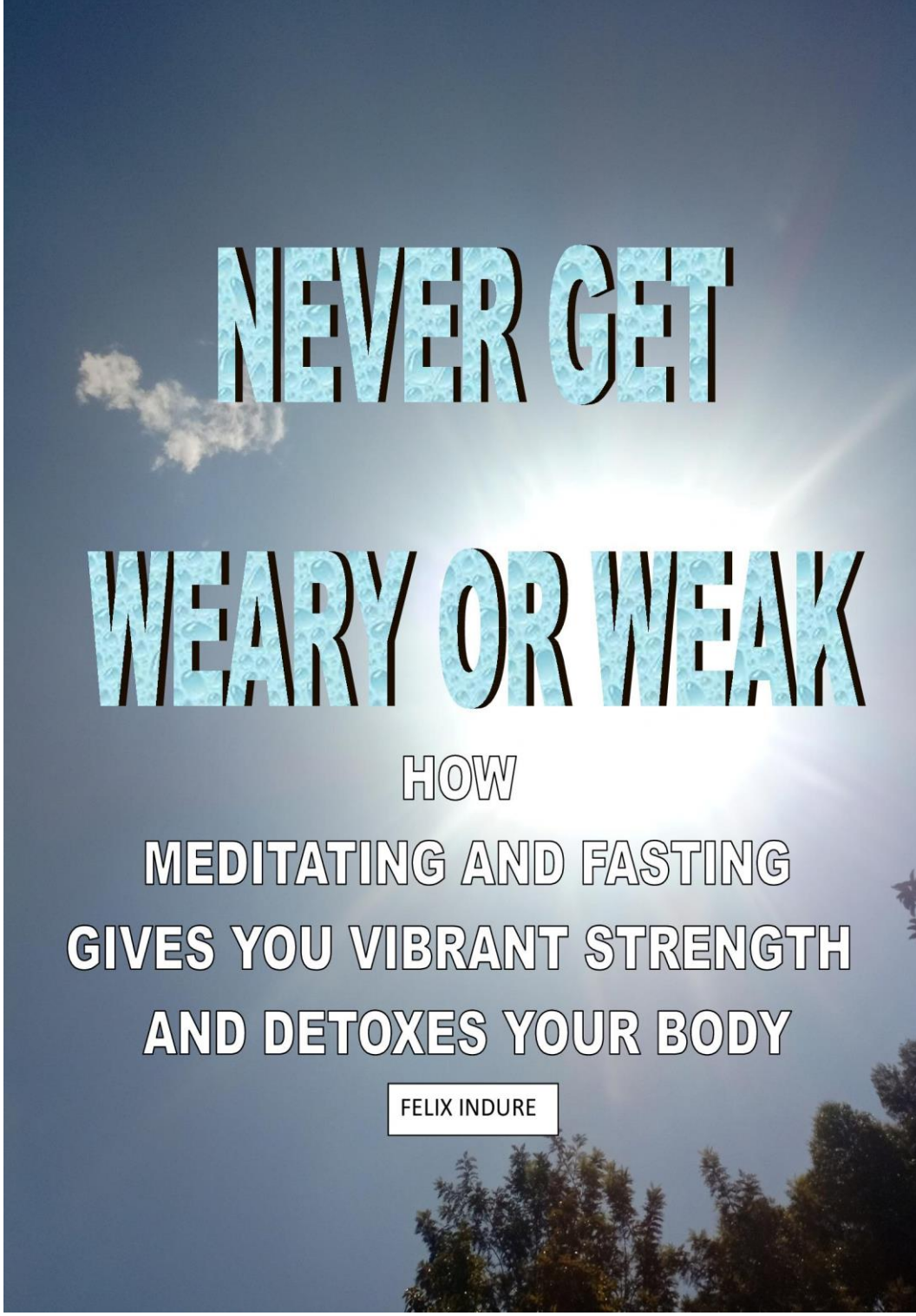
NEVER GET
WEARY OR WEAK
HOW
MEDITATING AND FASTING
GIVES YOU VIBRANT STRENGTH
AND DETOXES YOUR BODY
FELIX INDURE

NEVER GET WEARY OR WEAK

HOW MEDITATING AND FASTING GIVES YOU VIBRANT STRENGTH AND DETOXES YOUR BODY

By Felix Indure

Never Get Weary or Weak: How Meditating and Fasting Gives You Vibrant Strength and Detoxes Your Body is a book intended to help readers cope with pain, sorrow, evade burnout and enjoy life abundantly. Though it is primarily anticipated to help Christians live effortlessly through all seasons (times of scarcity and times of abundance) it can help anyone who wants to enjoy life to the full and be hopeful every day.

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Dedication

To Pacificah and to Psalmjah.

Introduction

Fasting is eating no food or limited food for a period of time, often for spiritual and for health reasons. Contrary to the popular notion that one must not eat and drink water during fasting, the scriptures shows eating and drinking water was allowed. John the Baptist fasted eating locusts and wild honey, and the Israelites did partake of bitter herbs and unleavened bread. In other words fasting meant putting aside the spirit of indulgence and wearing the spirit of self denial and self control. In Kenya, it is reported persons were buried at Shakahola mass graves after fasting unto their death. This is misuse of the privilege of fasting. The longer the period of fasting, one has to eat food. The shorter the period, one may abstain completely from food but can drink some water.

The human body is God's temple and He would like you to take utmost care of it. Therefore the kind of fasting that is injurious to the body is not pleasing to God. Fasting is not a self-imposed form of chastisement, rather it is a desire to seek God earnestly, thank Him and appreciate His past deeds. Sick people, toddlers, pregnant women, persons taking insulin or other medication to control diabetes, the medication prescribed requires taking food, persons having seizure disorder, persons operating heavy or electrical machinery should not fast completely without food. If they must fast, they should use intermittent fasting but if it proves disastrous, they should stop fasting altogether.

SPIRITUAL REASONS FOR FASTING

Godly people fasted to show godly sorrow and repentance, to seek divine protection from real or perceived danger, to search for divine guidance in decision making, to effortlessly endure tests and temptations, setting aside time for prayer and meditating on God's word and routine fasting to commemorate past acts of God or thank him for his favour and coping with grief. Jesus also said fasting could be done to expel demons and break bad habits. These are further expounded below.

1. Showing godly contrition and remorse. Israelites gathered at Mizpah, drew some water and poured it as an offering to God and fasted the whole day saying they had sinned against God. God directed the Israelites to repent sincerely and return to Him with fasting, weeping and mourning. The people of Nineveh believed God's message. So they decided that everyone should fast and all the people, from the greatest to the least, put on sackcloth to show that they had repented. The Psalmist sang that he humbled himself by fasting though people insulted him, this clearly shows you don't have to sin to fast, sometimes you just do it to show a contrite heart towards God. Abraham fasted for one day just before God made a covenant with him.

2. When facing real or perceived danger. When the Jews in Esther's time got the King's proclamation that they would all be murdered, they mourned loudly, wept, wailed and fasted putting on sack cloths and lay in ashes. In the same way, Ezra gave orders at Ahava Canal that everyone should fast and humble oneself before God so that He could protect them, their children and all their possessions.

3. When in need of divine guidance. When Jehoshaphat was frightened; he fasted and prayed for God's guidance. Similarly, Esther directed Jews in Susa to fast and pray for her as she sought divine guidance to face the king to overturn the proclamation to kill all the Jews.

4. When enduring tests and meeting temptations. Jesus was led into the wildness by the spirit and was tempted by the Devil after spending forty days and nights without food. Fasting was away that godly people used to overcame tests and temptations. When faced with severe tests and temptations, rather than declaring God did not exist or He is dead as some say, wise people fasted. They were aware that sin could greatly separate man and God to the extent that they did not feel His presence. If Jesus wept and asked 'My God, my God why have you forsaken me?' you can imagine how mere mortal human beings are likely to give up, fasting salvaged the situation by drawing man close to God.

5. When setting aside time to study, meditate and concentrate on God's word. Paul advised Christians not to deny each other conjugal rights unless they had agreed to set some time aside for prayers and fasting, but they would be prompt to resume normal marital relations after the period to keep Satan at the bay from tempting them to fall into his snares due to lack of self control.

6. Just as a routine aimed at thanking God for past deliverance. The fasts held in the fourth, fifth and seventh and tenth month were reminders to Israelites of the infringement of Jerusalem walls by Babylonians. At the Passover feast, the Israelites were to fast eating unleavened bread and bitter herbs for seven days. At the start of the fast, a sheep or a cow was to be slaughtered and eaten that evening only, any remaining meat was to be burnt. The Passover fast reminded them of their deliverances from slavery in Egypt.

7. Coping or managing grief. Other than dying of lifestyle diseases for bottling sorrow and grief in ones heart, fasting enabled one to manage grief and vent his disappointment at the same time casting his burden unto God and obtaining divine power to sustain him. After the burial of the bones of King Saul and his sons, the Israelites fasted for seven days to express their grief.

8. Expel demons and break bad habits. A man had approached Jesus and knelt before him. He implored him to

have mercy on his son. He added that he had seizures and was suffering greatly. He fell into the fire or into the water. He had brought the boy to Jesus' disciples but they could not heal him. Jesus rebuked the demon and it came out of the boy, and he was healed at the moment. At their private session, the disciples asked Jesus why they could not drive the demon out. Jesus told them such kind of demon could only be driven out by prayer and fasting.

It is therefore clear that long established habits like smoking, drinking and other substance abuse can be effectively broken by fasting. Fasting removes the long accumulated toxins in the body. Prayer, meditation and drawing close to God, gives one the resolve and determination to end the habit. Moreover, Gods send his spirit to help the one fasting to get the motivation to shun the habit.

HOW LONG SHOULD ONE FAST?

The fasting period differs depending on the reason for fasting. Fasting can take one day to the rest of one's life on this planet earth. In this Book, we shall look at fasting for One, Three, Seven and Twenty One days. However, I shall reliably explain fasting for forty days which included continuous fasting for the rest of one's life everyday or choosing one or more select days in every week.

Fasting for one (1) day

The number one when used in the scriptures shows uniqueness as well as unity or agreement in goals. God is said to be one since He is unique, He does not share his glory with any other gods. Fasting for one day therefore is unique. This is commonly done when one is repenting ones sins, has something special to thank God for His deeds and he would like to draw near to Him.

In this fasting, one can decide to fast from dusk to dusk without eating or drinking anything, alternatively one can fast for 12 hours beginning from 6 am and breaking the fast at 4 pm. Persons battling diabetes especially type two diabetes where they can control their blood sugars using food only can fast intermittently, breaking the fast after every 8 hours. It is advisable for diabetics and anyone fasting for health reasons to keep hydrated during the fasting period, therefore drinking water or sour juices like lemon water is allowed.

A notable one day fasting is when the Israelites at Mizpah, drew some water and poured it as an offering to God and fasted the whole day saying they had sinned against God. Another example is where the people of Nineveh believed God's message. So they decided that everyone should fast and all the people, from the greatest to the least, put on sackcloth to show that they had repented. These two fasting examples are an illustration where one may fast to show repentance. The Pharisee who claimed to fast twice a week was an example of

one day routine fasting aimed at drawing close to God, or expressing ones thanksgiving for the gift of life.

The purpose of one day fasting is therefore; seeking repentance, praising and thanking God - when ones heart is moved to do so, meditating on God's words and tapping His divine power, and for routine praise and worship.

However, unique events like where Benjaminites butchered 18, 000 Israelites called for one day fasting and expression of grief. The Israelites sat in the presence of God and did not eat until evening. Consequently, one day fasting may be used to cope with grief where one needs to move on with life as fast as possible and is preferable in group situations where the occurrence does not affect one directly, but has befell his acquaintance.

Fasting for Three (3) days

The number three is used in the scriptures to represent intensity, emphasis or added strength. When the bible emphases the strength of union between a woman and a man with God in their midst, it says a cord of three strings cannot be broken. Jesus stressed the fact that Peter would betray him completely by showing he would deny him three times. The vision of eating unclean animals appeared thrice to Peter so that he could not underscore the need of accepting gentiles as Christians. God's holiness is made manifest when heavenly creatures declare, holy, holy, holy, three times.

Therefore fasting for three days is a complete and intense fasting. This fasting is used when someone is facing a problem or danger and wants divine intervention. It is also used when someone is about to make a major decision and is praying for divine guidance to make the right decision. In the current world, the scenarios where this fasting can be undertaken includes but not limited to; choosing a marital partner, facing a lawsuit or eviction from ones dwelling house, decision to serve God, choosing the investment type one will pursue, facing trials that one does not understand their nature and appointing church elders

Esther fasted for three days and implored the Jews to fast and pray for her as she prepared to meet the King. No one was allowed to meet the king un-invited and she could instantly be killed once she entered the king's court. But with the lives of Jews being at stake, Esther risked meeting the king so she sought divine intercession. Paul could not see for three days, and during that time he did not eat or drink anything. God sent Ananias to restore his sight.

Fasting for seven (7) days

Seven is used frequently in the scriptures to signify completeness. It refers to the complete cycle of things allowed by God. Naaman the leper had to bathe seven times in River Jordan, this procedure completely humiliated him and as a

result, he was cleansed because of his humbleness. It is also noted that the righteous one may fall seven times and certainly get up. This means that a righteous person may be stricken with a malady completely just like Job and the world may write him off. Yet God would resuscitate him and increase his glory tenth fold. The Psalmist emphasized that God needs our total devotion when he sung, 'seven times in the day I have praised you'.

Fasting for seven days was a complete fast that humbled one and made him close to God. Fasting for Seven days was used to manage grief, pray for healing of a loved one and as well as a routine fasting to commemorate what God had done to someone in the past.

An outstanding fasting for seven days was the festival of unleavened bread; where, Israelites were to eat bitter herbs and eat bread without leaven. Aptly it was not called fasting but a festival because it was a time to recall the wonderful things God had done in the past. It reminded the Israelites how they were delivered miraculously from slavery in Egypt.

