### RWOLFC 23 Day Fast



23 Day Fast

# Fasting INCREASES



Results, Wisdom,

And Power

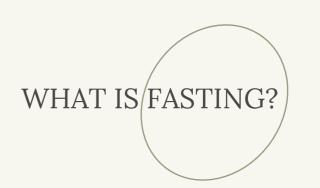
From GOD



### FASTING AND PRAYING FOR 23 DAYS OF FRUITFULNESS FOR **2024**



As a congregation, Rhema Word of Life Fellowship Church will be fasting for the entire Month of January. There will be 23 separate (12 hours per day) fasts for the entire month. We will be fasting daily from Monday thru Friday only not the weekends. We will not be fasting on Saturday's or Sunday's. The fast will begin on Monday, January 1, 2024, at midnight.



During a period of fasting, you are denying yourself food. You are denying your body (soul) when it is crying for food. During your fast, you are forcing your body to listen to your spirit. Your Spirit will gain more control and your Soul will lose more control. You will begin to walk more in the authority that the Lord gave you. Fasting is no good without prayer and having a daily devotional time with God.

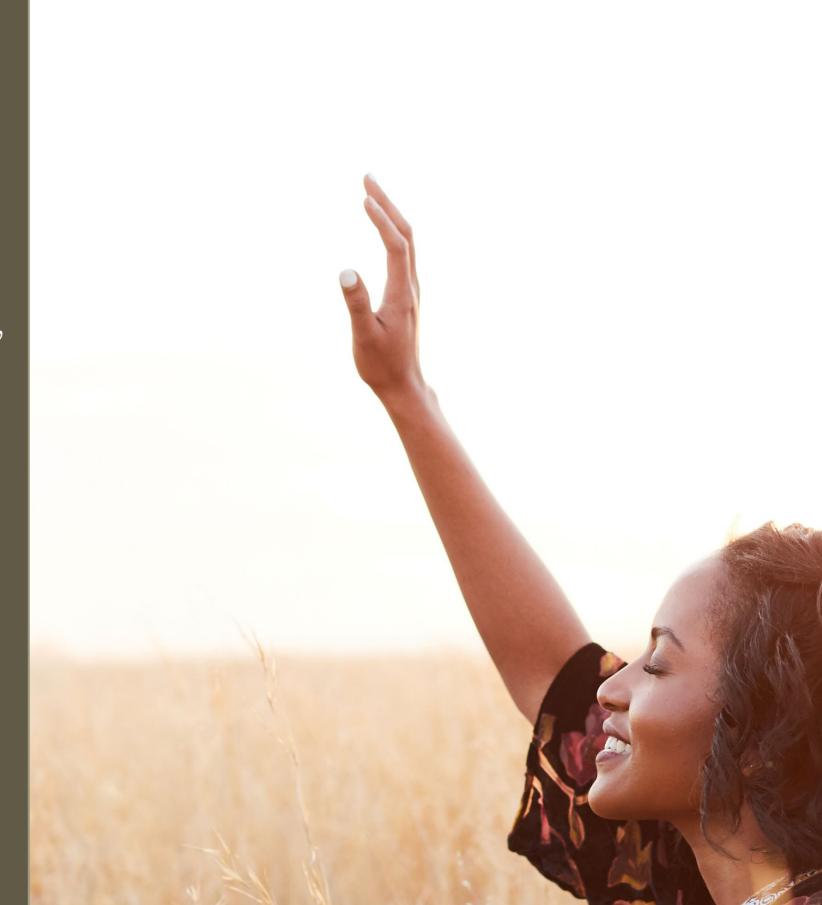


Pray this prayer over your life each and every day that Paul prayed over the Ephesians.

Ephesians 1:17 -19 The Passion Translation.

"I pray that the Father of Glory, the God of our Lord Jesus, would impart to me the riches of the Spirit of Wisdom and the Spirit of Revelation to know Him through my deepening intimacy with Him. 18 I pray that the light of God will illuminate the eyes of my imagination, flooding me with light, until I experience the full revelation of the hope of His calling- that is the wealth of God's glorious inheritances that He finds in me, His holy ones. 19 Paul prays that I will continually experience the immeasurable greatness of God's power made available to me through faith. Then my life will be an advertisement of this immense power as it works through me! This is the mighty power."

