

5 DAYS OF PRAYER & FASTING

MONDAY, JUNE 29TH - FRIDAY, JULY 3RD, 2026

“Lord, Deliver Me So I Can Come Up Here!”



The fast begins on Monday, June 29th at 6am PST and concludes on Friday, July 3rd at 6pm. We must go into the 2nd half of 2026 in prayer and with power and a renewed word.

FASTING INSTRUCTIONS

- Eat Fruits, Salads and Vegetables.
- Limit drinks to water and hot tea only for these 5 days.
- Add Baked/Grilled Protein (chicken, fish and turkey) if needed. No added salt, sugar or artificial sweeteners.

Remember, if you are over 70 and/or under medical care, prescription or doctor's restriction pregnant, follow doctor's orders and Take Your Medicine!

RESTRICTIONS – 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 or Mexican foods, fries, ranch dressing, 1000 island dressing and desserts.



PRAY, PRAY, PRAY! There will be prayer this week during the following times”

- **Monday thru Friday Morning** - Join us for Corporate Prayer on the Conference Call* at 6:00 AM!
 - **Monday Evening - 7:00 pm - Conference Call and Facebook Live - Rogers G. DeCuir's Page**
 - **Wednesday through Friday - 7:00 - 9:00 pm In-Person** at Holy Deliverance Church
- *Conference Call: 1-267-807-9601, Access Code 491-337-328#, *6 to Mute

READ THE WORD, STUDY THE SCRIPTURES DAILY

Day 1 Deliver Me Psalm 34:4-10, 11-15, 17-22 KJV

Day 2 Teach Me How To Pray Luke 11:1-4; Roman 8:26-28

Day 3 Teach Me How to Walk on Water in this Season Matthew 14:22-33

Day 4 Pray with Authority AMP Luke 10:17-19; 2 Corinthians 10:3-5; Ephesians 6:10-18

Day 5 Promises 2 Peter 1:4; KJV Deuteronomy 30:3, 5-10; 14-16



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Day 1 June 29th Deliver Me Psalm 34:4-10 KJV

⁴ I sought the LORD, and he heard me, and delivered me from all my fears.

⁵ They looked unto him, and were lightened: and their faces were not ashamed.

⁶ This poor man cried, and the LORD heard him, and saved him out of all his troubles.

⁷ The angel of the LORD encampeth round about them that fear him, and delivereth them.

⁸ O taste and see that the LORD is good: blessed is the man that trusteth in him.

⁹ O fear the LORD, ye his saints: for there is no want to them that fear him.

¹⁰ The young lions do lack, and suffer hunger: but they that seek the LORD shall not want any good thing.

Psalm 34:11-15

¹¹ Come, ye children, hearken unto me: I will teach you the fear of the LORD.

¹² What man is he that desireth life, and loveth many days, that he may see good?

¹³ Keep thy tongue from evil, and thy lips from speaking guile.

¹⁴ Depart from evil, and do good; seek peace, and pursue it.

¹⁵ The eyes of the LORD are upon the righteous, and his ears are open unto their cry.

Psalm 34:17-22 KJV

¹⁷ The righteous cry, and the LORD heareth, and delivereth them out of all their troubles.

¹⁸ The LORD is nigh unto them that are of a broken heart; and saveth such as be of a contrite spirit.

¹⁹ Many are the afflictions of the righteous: but the LORD delivereth him out of them all.

²⁰ He keepeth all his bones: not one of them is broken.

²¹ Evil shall slay the wicked: and they that hate the righteous shall be desolate.

²² The LORD redeemeth the soul of his servants: and none of them that trust in him shall be desolate.

Day 2 June 30 Teach Me How To Pray Luke 11:1-4

¹ And it came to pass, that, as he was praying in a certain place, when he ceased, one of his disciples said unto him, Lord, teach us to pray, as John also taught his disciples.

² And he said unto them, When ye pray, say, Our Father which art in heaven, Hallowed be thy name. Thy kingdom come. Thy will be done, as in heaven, so in earth.

³ Give us day by day our daily bread.

⁴ And forgive us our sins; for we also forgive every one that is indebted to us. And lead us not into temptation; but deliver us from evil.

Roman 8:26-28

²⁶ Likewise the Spirit also helpeth our infirmities: for we know not what we should pray for as we ought: but the Spirit itself maketh intercession for us with groanings which cannot be uttered.

²⁷ And he that searcheth the hearts knoweth what is the mind of the Spirit, because he maketh intercession for the saints according to the will of God.

²⁸ And we know that all things work together for good to them that love God, to them who are called according to his purpose.

Day 3 July 1st Teach Me How to Walk on Water in this Season Matthew 14:22-33

²² And straightway Jesus constrained his disciples to get into a ship, and to go before him unto the other side, while he sent the multitudes away.

²³ And when he had sent the multitudes away, he went up into a mountain apart to pray: and when the evening was come, he was there alone.

²⁴ But the ship was now in the midst of the sea, tossed with waves: for the wind was contrary.

²⁵ And in the fourth watch of the night Jesus went unto them, walking on the sea.

²⁶ And when the disciples saw him walking on the sea, they were troubled, saying, It is a spirit; and they cried out for fear.