A different account that depicts fasting for seven days was after burial of the bones of King Saul and his sons. The Israelites fasted for seven days to cope with their grief.

An additional example of a seven day fasting is when David prayed to God so that He would heal the first child he had with Bethesda. He refused to eat anything and spent the night lying

on the floor. A week later when the child died, he broke the fast by bathing, changing his clothes, and went to the temple to worship God and came back to the palace to eat

Fasting for twenty one (21) days

The number seven is used in the scripture to signify completeness. Just a few examples are the creation of the earth that was finished in six days and God rested on the seventh day when all was complete. In offerings and cleansing in Levitical rules, seven features prominently. On the other hand the number three was used for emphasis or to show intensity. Fasting for twenty one days is in fact emphasising seven three times. Twenty one days fast was a complete and emphatic fast or an intensive fast.

Fasting for 21 days is used when someone is facing a problem or danger of massive magnitude and wants divine intervention. It is also used to cope with overwhelming grief.

In the third year of Cyrus the emperor of Persia, Daniel fasted for twenty one days. He abstained from rich food, meat and wine and did not comb his hair. At the end of the fast, God unravelled to him what would happen to the Israelites in future. It can be clearly seen due to the length of the fast, Daniel took care of his body by eating, and he shunned rich kind of foods but exercised self control by eating humble meals.

Fasting for forty (40) days

In the scripture the number four (4) expresses universality. For instance, 'four winds', 'four angels' , 'four corners of the earth' or the new Jerusalem was to be 'foursquare' meant complete and well round up things - universal. Equally the number ten (10) denoted fullness, the sum of all that exists of something. Forty is ten four times, meaning as full as the item is, it is universal. Fasting for 40 days was a fullness fasting in its entirety. It was the apex of any fasting a human being could do.

Since one day, three days, seven days and twenty one days fasting are sufficient, a forty day fasting is quite ambitious. God answers our requests the first day we start fasting. God's angel was sent to answer Daniel on the first day he began his fast. But Satan opposed this angel for 21 days until he was rescued by Michael the chief angel. God did not impose this Kind of fasting on his people and it can be clearly seen it was undertaken by highly spiritual persons; the Pharisees, Anna the prophetess, Moses, John the Baptist and Jesus Christ.

However, I do not dissuade anybody to carry out this kind of fasting. Only a word of caution is needed. It is impracticable to carry out this kind of fasting without eating. Jesus and Moses managed to fast for 40 days without food as God helped them and was keen on their mission. Just like God helped Shadrach, Meshach and Abednego to look healthier and stronger within 10 days for just eating vegetables is the same way he helped Moses and Jesus to fast for 40 days.

The Jews knew how difficult it was carrying out the 40 days fasting and that is why they staggered it into select days. The Pharisee who claimed he fasted two days a week was in fact practising a 40 day fast but had spread it over a period of his lifetime to fast two days weekly.

Another way of spreading out the 40 day fast was that exhibited by a window named Ann. She had only married for seven years when she lost her husband. Therefore she dwelt in the temple, worshipping, praying and fasting day and night and she was 84 years old. Assuming she married at 20 years and by 27 years she was a widow, by the age of 84 she must have fasted for 57 years! How could she be alive? She was alive since most probably she carried out intermittent fasting where she refrained from food for 8 to 12 hours or she never indulged in rich food but ate only humble foods like unleavened bread and bitter herbs. Likewise John the Baptist ate only locusts and wild honey during his '40 day' fast.

BENEFITS OF FASTING FOR HEALTH REASONS

Ajmera (2023) list the benefits of fasting as;

1. Promotes blood sugar control by reducing insulin resistance.

2. Promotes better health by fighting inflammation

3. May enhance heart health by improving blood pressure, triglycerides and cholesterol levels

4. May boost brain function and prevent neurodegenerative disorders

5. Aids weight loss by limiting calorie intake and boosting metabolism

6. Increases growth hormone secretion, which is vital for growth, metabolism, weight loss and muscle strength

7. Could extent life span

8. Aid in cancer prevention and increase the effectiveness of chemotherapy.

Chapter 1: One Day Fasting

Perform this fasting when;

1. Seeking repentance
2. Your heart is moved to praise God.
3. Desire to meditate on God's word
4. You encounter any unique happening that leaves you sad or happy
5. You have desire for a happy relationship

When seeking repentance

Wake up at 3 in the morning. Sing 3 praise and worship songs. If you do not have any praise and worship songs recite **Psalms 27** audibly, but be careful you do not disturb other persons. It would be ideal to be in an isolated place. If this is impossible, just move your lips and make no sound.

Then make the following declarations loudly if you are in an isolated place, but if you are in a place you are likely to disturb other people, read them moving your lips but making no sound.

1. God because you answer prayers, I came to you humbly.

2. You God, you alone are the LORD; you made heavens and the stars of the sky. You made land and the sea and everything in them. You gave life to all. The heavenly powers bow down and worship you. I confess my sins**.... (Name the specific sins)**

3. You are a gracious and merciful God. O God. Our God, how great you are! How terrifying, how powerful!

4. Remember how much I have suffered for my sins. You have done right to punish me, you have been faithful even though I have sinned.

5. Lord God, you are great, and I honour you. You are faithful to your covenant and show constant love to those who love you and do what you command.

6. I have sinned and I have been evil, I have done wrong. I have rejected what you commanded me to do and have turned away from what you showed me was right.

7. You are merciful and forgiving although I had rebelled against you.

8. Oh God, hear my prayer and my pleading. Forgive my sins.

9. Lord, don't be angry and rebuke me, don't punish me in your anger. I am worn out, O lord; have pity on me! Give me strength; I am completely exhausted.

10. My whole being is deeply troubled, come and save me lord; in your mercy rescue me from my sin. Send your angels to help me, do not send me to hard testing but keep me safe from the evil one.

I declare these in the Mighty name of JESUS CHRIST, my Lord.

AMEN!

Repeat the process at **4 am**, **5 am**, **6 am** then between **noon** and **2 pm**. Repeat the routine at **4 pm** before breaking the fast and at any other time before sleeping.

When praising God, desiring to meditate on His word and desiring happy relationship

Wake up at 3 in the morning. Sing 3 praise and worship songs. If you do not have any praise and worship songs recite **Psalms 27** audibly but be careful you do not disturb other persons. It would be ideal to be in an isolated place. If this is impossible, just move your lips and make no sound.

Then make the following declarations loudly if you are in an isolated place, but if you are in a place you are likely to disturb other people, read them moving your lips but making no sound.

1. Oh God you said happy are those who find joy obeying your law and meditating on it.

2. God you said they are like trees planted besides streams that bear fruit at the right time and they do not dry up. I understand this to mean that they do not draw back or shrink in face of problems, while those who do not hope in you get discouraged and despair in life, I will continue being successful since I have put my trust in you.

3. Guide me and protect me from the evil and the way that is meant to destroy me according to your word.

4. I have so many enemies Lord, so many who turn against me! They talk about me and say you will not help me. But you, O

God, you are always my shield from danger; you give me victory and restore my courage.

5. When I lie down I sleep in peace for you alone God, have kept me safe.

6. God, you promised to command your blessings where your people live together in harmony. Since you are not a god of confusion but the God of order, put harmony wherever I go. Put harmony in my family, put harmony in my neighbours, put harmony in my workmates, put harmony in my business associates! Whoever I interact with, put harmony between us, and command your blessings in all my relationships. You said when you are pleased with me you will make my enemies live in peace with me. Please let everyone live with me peacefully.

7. I thank you God because you are good, your love endures forever. Give thanks to the greatest of all gods; His love is eternal. Give thanks to the Mightiest of all lords; His love is eternal. He alone performs great miracles; His love is eternal.

8. I thank you, Lord with all my heart; I sing praise to you before the gods. You answered me when I called you; with your strength you strengthened me.

9. Lord you have examined me and you know me. Your knowledge of me is too deep; it is beyond my understanding. O God, how difficult I find your thoughts; how many of them there are!

10. Examine me, O God, and know my mind; test me and discover my thoughts. Find out if there is any evil in me and guide me on the right path.

I declare these in the Mighty name of JESUS CHRIST, my Lord.

AMEN!

Repeat the process at **4 am**, **5 am**, **6 am** then between **noon** and **2 pm**. Repeat the routine at **4 pm** before breaking the fast and at any other time before sleeping

When facing a unique happening that leaves you sad or happy

Wake up at 3 in the morning. Sing 3 praise and worship songs. If you do not have any praise and worship songs recite **Psalms 27** audibly but be careful you do not disturb other persons. It would be ideal to be in an isolated place. If this is impossible, just move your lips and make no sound.

Then make the following declarations loudly if you are in an isolated place, but if you are in a place you are likely to disturb other people, read them moving your lips but making no sound.

1. God, how much longer will you just look on? Rescue me from my enemies' attacks; save my life from the lions. Don't let my enemies, liars, gloat over my defeat. Don't let those who hate me for no reason smirk with delight over my sorrow.

2. All night long I cry; tears run down my cheeks, all my former friends have left me. All my allies have betrayed me and are against me. I groan and hide my face in shame. Look at me Lord, see me in my misery!

3. Look O lord at my agony, at the anguish of my soul! My heart is broken in sorrow. Listen to my groans, there is no one to comfort me. Bring the day you promised.

4. I am one who knows what it is to be punished by God. He drove me deeper and deeper into darkness. He beat me again and again with merciless blows. He left my flesh open and raw. He shut me in a prison of misery and anguish. He forced me to live in the stagnant darkness of death.

5. Yet hope returns when I remember one thing. The Lords unfailing love and mercy abounds forever, fresh as the morning and sure as the sunrise. The Lord is all I have so I put my hope in Him.

6. The Lord is good to everyone who trusts in Him. So it is best for us to wait in patience, to wait for Him to save us.

7. When we suffer, we should sit alone in silent patience, bow in submission. Though beaten and insulted, the Lord is merciful and will not reject us forever. He may bring us sorrow but His love for us is sure and strong. He takes no pleasure in causing us grief or pain.

8. The Lord knows when our spirits are crushed. He knows when we are denied the rights he gave us. He knows when justice for us is perverted in court. He will answer me I will not be afraid.

9. The Lord heals the broken hearted and bandages their wounds.

10. Praise the Lord! Praise Him all His angels, all His heavenly armies, Praise Him, sun and moon; praise Him shinning stars. Praise Him, highest heavens and the waters above the sky, let's praise God.

I declare these in the Mighty name of JESUS CHRIST, my Lord.

AMEN!

Repeat the process at **4 am**, **5 am**, **6 am** then between **noon** and **2 pm**. Repeat the routine at **4 pm** before breaking the fast and at any other time before sleeping.

Chapter 2: Three Day Fasting

Perform this fasting when;

1. When you desire to be healed of sickness.
2. When you desire to stop substance abuse
3. When you desire to protect your family from tragedies and accidents
4. Praying for stubborn sickness and sin
5. Blessing your children and spouse and restoring broken relationships
6. You need to request promotion at work
7. Praying for release of divine wealth
8. When you desire to get out of debt
9. When you desire to praise God for His mercy and live a life that pleases Him.
10. When desiring to serve God and spread the gospel

When you need material possession, promotion at work and also to get out of debt (Day 1)

Wake up at 3 in the morning. Sing 3 praise and worship songs. If you do not have any Praise and Worship song recite **Psalms 91** audibly, but be careful you do not disturb other persons. It would be ideal to be in an isolated place. If this is impossible, just move your lips and make no sound. Then make the following declarations.

1. My father Jehovah, you said you are the owner of gold and silver and you liberally give it to your servants. Please give me..... (Specify the specific job) Job. Please give me.... (Specify the material you want)

2. Oh Lord you said your servant will lend generously and never borrow. Please free me from debt. Show me my bottle of little oil that you will miraculously multiply so that I can sell and pay of my creditors.

3. Give me the wisdom you gave Joseph to keep aside grain during the period of abundance that in the periods of famine, I may lack nothing.

4. Give me the wisdom and the blessing of an ant to work hard and store up resources for a rainy day.

5. Protect me from immoral women and men who may distract me and consume all the money I have worked hard to earn. Remind me always I am a king and I should not spend all my energy on sex and all my money on women/men.

6. Protect me from greediness and drunkenness and poverty. As a king never let me hanker after alcohol, let me not ignore your law, take away my poverty and my unhappiness. I cast these burdens unto you.

7. Make me strong and industrious. Let me know the value of everything; make me never to worry about the future.

8. Give me a barn full of wealth that I may donate willingly to those who don't have. Make me use my talents to the full to earn this income that will sustain the needs of my family, give

charitably to those who do not have and leave an inheritance to my children beyond the third generation.

9. Show care as you promised to send rain, make the earth fertile, fill streams with water and provide earth with crops. Bless all I do.

10. You have indeed heard me; you have listened to my prayer. I praise you God, because you did not reject my prayer or keep back your constant love from me.

I declare these in the Mighty name of JESUS CHRIST, my Lord.

AMEN!

Repeat the process at **4 am**, **5 am**, **6 am** then between **noon** and **2 pm**. Repeat the routine at **4 pm** before breaking the fast and at any other time before sleeping.

When you need material possession, promotion at work and also to get out of debt (Day 2)

Wake up at 3 in the morning. Sing 3 praise and worship songs. If you do not have any Praise and Worship song recite **Psalms 91** audibly, but be careful you do not disturb other persons. It would be ideal to be in an isolated place. If this is impossible, just move your lips and make no sound.

Then make the following declarations loudly if you are in an isolated place, but if you are in a place you are likely to disturb other people, read them moving your lips but making no sound.

1. My father God, your word says that money is the answer to everything. I want to meet all my basic needs and have some luxury since you showed the example by resting on the seventh day and taking pleasure in the work of your hands. I also want to have enough to give for charitable work. Please send me this money.

