



2024
Prayer & Fasting
MANUAL

Theme: Dressed for War in 2024

Ephesians 6:10-12

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Fasting and Prayer

God designed fasting to bring us into deeper knowledge of Him, to release the Holy Spirit's work in our lives, and to bring us to greater health and wholeness. Fasting blesses every one of our mental, physical, spiritual, and emotional lives. It breaks down strongholds that we are not even aware the enemy has erected against us. In fact, the Bible says certain spirits can only be broken through fasting.

Fasting is like getting a holy oiling, so the devil cannot hold on to you. It is designed to:

- Loose the bond of wickedness.
- Undo your heavy burdens.
- Set the oppressed free and
- Break every yoke. (Isaiah 58:6)

There are more than eighty references to fasting in the Old and New Testaments. Jesus Himself fasted. Fasting is a spiritual experience and discipline during which you give yourself completely to prayer and close communication with God. This discipline has spiritual and physical rewards.

This year we will accompany the fast with reading the book, [Fighting Your Battles: Every Christian's Playbook for Victory by John Evans](#). It is available on Amazon for \$9.99. Each day of the fast we will read selected scriptures and assigned sections of the book. Refer to the calendar on page 9 of this manual. We will also meet via Zoom to discuss the book, share our testimonies, and encourage each other during the fast. **Our Zoom meetings will be held Monday evenings at 7:00 p.m. on January 15, 22, and the final meeting on the 29. The Zoom Meeting ID and passcode are shown on page 10 of this manual.**

How Should I Fast?

Our fast will begin on January 8, 2024, end on January 28, 2024, and will run until 3:00 p.m. daily. If you feel comfortable doing so, you may fast until 6:00 p.m.

We have available to you our modified Daniel's fast, where we eat mostly fruit and vegetables. **The fast includes two free days each week on which you may consume meat.** We have also included some recipes you may follow.

When fasting, remember:

- **If you are on medication, take your medication as directed by your doctor and at the times directed by your doctor. If you are to take food with your medicine, eat a small amount of food with your medicine.**
- **Drink plenty of water during the fasting hours, and if necessary, drink juices or light soups.**

You must combine your fast with prayer! Fasting without prayer is just starvation. Pray specific focused prayers as you fast. Examples of suggested prayers are shown on pages 3-5.

As you skip meals, drink water, and pray, say “God I fast this meal for your glory and to the breaking down of strongholds in my life.” Then, lift up praise and prayer in all areas. Some of the rewards for fasting and prayer include:

- Healing
- Answered Prayer
- Deliverance
- Protection
- Purification of the spirit, soul, and body
- Divine guidance and revelation
- Closer walk with God
- Stabilize you when life seems out of control.
- Release from heavy burdens

Prayer for Reconciliation in the Family of God

Father, in the name of Jesus Christ, I come before You, thanking You that many waters cannot quench Your love for me, and others in Your Family. Thank You that the blood of Jesus was shed so that _____ can walk in faith, be grounded in the knowledge of You, and be steadfast to follow the Gospel, which is preached to every creature under heaven.

Father, I call on the blood of Your dear Son Jesus Christ to bring these families into a new relationship with the Father, The Son, and the Holy Spirit, that they may walk in a higher anointing, and their hope of glory. Committing themselves to the High Calling that is in this generation.

Father, release a spirit of reconciliation upon this generation that brings death to the enemy that has kept these families from the Body of Christ. We speak death to the family spirits that have kept them from Your blessings. (seditions, hate, unrest, strife, controlling, occult, sickness, etc.) The blood and the cross put the enemy to death – and reconciles people to the Family of God. We prophesy now, that they shall return from the north, south, east, and west.”

We call in a desire for teaching, knowledge of the truth, and righteousness. Bring in a hunger for fellowship with the believers. “Father, thy will be done, on earth as it is in heaven; that the families shall thirst after the Holiness of You Father, The One and only God, The Almighty Father.

Father, reconcile the families to You, restore love to the husbands, turn their hearts back to their children, as they submit to You. We ask for order in the families, discipline, GODLY correction, for the parents and the children, and a renewed love and desire flowing through the family units, that they will be committed to one another.

Father, we intercede for the Church Family, bring unity and a restoration back into the House of God. Send repentance, and contrite hearts, that we will have churches that are reconciled to the purpose and callings that causes them to exist. Oh Father, we ask for You to bring in the gifts that are upon Your called ambassadors and have them received with open hearts. Help us to mature and grow quickly into the places of accountability, so that we may be ambassadors of reconciliation to those that need to experience YOUR LOVE!

Prayer for the Church

Mark 11:23...Jesus said, "We will have what we say!"