-This prayer was personalized for you to pray-



### WHAT DOES FASTING DO FOR YOU SPIRITUALLY?

Fasting increases the anointing of God on your life. It increases your ability to hear from God. If your spiritual hearing is clogged, you are not hearing from God as you should. Fasting increases the ability to get results, wisdom, and power from God. Nothing just happens, you must invest your time in fasting and prayer. As you read each daily devotional sense the presence of God as you take time to let Him speak to you through his Word as you journey into greater fruitfulness.

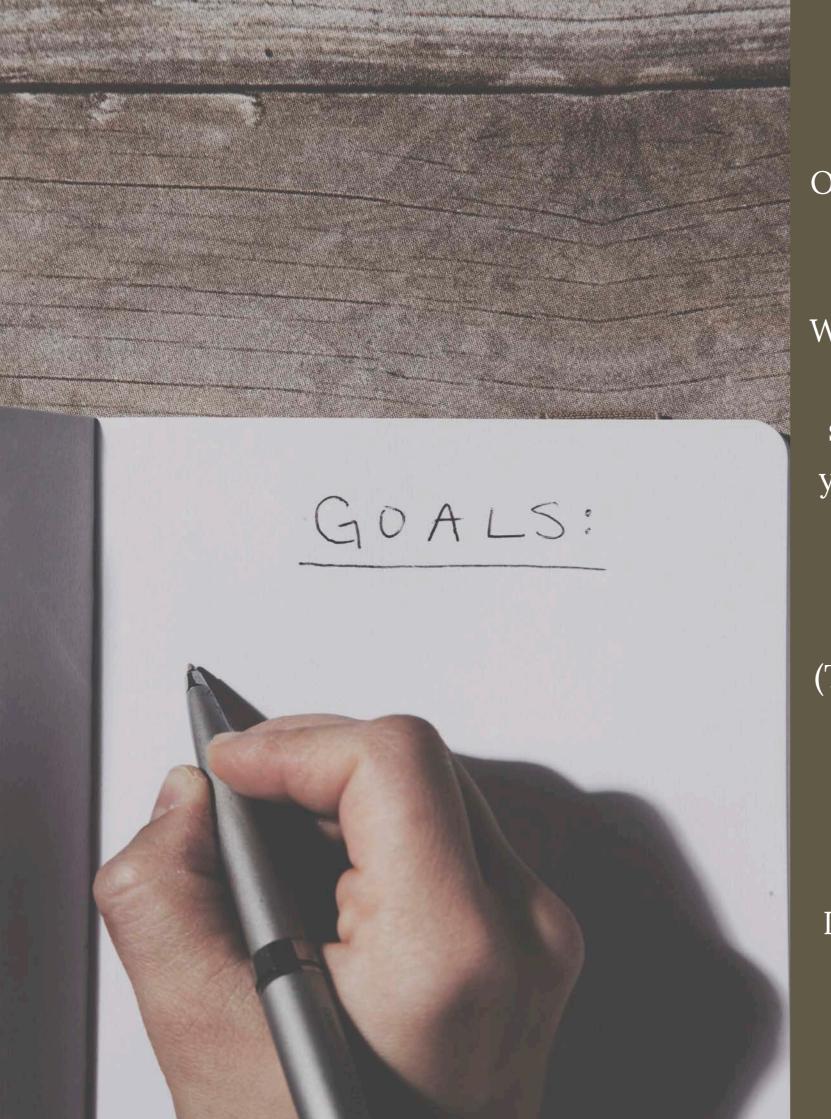
1 Job 23:12 says "You must esteem God's Word more than your necessary food." The 6th chapter of Matthew covers Fasting, Praying and Giving.

These three will boost your prayer and fasting results. The three most powerful means of getting close to God through **Fasting, Praying and Giving.** 

#### Fasting

### Guidelines

- We will abstain from eating food for a period of time.
- Liquids can be consumed during the fast, so you will not damage your body by dehydration. (Keep hydrated, drink plenty of water).
- Fasting will begin at 12 midnight and continue until 5:00 p.m. daily.
- For young and first-time fasters... If 5:00 p.m. is too strenuous for you, you may break your fast earlier, around noon.
- When ending your daily fast, begin with fluids and small portions of food. Try to limit fried foods as they may upset your stomach.
- If you have dietary, health concerns and requirements follow your prescribed guidelines.
- An occasional mint may be used to eliminate bad breath.



