



"It's Personal!" **INSTRUCTIONAL**

21 DAYS of PRAYER & FASTING!



SUNDAY, OCTOBER 13TH 6AM -

SATURDAY, NOVEMBER 2, 2024 NOON

Greetings in the name of our Lord and Savior Jesus Christ!

As we begin this 21 day journey with prayer, fasting and the Word, "Armor Up" and set your face like a flint. Isaiah 50:7 "They will come with weeping [in repentance and for joy], And by [their] prayer [for the future] I will lead them" Jeremiah 31:9 (AMP). "The kind of fasting I want is this: Remove the chains of oppression and the yoke of injustice, and let the oppressed go free. 8 "Then my favor will shine on you like the morning sun, and your wounds will be quickly healed. I will always be with you to save you; my presence will protect you on every side. Isaiah 58:6,8 (GNT).

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 [EXB] "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." Psalm 66:18 {KJV} If I regard iniquity in my heart, the Lord will not hear me: Mark 11:24-26 (AMP) 24 For this reason I am telling you, whatever things you ask for in prayer [in accordance with God's will], believe [with confident trust] that you have received them, and they will be given to you. 25 Whenever you stand praying, if you have anything against anyone, forgive him [drop the issue, let it go], so that your Father who is in heaven will also forgive you your transgressions and wrongdoings [against Him and others]. 26 [But if you do not forgive, neither will your Father in heaven forgive your transgressions.]"

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.

Galatians 6:3-5 Amplified Bible

3 For if anyone thinks he is something [special] when [in fact] he is nothing [special except in his own eyes], he deceives himself. 4 But each one must carefully scrutinize his own work [examining his actions, attitudes, and behavior], and then he can have the **personal** satisfaction and inner joy of doing something commendable without comparing himself to another. 5 For every **person** will have to bear [with patience] his own burden [of faults and shortcomings for which he alone is responsible].

Ephesians 1:17 Amplified Bible

[I always pray] that the God of our Lord Jesus Christ, the Father of glory, may grant you a spirit of wisdom and of revelation [that gives you a deep and **personal** and intimate insight] into the true knowledge of Him [for we know the Father through the Son].

My prayer is that at the conclusion of this fast, you will know how PERSONAL JESUS is and how Great HIS PLAN IS FOR 2025.

Pastor Grace



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FASTING SCHEDULE & INSTRUCTIONS

The fast begins Sunday morning at 6am and ends on Saturday, November 2nd. Please select your fasting option for the duration of the fast.

- **Over 70 years - 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 and when necessary. **DO Take Your Medicine!** All persons under medical care or taking pharmaceutical prescription, please seek your physician's advice and take your medicine. If you are on liquid/medical restriction, follow your doctor's orders.
- Fast from 6am – 3pm
- Fast from 6am – 6pm
- Fast with NO Meat

During the last week, Tuesday, October 29th – Friday, November 1st - Liquids Only

Prayerfully consider this option. **This Option DOES NOT APPLY to those over 70 years of age and/or under medical supervision or restriction.**

DO'S & DONT'S

DO YOUR A,B,C,G,P'S

A – Apples, Apple Juice. Apple Sauce, (Fruit) Asparagus

B – Beets, Beet Juice, Brussels Sprouts

C – Coconut Water, Cabbage, Cauliflower

G – Ginger, Greens, Green Beans

P – Prunes, Pomegranate & Prune Juice

DO drink plenty of water to stay hydrated, 60oz of water daily if possible and you do not have any fluid restrictions.

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

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

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

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

PRAY, PRAY, PRAY! Spend time daily in Prayer. Connect on the Conference Call for Corporate Prayer on Mondays - 7pm PST. Connect Tuesdays through Fridays - 8pm PST for Online Church Service. There will be several Guest Speakers during these weeks. The Call In Number is 1-267-807-9601, Access Code 491337328# and Please dial *6 to mute your phone.

READ THE WORD, STUDY THE SCRIPTURES DAILY – Scriptures will be updated weekly.

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 if you can during the fast.

*Victory
Service*

Saturday, November 2nd - 12 Noon - Holy Deliverance Pentecostal Church

Join us for the conclusion of the fast! If possible, wear White!

Each person will receive **a bottle of the anointed oil.**

All roads lead to 1141 Lincoln Avenue in Pasadena!



Save The Date

15th Annual Intercession & Healing Prayer Conference
Friday, March 14 - Saturday, March 15, 2025 - Pasadena, CA

Daily Scriptures

Sunday October 13, 2024 - It's Personal!

Psalm 19:14 Amplified Bible

Let the words of my mouth and the meditation of my heart Be acceptable and pleasing in Your sight, O Lord, my [firm, immovable] rock and my Redeemer.

Psalm 51:14-17 Good News Translation

14 Spare my life, O God, and save me, and I will gladly proclaim your righteousness.

15 Help me to speak, Lord, and I will praise you.

16 You do not want sacrifices, or I would offer them; you are not pleased with burnt offerings.

17 My sacrifice is a humble spirit, O God; you will not reject a humble and repentant heart.

Monday, October 14, 2024 - The Will of God-#1

Hebrews 13:20-21 Amplified Bible

20 Now may the God of peace [the source of serenity and spiritual well-being] who brought up from the dead our Lord Jesus, the great Shepherd of the sheep, through the blood that sealed and ratified the eternal covenant, 21 equip you with every good thing to carry out His will and strengthen you [making you complete and perfect as you ought to be], accomplishing in us that which is pleasing in His sight, through Jesus Christ, to whom be the glory forever and ever. Amen.