2. Oh God, you advised us that if we find honey let's just eat enough to our satisfaction but not gorge everything till we burst dead. As you send these lots of money my way let me not forget

you and love the money, let me see the money like any equipment like a knife. If a knife is handled well, it is useful otherwise it is a murderous instrument. Let me put money to good use without loving it, let me love you forever.

3. Help me gather my money and make it grow, do not make me party to looters and obtain dishonest money, which will dwindle away and make me poor.

4. Give me wisdom to handle money and increase it. You yourself have declared wealth has its dynamics and cannot be handled by everybody, you have asked, “why should fools have money in hand to buy wisdom. When they are not able to understand it?”

5. Make me stay humble even as I get rich and let me not put my hope in wealth, my hope should remain in you because you richly provide me with everything for my enjoyment.

6. Give me no lazy hands to make poverty but give me diligent hands that bring wealth.

7. Let me always plan and spend my money carefully since by gathering the leftovers of fish and bread multiplied by Jesus miraculously, God you set a standard to us not to be wasteful. Like a person who wants to build a tower sitting down and estimating the cost, let me plan carefully.

8. Oh God, open the heavens, the storehouses of your bounty, send rain on the land in season and bless the work of my hands. Let me lend to others but borrow from none according to your word.

9. Help me to be wise and live in wealth and luxury, let me not be stupid to spend my money as fast as I get it.

10. Give me the power to be rich because it is your promise and a covenant you made to my ancestors and since you said, you remain faithful always, give me the power.

I declare these in the Mighty name of JESUS CHRIST, my Lord.

AMEN!

Repeat the process at **4 am**, **5 am**, **6 am** then between **noon** and **2 pm**. Repeat the routine at **4 pm** before breaking the fast and at any other time before sleeping.

When you need material possession, promotion at work and also to get out of debt (Day 3)

Wake up at 3 in the morning. Sing 3 praise and worship songs. If you do not have any Praise and Worship song recite **Psalms 91** audibly, but be careful you do not disturb other persons. It would be ideal to be in an isolated place. If this is impossible, just move your lips and make no sound. Then make the following declarations.

1. My father God, I know hard work can never make me rich. It is your blessing that makes me wealthy. Bless me with riches.

2. Make me wise and reward me with wealth according to your promise.

3. Let the evil pronounced by my enemies to live in pain and poverty be defeated in name of JESUS CHRIST. Like Jabez

who was called pain, reduce to nothing my curses and bless me instead. Jabez prayed to you to bless him, give him much land, and keep him from anything evil that might cause him pain and you gave him his request. I humbly request you to make me wealthy and add no pain to it.

4. Help me to read your word in my worship. Help me to study it day and night. Make me obey everything and as you promised Joshua to be prosperous and successful, make me prosperous and successful.

5. According to your word, give me the gift of enjoying the wealth and the property you have given me. Let me remain grateful and praise you.

6. My father God, you have promised us you have riches and honour to give, prosperity and success. Please give me riches and honour, prosperity and success.

7. My God, you have said that all things on earth belong to you; I humbly request to have gold and silver.

I declare these in the Mighty name of JESUS CHRIST, my Lord.

AMEN!

Repeat the process at **4 am**, **5 am**, **6 am** then between **noon** and **2 pm**. Repeat the routine at **4 pm** before breaking the fast and at any other time before sleeping.

When you/your loved ones desire to be healed from sickness and shun habits like drug abuse (day 1)

Wake up at 3 in the morning. Sing 3 praise and worship songs. If you do not have any Praise and Worship song recite **Psalms 91** audibly, but be careful you do not disturb other persons. It would be ideal to be in an isolated place. If this is impossible, just move your lips and make no sound.

Then make the following declarations loudly if you are in an isolated place, but if you are in a place you are likely to disturb other people, read them moving your lips but making no sound.

1. My God, you promised to wipe away my tears and I shall grief no more, please heal.... (Name of the loved one) of his/her sickness/addiction.

2. My Lord Jesus Christ, you healed a woman who had 12 years blood flow. I know however long my loved one has struggled with this sickness/addiction you will heal him/her.

3.God you yourself promised that if there is a sick person among us, the prayer of faith shall save the sick and you shall raise him up and if he had committed any sins he shall be forgiven. Please raise my loved one (name his/her name).

4. LORD JESUS CHRIST, you bore our sins in your own body on the tree and by your stripes we were healed, I command healing to.... (Mention the name)

5. God you promised that you heal the broken-hearted and bandage their wounds, please heal.... (Mention the name)

6. God you bandage the wounds you make, your hand hurts us, and your hand heals, save... (Mention the name) from.... (Mention the sickness).

7. LORD Jesus you went about all Galilee healing all manner of disease among the people, please heal... (Mention the name)

8. LORD, you advised us a tongue can pierce as a sword, but a wise tongue is health, a faithful messenger is health, let me speak healing to the sick, let my tongue be a healing, let my loved ones be deaf to tongues that pierce them like the sword, let them be deaf to tongues that discourage and scare them to sickness, overturn tongues that have spoken evil and cast a spell on me and my loved ones, heal us.

9. LORD it is your wish that we prosper and be in good health. Heal my loved ones of their infirmities and addiction.

10. Heal us Lord and we shall be healed, save us and we shall be saved.

I declare these in the Mighty name of JESUS CHRIST, my Lord.

AMEN!

Repeat the process at **4 am**, **5 am**, **6 am** then between **noon** and **2 pm**. Repeat the routine at **4 pm** before breaking the fast and at any other time before sleeping.

When you /your loved ones desire to be healed from sickness and shun habits like drug abuse (day 2)

Wake up at 3 in the morning. Sing 3 praise and worship songs. If you do not have any Praise and Worship song recite **Psalms 91** audibly, but be careful you do not disturb other persons. It would be ideal to be in an isolated place. If this is impossible, just move your lips and make no sound.

Then make the following declarations loudly if you are in an isolated place, but if you are in a place you are likely to disturb other people, read them moving your lips but making no sound.

1. My father GOD you promised to bring health and cure. You promised us abundant peace and security. Please let us be healthy, peaceful and secure.

2. God you promised that if we obey your word you will not punish us with diseases you brought on Egyptians. You are the one that heals us. I claim that healing for myself and my loved ones.

3. Our God Jehovah, you promised that if we serve you, you shall bless our bread and water and sickness shall not be amidst us. Heal us of our sickness and addiction.

4. There is no God like you, you kill and resurrect, and you wound and heal. Be with us almighty God and heal our illness and addiction.

5. God I humble myself before you, I have sought you, I pray to you, please forgive us our sins according to your word and heal the land.

6. God help us to merry and be cheerful so that our souls are healed.

7. LORD Jesus, you healed a man who had been 38 years sick at the pool with five porches known as Bethzatha. He had no one to attend to him. We have no one to help us God, look at

our plight and heal us. Though our sickness and addiction be many years old, we trust your instant transformation.

8. LORD Jesus, you raised the dead, what is impossible for you? What are cancer, high blood pressure, heart disease, asthma, rheumatism and diabetes in your presence?

9. Look at our addiction and our stubborn diseases, heal us and remove these ailments, rejuvenate our bodies and let our skin be as smooth as young child's according to you promise.

10. Our eyes look unto you, our hope is in you, don't disappoint us God, fill us with good things, and let health be our portion.

I declare these in the Mighty name of JESUS CHRIST, my Lord.

AMEN!

Repeat the process at **4 am**, **5 am**, **6 am** then between **noon** and **2 pm**. Repeat the routine at **4 pm** before breaking the fast and at any other time before sleeping.

When you /your loved ones desire to be healed from sickness and shun habits like drug abuse (day 3)

Wake up at 3 in the morning. Sing 3 praise and worship songs. If you do not have any Praise and Worship song recite **Psalms 91** audibly, but be careful you do not disturb other persons. It would be ideal to be in an isolated place. If this is impossible, just move your lips and make no sound.

Then make the following declarations loudly if you are in an isolated place, but if you are in a place you are likely to disturb other people, read them moving your lips but making no sound.

1. My father God, you promised to make us safe from all hidden dangers and deadly diseases. Protect and heal us from deadly diseases.

2. Our loving God, you assured us that we need not fear of any dangers at night or plagues that strike in the dark, protect and heal us from strange diseases.

3. Oh God, you told us of an account where Satan sent job a deadly disease. Protect us from our enemies who are visiting

witchcraft shrines to cast spells on us and make us sick. Render their incarnations ineffective and let their efforts be useless.

4. Our Lord Jesus Christ, you healed persons possessed with demons that made them sick. Remove the demons making us sick and holding us captive to drug abuse and chain them in hell for ever and let us be healthy and sound.

5. Sustain us oh God in our sick bed, comfort and heal us, do not forsake us.

6. In our old age when we are weak and have lost substantial number of our teeth, do not forsake us, sustain us and give us strength.

7. Your Mighty deeds O God makes me glad because of what you have done, I sing for joy because you have healed our diseases.

8. You rule supreme in Heaven Oh God, your laws are eternal and your temple is holy indeed, forever and ever.

9. You do not abandon your people; you will not desert those who belong to you.

10. If you God had not helped me, I would have quickly gone to the land of silence. Whenever I am anxious and worried, you comfort me and make me glad.

I declare these in the Mighty name of JESUS CHRIST, my Lord.

AMEN!

Repeat the process at **4 am**, **5 am**, **6 am** then between **noon** and **2 pm**. Repeat the routine at **4 pm** before breaking the fast and at any other time before sleeping.

When desiring family protection, blessings and relationship (day 1)

Wake up at 3 in the morning. Sing 3 praise and worship songs. If you do not have any Praise and Worship song recite **Psalms 91** audibly, but be careful you do not disturb other persons. It would be ideal to be in an isolated place. If this is impossible, just move your lips and make no sound.

Then make the following declarations loudly if you are in an isolated place, but if you are in a place you are likely to disturb other people, read them moving your lips but making no sound.

1. Protect me and my family God, you said you would save those who love you and protect those who acknowledge you.

2. My enemies flatter with smooth words but are deadly, condemn and punish them O God, may their plots cause their own ruin.

3. Listen to my cry for help God and answer my prayer, let my enemies know the bitter shame of defeat; in sudden confusion drive them away.

4. Rise in your anger, O Lord! Stand up against the fury of my enemies; rouse yourself and help me! Justice is what you demand, stop the wickedness of evildoers and reward those who are good.

5. May my enemies turn back when you appear; may they fall down and die.

6. God, if you don't protect the City, it is useless for guards to protect it, protect my home and family.

7. Bless my wife my God; let her be like a fruitful vine in my home according to your word. Bless my children let them be like young olive trees around my table.

8. Bless the union between me and my wife; let it be like a rope of three cords that does not break easily. I understand the cords to mean, my wife, you God and I, please dwell in our family.

9. Let everyone that passes by my compound say, may God bless you! We bless you in the name of the LORD.

10. Praise the LORD! Praise his name. Praise the LORD because he is good; sing praises to his name, because he is kind.

I declare these in the Mighty name of JESUS CHRIST, my Lord.

AMEN!

Repeat the process at **4 am**, **5 am**, **6 am** then between **noon** and **2 pm**. Repeat the routine at **4 pm** before breaking the fast and at any other time before sleeping.

When desiring family protection, blessings and relationship (day 2)

Wake up at 3 in the morning. Sing 3 praise and worship songs. If you do not have any Praise and Worship song recite **Psalms 91** audibly, but be careful you do not disturb other persons. It would be ideal to be in an isolated place. If this is impossible, just move your lips and make no sound. Then make the following declarations.

1. Lord God, help me to manage my family and see to it my children obey you and conduct themselves in the manner worthy of respect.

2. My heavenly father help me provide for my own family, let me meet all their needs effortlessly and still have sufficient to donate to the poor and the needy.

3. Let my family members bear with one another and forgive each other willingly if they have any grievance towards one another. Bless me with family unity.

4. Help me to love my wife and never be bitter with her, let me love her as I love myself. Let me never exasperate my children but to bring them in the training and instruction of your word.

5. Oh God, let me love and respect my Husband as the head of the family, bless him and let all he does succeed.

6. My heavenly Father, let my family and I choose to serve you always.

7. The statutes you have given us, help us to impress them on our children, according to your word, let's talk about them when we sit with our kids, walk along the road, when we lie down and when we get up.

8. Let my children bring me joy and they should never despise their mother; let them never forsake their mother's instruction.

9. Let us love each other as JESUS CHRIST loved the church. Let us love you, the author of our love.

10. Let your Love oh God be with my family and my children's children. Show my generation the favour you have shown me and continue blessing them.

I declare these in the Mighty name of JESUS CHRIST, my Lord.

AMEN!

Repeat the process at **4 am**, **5 am**, **6 am** then between **noon** and **2 pm**. Repeat the routine at **4 pm** before breaking the fast and at any other time before sleeping.

When desiring family protection, blessings and relationship (day 3)

Wake up at 3 in the morning. Sing 3 praise and worship songs. If you do not have any Praise and Worship song recite **Psalms 91** audibly, but be careful you do not disturb other persons. It would be ideal to be in an isolated place. If this is impossible, just move your lips and make no sound. Then make the following declarations.

1.My Father in Heaven, bless my wife with vigour, let her arms be strong for her tasks, like the virtuous woman, let her wake up

while it is still dark to provide food for her family and the female servants. Give her wisdom to buy land and invest wisely.

2. Bless my children and let them honour me and their mother, give them long and satisfied life as you promised.

3. Comfort us as a family as a mother comforts her child. Protect us with your love.

4. Let my family be like a brother born for the time of adversity, let's stick and continue loving each other in challenging times.

5.Lets us appreciate that we are different and not the same in my family, lets value each other's talent as per your word, "in the same way, though we are many, we are one in union with Christ, and we are all joined to each other as different parts of one body. So we use our different gifts in accordance with the grace God has given us"

6. Let my family members have a contrite heart towards you. Let them be peacemakers.

7. Let us as a family consider the means we can push each other to love good deeds and encourage each other.

I declare these in the Mighty name of JESUS CHRIST, my Lord.

