



Pastor Grace DeCuir

40 DAYS OF PRAYER & FASTING! 40 DAYS OF CLARITY!

**MONDAY, SEPTEMBER 26th – 6am thru
SATURDAY, NOVEMBER 5, 2022 - 12 Noon**



40 Days of Clarity (clear and easy understanding)

September 26th - October 2nd - First 7 days of Asking, Seeking, Knocking

Begin the fast with a repentant heart. In your prayers, confess not only obvious sins, but less obvious ones as well. Acknowledge the sins of omission (the right actions you haven't taken) as well as the sins of commission (the wrong things you've done).

Psalm 51 :1 God, be merciful [gracious] to me because you are loving [according to your love/loyalty]. Because you are always ready to be merciful [According to your abundant compassion], wipe [blot] out all my wrongs [transgressions]. 2 Wash away [me thoroughly from] all my guilt and make me clean again [from my sin].

Matthew 7: 7 "Ask [Keep asking], and God will give [it will be given; the passive verb implies God as subject] to you. Search [Seek; Keep seeking], and you will find. Knock [Keep knocking], and the door will open for you. 8 Yes, [For; Because] everyone who asks will receive. Everyone who searches [seeks] will find. And everyone who knocks will have the door opened. (EXB)

The purpose of a biblical fast is not to lose weight, but rather to gain deeper fellowship with God. Anyone can fast, but some may not be able to fast from food (diabetics, for example). Everyone can temporarily give up something in order to draw closer to God. Fasting is not a way to get God to do what we want. Fasting changes us, not God. Fasting is not a way to appear more spiritual than others. Fasting is to be done in a spirit of humility and a joyful attitude.

Matthew 6: 16 "When you fast [giving up eating for spiritual purposes], don't put on a sad [gloomy; somber] face like the hypocrites. They make their faces look sad [disheveled; disfigured; unattractive] to show people they are fasting. I tell you the truth, those hypocrites already have their full reward [EXB].

Prayer and fasting should not be a burden or a duty, but rather a celebration of God's goodness and mercy to His children. Fasting is taking your focus off of the things of this world in order to focus more on the things of God. Fasting can thus be a means of growing closer to God. It is good to examine your motives for fasting. Fasting is not about manipulating God. Fasting will not cause God to do something that is outside of His will. Fasting is about changing yourself to be in agreement with God's plan and to be prepared to carry out your role in His plan. **When you are deciding how to fast, it is crucially important to remember what fasting is all about—changing yourself, not changing God.**

Prayer is a ready weapon in the spiritual battle (Ephesians 6:18) Pray in [or in dependence on] the Spirit at all times with all kinds of prayers [prayers and requests], asking for everything you need. To do this you must always be ready [alert] and never give up [with all perseverance]. Always pray for all God's people [the saints] (EXB) and fasting helps to focus prayer and give it resolve.

Too often, the focus of fasting is on the lack of food. Instead, the purpose of fasting should be to take your eyes off the things of this world to focus completely on God. Fasting is a way to demonstrate to God, and to ourselves, that we are serious about our relationship with Him. Fasting helps us gain a new perspective and a renewed reliance upon God.

FASTING INSTRUCTIONS

People Over 70 yrs., On Medication, Pregnant And/Or Under The Supervision Of A Physician Must Eat.

Eat from 5:00am-7:00am, 11:00am – 2:00pm, and 5:00pm-7:00pm

FASTING SCHEDULE

| Week # | Date | Time to Fast | What to Eat |
|-----------------------------------|-----------------|--------------|--|
| 1 st & 2 nd | Sept 26 – Oct 9 | 6am – 6pm | Liquid only-after 6pm Baked chicken, turkey, fish, fruit, salads |
| 3 rd & 4 th | Oct 10 – Oct 23 | NO Meat | Eat Fruit, salads, beans and soup |
| 5 th | Oct 24 – Oct 30 | 6am – 6am | Liquids Only |
| 6 th | Oct 31 – Nov 6 | NO Meat | Eat Fruit, salads, beans and soup |

Revised 9-26-22

DO'S & DONT'S DURING THE FAST

DO YOUR A,B,C,P'S

A – Apples, Apple Juice (Fruit)

B – Beets - preferably fresh, Beet Juice

C – Coconut Water

P – Prunes, Pomegranate & Prune Juice

DO drink plenty of water to stay hydrated, 60oz of water if possible and not on a fluid restriction.

DO drink juices, fruit juices i.e., pomegranate, prune juices, protein, almond or cashew milk, coconut water.