God desires to have churches and fellowships full of people seeking to **KNOW GOD BETTER!** Be in unity with other believers concerning this Body of Believers!

Father, in the name of Jesus, I bring before you (name the ministry) I speak and say that the people involved in this ministry will be in unity and speak boldly concerning the uncompromising Word of God. This ministry will proclaim it fully and make it clear, so that no confusion will exist as the Word comes forth.

We will constantly give you praise, in that You are establishing favor and goodwill among the people, and keep adding daily to our number, those who are being saved from spiritual death. We give you praise for those that are being added to Your Kingdom, those who acknowledge Jesus as their Savior and devote themselves to Him. Praise You Father, that You are gathering crowds of men, women, and children unto us. Praise You Father that the people from all around (name the ministry) are coming to our services and bringing the sick and those troubled with foul spirits, and the anointing within this Body of Believers shall break the bondages and set the captives free!

Father, as Your message keeps spreading, the numbers of disciples will multiply greatly in this ministry, and the people will not be able to resist the wisdom and the inspiration of the Spirit with which Your Ministers speak, as they come in here.

We call in great crowds of people with one accord to listen and heed the Word of God that will be ministered here. We give You praise and thanksgiving for the miracles and wonders that will take place as Your servants are obedient, to minister according to their godly gifts.

Praise You Father that this community will no longer be the same as call in the ministering gifts to come forth that the sick will be healed, and the foul spirits will leave as people are drawn in by the power of God! There will be great rejoicing in the city where our meetings are held. Your presence is in Your people with power, so that a great number will learn to believe, to adhere to, trust in, and rely on You, in Jesus' name.

I thank You Father that you said in Ephesians 3:12, "Because of my faith in Jesus Christ, I dare to have boldness, and I have access to approach God freely and without fear." Also, I praise You for Your wonderful kindness to me, and Your favor that You've poured out upon me, because I belong to Your dearly beloved Son." (Ephesians 1:6, AMP)

NOW, I PRAISE YOU THAT SUCCESS IN THIS MINISTRY IS ON IT'S WAY!!! GOD CANNOT FAIL!!! NOR CAN HIS WORD!!! (Colossians 4:4; Acts 2:47; 5:14-16; 6:7; 8:6-8; 11:21)

Prosperity for You and Others

Father in the name of Your Son, Jesus, we confess Your Word over _____ this day. As we do this, we say it with our mouths and believe it in our hearts and know that Your Word will not return to You void but will accomplish what it says it will do.

Therefore, we believe in the name of Jesus that _____ needs are met according to Philippians 4:19. We believe that because _____ has sown into ministry, gifts will be given to him/her good measure, pressed down, shaken together and running over will they pour into his/her bosom. For with the measure, he/she deals out, it will be measured back to him/her. Father, we confess a hundredfold return for her/him according to Mark 10:29-30.

Father, You have delivered _____ out of the authority of darkness into the kingdom of Your dear Son, Father, we believe _____ has taken his/her place as Your child. We confess that You have become his/her Father and have made Your home within _____. You are taking care of him/her and enabling him/her to walk in love, in wisdom, in the fullness of fellowship with Your Son.

Satan, we bind you from _____ **FINANCES ACCORDING TO MATTHEW 18:18 AND CANCEL YOUR ASSIGNMENT AGAINST HIM/HER.**

Father, we thank You that the ministering spirits, which You have given to him/her, are now free to minister for _____ and bring in the necessary finances.

Father, we confess that You are a very present help in trouble, and You are more than enough. We confess that You are able to make all grace, every favor and earthly blessings come to _____ in abundance, so that he/she has all sufficiency in every circumstance and has an abundance for every good work and charitable donation.

CONTINUE TO PRAY FOR FINANCIAL PROSPERITY FOR THE CHURCH.

SCRIPTURE REFERENCES:

Isaiah 55:11

Matthew 18:18

Mark 10:29, 30

Psalm 46:1

II Corinthians 6:16, 18

Luke 6:38

II Corinthians 9:8

Philippians 4:19

Hebrews 1:14

Colossians 1:13


Recipes

RECIPE NAME & INGREDIENTS	DIRECTIONS
<p>CREAM OF POTATO SOUP by Mother Renate White</p> <p>1 Whole Medium Onion, diced. 3 Whole Carrots, Scrubbed, peeled, and diced. 3 Stalks of Celery, diced. 6 whole Russet Potatoes, peeled and diced (medium) 8 cups of Chicken Broth 3 tablespoons of All-Purpose Flour 1 cup Milk 1 ¼ cup Heavy Cream Salt and Pepper to taste 1 teaspoon Cajun Spice 1 cup Grated Cheese (of your choice)</p>	<ol style="list-style-type: none"> 1. Cut up some bacon and fry till crisp. 2. Remove bacon; to bacon grease, add onions, carrots, and celery. Stir and cook for 2 minutes; then add salt, pepper, and Cajun spice. 3. Add diced potatoes. 4. Pour in the broth; bring to a gentle boil for about 10 minutes or until the potatoes are tender. 5. Whisk together flour and milk. Pour into the soup. Let it simmer for 3-5 minutes. 6. Remove half the soup and blend in a blender / food processor until smooth. Pour back into soup and stir to combine. 7. Add salt and pepper to taste. 8. Stir in heavy cream. 9. Serve with crisp bacon and cheese to taste. (Optional)
<p>SPAGHETTI SQUASH <i>from allrecipes.com</i> **The flesh of spaghetti comes out in long strands, very much resembling the noodles for which it is named. In this recipe, the 'noodles' are tossed with vegetables and feta cheese. You can substitute different vegetables but be sure to use ones that have contrasting colors.**</p> <p>1 spaghetti squash halved lengthwise and seeded. 2 tablespoons vegetable oil 1 onion, chopped. 1 clove garlic, minced. 1 ½ cups chopped tomatoes. ¾ cup crumbled feta cheese 3 tablespoons sliced black olives. 2 tablespoons chopped fresh basil</p>	<ol style="list-style-type: none"> 1. Preheat the oven to 350 degrees F (175 degrees C). Lightly grease a baking sheet. 2. Place spaghetti squash with cut sides down on the prepared baking sheet, and bake 30 minutes in the preheated oven, or until a sharp knife can be inserted with only a little resistance. Remove squash from the oven and set aside to cool enough to be easily handled. 3. Meanwhile, heat oil in a skillet over medium heat. Cook and stir onion in oil until tender. Add garlic; cook and stir until fragrant, 2 to 3 minutes. Stir in tomatoes and cook until tomatoes are warmed through. 4. Use a large spoon to scoop the stringy pulp from the squash and place in a medium bowl. Toss with the vegetables, feta cheese, olives, and basil. Serve warm.
<p>HOMEMADE VEGGIE PIZZA <i>from allrecipes.com</i> 1 clove garlic finely chopped. 1 teaspoon onion powder 1 teaspoon kosher salt 1 pinch ground black pepper 1 ¼ cups shredded mozzarella cheese. ½ chopped green bell pepper (optional) ½ cup chopped onion (optional) ½ cup sliced fresh mushrooms (optional) ¼ cup shredded mozzarella cheese</p>	<ol style="list-style-type: none"> 1. Sprinkle yeast over warm water in a small bowl. The water should be no more than 100 degrees F (40 degrees C). Let stand for 5 minutes until yeast softens and begins to form a creamy foam. 2. Sift flour, sugar, 1 tablespoon oregano, and 1 teaspoon salt into a large bowl. Mix egg and oil into dry ingredients; stir in yeast mixture. When dough has pulled together, turn out onto a lightly floured surface, and knead until smooth and elastic, about 8-minutes. Lightly oil a large bowl, then place dough in the bowl and turn to coat with oil. Cover with a light cloth and let rise in a warm place (80 to 95