²⁷ But straightway Jesus spake unto them, saying, Be of good cheer; it is I; be not afraid.

²⁸ And Peter answered him and said, Lord, if it be thou, bid me come unto thee on the water.

²⁹ And he said, Come. And when Peter was come down out of the ship, he walked on the water, to go to Jesus.

³⁰ But when he saw the wind boisterous, he was afraid; and beginning to sink, he cried, saying, Lord, save me.

³¹ And immediately Jesus stretched forth his hand, and caught him, and said unto him, O thou of little faith, wherefore didst thou doubt?

³² And when they were come into the ship, the wind ceased.

³³ Then they that were in the ship came and worshipped him, saying, Of a truth thou art the Son of God.

Day 4 July 2nd Pray with Authority Luke 10:17-19 AMP

¹⁷ The seventy returned with joy, saying, "Lord, even the demons are subject to us in Your name." ¹⁸ He said to them, "I watched Satan fall from heaven like [a flash of] lightning. ¹⁹ Listen carefully: I have given you authority [that you now possess] to tread on serpents and scorpions, and [the ability to exercise authority] over all the power of the enemy (Satan); and nothing will [in any way] harm you.

2 Corinthians 10:3-5 AMP

³ For though we walk in the flesh [as mortal men], we are not carrying on our [spiritual] warfare according to the flesh *and* using the weapons of man. ⁴ The weapons of our warfare are not physical [weapons of flesh and blood]. Our weapons are divinely powerful for the destruction of fortresses. ⁵ We are destroying sophisticated arguments and every exalted *and* proud thing that sets itself up against the [true] knowledge of God, and we are taking every thought *and* purpose captive to the obedience of Christ,

Ephesians 6:10-18 AMP

¹⁰ In conclusion, be strong in the Lord [draw your strength from Him and be empowered through your union with Him] and in the power of His [boundless] might. ¹¹ Put on the full armor of God [for His precepts are like the splendid armor of a heavily-armed soldier], so that you may be able to [successfully] stand up against all the schemes *and* the strategies *and* the deceits of the devil. ¹² For our struggle is not against flesh and blood [contending only with physical opponents], but against the rulers, against the powers, against the world forces of this [present] darkness, against the spiritual forces of wickedness in the heavenly (supernatural) places. ¹³ Therefore, put on the complete armor of God, so that you will be able to [successfully] resist *and* stand your ground in the evil day [of danger], and having done everything [that the crisis demands], to stand firm [in your place, fully prepared, immovable, victorious]. ¹⁴ So stand firm *and* hold your ground, HAVING TIGHTENED THE WIDE BAND OF TRUTH

(personal integrity, moral courage) AROUND YOUR WAIST and HAVING PUT ON THE BREASTPLATE OF RIGHTEOUSNESS (an upright heart), ¹⁵ and having strapped on YOUR FEET THE GOSPEL OF PEACE IN PREPARATION [to face the enemy with firm-footed stability and the readiness produced by the good news]. ¹⁶ Above all, lift up the [protective] shield of faith with which you can extinguish all the flaming arrows of the evil one. ¹⁷ And take THE HELMET OF SALVATION, and the sword of the Spirit, which is the Word of God.

¹⁸ With all prayer and petition pray [with specific requests] at all times [on every occasion and in every season] in the Spirit, and with this in view, stay alert with all perseverance and petition [interceding in prayer] for all God's people.

Day 5 July 3rd Promises

2 Peter 1:4 KJV

⁴ Whereby are given unto us exceeding great and precious promises: that by these ye might be partakers of the divine nature, having escaped the corruption that is in the world through lust.

Deuteronomy 30:3, 5-10; 14-16 KJV

³ That then the LORD thy God will turn thy captivity, and have compassion upon thee, and will return and gather thee from all the nations, whither the LORD thy God hath scattered thee.

⁵ And the LORD thy God will bring thee into the land which thy fathers possessed, and thou shalt possess it; and he will do thee good, and multiply thee above thy fathers.

⁶ And the LORD thy God will circumcise thine heart, and the heart of thy seed, to love the LORD thy God with all thine heart, and with all thy soul, that thou mayest live.

⁷ And the LORD thy God will put all these curses upon thine enemies, and on them that hate thee, which persecuted thee.

⁸ And thou shalt return and obey the voice of the LORD, and do all his commandments which I command thee this day.

⁹ And the LORD thy God will make thee plenteous in every work of thine hand, in the fruit of thy body, and in the fruit of thy cattle, and in the fruit of thy land, for good: for the LORD will again rejoice over thee for good, as he rejoiced over thy fathers:

¹⁰ If thou shalt hearken unto the voice of the LORD thy God, to keep his commandments and his statutes which are written in this book of the law, and if thou turn unto the LORD thy God with all thine heart, and with all thy soul.

¹⁴ But the word is very nigh unto thee, in thy mouth, and in thy heart, that thou mayest do it.

¹⁵ See, I have set before thee this day life and good, and death and evil;

¹⁶ In that I command thee this day to love the LORD thy God, to walk in his ways, and to keep his commandments and his statutes and his judgments, that thou mayest live and multiply: and the LORD thy God shall bless thee in the land whither thou goest to possess it.