### Goals

Our goals for this 23 Day Fast are to grow in Grace, increase in Knowledge, Anointing, the Power of God, and the Supernatural Manifestation of the Word of God in every area of your life that pertains to life and Godliness. Expect changes in your life, situations, and receive answers to your prayers as you flourish through these 23 Days of Fruitfulness. Keep a journal while you are on the fast. Jot down the instructions God has given you. You will have some manifestations while you are on the fast. (This is seed time). You will have greater revelation after the fast. (This is Harvest Time). Expect to receive answers all year through as God's wisdom and revelation floods your spirit.

It will cost you something for the Anointing. If you want wonderful things from God, it will cost you.

What are you willing to do to get results?

Things do not just happen.

#### The Vine and the Branches John 15: 1-8 NIV

15 "I am the true vine, and my Father is the gardener. 2 He cuts off every branch in me that bears no fruit, while every branch that does bear fruit he prunes[a] so that it will be even more fruitful. 3 You are already clean because of the Word I have spoken to you. 4 Remain in me, as I also remain in you. No branch can bear fruit by itself; it must remain in the vine. Neither can you bear fruit unless you remain in me.

5 "I am the vine; you are the branches. If you remain in me and I in you, you will bear much fruit; apart from me you can do nothing. 6 If you do not remain in me, you are like a branch that is thrown away and withers; such branches are picked up, thrown into the fire and burned. 7 If you remain in me and my words remain in you, ask whatever you wish, and it will be done for you. 8 This is to my Father's glory, that you bear much fruit, showing yourselves to be my disciples".

(Christ is the vine, and God is the husbandman who cares for the branches to make them fruitful. The branches are all who claim to be followers of Christ. The fruitful branches are true believers who by their living union with Christ produce much fruit. But those who become unproductive – those who turn back from following Christ after making a superficial commitment – will be separated from the vine. Unproductive followers are as good as dead and will be cut off and cast aside).

## As you go through these 23 days of Fruitfulness. Ask God to:



Show you what thoughts and beliefs have held you back from sharing the Gospel.

Give you opportunities to share your Faith.

Show you how to share your Faith more effectively.

- Give you the wisdom to reach the brokenhearted with the Word of God.
- Which family members and friends need your prayer for their Salvation.
- Give you creative ideas to touch the lives of those you know.

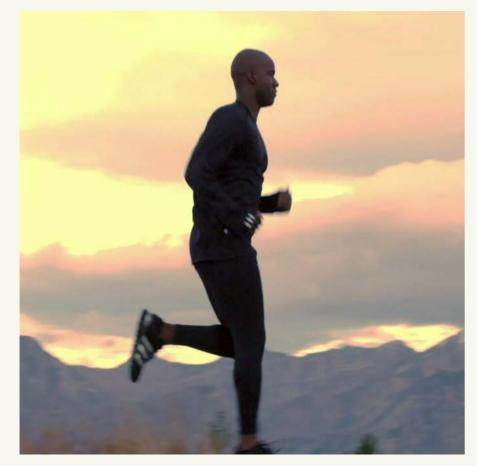




Throughout the fast, continue to Meditate God's Word and stay connected to the vine and increase in fruitfulness.

Biblical Meditation is simply turning the Word of God over in your heart until it produces revelation or spiritual insight. Meditating God's Word builds faith, which allows you to see with your spiritual eyes in the realm of the spirit. Meditation also builds inner strength to believe, and the ability to hold on to what you believe. Joshua 1:8 says meditating on God's Word brings Prosperity and good success.

### Fasting And Your Health



We recommend that you always consult your doctor/health care provider before beginning any type of fast, regardless of the condition of your health status.

#### Read This Confession Every Day

Fasting and Praying is my way to power. Fasting and Praying will produce power in my life. Fasting and Praying will increase God's Anointing in my life. In the Name of Jesus, I bind satan, principalities, powers and wicked spirits in heavenly places, and the rulers of darkness. I bind you now satan, I rebuke you now. Stop and cease in your maneuvers against me. I now therefore declare with my mouth that whatsoever I loose on earth is loosed in heaven.

In the Name of Jesus, I loose unexpected income, I loose supernatural Anointing, I loose supernatural debt cancellation, I loose healing, I loose deliverance. I loose now prosperity. Money cometh to me now, healing cometh to me now, deliverance cometh to me now, prosperity cometh to me now. I'll never be broke another day in my life. I receive it, I believe it, it is done now in Jesus' Name. I therefore declare that at the end of this Fast, my name is Powerful, Anointed, Wise and the Blessed of God.

I acknowledge that I have received every good thing which Christ Jesus has already done for me.