DO eat baked, grilled or broiled meats i.e., fish, chicken and turkey

DO eat greens - kale, cabbage, vegetables, beans, legumes, fruit, granola, baked yams

DO Take Your Medicine! All persons under medical care or pharmaceutical prescription, please seek your physician's advice and take your medicine. If you are on liquid/medical restriction, follow your doctor's orders! If you need to arise early and eat, have oatmeal, eggs or cereal to take your medicine.

DON'T – NO coffee, soda, homogenized milk, pasta, rice, bread, tortillas, crackers, pork, red meat, processed meats- bacon, turkey bacon, ham, impossible, incogmeato-plant-based meats, sushi, all cheeses, chips, nachos, burritos, burgers, pancakes, fried foods, fries, potatoes, ranch dressing, 1000 island dressing and desserts

CHILDREN – NO burgers, fries, sodas

DO Limit Social Media activity to **two (2) hours per day** for all non-working activities.

PRAY, PRAY, PRAY! Spend time daily in Prayer. **PRAY WITH YOUR CHILDREN NIGHTLY!**

Connect on the Conference Call for Corporate Prayer Starting on Monday, October 3rd!

Mondays - 7pm PST, **Tuesday through Friday** - 8pm PST.

The Call In Number is 1-267-807-9601, AC 491337328#

Please dial *6 to mute your phone.

READ THE WORD, STUDY THE SCRIPTURES DAILY – Scriptures will be provided on a weekly basis.

REMINDER: People Over 70 Yrs, On Medication, Pregnant And/Or Under The Supervision Of A Physician MUST EAT. Eat from 5:00am-7:00am, 11:00am – 2:00 pm, and 5pm-7pm during the fast.

DAILY SCRIPTURES

September 26th – October 2nd

Week 1 – 7 Days of Asking, Seeking, Knocking

Matthew 7: 7 "Ask [Keep asking], and God will give [it will be given; the passive verb implies God as subject] to you. Search [Seek; Keep seeking], and you will find. Knock [Keep knocking], and the door will open for you. 8 Yes, [For; Because] everyone who asks will receive. Everyone who searches [seeks] will find. And everyone who knocks will have the door opened. (EXB)

Ask: something asked for, requested, or required of someone (Merriam-Webster Dictionary)

1. to call on for an answer
 1. She **asked** him about his trip.
2. to put a question about
 1. **asking** why am I here
3. to make a request of
 1. She **asked** her teacher for help.
 2. **Asked** for food
4. to make a request for
 1. She **asked** help from her teacher.
 2. to call for : REQUIRE //a challenge that will **ask** much of us
 3. to set as a price //asked \$3000 for the car
 4. INVITE //She **asked** a few friends to the party.
5. to seek information //ask for her address

Monday, September 26th - October 2nd

Ask For:

1. Understanding/Wisdom

1. **I King 3:5 (KJV)** In Gibeon the Lord appeared to Solomon in a dream by night: **and God said, Ask what I shall give thee.** King Solomon's answered, **9 Give therefore thy servant an understanding heart to judge thy people, that I may discern between good and bad: for who is able to judge this thy so great a people? (EXB) 10 The Lord was pleased that Solomon had asked this. 11** So God said to him, **"You did not ask** for a long life, or riches for yourself, or the death [life] of your enemies. **Since you asked for wisdom to make the right decisions [understanding to discern what is right/just], 12 I will do what you asked.** I will give you wisdom and understanding [a wise and discerning/listening heart] that is greater than anyone has had in the past or will have in [will make you unlike anyone in the past or in] the future. **13 I will also give you what you did not ask for:** riches and honor [fame]. During your life no other king will be as great as you. **14 If you follow me [walk in my ways] and obey my laws [statutes; ordinances; requirements] and commands,** as your father David did, I will also give you a long life."

2. Pure Heart

1. James 4: **3 Ye ask,** and receive not, because ye ask amiss, that ye may consume it upon your lusts (KJV). (**3** Or when you ask, you do not receive because the reason you ask is wrong [or you ask with the wrong motives; you ask badly/wrongly]. You want things so you can use [spend] them for your own pleasures. [EXB]). **7** So give yourselves completely [submit] to God. Stand against [Resist] the devil and the devil will run [flee] from you. (Refuse to give in to [Resist] him, by standing strong in your faith) [EXB] **8** Draw nigh to God, and he will draw nigh to you. Cleanse your hands, ye sinners; and purify your hearts, ye double minded (KJV). **8** Come near to God, and God will come near to you. You sinners, clean sin out of your lives [cleanse/purify your hands; a metaphor for cleaning up your behavior]. You who are trying to follow God and the world at the same time [You double-minded ones], **make your thinking pure [purify your hearts; a metaphor for cleaning up your interior life]** (EXB)

