



INSTRUCTIONAL

40 DAYS of PRAYER & FASTING!

TUESDAY, SEPTEMBER 22nd 5AM -
SATURDAY, OCTOBER 31, 2026 NOON

"Giving God Another Yes!"



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

As we begin this 40 Day journey of prayer and fasting, we are "Giving God Another Yes!" Uncheck the familiar box and seek God for more! Not the same old patterns and habits, not the same old excuses, not what we used to do. No more business as usual! Things have changed, times have changed and nothing is the same. We must go forward. It's time for where we are going, not for where we've been. We must have a foundation in scripture and in prayer! We need to hear what God is saying, see what he is showing us and do that "new thing!". Don't give space to the enemy! Let us seek God for something new. At the end of these 40 Days, we will have the testimony in Ephesians 3:20. "Now unto him that is able to do exceeding abundantly above all that we ask or think, according to the power that worketh in us."

Pastor Grace

GENERAL INSTRUCTIONS

- **The fast begins Tuesday, September 22nd at 5am through Saturday, October 31st!**
- **Phase 1** - Tuesday, September 22 through Sunday, October 4th. The schedule for fasting as instructed below:
 - You Can Eat Fruit all day
 - After 6pm, you can have a meal, with normal restrictions/limitations. Eat baked Chicken, turkey, fish, vegetables, salad (see Do's and Donts)
- **During this fast, All those Over 70 years, On Medication, Pregnant and/or Under the Supervision of A Physician **Must Eat!**** Have a small meal 3-4 itimes day; oatmeal, granola. etc
- **If you are on medication, You Must Take Your Medicine!**
- **Prayer Nightly on the Conference Call at 8:00 PM.** Connect for Corporate Prayer on Mondays - 7pm PST. Connect Tuesdays through Fridays - 8pm PST for Online Prayer and Online Services The Call In Number is 1- 267-807-9601, Access Code 491337328# and please dial *6 to mute your phone.
- Bible Study and Sunday School review continue at the regular 7:00 PM time.
- In-Person Prayer continues on Thursdays at 6pm at the church.

Scripture Readings & Bible Study

- **September 22 – 27 – 1 Kings 17**
- **September 28 – October 4th - 1 Kings 18**

Also listen to the word on Bible Audiobook https://www.youtube.com/watch?v=_SBYVjOimSY

Fasting Schedule & Instructions continued

DO'S & DON'TS

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

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

DO eat greens - kale, cabbage, swiss chard, 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!

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

REMINDER: People Over 70 Yrs, Those On Medication, Pregnant And/Or Under The Supervision Of A Physician **MUST EAT and TAKE YOUR MEDICINE!** If needed have some oatmeal

FASTING SCHEDULE will be updated Weekly! Please check the Holy Deliverance Pentecostal Church website for updates!



UPCOMING SERVICES (Subject to Change)

TRIP TO THE MOUNTAINS

Saturday, October 24th – Al-Hatti's Christian Resort, Idyllwild, CA - Register for info at <https://form.jotform.com/262625722802051>

SPECIAL SPECIAL SERVICE

Sunday, October 25th - 4:00 PM at Holy Deliverance

VICTORY SERVICE - JOIN US FOR THE CONCLUSION! IF POSSIBLE, WEAR WHITE!

Saturday, October 31st - 12 Noon - Holy Deliverance Pentecostal Church

Website: www.holydeliverancechurchpasadena.org

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