-Philemon 1:6

The Year of 2024 will have 365 days. Will you make the commitment to spend 23 days of the next 365 days to encounter a reinvigorated experience with God? Fasting is a secret source of power that is often overlooked or minimized by many believers.

Fasting takes you into a deeper, more intimate, and powerful relationship with the Lord. Fasting allows your spirit to be decluttered by the distractions and things of this world.



# Giving, Praying and Fasting are the three duties of every believer

These three things practiced together in your life as a believer creates a threefold cord that is not easily broken. These three cords can lead to a more powerful relationship with God.

Ecclesiastes 4:12 King James Version (KJV) 12 And if one prevail against him, two shall withstand him; and a threefold cord is not broken.

Are you ready to make that commitment now?

Are you ready to use the next 23 days to set the course for the rest of your year?

### Remember This



Hebrews 11:6 is true, He never forgets!



God is Faithful!



You are more than a conqueror in Christ Jesus!

The dream God has embedded on the inside of you will come to pass! "Thou it tarries wait for it; it will surely come"...
-Habakkuk 2:3

### HERE ARE A FEW SPIRITUAL EXERCISES TO DO WHILE FASTING

- Seek forgiveness from all whom you have offended, and forgive all who have hurt you. Make restitution where God leads.
- Ask the Holy Spirit to reveal any unconfessed sin in your life
- Examine your motives in every word and deed. Ask the Lord to search and cleanse your heart daily, and fast for a right motive.
- Refuse to obey your carnal (worldly) nature. 4 Galatians 5:16,17.
- Ask the Holy Spirit to guard your walk against complacency and mediocrity.
- Praise and give thanks to God continually in all ways on all days, regardless of your circumstances.
- Develop utter dependence on Him with total submission and humility.
- 8 Study the attributes of God.

Read each daily devotional. Ask God how you can use it to help someone else.

### Confession: I let go of the past, and I am excited about today!

### A New Day

"Behold, the former things have come to pass, and new things I now declare; before they spring forth, I tell you of them".

Isaiah 42:9 AMP

Do you need a new beginning? Jesus is offering you one today! He doesn't dwell on the past, And He doesn't want us to either. No matter how many mistakes you have made, the Lord can and will work them out for your good if you ask Him to. God has a great future planned for you, but you cannot drag your past into it. You must let go to go on!

Since you can't undo anything from yesterday, you might as well do something great with today!

### You Are Loved

"But God demonstrates His own love for us in this: while we were still sinners, Christ died for us." Romans 5:8 NIV

God reminds us about His unconditional love! It is especially important to begin each day knowing that you are loved! God loves you unconditionally, and His love is more valuable and important than anyone else's. He doesn't love us because we deserve it, but simply because He wants to. As you receive God's love freely, it will give you confidence and enable you to live life without fear. God's perfect love casts out all fear and dread (See I John 4:18).

Perhaps you have known the pain of not being chosen. You were never picked for class president or asked to attend the party that everyone was going to. When we are left out it hurts, but the good news for you today is that God has chosen you! You are special to Him and His love for you will never end.

Day 2 Mini Prayer: Thank You, Father, for loving me. I receive Your love by faith today and ask that it will continue to strengthen me.





Mini Prayer:

Father, I thank You for time, and I repent for all of it I have wasted in my life. Grant me wisdom concerning what I choose to do with my days, and help me make each one really count for something good.

#### MAKE EACH DAY COUNT

"To everything there is a season, and a time for every matter or purpose under heaven."

-Ecclesiastes 3:1 AMPC

We all have the same amount of time each day, but some people seem to do more with theirs than others. You might say that we all "spend" our time. Today We spend it doing things that will bear good fruit, or we spend it on activities that are useless. It is wise to occasionally take an inventory of what we are spending our time on and to make adjustments if they are needed. Today would be a good day to spend some time thinking about how you are spending your time!

Time is a gift, and the older you get the more you realize that. I believe we could avoid most of the stress we experience if we simply use the time we have wisely. Don't waste time doing frivolous things that are not important and then be frustrated when you don't have enough time to do the things that must be done. Always remember that when your time is spent, you can never get it back, so spend it on something that is an investment and pays good dividends.

### God's Timing

"My times are in Your hands, deliver me from the hands of my foes and those who pursue me and persecute me." Psalms 31:15 AMP

God's timing in our lives is perfect, and we will enjoy life much more if we believe that. He knows the exact right time to do the things we have requested of Him. Don't waste time being upset about something that only God can change. If He withholds your desire for the time being, thank Him that He knows best.

