of the LORD will cause them to uphold justice for the nation.

LORD OF HOSTS CHURCH

- Pray for funds and the construction schedule for the new auditorium and expansion project.
- Declare souls saved — call in the hurting, the hungry, and the remnant.
- Speak signs, wonders, miracles, and healings manifest through our services and events.
- Pray for supernatural, explosive growth of the church. Decree we are 1,000 members strong.

FAMILIES OF LOH AND THE STAFF

- Pray for health, long life, and protection. We are stepping into the greatest victories of our lives!
- Declare the blood of Jesus over us, and release heavenly angels to protect us.
- Speak blessings and favor over us. Declare we are a people who love righteousness and hate iniquity, a righteous and holy people.

CITIES OF OMAHA, LINCOLN AND SURROUNDING COMMUNITIES

- Pray for safety and peace in our city; protection and divine health for city officials, first responders, as well as essential and front-line health care workers!
- Declare our cities and surrounding communities as cities of God and righteousness!
- Pray the biblical authority of parents over their children's education will be affirmed.

MEDIA — OVTV

- Pray for supernatural favor with media and those who participate online.
- Speak that the New Level, Daily Decree, and Gamechangers tapings continue in the Spirit of excellence, from production to airing.
- Pray for One Voice TV future programs and programmers.

ONE VOICE MINISTRIES

- Pray for new doors to open with the use of our new studio, including media and television.
- Call for new key covenant relationships to be fostered.
- Declare signs, wonders, miracles and healings at conferences — accurate prophetic words.
- Pray that Pastors' books will be best sellers and translated into other languages.
- Speak favor over the automation of the Captain Zepto Comic Series, and every need met.

BIBLE VERSES

Scriptures for our prayer and fasting month

Then He brought us out from there, that He might bring us in, to give us the land of which He swore to our fathers. **(Deuteronomy 6:23)**

Surely the Lord God does nothing, Unless He reveals His secret to His servants the prophets. **(Amos 3:7)**

Believe in the Lord your God, and you shall be established; believe His prophets, and you shall prosper. **(2 Chronicles 20:20)**

I will raise up for them a Prophet like you from among their brethren, and will put My words in His mouth, and He shall speak to them all that I command Him. **(Deuteronomy 18:18)**

The people walking in darkness have seen a great light; on those living in the land of deep darkness a light has dawned. **(Isaiah 9:2)**

When the Spirit of truth comes, he will guide you into all the truth, for he will not speak on his own authority, but whatever he hears he will speak, and he will declare to you the things that are to come. **(John 16:13)**

And it came to pass, at the time of the offering of the evening sacrifice, that Elijah the prophet came near and said, "Lord God of Abraham, Isaac, and Israel, let it be known this day that You are God in Israel and I am Your servant, and that I have done all these things at Your word. Hear me, O Lord, hear me, that this people may know that You are the Lord God, and that You have turned their hearts back to You again." Then the fire of the Lord fell and consumed the burnt sacrifice, and the wood and the stones and the dust, and it licked up the water that was in the trench. Now when all the people saw it, they fell on their faces; and they said, "The Lord, He is God! The Lord, He is God!" And Elijah said to them, "Seize the prophets of Baal! Do not let one of them escape!" So they seized them; and Elijah brought them down to the Brook Kishon and executed them there. **(1 Kings 18:36-40)**

You shall not be terrified of them; for the Lord your God, the great and awesome God, is among you. And the Lord your God will drive out those nations before you little by little; you will be unable to destroy them at once, lest the beasts of the field become too numerous for you. But the Lord your God will deliver them over to you, and will inflict defeat upon them until they are destroyed. **(Deuteronomy 7:21-23)**

PRAYER SCHEDULE

The following sessions will be led by a designated LOH A.S.K. Prayer Leader. No childcare will be provided. LOH members, and non-members, are invited to attend any of these sessions.

SUNDAYS

JAN. 8, 15, 22, AND 29

- 8:00am to 8:30am
Group Prayer in Schell Chapel

MONDAYS

JAN. 9, 16, 23

- 6:30pm to 7:30pm
Group Prayer in Schell Chapel and
Promise Kids Chapel

TUESDAYS

JAN. 10, 17, AND 24

- 10:30am to 11:30am
Group Prayer in Schell Chapel

WEDNESDAYS

JAN. 11, 18, AND 25

- 12:15pm to 1:00pm
Group Prayer in Schell Chapel

THURSDAYS

JAN. 12, 19, AND 26

- 6:30pm to 7:30pm
Group Prayer in Promise Kids Red
Room and Promise Kids Chapel
- 7:00pm to 8:00pm
Group Prayer in Promise Kids Orange
Room

FRIDAYS

JAN. 20

- 7:00pm to 8:00pm
2:42 Group Leaders in main auditorium

CONTACT US

STAY CONNECTED

To stay up to date on everything happening at Lord of Hosts, visit our website and follow us on social media.



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