AMEN!

Repeat the process at **4 am**, **5 am**, **6 am** then between **noon** and **2 pm**. Repeat the routine at **4 pm** before breaking the fast and at any other time before sleeping.

When Desiring to Praise or serve God and spreading the gospel (day 1)

Wake up at 3 in the morning. Sing 3 praise and worship songs. If you do not have any Praise and Worship song recite **Psalms 91** audibly, but be careful you do not disturb other persons. It would be ideal to be in an isolated place. If this is impossible, just move your lips and make no sound.

Then make the following declarations loudly if you are in an isolated place, but if you are in a place you are likely to disturb other people, read them moving your lips but making no sound.

1. My God, you saw how people loved and panted for the good news that you wrote their aspiration, 'how beautiful are the feet

of those who bring good news!' help me broadcast un-adultered word.

2. My father Jehovah, I thank you for making me a minister according to your grace and your power working in me.

3. My father God, though you directed that those who preach the Gospel should get their living from it, guide my heart not to be covetous or greedy and not to oppress and burden my fellow brethrens.

4. Help me to live and conduct myself in a manner worthy of the Gospel of Christ.

5. Let your constant love be my guide, let your faithfulness lead me.

6. Do not bring me into temptations but keep me from the evil one.

7. Wash me with hyssop that I may be clean; let me radiate your love in whatever I do.

8. I will praise you for what you have done; all who are oppressed will listen to me and be glad. I prayed to God and you answered me, you freed me from all my fears.

9. Oppose those who oppose me Lord, and fight those who fight against me. Take your shield and armour and come to my rescue.

10. You have taught me to sing a new song, a song of praise to you. Many hear this and take the warning and put their trust in you God.

I declare these in the Mighty name of JESUS CHRIST, my Lord.

AMEN!

Repeat the process at **4 am**, **5 am**, **6 am** then between **noon** and **2 pm**. Repeat the routine at **4 pm** before breaking the fast and at any other time before sleeping.

When Desiring to Praise or serve God and spreading the gospel (day 2)

Wake up at 3 in the morning. Sing 3 praise and worship songs. If you do not have any Praise and Worship song recite **Psalms 91** audibly, but be careful you do not disturb other persons. It would be ideal to be in an isolated place. If this is impossible, just move your lips and make no sound.

Then make the following declarations loudly if you are in an isolated place, but if you are in a place you are likely to disturb other people, read them moving your lips but making no sound.

1. Thank you my God that you have fittingly arranged the spread of the gospel, the singers are in front, the musicians are behind and in between the women beating tambourines.

2. My sins, O God are not hidden from you; do not let me bring shame on those who trust in you, don't let me disgrace those who worship you.

3. My devotion to your temple burns in me like a fire, the insults which are hurled at you fall on me.

4. May all who come to you be glad and be joyful. May all who are thankful for your salvation always say, 'How great is our God!'

5. Let those who live and follow you commands with all their heart be happy.

6. I praise you, O Lord; teach me your ways. I will repeat aloud all laws you have given.

7. Help me understand your laws and I will meditate on your wonderful teachings.

8. Even in my suffering I was comforted because your promise gave me life.

9. In the middle of the night, I wake up to praise you for your righteous judgements.

10. Let me season your word with salt, able to reply to whoever asks of me.

I declare these in the Mighty name of JESUS CHRIST, my Lord.

AMEN!

Repeat the process at **4 am**, **5 am**, **6 am** then between **noon** and **2 pm**. Repeat the routine at **4 pm** before breaking the fast and at any other time before sleeping.

When Desiring to Praise or serve God and spreading the gospel (day 3)

Wake up at 3 in the morning. Sing 3 praise and worship songs. If you do not have any Praise and Worship song recite **Psalms 91** audibly, but be careful you do not disturb other persons. It would be ideal to be in an isolated place. If this is impossible, just move your lips and make no sound.

Then make the following declarations loudly if you are in an isolated place, but if you are in a place you are likely to disturb other people, read them moving your lips but making no sound.

1. Oh God, because of your constant love be good to me, so that I may obey your laws.

2. If your law had not been the source of my joy, I would have died from my sufferings. I will never neglect your instructions, because by them you kept me alive.

3. Before sunrise I call to you for help; I place my hope in your promise.

4. Seven times each day I thank you for your righteous judgements.

5. God you never doze or sleep. You will protect me from all danger, you will keep me safe; you will protect me as I come and go forever.

6. Be merciful to us, Lord, be merciful; we have been treated with so much contempt, we have been mocked too long by the rich and scorned by the proud oppressors.

7. Those who trust in the LORD are like Mount Zion, which can never be shaken, they will never be moved.

8. Lord, make me prosperous again, just as the rain brings water back to dry riverbeds. Let those who wept as they sowed their seed, gather the harvest with joy! Those who wept as they went out carrying the seed will come back singing for joy, as they bring in the harvest.

9. Come, praise the lord, all his servants, all who serve in his temple, raise your hands in prayer and praise the LORD.

10. Praise the LORD for he is good; sing praises to his name, because he is kind.

I declare these in the Mighty name of JESUS CHRIST, my Lord.

AMEN!

Repeat the process at **4 am**, **5 am**, **6 am** then between **noon** and **2 pm**. Repeat the routine at **4 pm** before breaking the fast and at any other time before sleeping.

Chapter 3: Seven Day Fasting

Perform this fasting when;

1. Coping with grief.
2. Seeking healing for the sick loved one.
3. Need to meditate on God's word and thanking Him for His grace
4. Exorcising demons
5. Breaking generational curses
6. Blessing your children and spouse
7. Seeking turnaround in ones finances
8. Facing any problem conceivable that you need to cope with or obtain divine solution.

Seven Day fasting (day 1)

Wake up at 3 in the morning. Sing 3 praise and worship songs. If you do not have any Praise and Worship song recite **Psalms 60** audibly but be careful you do not disturb other persons. It would be ideal to be in an isolated place. If this is impossible, just move your lips and make no sound.

Then make the following declarations loudly if you are in an isolated place, but if you are in a place you are likely to disturb other people, read them moving your lips but making no sound.

1. God you are my light and my salvation, I will fear no one. Protect me from danger.

2. God you said if we pay attention to your word, it will give us life and health, give us health and abundant life.

3. I will praise you God with all my heart, I will tell of all the wonderful things you have done.

4. God we do not deserve your mercy like the woman who pleaded for her daughter to be healed. Jesus said he came to save the Jews first, but the woman pleaded even dogs ate leftovers under the masters table. Her great faith made the demon to leave her daughter. As un-deserving as we are, please let the demons leave our loved ones and stop tormenting them.

5. Our Father in heaven please break our generational curses as you yourself promised that your spirit does not make us

slaves but makes us your children and by its power we cry out to you, " Father! My Father!"

6. Oh Lord let our children respect us as their parents that they may live long according to your promise.

7. Jehovah God, give us our financial needs as all the animals in the forest are yours and the cattle on thousands of hills are yours all flying creatures and living things belong to you.

I declare these in the Mighty name of JESUS CHRIST, my Lord.

AMEN!

Repeat the process at **4 am**, **5 am**, **6 am** then between **noon** and **2 pm**. Repeat the routine at **4 pm** before breaking the fast and at any other time before sleeping.

Seven Day fasting (day 2)

Wake up at 3 in the morning. Sing 3 praise and worship songs. If you do not have any Praise and Worship song recite **Psalms 60** audibly but be careful you do not disturb other persons. It

would be ideal to be in an isolated place. If this is impossible, just move your lips and make no sound.

Then make the following declarations loudly if you are in an isolated place, but if you are in a place you are likely to disturb other people, read them moving your lips but making no sound.

1.Thank you God and Father of our Lord Jesus Christ that you help us in all our troubles so that we are able to help others who have all kinds of troubles using the same help that we ourselves have received from you.

2. Heal my loved ones and restore their health, show us abundant peace and security.

3. Thank you our Father God, in Jesus name I offer my thanks.

4.You promised that believers will drive out demons in Jesus name, if they pick up snakes or drink poison, they will not be harmed, they will place hands on sick people who will get well...drive out demons from my loved ones in Jesus name!

5. Keep your promise to thousands of my generations but do not punish them for my sins.

6. God, you know what we are made of, thank you for being kind to us your children; help us to teach our children how they should live.

7.Our father God, the world and all that is in it belongs to you, we are all yours, please give me my portion of inheritance, give me enough money to meet my needs, afford some luxury and donate charitably to the less endowed.

I declare these in the Mighty name of JESUS CHRIST, my Lord.

AMEN!

Repeat the process at **4 am**, **5 am**, **6 am** then between **noon** and **2 pm**. Repeat the routine at **4 pm** before breaking the fast and at any other time before sleeping.

Seven Day fasting (day 3)

Wake up at 3 in the morning. Sing 3 praise and worship songs. If you do not have any Praise and Worship song recite **Psalms 60** audibly but be careful you do not disturb other persons. It would be ideal to be in an isolated place. If this is impossible, just move your lips and make no sound.

Then make the following declarations loudly if you are in an isolated place, but if you are in a place you are likely to disturb other people, read them moving your lips but making no sound.

1. Our Father Lord, I have mourned and groaned for ages, please comfort me according to your word.

2. Your son Jesus Christ and our saviour carried our sins in his body to the cross. By his wounds we are healed. Heal my sick loved ones.

3. God in union with JESUS CHRIST, you want us to be thankful in all circumstances, help me to be joyful and thank you always.

4. Oh God, it is pleasant to remember that the 72 persons Jesus sent to preach came back with great joy and exclaimed that even demons obeyed them when they gave a Command in Jesus' name, I command the demons to leave my loved ones and be chained in hell forever.

5. Thank you my father Jehovah that you are not easily angered and you show great love and faithfulness and you forgive sin and rebellion. Please do not punish my generation because of my sins, break up generational curses following me!

6. My father God, let my wife submit to me as to Jesus Christ, let me love her and never be harsh with her. Let our children obey us, and give us wisdom not to irritate them, let us not discourage them.

7. Our God, you know we are bad, but as bad as we are, we give good things to our children. You have challenged us to ask you and you are willing to give us good things. Please give me wealth, that I may be self sufficient, enjoying some luxury and giving liberally to those you are answering their prayers through me, to strengthen them financially.

I declare these in the Mighty name of JESUS CHRIST, my Lord.

AMEN!

Repeat the process at **4 am**, **5 am**, **6 am** then between **noon** and **2 pm**. Repeat the routine at **4 pm** before breaking the fast and at any other time before sleeping.

Seven Day fasting (day 4)

Wake up at 3 in the morning. Sing 3 praise and worship songs. If you do not have any Praise and Worship song recite **Psalms 60** audibly but be careful you do not disturb other persons. It would be ideal to be in an isolated place. If this is impossible, just move your lips and make no sound.

Then make the following declarations loudly if you are in an isolated place, but if you are in a place you are likely to disturb other people, read them moving your lips but making no sound.

1. Oh God, see our pain and groaning; wipe away all our tears, let there be no more grief, crying or pain. Let us forget the former things.

2. You promised to help those who love you when they are sick and you would restore to them their health, please heal my loved ones!

3. I will thank you God; I will never stop praising you.

4. The disciples saw a man driving out demons in Jesus name. How powerful is the name of Jesus that even those who were

not his disciples could do great things with it! Drive out all evil spirits in my loved ones God!

5. Help me and my loved ones to shun idol worship for you tolerate no rival. Bless me and my generations, let all my generation curses end with me, let all generation curses in my wife's lineage end with her, let us be a blessed family, and let us have blessed generations.

6. Let our children obey us in the LORD; let them cling to the commandment, 'respect your father and mother'. Give us wisdom not to treat them in such a way as to make them angry. Instead, guide us to bring them up with Christian discipline and instruction.

7. God you are emphatic that all silver and gold of the world is yours, give me silver and gold to meet all my needs, spare me some for luxury, give me a barn full of it to donate generously and leave an inheritance for my generations.

I declare these in the Mighty name of JESUS CHRIST, my Lord.

AMEN!

Repeat the process at **4 am**, **5 am**, **6 am** then between **noon** and **2 pm**. Repeat the routine at **4 pm** before breaking the fast and at any other time before sleeping.

Seven Day fasting (day 5)

Wake up at 3 in the morning. Sing 3 praise and worship songs. If you do not have any Praise and Worship song recite **Psalms 60** audibly but be careful you do not disturb other persons. It would be ideal to be in an isolated place. If this is impossible, just move your lips and make no sound.

Then make the following declarations loudly if you are in an isolated place, but if you are in a place you are likely to disturb other people, read them moving your lips but making no sound.

1. My father God, you said that those who weep shall laugh. I have wept for long when are you going to make me laugh?

2. You have advised us that being gloomy all the time is slow death, make me cheerful and keep me healthy, make my loved ones cheerful and heal them.

3. I thank you God that every good gift comes from you, you are the creator of heavenly lights, you do not change or renege on your promise.

4. Help me and my loved ones not to abandon the faith and obey lying spirits following teachings of demons. Protect us from the evil one and make us safe.

5. Thank you my father Jehovah for clarifying it is the one who sins that dies. A son is not to suffer because of the father's sin, nor a father because of the son's sin. Break all generation curses following me or my wife. Bless me and my wife; let's be a blessing to our children and our future generations. Reward us as good people and remove generational curses from us.

6. Help me to be a good leader, self-controlled, orderly, able to teach and welcoming strangers, sober, non-violent gentle, peaceful, not a money lover and loving my wife. Help me to manage my family well and let my children obey me with all respect.

7. God, you give all your creatures what to eat. You provide food and they are satisfied. Give me all my needs God, help me to be

a blessing to those that do not have and put aside an inheritance to my generations.

I declare these in the Mighty name of JESUS CHRIST, my Lord.

AMEN!