Time is a gift, don't waste it being upset.



Confession:
I trust God's timing in my life,
and I will not frustrate myself by trying to do what only
God can do.

### Hearing From God

Confession:
I talk to
God, and I
listen. And
I obey!



"So, faith comes from hearing and hearing through of Christ" Romans 10:17 (ESV)

We all want to hear from God, but not everyone listens. Let your mind and soul be quiet and simply wait on God. You may or may not hear anything at that moment, but if you honor God by waiting on Him, He will speak to you at just the right time when you need it most. To get started, invest 5 minutes a day simply being quiet and listening! In addition to this, spend some time in God's Word and talk to Him (pray) about anything and everything.

Develop the habit of listening or you will never truly hear.

Day 6

### Confession: God is with me at all times. He will never forsake me, and He protects me from those who would harm me.

### (I Am Protected)

"He who dwells in the secret place of the Most High shall remain stable and fixed under the shadow if the Almighty (Whose power no foe can withstand)". -Psalm 91:1 AMP

Spending time with God protects us from the attacks of our enemies. When I remember this, it helps me feel safe, and that is something we all desire. Take a moment several times a day to simply turn your attention toward the Lord and say, "I know You are with me and that You are my Protector." Then take a few moments to dwell in that thought and let it comfort you.

There is never a moment in your life when God is not with you.

### Hidden From Harm

In the secret place of Your presence, You hide them from the plots of men; You keep them secretly in Your pavilion from the strife of tongues. -Psalm 31:20 AMP

Unkind words spoken to us hurt, but this Scripture promises that if we spend time in God's presence, we will be protected from their effects. Even though evil words may be spoken against us, God will shield us and comfort us as we spend time with Him. God's Words are the ones that really matter anyway, and He always says good things about us.

God's Words are more powerful than anyone else's.

Day 7 Confession: God's words protect me from evil words spoken against me, and His Words are louder to me than anyone else's.



Mini Prayer:

Father, I want to be victorious every day and always keep my mind on You; however, I admit that at times I don't feel victorious, I then ask for Your help in keeping my mind on You.

#### MENTAL ATTACK

"Casting the whole of your care( all of your anxieties, all your worries, all your concerns, once and for all) on Him, for He cares for you affectionately and cares about you watchfully." -1 Peter 5:7 AMP

Sometimes you may be dealing with a physical affliction that can be quite annoying. Some days you may be full of faith and other times you feel like your mind has been "kidnapped" by the enemy. Your thoughts may be on all the wrong things, and it seems like you can't get them back. We are to cast down wrong thoughts and choose the right ones. (see 2 Corinthians 10:4-5), but what are we supposed to do on those days when we just can't seem to have success? We are to trust that God understands and that He sees the desires of our hearts to do the right thing.

The devil attacks our minds with all kinds of wrong thinking, and we are to withstand him and be firm in faith! Sometimes that means waiting for God's help and being patient. We may not feel that we have total victory every day of our lives, but even during those times we can still trust God. He sees everything, knows everything, and loves us all the time. God doesn't love you any less when you feel weak than He does when you are strong.

### Pray Often

"Be earnest and unwearied and steadfast in your prayer (life), being (both) alert and intent in (your praying) with thanksgiving. -Colossians 4:2 AMP

Don't put off praying until a more convenient time. Pray at all times, in every season, with all kinds of prayer (see Ephesians 6:18). Prayer need not be long to be effective. It is the greatest privilege we have, and it releases the greatest power on earth. We all need God's help, and we get it by asking for it.

Pray your way through the day.

Confession:
I believe that God is always
listening, and I am diligent
to pray often throughout
the day.



### Love God



Confession:
I love the
Lord with
all my heart,
soul, mind,
and strength.

"We love Him, because He first loved us." -I John 4:19 AMP

Tell the Lord often that you love Him! He created us because He wanted us, and He loves us unconditionally. God's love is continually flowing towards us, and we can experience that love by receiving it and then giving it back to Him in words that express our heart. "I love You, Lord" is usually one of the first things you should say in the morning when you wake up. If you don't already do that, you should consider trying it! I think the Lord loves to hear you say that to Him, just as we love to hear our children tell us that they love us.

Loving God is our number one priority in life!

### Wisdom



Confession:
I will choose to do today what will produce good fruit in my future.

