



40 DAYS of PRAYER & FASTING!

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



“Giving God Another Yes!” No More Business As Usual!”

UPDATE FOR SUNDAY OCTOBER 18TH - SATURDAY OCTOBER 31ST

The 40 Day journey of prayer and fasting continues, as we are “Giving God Another Yes!” Remember, “**No More Business As Usual!**” Updates for the final two weeks are below.

GENERAL INSTRUCTIONS - Sunday, October 18th through Saturday, October 31st

- **Phase 3** - The schedule for fasting as instructed below:
 - Sunday - 10/18 Soup and Salad all day. After 6pm Baked chicken & fish
 - Monday - 10/19 Soup and Salad all day. After 6pm Baked chicken & fish
 - Tues - Thurs - 10/20 -10/22 liquids only.
 - Friday - 10/23 liquids only until 6pm. After 6pm Soup and Salad, Baked chicken & fish
 - Saturday – 10/24 Soup and salad all day . After 6pm Baked chicken & fish
 - **Sunday – 10/25 - Saturday, October 31** Same as last week.
 - Sunday - 10/25 Soup and Salad all day. After 6pm Baked chicken & fish
 - Monday - 10/26 Soup and Salad all day. After 6pm Baked chicken & fish
 - Tues - Thurs - 10/27 -10/29 liquids only.
 - Friday - 10/30 liquids only until 6pm. After 6pm Soup and Salad, Baked chicken & fish
 - Saturday – 10/31 Soup and salad all day . After 6pm Baked chicken & fish
 - **Normal Restrictions/limitations. (see Do's and Dont's)**
 - **All those Over 70 years, On Medication, Pregnant and/or Under the Supervision of A Physician Must Eat!** Have a small meal 4 itimes day; i.e. oatmeal, granola. yogurt, an apple, banana, etc
 - **If you are on medication, You Must Take Your Medicine!**
 - **Prayer/Worship Nightly on the Conference Call! Speakers to be determined**
 - **Mondays** - Corporate Prayer at 7:00 PM PST.
 - **Tuesdays through Fridays** - 8pm PST for Online Prayer and Online Services
- The Call In Number is **1- 267-807-9601, Access Code 491-337-328# and please dial *6 to mute your phone.**
- Bible Study and Sunday School review on Wednesdays & Fridays continue 7:00 PM time.
 - In-Person Prayer continues on Thursdays at 6pm at the church.

SCRIPTURE READINGS & BIBLE STUDY

- **Sunday October 18th - Matthew chapter 4**
- **Monday, October 19th - Matthew Chapter 5**
- **Tuesday, October 20th - Matthew Chapter 6**
- **Wednesday, October 21st - Matthew Chapter 7**
- **Thursday, October 22nd - Matthew Chapter 8**
- **Friday, October 23rd - Matthew Chapter 9**
- **Saturday, October 24th - Matthew Chapter 10**

Also listen to the word - 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, **white sauces**, 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

UPCOMING SERVICES

OUTING TO VICTORY BIBLE CHURCH - 4:00PM - 1497 N HILL AVE, PASADENA, CA 91104

TRIP TO THE MOUNTAINS

Saturday, October 24th – The one day retreat at Al-Hatti's Christian Resort, Idyllwild, CA - Services begin at 8:00 am until 4:00 PM (approx). The registration fee is \$100.00 and includes continental breakfast, lunch and an awesome encounter with God! Transportation from Holy Deliverance is available for \$30.00 per person. Please be at church at 5:45 AM. The Van leaves at 6am. **The deadline is Sunday, October 18th!** Don't Miss This Moment! Register and pay at <https://form.jotform.com/262625722802051> or the Holy Deliverance website!

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



Holy Deliverance Pentecostal Church - 1141 Lincoln Ave, Pasadena, CA 91103
email: hdpchurch@gmail.com WEB: www.holydeliverancechurchpasadena.org



Grace DeCuir Ministries - P. O. Box 94730, Pasadena, CA 91109
email: gracedecuirministries@gmail.com Web: www.gracedecuir.com