Repeat the process at **4 am**, **5 am**, **6 am** then between **noon** and **2 pm**. Repeat the routine at **4 pm** before breaking the fast and at any other time before sleeping.

Seven Day fasting (day 6)

Wake up at 3 in the morning. Sing 3 praise and worship songs. If you do not have any Praise and Worship song recite **Psalms 60** audibly but be careful you do not disturb other persons. It would be ideal to be in an isolated place. If this is impossible, just move your lips and make no sound.

Then make the following declarations loudly if you are in an isolated place, but if you are in a place you are likely to disturb other people, read them moving your lips but making no sound.

1. My God, I am worried and upset. I am actually afraid. Please give me peace as you promised. Not the peace that the world gives but your own peace, give it to me!

2. You promised that a prayer made in faith will heal the sick, restore the health of my loved ones and forgive them of their sins.

3. Thank you my father God that I do not need to worry about anything, but in all my prayers I should ask you what I need always and you will fulfil for me.

4. Punish the demons that are tormenting my loved ones, chase them to the abyss, let them scream like they did during Jesus' time, "what do you want with us, you son of God? Have you come to punish us before the right time?"

5. Let my family be blessed, let none of my children curse us, let them rise and appreciate their mother, let them live to make your heart and mine glad.

6. My father God, you have given me the obligation to take care of my family, let me cherish the duty and supply me with the

resources to do so. Do not limit the provisions I can give to my family but give me a barn full of resources to share with the poor and the needy.

7. You promised to give your loved ones treasures from dark, secret places; look at how humbly I have requested you to partake of your hidden treasures, give me wealth God, provide my needs and let me share with others.

I declare these in the Mighty name of JESUS CHRIST, my Lord.

AMEN!

Repeat the process at **4 am**, **5 am**, **6 am** then between **noon** and **2 pm**. Repeat the routine at **4 pm** before breaking the fast and at any other time before sleeping.

Seven Day fasting (day 7)

Wake up at 3 in the morning. Sing 3 praise and worship songs. If you do not have any Praise and Worship song recite **Psalms 60** audibly but be careful you do not disturb other persons. It would be ideal to be in an isolated place. If this is impossible, just move your lips and make no sound.

Then make the following declarations loudly if you are in an isolated place, but if you are in a place you are likely to disturb other people, read them moving your lips but making no sound.

1. I am afraid and discouraged God. Go before me and wherever I go. Make me determined and confident. Comfort me with your loving mercies.

2. I pray that my loved ones and I may be well in health and spirit. Let everything go well with us. Send your healing power and angels to guide us.

3. Thank you God that you always give us what we desire and make our plans succeed.

4. Father, I am thrilled that Peter healed all those who were ill or who had evil spirits in them from towns around Jerusalem. Heal my loved ones of evil spirits!

5. You have lucidly said that parents are not to be put to death for crimes committed by their children and children are not to be put to death for crimes committed by their parents; people are to be put to death only for crimes they themselves have committed. Please break all my generational curses and my

wife's generational curses, let our children be free from the curses. Let the curses pronounced on us be like birds that fly and lack where to perch.

6. Let our older women behave as women should who live a holy life. Let them not be slanderers or slaves to wine. Let them teach good and train younger women to love their husbands and children, to be self-controlled and pure, and to be good housewives who submit to their husbands, so that no one will speak evil of the message that comes from you.

7. Help me to be industrious and let my efforts help me to fend for my family, direct me that I may not work amiss, let all my efforts be beneficial, protect me from laziness, let hard work be part of me.

I declare these in the Mighty name of JESUS CHRIST, my Lord.

AMEN!

Repeat the process at **4 am**, **5 am**, **6 am** then between **noon** and **2 pm**. Repeat the routine at **4 pm** before breaking the fast and at any other time before sleeping.

Chapter 4: Twenty one Day Fasting

Perform this fasting when;

1. Coping with grief.
2. Seeking healing for the sick loved one.
3. You need to meditate on God's word and thanking Him for His grace
4. Exorcising demons
5. Breaking generational curses
6. Blessing your children and spouse
7. You need a turnaround in ones finances
8. You need to cope with any problem conceivable or obtain divine solution.

Twenty one Day fasting (day 1)

Wake up at 3 in the morning. Sing 3 praise and worship songs. If you do not have any Praise and Worship song recite **Psalms 63** audibly but be careful you do not disturb other persons. It would be ideal to be in an isolated place. If this is impossible, just move your lips and make no sound.

Then make the following declarations loudly if you are in an isolated place, but if you are in a place you are likely to disturb other people, read them moving your lips but making no sound.

1. God you are my light and my salvation, I will fear no one. Protect me from danger.

2. God you said if we pay attention to your word, it will give us life and health, give us health and abundant life.

3. I will praise you God with all my heart, I will tell of all the wonderful things you have done.

4. God we do not deserve your mercy like the woman who pleaded for her daughter to be healed. Jesus said he came to save the Jews first, but the woman pleaded even dogs eat left over under the masters table. Her great faith made the demon to leave her daughter. As un-deserving as we are, please let the demons leave our loved ones and stop tormenting them.

5. Our Father in heaven please break our generational curses as you yourself promised that your spirit does not make us slaves but makes us your children and by its power we cry out to you, " Father! My Father!"

6. Oh Lord let our children respect us as their parents that they may live long according to your promise.

7. Jehovah God, give us our financial needs as all the animals in the forest are yours and the cattle on thousands of hills are yours all flying creatures and living things belong to you.

I declare these in the Mighty name of JESUS CHRIST, my Lord.

AMEN!

Repeat the process at **4 am**, **5 am**, **6 am** then between **noon** and **2 pm**. Repeat the routine at **4 pm** before breaking the fast and at any other time before sleeping.

Twenty one Day fasting (day 2)

Wake up at 3 in the morning. Sing 3 praise and worship songs. If you do not have any Praise and Worship song recite **Psalms 63** audibly but be careful you do not disturb other persons. It would be ideal to be in an isolated place. If this is impossible, just move your lips and make no sound.

Then make the following declarations loudly if you are in an isolated place, but if you are in a place you are likely to disturb other people, read them moving your lips but making no sound.

1.Thank you God and Father of our Lord JESUS CHRIST that you help us in all our troubles so that we are able to help others who have all kinds of troubles using the same help that we ourselves have received from you.

2. Heal my loved ones and restore their health, show as abundant peace and security.

3. Thank you our Father God, in Jesus name I offer my thanks.

4. You promised that believers will drive out demons in Jesus name, if they pick up snakes or drink poison, they will not be harmed, they will place hands on sick people who will get well...drive out demons from my loved ones in Jesus name!

5. Keep your promise to thousands of my generations but do not punish them for my sins.

6. God, you know what we are made of, thank you for being kind to us your children; help us to teach our children how they should live.

7. Our father God, the world and all that is in it belongs to you, we are all yours, please give me my portion of inheritance, give me enough money to meet my needs, afford me some luxury and enough money to donate charitably to the poor and the needy.

I declare these in the Mighty name of JESUS CHRIST, my Lord.

AMEN!

Repeat the process at **4 am**, **5 am**, **6 am** then between **noon** and **2 pm**. Repeat the routine at **4 pm** before breaking the fast and at any other time before sleeping.

Twenty one Day fasting (day 3)

Wake up at 3 in the morning. Sing 3 praise and worship songs. If you do not have any Praise and Worship song recite **Psalms 63** audibly but be careful you do not disturb other persons. It would be ideal to be in an isolated place. If this is impossible, just move your lips and make no sound.

Then make the following declarations loudly if you are in an isolated place, but if you are in a place you are likely to disturb other people, read them moving your lips but making no sound.

1. Our Father Lord, I have mourned and groaned for ages, please comfort me according to your word.

2. Your son Jesus Christ and our saviour carried our sins in his body to the cross. By his wounds we are healed. Heal my sick loved ones.

3. God in union with JESUS CHRIST, you want us to be thankful in all circumstances, help me to be joyful and thank you always.

4. Oh God, it is pleasant to remember that the 72 persons Jesus sent to preach came back with great joy and exclaimed that even demons obeyed them when they gave a Command in Jesus name, I command the demons to leave my loved ones and be chained in hell forever!

5. Thank you my father Jehovah that you are not easily angered and you show great love and faithfulness and you forgive sin and rebellion. Please do not punish my generation because of my sins, break up generational curses following me!

6. My father God, let my wife submit to me as to JESUS CHRIST, let me love her and never be harsh with her. Let our children obey us, and give us wisdom not to irritate them, let us not discourage them.

7. Our God, you know we are bad, but as bad as we are, we give good things to our children. You have challenged us to ask you and you are willing to give us good things. Please give me wealth, that I may be self sufficient, enjoying some luxury and giving liberally to those you are answering their prayers through me, to strengthen them financially.

I declare these in the Mighty name of JESUS CHRIST, my Lord.

AMEN!

Repeat the process at **4 am**, **5 am**, **6 am** then between **noon** and **2 pm**. Repeat the routine at **4 pm** before breaking the fast and at any other time before sleeping.

Twenty one Day fasting (day 4)

Wake up at 3 in the morning. Sing 3 praise and worship songs. If you do not have any Praise and Worship song recite **Psalms 63** audibly but be careful you do not disturb other persons. It would be ideal to be in an isolated place. If this is impossible, just move your lips and make no sound.

Then make the following declarations loudly if you are in an isolated place, but if you are in a place you are likely to disturb other people, read them moving your lips but making no sound.

1. Oh God, see our pain and groaning; wipe away all our tears, let there be no more grief, crying or pain. Let us forget the former things.

2. You promised to help those who love you when they are sick and you would restore to them their health, please heal my loved ones!

3. I will thank you God; I will never stop praising you.

4. The disciples saw a man driving out demons in Jesus name. How powerful is the name of Jesus that even those that were not his disciples could do great things with it! Drive out all evil spirits in my loved ones God!

5. Help me and my loved ones to shun idol worship for you tolerate no rival. Bless me and my generations, let all my generation curses end with me, let all generation curses in my wife's lineage end with her, let us be a blessed family, and let us have blessed generations.

6. Let our children obey us in the LORD; let them cling to the commandment, 'respect your father and mother'. Give us wisdom not to treat them in such a way as to make them angry. Instead, guide us to bring them up with Christian discipline and instruction.

7. God you are emphatic that all silver and gold of the world is yours, give me silver and gold to meet all my needs, and have some for luxury. Give me a barn full of silver and gold to donate generously and live an inheritance for my generations.

I declare these in the Mighty name of JESUS CHRIST, my Lord.

AMEN!

Repeat the process at **4 am**, **5 am**, **6 am** then between **noon** and **2 pm**. Repeat the routine at **4 pm** before breaking the fast and at any other time before sleeping.

Twenty one Day fasting (day 5)

Wake up at 3 in the morning. Sing 3 praise and worship songs. If you do not have any Praise and Worship song recite **Psalms 63** audibly but be careful you do not disturb other persons. It would be ideal to be in an isolated place. If this is impossible, just move your lips and make no sound.

Then make the following declarations loudly if you are in an isolated place, but if you are in a place you are likely to disturb other people, read them moving your lips but making no sound.

1. My father God, you said that those who weep shall laugh. I have wept for long when are you going to make me laugh?

2. You have advised us that being gloomy all the time is slow death, make me cheerful and keep me healthy, make my loved ones cheerful and heal them.

3. I thank you God that every good gift comes from you, you are the creator of heavenly lights you do not change or renege on your promise.

4. Help me and my loved ones not to abandon the faith and obey lying spirits following teachings of demons. Protect us from the evil one and make us safe.

5. Thank you my father Jehovah for clarifying it is the one who sins that dies. A son is not to suffer because of the father's sin, nor a father because of the son's sin. Break all generation curses following me or my wife. Bless me and my wife; let's be a blessing to our children and our future generations. Reward us as good people and remove generational curses from us.

6. Help me to be a good leader, self-controlled, orderly, able to teach and welcoming strangers, sober, non-violent gentle, peaceful, not a money lover and loving my wife. Help me to manage my family well and let my children obey me with all respect.

7. God, you give all your creatures what to eat. You provide food and they are satisfied. Give me all my needs God, help me to be

a blessing to those that do not have and put aside an inheritance for my generations.

I declare these in the Mighty name of JESUS CHRIST, my Lord.

AMEN!

Repeat the process at **4 am**, **5 am**, **6 am** then between **noon** and **2 pm**. Repeat the routine at **4 pm** before breaking the fast and at any other time before sleeping.

Twenty one Day fasting (day 6)

Wake up at 3 in the morning. Sing 3 praise and worship songs. If you do not have any Praise and Worship songs recite **Psalms 63** audibly but be careful you do not disturb other persons. It would be ideal to be in an isolated place. If this is impossible, just move your lips and make no sound.

Then make the following declarations loudly if you are in an isolated place, but if you are in a place you are likely to disturb other people, read them moving your lips but making no sound.

1. My God, I am worried and upset. I am actually afraid. Please give me peace as you promised. Not the peace that the world gives but your own peace, give it to me!

2. You promised that a prayer made in faith would heal the sick, restore the health of my loved ones and forgive them their sins.

3. Thank you my father God that I do not need to worry about anything, but in all my prayers I should ask you what I need always and you will fulfil for me.

4. Punish the demons that are tormenting my loved ones, chase them to the abyss, let them scream like they did during Jesus' time, "what do you want with us, you son of God? Have you come to punish us before the right time?"

5. Let my family be blessed, let none of my children curse us, let them rise and appreciate their mother, let them live to make your heart and mine glad.

6. My father God, you have given me the obligation to take care of my family, let me cherish the duty and supply me with the resources to do so. Do not limit the resources I can spent on my

family but give me a barn full of resources to share with the poor and the needy.

7. You promised to give your loved ones treasures from dark, secret places; look at how humbly I have requested you to partake of your hidden treasures, give me wealth God, provide my needs and let me share with others.

I declare these in the Mighty name of JESUS CHRIST, my Lord.