That people may know skillful and Godly wisdom and instruction, discern, and comprehend the words of understanding and insight." -Proverbs 1:2 AMP

Wise people choose to do now what they will be satisfied with later on in life. All of our decisions influence our future, so we should never live as if there were no tomorrow, because tomorrow always comes. There are many things that each of us wishes we would have done in the past, but now it is too late. Let's do what is right now, so we won't have regrets tomorrow!

If we invest today, you will reap the benefits tomorrow.

### People Change

"Jesus Christ is the same yesterday, today, and forever." Hebrews 13:8 NKJV

Jesus is the only one whom we can depend on to always be the same. People and circumstances are subject to change, and we should not allow ourselves to expect that they will always be the same. People go through difficult seasons in their lives and as they do, we see changes in them that we may not like. In order to not be devastated, keep your eyes on Jesus, because He is the Rock that never moves and always remains the same.

Unrealistic expectations are the root cause of much of our unhappiness.

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Confession:
I put my expectations in God
because He is always
faithful.

Mini Prayer: Thank You, Father, for all the wonderful things You do for me. Teach me to be a gracious receiver and to always appreciate Your goodness!

### (Learning To Receive)

"And of His fullness we have all received, and Grace for Grace". -John 1:16 (NKJV)

When you give someone a gift and they say something like, "You didn't have to do that" or "No, no, I can't take that," or "Oh, that is too much," how does that make you feel? I would much prefer that someone say, "Thank you so much. I really appreciate it." I think God is the same way! He is a giver, and givers need receivers, or they are stifled in their desire to give.

God's Word says that we are to receive Grace, Favor, Forgiveness, Mercy, and many other wonderful gifts from God. Do you desire certain things but don't know how to ask? Or even worse, do you ask and then don't receive? We are to ask and then receive that our joy might be full. (see John 16:24).

God's goodness certainly is amazing, and we don't deserve all the wonderful things He does for us, but He does want us to graciously receive them with an attitude of gratitude. Learn to be a receiver!

### Timing

"Whereupon Jesus said to them, My time (opportunity) has not come yet..." -John 7:6. AMP

Jesus knew there was a right time for everything, and He disciplined His emotions to wait until that time came. We can all strive to do the same thing. We make a lot of messes in our lives by doing things in our own timing instead of waiting on the right time, which is God's time. Impatience steals our joy and peace, but we can learn to enjoy today while we are waiting.

Make the most out of every day because each new day is a gift from God.

Day 14 Confession: Today is a gift from God and I am not going to waste it.

### First Things First

"But seek ye first the kingdom of God and His righteousness, and all these things shall be added to you" -Matthew 6:33 ESV

Keeping our priorities in the right order opens the door for many blessings in our lives. Seeking God should always be our number one priority. Putting Him and His way of doing things above all others adds peace and joy to our lives, and then God adds all the other things that we need. Don't ever struggle trying to get "things," but instead let pleasing God be your first priority, and at the right time, you will receive from Him an abundance of good things.

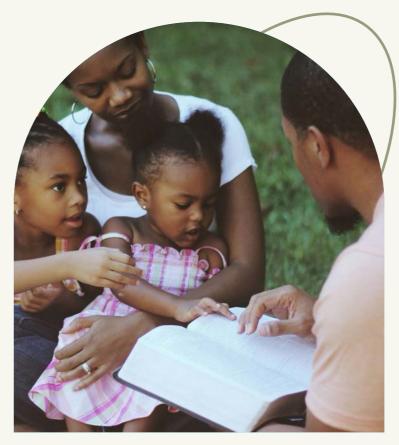
Desire God more than anything else and you will have everything else!



Confession:
I will put God first in all things, and He meets all my needs daily.

Day 16

#### Life Is What You Make It



Confession:
Complaining is
a waste of time,
it never makes
anything
better.

"And be constantly renewed in the spirit if you mind (having a fresh mental and spiritual attitude)." -Ephesians 4:23 AMP

Two people may have the same problem, but one will be kind to others and joyful, while the other is harsh in their dealing with people and always discouraged. The difference is found in the attitude they choose to have toward their life and their problems. Our quality of life is not determined by our circumstances but rather by how we view those circumstances. Any life can be good if we choose to think and speak good things instead of always finding fault and complaining about everything.

If you need a change, don't complain or you will remain where you are!



Confession:
God created me in His own image. I am special, and I have a God-ordained destiny.