Tuesday, October 15, 2024 - The Will of God-#2

Ephesians 5:15-20 Amplified Bible

15 Therefore see that you walk carefully [living life with honor, purpose, and courage; shunning those who tolerate and enable evil], not as the unwise, but as wise [sensible, intelligent, discerning people], 16 making the very most of your time [on earth, recognizing and taking advantage of each opportunity and using it with wisdom and diligence], because the days are [filled with] evil. 17 Therefore do not be foolish and thoughtless, but understand and firmly grasp what the will of the Lord is. 18 Do not get drunk with wine, for that is wickedness (corruption, stupidity), but be filled with the [Holy] Spirit and constantly guided by Him. 19 Speak to one another in psalms and hymns and spiritual songs, [offering praise by] singing and making melody with your heart to the Lord; 20 always giving thanks to God the Father for all things, in the name of our Lord Jesus Christ;

Wednesday, October 16, 2024 - The Will of God -#3

Luke 22:39-46 Expanded Bible

39 Jesus left the city and went to the Mount of Olives, as he often did, and his ·followers [disciples] ·went with [followed] him. 40 When he reached the place, he said to them, “Pray for strength ·against temptation [or not to fail the test].”

41 Then Jesus went about a stone’s throw away from them. He kneeled down and prayed, 42 “Father, if you are willing, take away this ·cup of suffering [cup; suffering or punishment is metaphorically portrayed as something bitter to drink]. But do ·what you want [your will], not ·what I want [my will].”

43 Then an angel from heaven appeared to him to strengthen him. 44 Being ·full of pain [in agony/anguish], Jesus prayed even harder. His sweat was like drops of blood falling to the ground. 45 When he ·finished praying [rose from prayer], he went to his ·followers [disciples] and found them asleep ·because of their sadness [exhausted from grief]. 46 Jesus said to them, “Why are you sleeping? Get up and pray ·for strength against temptation [that you won’t give in to temptation; or that you won’t be tempted/tested].”

Thursday, October 17, 2024 - The Will of God - #4

Luke 4:8-13 King James Version

8 And Jesus answered and said unto him, Get thee behind me, Satan: for it is written, Thou shalt worship the Lord thy God, and him only shalt thou serve.

9 And he brought him to Jerusalem, and set him on a pinnacle of the temple, and said unto him, If thou be the Son of God, cast thyself down from hence:

10 For it is written, He shall give his angels charge over thee, to keep thee:

11 And in their hands they shall bear thee up, lest at any time thou dash thy foot against a stone.

12 And Jesus answering said unto him, It is said, Thou shalt not tempt the Lord thy God.

13 And when the devil had ended all the temptation, he departed from him for a season.

Friday, October 18, 2024 - Warfare – Victory

2 Corinthians 2:14 King James Version

14 Now thanks be unto God, which always causeth us to triumph in Christ, and maketh manifest the savour of his knowledge by us in every place

2 Corinthians 10:3-5 Expanded Bible

3 [For] Although we ·live in the world [walk in the flesh], we do not ·fight [wage war] ·in the same way the world fights [according to the flesh]. 4 We fight with weapons that are ·different from those the world uses [not merely human weapons; not of the flesh]. Our weapons have power from God that can destroy ·the enemy's strong places [strongholds; fortresses]. We destroy ·people's arguments [human reasoning; sophistries] 4 (For the weapons of our warfare are not carnal, but mighty through God to the pulling down of strong holds; KJV) (5 and every ·proud thing [pretension; exalted opinion; high thing] that raises itself against the knowledge of God. We capture every thought and make it obey Christ.

Exodus 14:13-14 King James Version

13 And Moses said unto the people, Fear ye not, stand still, and see the salvation of the Lord, which he will shew to you to day: for the Egyptians whom ye have seen to day, ye shall see them again no more for ever.

14 The Lord shall fight for you, and ye shall hold your peace.

Saturday, October 19, 2024

Ephesians 6:10-18 King James Version

10 Finally, my brethren, be strong in the Lord, and in the power of his might.

11 Put on the whole armour of God, that ye may be able to stand against the wiles of the devil.

12 For we wrestle not against flesh and blood, but against principalities, against powers, against the rulers of the darkness of this world, against spiritual wickedness in high places.

13 Wherefore take unto you the whole armour of God, that ye may be able to withstand in the evil day, and having done all, to stand.

14 Stand therefore, having your loins girt about with truth, and having on the breastplate of righteousness;

15 And your feet shod with the preparation of the gospel of peace;

16 Above all, taking the shield of faith, wherewith ye shall be able to quench all the fiery darts of the wicked.

17 And take the helmet of salvation, and the sword of the Spirit, which is the word of God:

18 Praying always with all prayer and supplication in the Spirit, and watching thereunto with all perseverance and supplication for all saints;

***Additional scriptures added weekly -check the HDPC website and Facebook page for updates!**