AMEN!

Repeat the process at **4 am**, **5 am**, **6 am** then between **noon** and **2 pm**. Repeat the routine at **4 pm** before breaking the fast and at any other time before sleeping.

Twenty one Day fasting (day 7)

Wake up at 3 in the morning. Sing 3 praise and worship songs. If you do not have any Praise and Worship song recite **Psalms 63** audibly but be careful you do not disturb other persons. It would be ideal to be in an isolated place. If this is impossible, just move your lips and make no sound.

Then make the following declarations loudly if you are in an isolated place, but if you are in a place you are likely to disturb other people, read them moving your lips but making no sound.

1. I am afraid and discouraged God. Go before me and wherever I go. Make me determined and confident. Comfort me with your loving mercies.

2. I pray that my loved ones and I may be well in health and spirit. Let everything go well with us. Send your healing power and angels to guide us.

3. Thank you God that you always give us what we desire and make our plans succeed.

4. Father, I am thrilled that Peter healed all those who were ill or who had evil spirits in them from towns around Jerusalem. Heal my loved ones of evil spirits!

5. You have lucidly said that parents are not to be put to death for crimes committed by their children and children are not to be put to death for crimes committed by their parents; people are to be put to death only for crimes they themselves have committed. Please break all my generational curses and my

wife's generational curses, let our children be free from the curses. Let the curses pronounced on us be like birds that fly and lack where to perch.

6. Let our older women behave as women should who live a holy life. Let them not be slanderers or slaves to wine. Let them teach good and train younger women to love their husbands and children, to be self-controlled and pure, and to be good housewives who submit to their husbands, so that no one will speak evil of the message that comes from you.

7. Help me to be industrious and let my efforts help me to fend for my family, direct me that I may not work amiss, let all my efforts be beneficial, protect me from laziness, let hard work be part of me.

I declare these in the Mighty name of JESUS CHRIST, my Lord.

AMEN!

Repeat the process at **4 am**, **5 am**, **6 am** then between **noon** and **2 pm**. Repeat the routine at **4 pm** before breaking the fast and at any other time before sleeping.

Twenty one Day fasting (day 8)

Wake up at 3 in the morning. Sing 3 praise and worship songs. If you do not have any Praise and Worship song recite **Psalms 63** audibly but be careful you do not disturb other persons. It would be ideal to be in an isolated place. If this is impossible, just move your lips and make no sound.

Then make the following declarations loudly if you are in an isolated place, but if you are in a place you are likely to disturb other people, read them moving your lips but making no sound.

1. My Father in heaven, you have advised us to spurn over thinking. You have told us to trust you with all our hearts and we should not rely on what we think we know. You have advised us to remember you in everything we do and you will show us the right way. Help me to never think I am wiser than I am, but to simply obey you and refuse to do wrong.

2. You have counselled us that if we obey you completely by doing what you consider to be right and keep you commands; you will not punish us with any diseases that you brought on the Egyptians. You are the one who heals us, heal us!

3. Thank you God that you are the God of justice, you give justice to the oppressed. I Thank you God that you have encouraged us to be persistent in prayer, to be alert and always express our thankfulness. You deserve our gratitude.

4. Like Paul ordered the evil spirits to come out of a young servant, I order evil spirits to come out of my loved ones!

5. My God, you have told us that anyone who is joined to Christ is a new being; the old is gone, the new has come. True to your word, destroy all generational curses spelt on us and let's be new creatures. Destroy the power of the shrines on which our enemies are mentioning our name and cursing us, let the curse return to them and bless us instead.

6. Thank you God that you have considered us as your children and have seen it worthy to punish us. Help us endure the suffering cheerfully and comfort and reward us for the suffering we have undergone.

7. God I know it is you who gives power to be rich. You do this as you are faithful to the covenant you made with our ancestors. I thank you sincerely for every good thing you have given me.

I declare these in the Mighty name of JESUS CHRIST, my Lord.

AMEN!

Repeat the process at **4 am**, **5 am**, **6 am** then between **noon** and **2 pm**. Repeat the routine at **4 pm** before breaking the fast and at any other time before sleeping.

Twenty one Day fasting (day 9)

Wake up at 3 in the morning. Sing 3 praise and worship songs. If you do not have any Praise and Worship song recite **Psalms 63** audibly but be careful you do not disturb other persons. It would be ideal to be in an isolated place. If this is impossible, just move your lips and make no sound.

Then make the following declarations loudly if you are in an isolated place, but if you are in a place you are likely to disturb other people, read them moving your lips but making no sound.

1. Thank you my Heavenly father for the encouragement that my mind and my body may grow weak, but you are my strength; you are all I ever need.

2. I worship you God. Bless my food and water and take away all sickness afflicting my loved ones and I.

3. I come before you with thanksgiving and with joyful songs of praise. You are almighty God, a mighty King over all the gods.

4. Bless our belongings God. Let not only our words and prayer heal and drive out evil spirits, let our belongings also do. It is refreshing to learn that you performed unusual miracles through Paul. Even hand kerchiefs and aprons he had used were taken to those who were ill and their diseases were driven away, and evil spirits would go out of them. I claim this power, let it be my portion!

5. It is time my father God, you break me free from generational curses, curses spelt on me by my enemies and my wife's generational curses and curse spelt on her by her enemies. Let it be no longer said, 'the parents ate the sour grapes, but the children got the sour taste.' Instead let those who eat sour grapes have their own teeth on edge; let the sinner die of their own sin. Let our generational curses end, let those cursing us

and frequenting evil shrines to cast evil on us, let everything they wish us befall them. Save us, take care of us.

6. Oh God, let my wife submit to me, and let her conduct always draw me to you and rejuvenate my faith. Let her dress decently and be more concerned of her inner self beauty that is ageless, gently and a quiet spirit. Let me live with her with proper understanding as she is weaker than me. Let me treat her with respect because she will receive together with me your gift of life. Do not refuse to listen to my prayers on account of her, make me blameless and answer my prayers.

7. My father Jehovah, you have told us to be concerned with your Kingdom. I am fasting because I desire you and I am Concerned with your Kingdom and what you require of me. As you promised, provide me all these other things; my basic needs, some luxury and enough money to share with others, and leaving my generation an inheritance.

I declare these in the Mighty name of JESUS CHRIST, my Lord.

AMEN!

Repeat the process at **4 am**, **5 am**, **6 am** then between **noon** and **2 pm**. Repeat the routine at **4 pm** before breaking the fast and at any other time before sleeping.

Twenty one Day fasting (day 10)

Wake up at 3 in the morning. Sing 3 praise and worship songs. If you do not have any Praise and Worship song recite **Psalms 63** audibly but be careful you do not disturb other persons. It would be ideal to be in an isolated place. If this is impossible, just move your lips and make no sound.

Then make the following declarations loudly if you are in an isolated place, but if you are in a place you are likely to disturb other people, read them moving your lips but making no sound.

1. Thank you my Father Jehovah that I should not worry about anything but in all my prayers ask you what I need with a thankful heart. You have promised me that your peace which is far beyond human understanding will keep my heart and mind safe in union with JESUS CHRIST.

2. Thank you my father God that your words give life and health to anyone who understands them. Thank you that I should also be careful of what I say, as my life is shaped by my thoughts.

3. Let me come before you with thanksgiving and sing joyful songs of praise. You rule over the whole earth from the deepest caves to the highest hills. You rule over the sea which you made, the land also which you yourself formed. I bow down and worship you, I kneel before you my Maker!

4. Jesus refused to help a Canaanite woman. She wanted her daughter to be exorcised of a demon that tormented her and made her terribly ill. He contended that he was sent only to the lost sheep of Israel. Helping her was like throwing children's food to the dogs. But the woman countered that even dogs ate the leftovers that fell from their masters table. Jesus marvelled at her faith and instantly her daughter was healed. I cling unto you my Father God, find favour with me even if I have just to eat leftovers. Heal me and my loved ones!

5. My God, you have said the life of every person belongs to you, the life of the parent as the life of the child. The person who

sins is the one who will die. Please end all curses following me committed by my parents or my wife's parent, bring the curses my enemies are spelling on me and my family on their own heads.

6. My God, you have said how wonderful it is and how pleasant for your people to live together in harmony! Bless my family to live together in harmony.

7. My father, you have encouraged us that when we give to the poor, since we are lending to you, you would repay back. With all the money you have blessed me with, let me give generously to those who you are answering their prayers through me.

I declare these in the Mighty name of JESUS CHRIST, my Lord.

AMEN!

Repeat the process at **4 am**, **5 am**, **6 am** then between **noon** and **2 pm**. Repeat the routine at **4 pm** before breaking the fast and at any other time before sleeping.

Twenty one Day fasting (day 11)

Wake up at 3 in the morning. Sing 3 praise and worship songs. If you do not have any Praise and Worship song recite **Psalms 63** audibly but be careful you do not disturb other persons. It would be ideal to be in an isolated place. If this is impossible, just move your lips and make no sound.

Then make the following declarations loudly if you are in an isolated place, but if you are in a place you are likely to disturb other people, read them moving your lips but making no sound.

1. Thank you my Father God that Jesus endured the suffering that should have been ours, the pain that we should have borne. For our sins he was wounded, beaten because of the evil we did. We are made whole by the blows he received.

2. In my trouble I called you God and You saved me from my distress. You healed me and saved me from the grave. I thank you of your constant love and the wonderful things you did to me.

3. I will praise God with all my heart; I will tell of all the wonderful things you have done. I will sing praise to you Almighty God.

4. Jesus gave a command to the demon and it went out of the boy and at that very moment he was healed. I thank you God for

making me accessibly to such valuable treasure. In the name of Jesus I triumph.

5. Jesus, you died on the tree that we may be Abraham's descendants casting away our generational curses. I thank you for this gift.

6. Let there be faith, hope and love in my family

7. Help me God to be generous and prosper according to your word. Let me be a cheerful giver you love. Let me be swift to share what you have given me with persons you are answering their prayer.

I declare these in the Mighty name of JESUS CHRIST, my Lord.

AMEN!

Repeat the process at **4 am**, **5 am**, **6 am** then between **noon** and **2 pm**. Repeat the routine at **4 pm** before breaking the fast and at any other time before sleeping.

Twenty one Day fasting (day 12)

Wake up at 3 in the morning. Sing 3 praise and worship songs. If you do not have any Praise and Worship song recite **Psalms 63** audibly but be careful you do not disturb other persons. It would be ideal to be in an isolated place. If this is impossible, just move your lips and make no sound.

Then make the following declarations loudly if you are in an isolated place, but if you are in a place you are likely to disturb other people, read them moving your lips but making no sound.

1. God you requested us to leave our troubles to you, you will defend us, you never let honest people be defeated.

2. I praise you God; I do not forget how kind you are. You heal all my diseases; you keep me from the grave and bless me with love and mercy.

3. I will enter the church gates with thanksgiving, I will praise you God, I give you thanks and praise you. You are good, your love is eternal and your faithfulness lasts forever.

4. Thank you God that you did not spare the angels that sinned but threw them into hell where they are kept chained in

darkness, waiting for the day of judgement. Render curses pronounced on us useless like the demons chained in darkness.

5.Thank you God for edifying us that if we come near to you, you will come near to us, if we submit to you and resist the Devil, he will run away from us. During this period I fast to draw near to you, draw near to me and fulfil my needs.

6. God help us live peaceful as a family, knowing we are one body in union with JESUS CHRIST despite our different talents.

7.Thank you God that what we give freely to others is like sweet - smelling offering to you, a sacrifice which is acceptable and pleasing to you and you promise this will ensure abundant wealth to us through Jesus Christ , who will supply all our needs.

I declare these in the Mighty name of JESUS CHRIST, my Lord.

AMEN!

Repeat the process at **4 am**, **5 am**, **6 am** then between **noon** and **2 pm**. Repeat the routine at **4 pm** before breaking the fast and at any other time before sleeping.

Twenty one Day fasting (day 13)

Wake up at 3 in the morning. Sing 3 praise and worship songs. If you do not have any Praise and Worship song recite **Psalms 63** audibly but be careful you do not disturb other persons. It would be ideal to be in an isolated place. If this is impossible, just move your lips and make no sound.

Then make the following declarations loudly if you are in an isolated place, but if you are in a place you are likely to disturb other people, read them moving your lips but making no sound.

1. Thank you God that your anger lasts only a moment and your goodness for a lifetime. Thank you that my tears may last for a night but joy comes in the morning.

2. I am worn out, O Lord; have pity on me! Give me Strength; I am completely exhausted and my whole being is deeply troubled. How long oh God, will you wait to help me?

3. But thanks be to our God who gives us the victory through our Lord Jesus Christ.

4.Thank you God that the angels who did not stay within the limits of their proper authority but abandoned their own dwelling place are bound with eternal chains in the darkness below, where you are keeping them for the great day on which they will be condemned.

5. Thank you God for this fight. We are not fighting against human beings but against the wicked spiritual forces in the heavenly world, the rulers, authorities and cosmic powers of this Dark Age.

6. God help me not to irritate my children or in any way discourage them, but bring them uprightly in your law.

7. Thank you God that you have promised to give me more than I need, so that I will always have all I need for myself and more than enough for every good cause.

I declare these in the Mighty name of JESUS CHRIST, my Lord.

AMEN!

Repeat the process at **4 am**, **5 am**, **6 am** then between **noon** and **2 pm**. Repeat the routine at **4 pm** before breaking the fast and at any other time before sleeping.

Twenty one Day fasting (day 14)

Wake up at 3 in the morning. Sing 3 praise and worship songs. If you do not have any Praise and Worship song recite **Psalms 63** audibly but be careful you do not disturb other persons. It would be ideal to be in an isolated place. If this is impossible, just move your lips and make no sound.

Then make the following declarations loudly if you are in an isolated place, but if you are in a place you are likely to disturb other people, read them moving your lips but making no sound.