Day 17

#### CREATED IN GOD'S IMAGE

"So, God created man is His own image, in the image and likeness of God He created him; male and female He created them."- Genesis 1:27 AMP

The fact that you were created by God means that He wanted you. If you had just evolved from an animal or any other lower life form (as many scientists would have you believe), then you would merely be an accident of nature, you would have no definite divine design. But God does want you – you are special to Him and He designed you carefully and purposely with His own hand in your mother's womb (Psalm 139:13 "Thou hast covered me in my mother's womb"). He breathed the breath of life into you and has already written in His book all the days of your life. You are Loved!

God created you and you are His masterpiece. You are the apple of His eye!

#### Be Excellent

"Whatever may be your task, work at it heartily (from the soul), as (something done) for the Lord and not for men.-Colossians 3:23 AMP

Being excellent simply means that we do the best we can with what we have. God is excellent, and He has called us to be excellent also. So, we should never be satisfied to just do what we have to do in order to get by. We should always go the extra mile and do an excellent job at whatever we are tasked to do.

Mediocrity seems to be normal in society today, but it isn't the will of God. If we are going to do a job, we can and should give it our best. We can take excellent care of all that we have. We can have excellent attitudes, treat people as valuable, and realize that we represent God at all times.

It is important not only to do the best you can do when people are watching, but to do so when nobody is watching. God sees all that we do, and we would be wise to remember that our reward comes from Him. Great is our reward in heaven!

Day 18

Mini Prayer: Father God, I know that You are excellent in all Your ways. Help me be an excellent person who brings glory to You.



Confession: I will do my best to always be at

peace at all times with all people!

#### DEALING WITH CONFLICT

"If possible, as far as it depends on you, live at peace with everyone" -Romans 12:18 AMP

We all experience conflict in relationships at times, and when we do it is important for us to do all we can to restore peace. Conflict or strife left unattended can ultimately become a major problem. The first thing to do in conflict is to exam your own heart and ask God to reveal your part in the problem. Humble yourself and do your best to make peace with everyone. Being right is highly overrated, but the value of peace can never be overrated. If you are angry with anyone, I urge you to be the peacemaker, for where there is peace, there is power and God's anointing. Keep strife out of your heart at all costs. Blessed are the peacemakers for they shall be called the children of God.

The peaceful are the powerful!

### Confession: I have thousands of things to be thankful for and I appreciate each of them. Lord I will never stop being grateful and thankful!

### Wandering Desire

"Better is the sight if the eyes (the enjoyment of what is available to one) than the cravings of wandering desires..." -Ecclesiastes 6:9 AMP

Instead of letting our desires roam all over the place, wanting first this thing and then another, we should learn to enjoy what we have. Discontentment is a temptation for everyone, but it is a heart filled with gratitude for what we have that God delights in. There is nothing wrong with wanting something, but it is wrong to let the desire for what we want to outweigh the thankfulness for what we have. You can have things, but don't let the things have you. Seek God first and all the other things will be added to you.

Ask God for what you want, but never forget to enjoy what you have.

#### Day 22

### CHECK Your Attitude



Confession:
Having a bad
attitude won't make
my circumstances
better, but it will
make me bitter! I
choose to have a
good attitude!

"And be constantly renewed in the spirit of your mind( having a fresh mental and spiritual attitude"). -Ephesians 4:23

The kind of attitude we have determines a great deal about the outcome of our lives. Or, as you may have heard it said, "Your attitude determines you altitude." It determines how far and how high you can go in life. Our attitude belongs to us, and no one can force us to have a bad one unless we choose to! Don't let someone else's bad attitude poison yours! When things seem to go bad, don't go with them. When circumstances don't go as you want them to, keep your attitude good and God well help you in marvelous ways. A positive attitude will take you far in life. Sometimes we just have to check our attitudes.

Refuse to have a bad attitude and even sour things will become sweet!

### Focus On Jesus

"Delight yourself also in the Lord, and He will give you the desires and secret petitions of your heart." - Psalms 37:4

Ask God for what you want and then focus on loving and serving Him instead of on what you want Him to do for you. Seek God's presence, not His presents! Seek His face, not His hands! When you seek God's face (His presence), you will find that His hand is always open to you.

Crave and pursue God as a hungry man who is starving, craves and pursues Food!

