

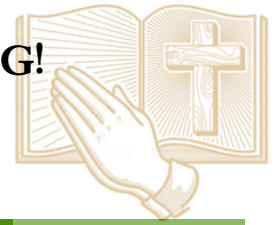


“Covering!”

INSTRUCTIONAL

40 DAYS of PRAYER & FASTING!

**TUESDAY, SEPTEMBER 23RD 6AM -
SATURDAY, NOVEMBER 1, 2025 NOON**



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

As we begin this 40 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 that you are “Covered” and how
GREAT HIS PLAN IS FOR 2026.**

Pastor Grace



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FASTING SCHEDULE & INSTRUCTIONS

The fast begins Tuesday morning at 6am and ends on Saturday, November 1st. 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 26th – 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. More to come on this.**

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 – Garlic, 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! Early in the morning 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. here 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 – We are reading the Psalms - See Scripture Summary

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 1st - 12 Noon - Holy Deliverance Pentecostal Church
Join us for the conclusion of the fast! If possible, wear White!
All roads lead to 1141 Lincoln Avenue in Pasadena!



Save The Date

16th Annual Intercession & Healing Prayer Conference
Friday, March 13 - Saturday, March 14, 2026 - Pasadena, CA



Daily Scriptures 9-23 thru 11-1-2025

Day 1 - Tuesday, September 23, 2025 - Psalm 23

Day 2 - Wednesday, September 24, 2025 - Psalm 24

Day 3 - Thursday, September 25, 2025 - Psalm 25

Day 4 - Friday, September 26, 2025 - Psalm 26

Day 5 - Saturday, September 27, 2025 - Psalm 27

Day 6 - Sunday, September 28, 2025 - Psalm 28

Day 7 - Monday, September 29, 2025 - Psalm 29

Day 8 - Tuesday, September 30, 2025 - Psalm 30

Day 9 - Wednesday, October 1, 2025 - Psalm 31

Day 10 - Thursday, October 2, 2025 - Psalm 32

Day 11 - Friday, October 3, 2025 - Psalm 33

Day 12 - Saturday, October 4, 2025 - Psalm 34

Day 13 - Sunday, October 5, 2025 - Psalm 35

Day 14 - Monday, October 6, 2025 - Psalm 36

Day 15 - Tuesday, October 7, 2025 - Psalm 37

Day 16 - Wednesday, October 8, 2025 - Psalm 38

Day 17 - Thursday, October 9, 2025 - Psalm 39

Day 18 - Friday, October 10, 2025 - Psalm 40

Day 19 - Saturday, October 11, 2025 - Psalm 41

Day 20 - Sunday, October 12, 2025 - Psalm 42

Day 21 - Monday, October 13, 2025 - Psalm 43

Day 22 - Tuesday, October 14, 2025 - Psalm 44

Day 23 - Wednesday, October 15, 2025 - Psalm 45

Day 24 - Thursday, October 16, 2025 - Psalm 46

Day 25 - Friday, October 17, 2025 - Psalm 47

Day 26 - Saturday, October 18, 2025 - Psalm 48

Day 27 - Sunday, October 19, 2025 - Psalm 49

Day 28 - Monday, October 20, 2025 - Psalm 50

Day 29 - Tuesday, October 21, 2025 - Psalm 51

Day 30 - Wednesday, October 22, 2025 - Psalm 52

Day 31 - Thursday, October 23, 2025 - Psalm 53

Day 32 - Friday, October 24, 2025 - Psalm 54

Day 33 - Saturday, October 25, 2025 - Psalm 55

Day 34 - Tuesday, October 26, 2025 - Psalm 56

Day 35 - Monday, October 27, 2025 - Psalm 57

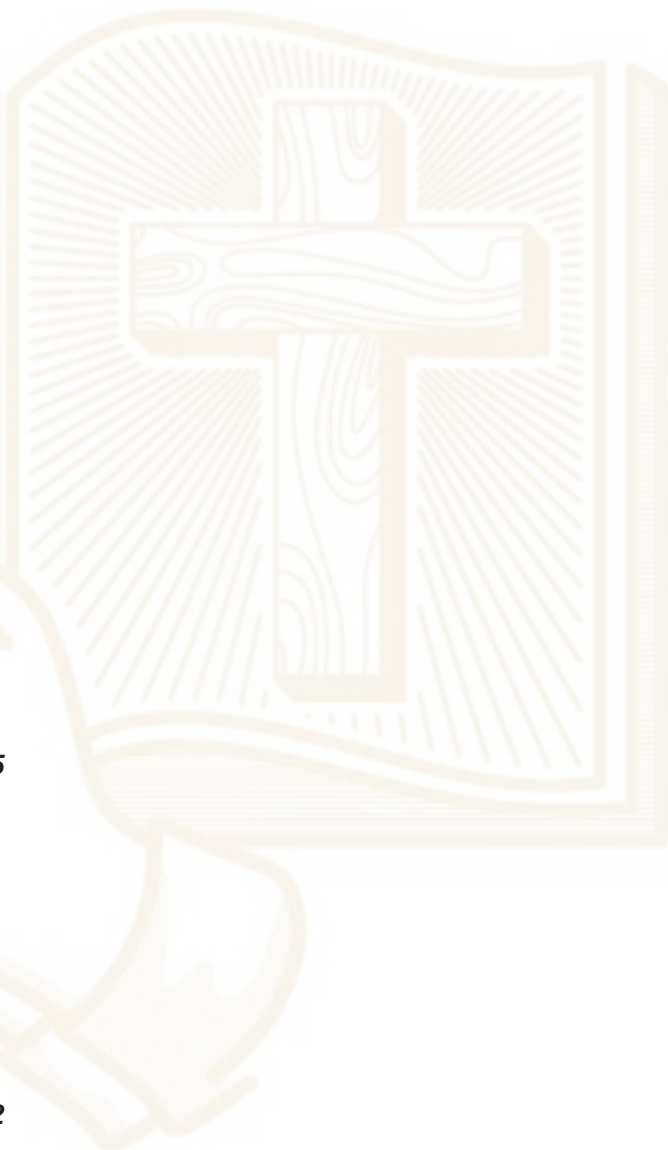
Day 36 - Tuesday, October 28, 2025 - Psalm 58

Day 37 - Wednesday, October 29, 2025 - Psalm 59

Day 38 - Thursday, October 30, 2025 - Psalm 60

Day 39 - Friday, October 31, 2025 - Psalm 61

Day 40 - Saturday, November 1, 2025 - Psalm 62



40 Days of Prayer
and Fasting - 2025