1. Thank you God that like Nehemiah, I can go home and have a feast. I should share my food and wine with those who haven't enough. I do not need to be sad. Your joy oh God, will make me strong.

2. Thank you my Father God of the account of Jesus going all over Galilee, teaching in Synagogues, preaching the Good News about the Kingdom and healing people who had all kinds of disease and sickness. Persons of all manner of sickness, disorders, with demons, epileptic and paralytics, he healed them all. Thank you for showing me you are above any disease, you heal any disease.

3. Thank you God for the gift of prayer. By petitions, prayers, requests and thanksgiving to you, I can rest assured you are attending to my needs.

4.Thank you my God that a man whose son was epileptic and Jesus' disciples were unable to cure, you gave us a trick, by fasting and renewing our faith in you we are able to exorcist any evil spirit.

5. Thank you God that if we confess our sins to you, you will keep your promise and do what is right, you will forgive us our sins and purify us from all our wrong doing.

6. Let my wife be strong and respected and let her not be afraid of the future.

7. Thank you God that I should stop worrying where my food will come from, you know I need all these.

I declare these in the Mighty name of JESUS CHRIST, my Lord.

AMEN!

Repeat the process at **4 am**, **5 am**, **6 am** then between **noon** and **2 pm**. Repeat the routine at **4 pm** before breaking the fast and at any other time before sleeping.

Twenty one Day fasting (day 15)

Wake up at 3 in the morning. Sing 3 praise and worship songs. If you do not have any Praise and Worship song recite **Psalms 63** audibly but be careful you do not disturb other persons. It would be ideal to be in an isolated place. If this is impossible, just move your lips and make no sound.

Then make the following declarations loudly if you are in an isolated place, but if you are in a place you are likely to disturb other people, read them moving your lips but making no sound.

1. Thank you God for being my light and my salvation. In you I will fear no one. Thank you for protecting me from all danger, I will never be afraid.

2. Thank you God that you always feel pity for me, because I am worried and helpless like a sheep without a shepherd

3. In the name of my LORD JESUS CHRIST, I always give thanks for everything to God the Father.

4. My father God, protect me and my loved ones from the control of evil spirits. I remember an evil spirit took control of Saul and he raved in his house like a madman. More so, protect me from those possessed with evil spirits who want to harm me and my loved ones. Just as you protected David from Saul who reasoned he would pin him on the wall with a spear. Let all attempts by my enemies to destroy or make me stagnant in life fail. Saul threw a spear twice at David, but he dodged each time and was safe. Dodge me and my loved ones from the dangers of those who hate us that we may be safe and flourish.

5. Thank you my father Jehovah that you have given us the keys of the kingdom of heaven; that what we prohibit on earth

will be prohibited in heaven and what we permit on earth will be permitted in heaven. Please break all generational curses following me and my family. Render useless the curses cast on me by my enemies. Bless me and my loved ones with abundance and let's live our life to the full. Let me and my loved ones prosper and be a blessing and an answer to the prayers of those who love you.

6. My God, please help my children to respect me and my wife; help us all to love our neighbours as we love ourselves.

7. Thank you my father God for listening to my prayer. It is heart warming to note that at all times I will give freely and lend to others and my children are a blessing. Even David concurred of your goodness when he said, 'I am old now; I have lived a long time, but I have never seen good people abandoned by God or their children begging for food.' Thank you that you will not forsake me, you will at all times give me my needs and my children will never beg for bread, thank you father, be glorified!

I declare these in the Mighty name of JESUS CHRIST, my Lord.

AMEN!

Repeat the process at **4 am**, **5 am**, **6 am** then between **noon** and **2 pm**. Repeat the routine at **4 pm** before breaking the fast and at any other time before sleeping.

Twenty one Day fasting (day 16)

Wake up at 3 in the morning. Sing 3 praise and worship songs. If you do not have any Praise and Worship song recite **Psalms 63** audibly but be careful you do not disturb other persons. It would be ideal to be in an isolated place. If this is impossible, just move your lips and make no sound.

Then make the following declarations loudly if you are in an isolated place, but if you are in a place you are likely to disturb other people, read them moving your lips but making no sound.

1. Thank you my father God that the suffering we undergo now is only temporary. It cannot be compared at all with the glory that is going to be revealed to us.

2. I thank you God for enlightening me that evil spirits cause sickness. The woman, who had an evil spirit that had made her ill for eighteen years that she bent over and could not straighten

up at all, was healed by our Lord JESUS CHRIST. He placed his hands on her and at once she straightened up and praised you. Place you hand on me and my loved ones God, heal our diseases and cast out evil spirits tormenting us, lets always praise you.

3. I will sing praises to you; I will offer you a sacrifice and do what I have promised. Salvation comes from God.

4. Thank you that singing praises to your name keeps the devil at the bay. It is refreshing to note that whenever the evil spirit came on Saul, David would get his harp and play it. The spirit would leave and Saul would feel better and be all right again.

5. Thank you God that no weapon will be able to hurt me, I will have an answer for all who accuse me. You will defend me and give me victory. Thank you.

6. Help me God never to hesitate disciplining my children; you have assured me a good spanking will not kill them.

7. Thank you my God that you are my shepherd and I have everything I need.

I declare these in the Mighty name of JESUS CHRIST, my Lord.

AMEN!

Repeat the process at **4 am**, **5 am**, **6 am** then between **noon** and **2 pm**. Repeat the routine at **4 pm** before breaking the fast and at any other time before sleeping.

Twenty one Day fasting (day 17)

Wake up at 3 in the morning. Sing 3 praise and worship songs. If you do not have any Praise and Worship song recite **Psalms 63** audibly but be careful you do not disturb other persons. It would be ideal to be in an isolated place. If this is impossible, just move your lips and make no sound.

Then make the following declarations loudly if you are in an isolated place, but if you are in a place you are likely to disturb other people, read them moving your lips but making no sound.

1. Thank you my Father God, that even if I go through the deepest darkness, I will not be afraid, LORD for you are with me. Your shepherd's rod and staff protect me.

2. Thank you my Father God that Peter met a man named Aeneas who had not been able to get out of bed for eight years. He told him to get up and make his bed, and at once he got up. Thank you that every illness is nothing to you. Heal me and my loved ones of all our infirmities.

3. Thank you my Father God that you fully reward all that do good deeds and have come under your protection. Reward me and my loved ones.

4. Oh God, it is pleasing to learn that in the evening, when Jesus was at Peter's home, after healing his mother of fever, people brought many who had demons in them. Jesus drove out the evil spirits with a word and healed all who were sick. Heal me and my loved ones, drive out all demons in my loved ones.

5. Thank you God that the law of the Spirit brings us in union with Christ Jesus and has set me free from law of sin and death. I am no longer under generational curses or curses from my enemies. Protect my loved ones with the laws of the Spirit.

6. Oh God, according to your word, that no human being must separate what you have joined together, let me and my wife live united. Bless us.

7. Thank you God that those who obey you have all they need. You have said that even lions go hungry for lack of food, but those who obey you lack nothing good. Thank you for this assurance.

I declare these in the Mighty name of JESUS CHRIST, my Lord.

AMEN!

Repeat the process at **4 am**, **5 am**, **6 am** then between **noon** and **2 pm**. Repeat the routine at **4 pm** before breaking the fast and at any other time before sleeping.

Twenty one Day fasting (day 18)

Wake up at 3 in the morning. Sing 3 praise and worship songs. If you do not have any Praise and Worship song recite **Psalms 63** audibly but be careful you do not disturb other persons. It

would be ideal to be in an isolated place. If this is impossible, just move your lips and make no sound.

Then make the following declarations loudly if you are in an isolated place, but if you are in a place you are likely to disturb other people, read them moving your lips but making no sound.

1. Oh God, as you are the source of hope, fill me with all joy and peace by means of my faith in you so that my hope will continue to grow by the power of the Holy Spirit.

2. Let this small and temporary trouble I suffer bring me tremendous and eternal glory, much greater than the trouble. Help me to fix my attention on unseen things.

3. I thank you God for your justice, I sing praises to the Lord, the Most High.

4. Thank you God that demons have no power over us as you are The Most High. The demons went out from many people screaming, 'Jesus you are the son of God!'

5. Thank you God for your reminder that curses cannot hurt me unless I deserve them. They are like birds that fly by and never get anywhere to perch.

6. Bless my wife my God; let her be like a fruitful vine in my home according to your word. Bless my children let them be like young olive trees around my table. Bless the union between me and my wife; let it be like a rope of three cords that does not break easily. I understand the cords to mean, my wife, you God and I; please dwell in our family.

7. Thank you my father Jehovah that you told me to look at the crows; they don't sow seeds or gather a harvest; they don't have storerooms or barns; yet you feed them! Thank you that I am worthy more than birds. Thank you for the assurance I will always have what to eat.

I declare these in the Mighty name of JESUS CHRIST, my Lord.

AMEN!

Repeat the process at **4 am**, **5 am**, **6 am** then between **noon** and **2 pm**. Repeat the routine at **4 pm** before breaking the fast and at any other time before sleeping.

Twenty one Day fasting (day 19)

Wake up at 3 in the morning. Sing 3 praise and worship songs. If you do not have any Praise and Worship song recite **Psalms 63** audibly but be careful you do not disturb other persons. It would be ideal to be in an isolated place. If this is impossible, just move your lips and make no sound.

Then make the following declarations loudly if you are in an isolated place, but if you are in a place you are likely to disturb other people, read them moving your lips but making no sound.

1. Thank you God that you are merciful and will not reject me forever. You may bring me sorrow, but your love for me is sure and strong. You take no pleasure in causing me grief or pain.

2. Sustain my loved ones oh God in their sick bed, comfort and heal them, do not forsake them. In our old age when we are weak and have lost substantial number of our teeth, do not forsake us, sustain us and give us strength. Your Mighty deeds O God makes me glad because of what you have done, I sing for joy because you have healed our diseases

3. Praise God, Praise God in His Temple! Praise His strength in heaven! Praise Him for the Mighty things He has done. Praise His supreme greatness. Praise Him with trumpets. Praise Him with harps and lyres!

4. Oh God, guide me so that I do not worship demons, idols of gold, silver, bronze, stone and wood. The idols cannot see, hear or walk, let me magnify you always as the Most High

5. Thank you God that you told Abraham you will bless those who bless him. But you will curse those who curse him. And through him you will bless all nations. Thank you that I am a descendant of Abraham blessed through him. Please bless those who bless me and my loved ones, curse those who curse me and my loved ones.

6. My Father in Heaven, bless my wife with vigour, let her arms be strong for her tasks, like the virtuous woman, let her wake up while it is still dark to provide food for her family and the female servants. Give her wisdom to buy land and invest wisely. Bless my children and let them honour me and their mother, give them long and satisfied life as you promised. Comfort us as a family as a mother comforts her child. Protect us with your love.

7. Oh Lord you said your servant will lend generously and never borrow. Please free me from debt. Show me my bottle of little oil that you will miraculously multiply so that I can sell and pay off

my creditors. Give me the wisdom you gave Joseph to keep aside grain during the period of abundance that in the periods of famine, I may lack nothing. Give me the wisdom and the blessing of an ant to work hard and store up resources for a rainy day.

I declare these in the Mighty name of JESUS CHRIST, my Lord.

AMEN!

Repeat the process at **4 am**, **5 am**, **6 am** then between **noon** and **2 pm**. Repeat the routine at **4 pm** before breaking the fast and at any other time before sleeping.

Twenty one Day fasting (day 20)

Wake up at 3 in the morning. Sing 3 praise and worship songs. If you do not have any Praise and Worship song recite **Psalms 63** audibly but be careful you do not disturb other persons. It would be ideal to be in an isolated place. If this is impossible, just move your lips and make no sound.

Then make the following declarations loudly if you are in an isolated place, but if you are in a place you are likely to disturb other people, read them moving your lips but making no sound.

1. Thank you God that Jesus died and rose again. And I believe you will resurrect those who died believing in Jesus Christ. So as I grieve the death of my loved ones, I don't do so like the one who has no hope, but one who is very hopeful and comforted.

2. LORD, you advised us a tongue can pierce as a sword, but a wise tongue is health, a faithful messenger is health, let me speak healing to the sick, let my tongue be a healing, let my loved ones be deaf to tongues that pierce them like the sword, let them be deaf to tongues that discourage and scare them to sickness, overturn tongues that have spoken evil and cast a spell on me and my loved ones, heal us. LORD it is your wish that we prosper and be in good health. Heal my loved ones of their illness and addiction. Heal us Lord and we shall be healed, save us and we shall be saved.

3. God, you promised to command your blessings where your people live together in harmony. Since you are not a god of confusion but the God of order, put harmony wherever I go. Put

harmony in my family, put harmony in my neighbours, put harmony in my workmates, put harmony in my business associates! Whoever I interact with, put harmony between us, and command your blessings in all my relationships. You said when you are pleased with me you will make my enemies live in peace with me. Please let everyone live with me peacefully. I thank you God because you are good, your love endures forever. Give thanks to the Greatest of all gods; His love is eternal. Give thanks to the Mightiest of all lords; His love is eternal. He alone performs great miracles; His love is eternal.

4. Jesus, you gave the twelve disciples authority to drive out evil spirits and heal every disease and every sickness. Heal my loved ones of every disease and sickness.

5. Oh God, you have said that what I can say can preserve life or destroy it. Please let me speak blessing always. Let me bless myself and my loved ones. Let me break all curses and pronounce healing on myself and my loved ones. Let my tongue be a blessing, a healing and an instrument of prosperity.

6. Let my family be like a brother born for the time of adversity, let's stick and continue loving each other in challenging times. Lets us appreciate that we are different and not the same in my family, lets value each other's talent as per your word, "in the same way, though we are many, we are one in union with Christ, and we are all joined to each other as different parts of one body. So we use our different gifts in accordance with the grace God has given us". Let my family members have a contrite heart towards you. Let them be peacemakers. Let us as a family consider the means we can push each other to love good deeds and encouraging each other.