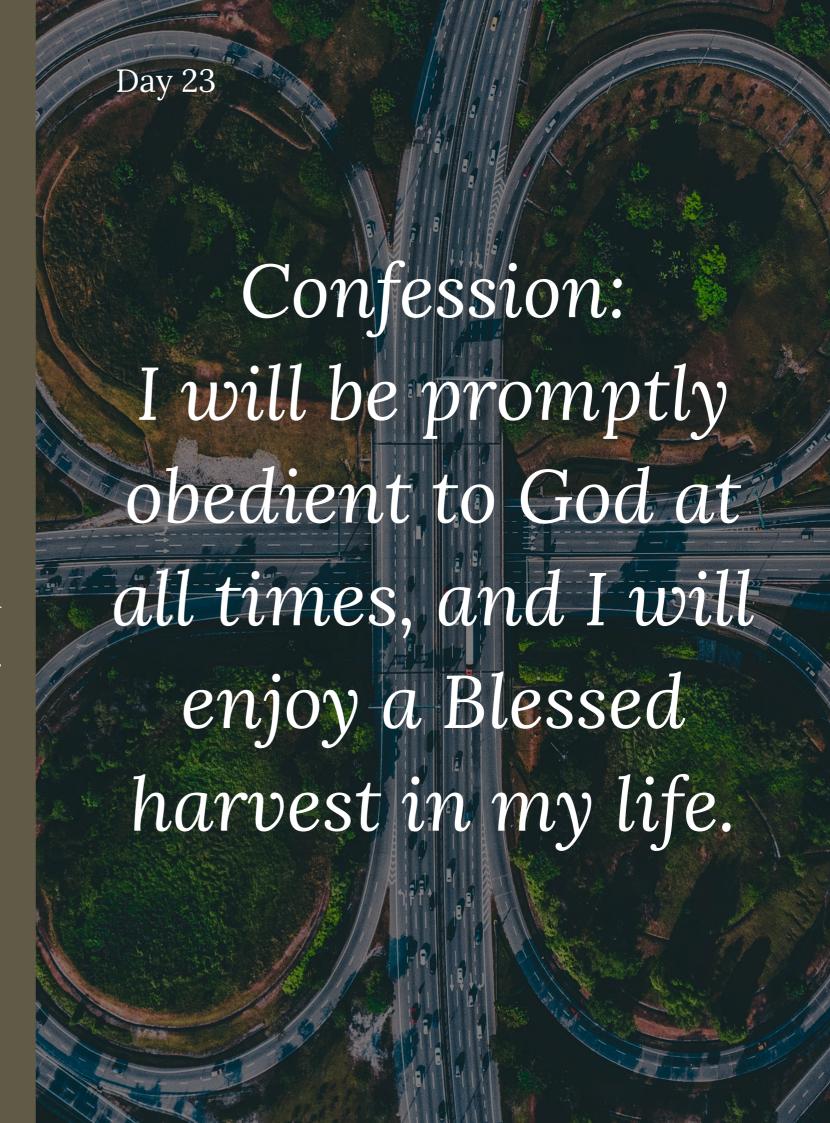
Confession:
I seek God with my whole heart and as my vital need, and He gives me the desires of my heart.

### Consider Your Ways

"Thus says the Lord of Hosts: consider your ways (your previous and present conduct) and how you have fared." -Haggai 1:7

As we are bring our fast to a close, we should have had time to consider our ways. We should have considered our spiritual standing with the Lord. We should have heard from the Lord and hopefully made any adjustments we were directed to make. The people in the book of Haggai had sowed much and reaped little, and when they complained to God, He told them to consider their ways. They had actually been living in disobedience to God for 18 years, building their own houses instead of building His as He had instructed. If you don't like the harvest you have in your life, perhaps it would be wise to consider your ways. If there are areas of disobedience in your life, correct them immediately and I suspect things will change for the better.

Are you waiting for God to change something, or is He waiting for you to change?



### Finish Strong

On this final day to your fast, ask the Lord to reveal to you if there is any unforgiveness, bitterness, or other hindrances that you have yet to lay fully before the Lord!

#### Remember...

- Replenish yourself with liquids and ease back into your consumption of solid foods. Pace yourself.
- Be thankful and rejoice.
- Share your experience with someone.
- Prepare yourself for Blessing, harvest, and a deeper anointing like you have never experienced before.
- You have put in the time, get ready for more Grace, an increase in Knowledge, Anointing, the Power of God, and the Supernatural Manifestation of the Word of God, in every area of your life that pertains to life and Godliness. The rest of this year will not be like any other before it.
- You will never be the same! In Jesus' Name. Amen!
- Remember to stay connected to the vine and you will increase in fruitfulness!

