



40 DAYS of PRAYER & FASTING!

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

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



FINAL UPDATE - SUNDAY OCTOBER 25TH - SATURDAY OCTOBER 31ST

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

GENERAL INSTRUCTIONS - Sunday, October 25th through Saturday, October 31st

- **Phase 4** - The schedule for fasting as instructed below:
 - 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 25th - Ephesians 6:18 The Message**
- **Monday, October 26th - Isaiah 54:11-17 Message**
- **Tuesday, October 27th - 2 Timothy 3:16-17**
- **Wednesday, October 28th - Nehemiah 6:1-9 The Message**
- **Thursday, October 29th - To be announced**
- **Friday, October 30th - To be announced**
- **Saturday, October 31st - To be announced**

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

VICTORY SERVICE - SATURDAY, OCTOBER 31ST - NOON

Victory has been declared! Join us for the conclusion of the whole matter as we praise and glorify God for “another yes!” The service begins at 12 Noon at Holy Deliverance Pentecostal Church If possible, wear White!

SUNDAY MORNING 1ST SUNDAY SERVICE - 12:30PM AT HOLY DELIVERANCE!

Note: Daylight Savings Time ends and 3:00AM.. Fall Back 1 Hou

[For questions or concerns, please email hdpchurch@gmail.com. Blessings!](mailto:hdpchurch@gmail.com)



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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



40 DAYS of PRAYER & FASTING!

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



“Giving God Another Yes!”

INSTRUCTIONAL UPDATE

MONDAY OCTOBER 5TH - SUNDAY OCTOBER 18TH

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 next two weeks are below.

Pastor Grace

GENERAL INSTRUCTIONS - Monday, October 5th through Sunday, October 18th

- **Phase 2** - The schedule for fasting as instructed below:
 - You Can Vegetable or Bean Soup and Salad All Day
 - Normal Restrictions/limitations. (see Do's and Donts)
- **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 ServicesThe 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 on Wednesdays & Fridays continue 7:00 PM time.
- In-Person Prayer continues on Thursdays at 6pm at the church.

SCRIPTURE READINGS & BIBLE STUDY

- **October 5th - October 11th – 1 Kings 19th Chapter**
- **October 12th – October 18th - Hebrews 11th Chapter**

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TRIP TO THE MOUNTAINS

Saturday, October 24th - Pastor Grace is going to the mountains for a 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. The deadline is Sunday, October 18th! Don't Miss This Moment! Registration and payments can be made at at <https://form.jotform.com/262625722802051> or the Holy Deliverance website!**

More to come! For questions or concerns, please email hdpchurch@gmail.com. Blessings!



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 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 - Bible Audiobook https://www.youtube.com/watch?v=_SByVjOimSY