7. Give me wisdom to handle money and increase it. You yourself have declared wealth has its dynamics and cannot be handled by everybody, you have asked, "why should fools have money in hand to buy wisdom. When they are not able to understand it?" Make me stay humble even as I get rich and let me not put my hope in wealth, my hope should remain in you because you richly provide me with everything for my enjoyment. Give me no lazy hands to make poverty but give me diligent hands that bring wealth. Let me always plan and spend

my money carefully since by gathering the leftovers of fish and bread multiplied by Jesus miraculously, God you set a standard to us not to be wasteful. Like a person who wants to build a tower sitting down and estimating the cost, let me plan carefully.

I declare these in the Mighty name of JESUS CHRIST, my Lord.

AMEN!

Repeat the process at **4 am**, **5 am**, **6 am** then between **noon** and **2 pm**. Repeat the routine at **4 pm** before breaking the fast and at any other time before sleeping.

Twenty one Day fasting (day 21)

Wake up at 3 in the morning. Sing 3 praise and worship songs. If you do not have any Praise and Worship song recite **Psalms 63** audibly but be careful you do not disturb other persons. It would be ideal to be in an isolated place. If this is impossible, just move your lips and make no sound.

Then make the following declarations loudly if you are in an isolated place, but if you are in a place you are likely to disturb other people, read them moving your lips but making no sound.

1. Oh God, you have said you strengthen those who are weak and tired. You are emphatic that even young people in the prime of their strength will grow weak and get exhausted. But those who trust in you will find their strength renewed. They will rise on wings like eagles; they will run and not get weary; they will walk and not grow weak.

2. My father GOD you promised to bring health and cure. You promised us abundant peace and security. Please let us be healthy, peaceful and secure. God you promised that if we obey your word you will not punish us with diseases you brought on Egyptians. You are the one who heals us. I claim this healing for myself and my loved ones. Our God Jehovah, you promised that if we serve you, you shall bless our bread and water and sickness shall not be amidst us. Heal us of our sickness and addiction.

3. I will praise you for what you have done; all who are oppressed will listen to me and be glad. I prayed to God and you

answered me, you freed me from all my fears. Oppose those who oppose me Lord, and fight those who fight against me. Take your shield and armour and come to my rescue. You have taught me to sing a new song, a song of praise to you. Many hear this and take the warning and put their trust in you God.

4.Look at our addiction and our stubborn diseases, heal us and remove these ailments, rejuvenate our bodies and let us be young as child's skin according to your promise. Our eyes look unto you, our hope is in you, don't disappoint us God, fill us with good things, and let health be our portion.

5. I have so many enemies Lord, so many who turn against me! They talk about me and say you will not help me. But you, O God you are always my shield from danger; you give me victory and restore my courage. When I lie down I sleep in peace for you alone God, have kept me safely.

6. Let everyone that passes by my compound say, may God bless you! We bless you in the name of the LORD. Praise the LORD! Praise his name. Praise the LORD because he is good; sing praises to his name, because he is kind.

7. Protect me from immoral women and men who may distract me and consume all the money I have worked hard to earn. Remind me always I am a king and I should not spend all my energy on sex and all my money on women/men. Protect me from greediness and drunkenness and poverty. As a king never let me crave alcohol, let me not ignore your law, take away my poverty and my unhappiness. I cast these burdens unto you. Make me strong and industrious. Let me know the value of everything; make me never worry about the future

I declare these in the Mighty name of JESUS CHRIST, my Lord.

AMEN!

Repeat the process at **4 am**, **5 am**, **6 am** then between **noon** and **2 pm**. Repeat the routine at **4 pm** before breaking the fast and at any other time before sleeping

Conclusion

Meditation needs ideally a quiet and isolated place where you may meditate loudly or audibly without being distracted by anything or disturbing anyone. Jesus set the example by waking long before daylight and going to a lonely place where he prayed. We need not disturb others as Jesus cautioned of practising our righteousness before men to be noticed by them. That is why, if it is practically impossible for one to find a place where he may shout or talk audibly without disturbing others (or making himself noticed by men), one can meditate by just moving his lips and making no sound. He can also sing by just moving his lips and making no sound. Hannah was an example of a person who prayed publicly but made sure her righteousness was not broadcast before men to be noticed. She prayed silently; her lips moving but making no sound.

I have recommended meditation to start at 3 am in the morning. Then one should meditate hourly up to 6 am. Fasting starts at 6 am and by this time one would have meditated four times. One can schedule another meditation at lunch hour say 1 pm, then another one at 4 pm before he breaks the fast. By 4 pm one should have carried out 6 meditations. Before one sleeps, he should do the last meditation to make them seven. This schedule is informed on the premise that one would be doing a 12 hour fast and would be working. This affords him the privilege of fasting without anybody knowing he is fasting, as he

goes about his usual business. If one is not working and he is fasting for a 12 hour period, he can do the first meditation at 3 am, then schedule the remaining six after every two hours. One can actual fast from 6 in the evening to 6 in the morning but he needs to remain awake to carry out the 7 meditations evenly. For a twenty four hour fast, the meditations may be spread evenly after every four hours. Mediation should be Seven times each day of fasting as these helps one to constantly think of God's promises and stays positive. The psalmist said, "Seven times each day I thank you for your righteous judgements".

Those who are challenged like diabetics, are allowed to fast for shorter hours like 8 hours but they should adhere to starting meditation at 3 am. Diabetics can actually fast without adhering to fasting hours by shunning the finest of the foods available but eat simple ones like Israelites ate bitter herbs and unleavened bread, John the Baptist ate wild honey and locusts only, and Daniel avoided the finest foods available.

Those fasting during the day should start meditating at 3 am. Prayers at the midnight hours that start from midnight to 3 am have proved to be very effective. At these times Satan has heightened his activity and God equally does so to protect His loved ones and answers their prayers at that time almost immediately. Those fasting at night will pass through these fruitful hours and thus I won't strictly say if they should start fasting at, 5pm, 6pm or 7pm. However, those fasting at night have to stay awake the whole night.

Why should some meditation fall in the midnight hour? The psalmist sang that at midnight he would rise to give thanks to God, because of his righteous ordinances. Paul and Silas were praying at midnight when prison doors opened. God executed judgement on Egypt at night. Jesus' transfiguration and intense prayers were done at midnight. Throughout the bible the midnight time is the hour Satan's activities gain the maximum tempo. God therefore, becomes more vigilant to protect his own from the evil one and answers the prayers of his loved ones swiftly.

Anybody undertaking this programme must shun any form of sexual misuse, lying, gambling and stealing. Anger, violence and revenge must be steered clear of. One should not drink wine, beer or other alcoholic beverage during this period.

A person should remain spiritually, morally, mentally and physically clean during this programme. One should not call upon evil spirits to protect him, harm others, to foretell the future or perform miracles. One should think positive and good thoughts as shown in this meditation programme. One should keep one's body clean, clothes clean, compound and house clean, wash hands after visiting toilets and before eating and handling food. Waste should be disposed of properly and if there is any government regulation concerning it, it should be

followed to the letter. One should talk clean and think clean. One way of thinking clean is praying for anyone you meet or see; to enjoy the day and manage its challenges. Bless anyone you see or meet. Let everybody feel it was a blessing to meet you that day.

For married men, they should love their wives as they love themselves. They should not ill-treat or batter their wife. They should respect and pay tribute to them. Like Jesus Christ, they should be able to sacrifice themselves for the sake of their wives. They should work hard to provide basic, spiritual and recreational needs of the family.

Wives must have deep respect for their husbands. They should be good helpers assisting in training children in Christian living.

Children who want to undertake this programme should obey their parents. However, parents should not discipline them harshly or cruelly.

Parents must be faithful to each other and adultery and fornication should be unheard of. Whenever they face problems, they should use biblical counsel to solve them.

NB: Where I have used words like 'ones,' 'loved ones' or a general word when meditating, mention the real names of the loved one/ person.

Scriptures for further reading

SPIRITUAL REASONS FOR FASTING

Showing godly contrition and remorse

Genesis 15:7-21; 1 Samuel 7:6; Joel 2:12; Jonah 3:5; Psalms 69:9-10

When facing real or perceived danger

Esther 4:3; Ezra 8:21

When in need of divine guidance

Chronicles 20:3; Esther 4:16

When enduring tests and meeting temptations

Matthew 4:1, 2

Just as a routine aimed at thanking God for past deliverance

Zechariah 8:19; Deuteronomy 16:3

Coping or managing grief

1 Samuel 31:11-13

HOW LONG SHOULD ONE FAST?

Fasting for one (1) day

1 Samuel 7:6; Joel 2:12; Jonah 3:5; Luke 18:12-14; Ezra 10:6; Daniel 6:18-20

Fasting for Three (3) days

Ecclesiastes 4:12; Matthew 26:34, 75; john 21:15-17; Acts 10: 1-16, 28-35, 47, 48; Esther 4:16; Acts 9:9, 10; Acts 14:23

Fasting for seven (7) days

1 Samuel 31:13; 2 Kings 5: 10, 12; Proverbs 24:16; palms 119:164.

Fasting for twenty one (21) days

Daniel 10: 2, 3

Fasting for forty (40) days

Exodus 34:28; Daniel 1:12-16; Luke 2:36, 37; 18:12; Deuteronomy 9:9

Conclusion

Scriptures that explain the structure of the fasting program

1 Samuel 1:13; Psalms 119:62,164; Matthew 6:1, 17, 18; Mark 1:35.

Scriptures that explains ones behaviour during fasting

Proverbs 22: 24, 25; 23: 20, 21, 29-35; Deuteronomy 18: 10-12; 23: 12, 13; Philippians 4:8; Corinthians 6: 9, 10; Deuteronomy 6:

4-9; Proverbs 31: 10- 31; Hebrews 13:4; 1 Corinthians 11:3; Ephesians 5:22-33

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Verses used in meditation

Coping With Grief
Psalms 34:18
2 Corinthians 1:3, 4
Matthew 5:4
Revelations 21:4
Luke 6:21
John 14:27
Joshua 1:9
Proverbs 3:5-6
Psalms 73:26
Philippians 4:6-8
Isaiah 53:4
Palms 55:22
Psalms 30:5
Nehemiah 8:10
Psalms 27:1
Romans 8:18
Psalms 23:4
Romans 15:13
2 Corinthians 4:17-18
Lamentations 3:31-32
1 Thessalonians 4:13, 14
Psalms 9:9, 10
Isaiah 40:29-31

Seeking Healing
Jeremiah 17:14
Jeremiah 33:6
1 Peter 2:24
Psalms 41:3
Proverbs 17:22
James 5:15
3 John 1:2
Exodus 15:26
Exodus 23:25
Proverbs 4:20-23
Proverbs 17:22
Psalms 107:19-21
Psalms 103:2-4
Psalm 6:2, 3
Matthew 4:23, 24
Matthew 9:36
Luke 13:11-13
Acts 9:33, 34

Thanking God
1 Chronicles 16:34
Colossians 3:17
1 Thessalonians 5:18
Psalms 34:1
James 1:17
Philippians 4:6
Psalms 20:4
Colossians 4:2
Psalms 95:2,4-6
Psalms 9:1
Psalms 100:4,5
1 Corinthians 15:57
1 Timothy 2:1
Ephesians 5:20
Jonah 2:9
Ruth 2:12
Psalms 106:1
Psalms 7:17

Exorcising Demons
Matthew 10:8
Mark 16:17
Luke 10:17
1 Timothy 4:1
Matthew 8:29
Acts 5:16
Acts 16:18
Acts 19:12
Matthew 15:28
Matthew 17:18
2 Peter 2:4
Jude 1:6
Matthew 17:14-18
1 Samuel 18:10-11
1 Samuel 16:14-23
Matthew 8:16
Luke 4:41
Revelations 9:20
Matthew 10:1

Breaking Generational Curses
Exodus 20:5
Exodus 34:7
Numbers 14:18
Deuteronomy 5:9
Leviticus 20:9
Ezekiel 18:20
Deuteronomy 24:16
Galatians 5:1
2 Corinthians 5:17
Jeremiah 31: 29-30
Ezekiel 18:4
Romans 8:15
Galatians 3:14
James 4:7
Ephesians 6:12
1 John 1:9
Matthew 16:19
Isaiah 54:17
Romans 8:2
Genesis 12:3
Proverbs 26:2
Proverbs 18:21

Blessing Your Child and Spouse
Exodus 20:12
Psalms 103:13
Proverbs 22:6
Matthew 7:7
Colossians 3:18-21
Ephesians 5:25-30
Ephesians 6:1-4
1 Timothy 5:8
1 Timothy 3:2-5
Titus 2:3-5
Hebrews 12:7
1 Peter 3:1-7
Psalms 133: 1
1 Corinthians 13:13
Romans 12:5
Colossians 3:21
Proverbs 31:25
Matthew 19:19
Proverbs 23:13
Mark 10:9

Ones Finances
Matthew 7:11
Psalms 50:10
Psalms 24:1
Haggai 2:8
Psalms 104:28
Isaiah 45:3
Proverbs 10:4
Deuteronomy 18:18
Matthew 6:33
Proverbs 13:11
Proverbs 19:17
Proverbs 11:25
Philippians 4:18,19
2 Corinthians 9:8
Matthew 6:31,32
Psalms 37:25
Psalms 23:1
Psalms 34:10
Luke 12:24

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9. Navigating the workplace wars

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Never Get Weary or Weak: How Meditating and Fasting Gives You Vibrant Strength and Detoxes Your Body

This book is about the need to understand what fasting is, the reasons for fasting and types of fasting.

Other than edifying you about fasting, this will help you reactivate and recuperate your strength of mind. You will avoid burnout, while the rest of the world is saying they are tired, you will never be weary or feel weak.

You don't need to read the whole book. Just read the introduction and the conclusion then go to the table of contents and choose the fasting you wish to undertake and follow through.

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