3. Counsel of God

1. Judges 18:4-6 King James Version

1. **4** And he said unto them, Thus and thus dealeth Micah with me, and hath hired me, and I am his priest. **5 And they said unto him, Ask counsel, we pray thee, of God, that we may know whether our way which we go shall be prosperous.** **6** And the priest said unto them, Go in peace: before the Lord is your way wherein ye go

4. God's Favor/God's Plans

1. **Exodus 33:12** Moses said to the Lord, "You have told me to lead [bring up] these people, but you did not say whom you would send with me. You have said to me, 'I know you very well [by name], and I am pleased with you [you have found favor in my eyes].' **13** If I have truly pleased you [found favor in your eyes], **show me your plans [path; way] so that I may know you and continue to please you [find favor/grace in your eyes]. Remember [Consider] that this nation is your people."** **14 The Lord answered, "I myself [My presence] will go with you, and I will give you victory [or rest]."** **15** Then Moses said to him, "If you yourself don't [your presence does not] go with us, then don't send us away [up] from this place. **16** If you don't go with us, no one will know [How else will it be known...?] that you are pleased with me [I have found favor in your eyes] and with your people. These people and I will be no different from any other people on earth." **17 Then the Lord said to Moses, "I will do what you ask,** because I know you very well [by name], and I am pleased with you [you have found favor/grace in my eyes]." (EXB)

5. Vision/Sight

1. Luke 18: **38** The blind man cried out, "Jesus, Son of David [a title for the Messiah, a descendant of King David; 2 Sam. 7:11-16], have mercy [take pity] on me!" **39** The people leading the group warned [rebuked; scolded] the blind man to be quiet. But the blind man shouted even more, "Son of David, have mercy [take pity] on me!" **40** Jesus stopped and ordered the blind man to be brought to him. When he came near, **Jesus asked him, 41 "What do you want me to do for you?" He said, "Lord, I want to see."** **42** Jesus said to him, "Then see. **You are healed because you believed [Your faith has healed/saved you]."** (EXB)

6. Guidance

1. Joshua 9:13-15 EXB

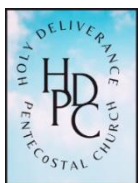
1. **13** Look at our leather wine bags [wineskins]. They were new and filled with wine, but now they are cracked and old [are ripped; or have burst]. Our clothes and sandals are worn out from the long journey." **14** The men of Israel tasted [or examined; took some of] the bread, **but they did not ask the Lord what to do [seek the Lord's guidance]. 15** So Joshua agreed to make peace with the Gibeonites and to let them live. And the leaders of the Israelites swore an oath to keep the agreement [swore to them].

7. In Faith

1. **Proverbs 2:5 But if any of you needs [lacks] wisdom, you should ask God for it** (Proverbs 2: 6 For the Lord giveth wisdom: out of his mouth cometh knowledge and understanding.) He is generous to everyone and will give you wisdom without criticizing you [without finding fault; ungrudgingly; **6 But when you ask God, you must believe [ask with faith] and not doubt.** Anyone who doubts is like a wave in the sea, blown up and down [driven and tossed] by the wind. [For] Such doubters are thinking two different things at the same time [double-minded], and they cannot decide about anything they do [are unstable in all they do]. They should not think [expect] they will receive anything from the Lord. (EXB)

Note: Scriptures will be provided on a weekly basis.

EXB – Expanded Bible Version



The Fast ends on Saturday, November 5th at 12 noon in the Victory Service at Holy Deliverance Pentecostal Church!

Each person will receive a bottle of the anointed oil. If possible, wear White.
Join Us at 1141 Lincoln Avenue, Pasadena, CA 91103!



In Person Worship on Sunday, November 6th - 12:30pm at Holy Deliverance!

***Save The Date!* 13th Annual Intercession & Healing Prayer Breakfast
Saturday, March 25, 2022**

Pastor Grace DeCuir, Holy Deliverance Pentecostal Church, 1141 Lincoln Ave, Pasadena, CA 91103

Website: holydeliverancechurchpasadena.org

Facebook: Holy Deliverance Pentecostal Church page

Please email us at hdpchurch@gmail.com for more information of questions

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“2022 Is the Year of Major, Major, Major Victory!”

“2022 IS THE YEAR OF MAJOR, MAJOR, MAJOR VICTORY!”

“2022 IS THE YEAR OF MAJOR, MAJOR, MAJOR VICTORY!”

Covid Reminder: Masks are strongly recommended for all persons, regardless of vaccine status indoors. Surgical masks or higher-level respirators (e.g., N95s, KN95s, KF94s) with good fit are highly recommended.