	<p>degrees F / 27 to 35 degrees C) until doubled in volume, about 1 hour.</p> <ol style="list-style-type: none"> Preheat the oven to 450 degrees F (235 degrees C). Lightly grease a baking sheet. Cook and stir diced tomatoes, tomato paste, onion, 1 tablespoon oregano, garlic, onion powder, 1 teaspoon salt, and pepper in a saucepan over medium heat. Cook until the sauce has thickened, 15 to 20 minutes. Punch down dough and turn it out onto a lightly floured surface. Use a knife to divide dough into two equal pieces – do not tear. Shape dough into rounds and let rest for 10 minutes. Form dough into rectangles, and place onto the prepared baking sheet. Spoon tomato sauce over dough. Sprinkle with 1 ¼ cup mozzarella cheese; top with bell pepper, onion, and mushroom. Sprinkle ¼ cup mozzarella cheese over top. Bake in a preheated oven until the crust is browned and crisp and cheese has melted, 20-25 minutes.
<p>VEGETARIAN BURRITO CASSEROLE <i>from allrecipes.com</i> ¾ cup white rice 1 ½ cups water 1 (12 ounce) package frozen soy burger-style crumbles 1 (28 ounce) can whole tomatoes, drained, ¼ cup juice reserved 2 ½ teaspoons chili powder 1 teaspoon cumin 1 (1.25 ounce) package taco seasoning mix 2 (10 inch) burrito-size flour tortillas 1 (14.25 ounce) can vegetarian refried beans, divided 2 fresh jalapeno peppers- seeded, sliced, and divided. 1 ½ cups salsa, divided. 2 ½ cups shredded Cheddar cheese, divided</p>	<ol style="list-style-type: none"> In a saucepan, bring water to a boil. Add rice and stir. Reduce heat, cover, and simmer for 20 minutes. Preheat the oven to 375 degrees F (190 degrees C). Place soy crumbles, tomatoes, reserved tomato juice, chili powder, cumin, and taco seasoning in a medium frying pan over medium high heat. Cook and stir, breaking up tomatoes, for 10 minutes. Lay 1 flour tortilla in a lightly greased 8x8 inch baking dish. Layer with one half of the beans, jalapeno slices, rice, salsa, soy mixture, and 1 cup Cheddar cheese. Repeat layers with remaining ingredients, beginning with the flour tortilla, and top with remaining 1 ½ cups Cheddar cheese. Bake in the preheated oven for 15 minutes, or until heated through and the cheese is melted. Serve immediately.
<p>VEGETABLE ENCHILADAS <i>from Mathai Stewart</i> 2 tablespoons olive oil, plus more for baking dishes 2 teaspoons ground cumin ¼ cup all-purpose flour (spooned and leveled) ¼ cup tomato paste 1 can (14 ½ ounces) reduced-sodium vegetable broth. Coarse salt and ground pepper 3 cups grated pepper Jack cheese (12 ounces) 1 can (15 ounces) black beans rinsed and drained.</p>	<ol style="list-style-type: none"> Make sauce: In a medium saucepan, heat oil over medium. Add 1 teaspoon cumin, flour, and tomato paste; cook, whisking, 1 minute. Whisk in broth and ¾ cup water; bring to a boil. Reduce to a simmer and cook until slightly thickened, 5-8 minutes. Season with salt and pepper and set aside. Make filling: In a large bowl, combine 2 cups cheese, beans, spinach, corn, and scallion whites, and remaining 1 teaspoon cumin; season with salt and pepper. Preheat the oven to 400 degrees. Lightly oil two 8-inch square baking dishes; set aside. Stack tortillas and wrap in damp paper towels; microwave on high

<p>1 box (10 ounces) frozen chopped spinach thawed and squeezed dry. 1 box (10 ounces) frozen corn kernels, thawed. 6 scallions, thinly sliced, white and green parts separated. 16 corn tortillas (6-inch)</p>	<p>for 1 minute. Or stack and wrap in aluminum foil, and heat in the oven for 5-10 minutes. Top each tortilla with heaping 1/3 cup of filling; roll up tightly and arrange, seam side down, in prepared baking dishes.</p> <ol style="list-style-type: none"> 4. Divide evenly, sprinkle enchiladas with remaining 1 cup cheese, and top with sauce. Bake, uncovered, until hot and bubbly, 15-20 minutes. Cool for 5 minutes; serve garnished with scallion greens.
<p>SPINACH BROWNIES by Sis. Melanie Flournoy</p> <p>Dole baby spinach (2 for \$5) 1 cup Gold Medal flour 1 teaspoon salt 1 teaspoon baking powder 2 eggs 1 cup milk ½ cup butter 1 onion 1 8oz shredded mozzarella cheese</p>	<ol style="list-style-type: none"> 1. Preheat oven to 375 degrees. 2. Lightly grease a 9x13 inch baking dish. 3. Place Spinach in a medium saucepan with enough water to cover. Bring to a boil. Lower heat to simmer and cook until spinach is limp, about 3 minutes. Remove from heat and drain. 4. In a large bowl, mix flour, salt, and baking soda powder. Stir in eggs, milk, and butter. Mix spinach, onion, and mozzarella cheese. 5. Transfer mixture to the prepared baking dish. 6. Bake in the preheated oven, 30-35 minutes, or until a toothpick inserted in the center comes out clean. Cool before serving.
<p>STUFFED YELLOW SQUASH By Dr. Bobbie Wilson</p> <p>3 large yellow squash ½ lb. hot bulk sausage ½ cup onion, chopped ½ cup green pepper, chopped 1 medium tomato, chopped. ½ cup grated Parmesan cheese 1 cup mozzarella cheese, shredded</p>	<ol style="list-style-type: none"> 1. Cut squash in half, lengthwise. Scoop out pulp and seeds, leaving a ¼ inch thick shell. Set it aside. Discard seeds and dice scooped out portions. Set it aside. In a 2-quart casserole, combine sausage, onion, and green pepper. Cover. Microwave at MEDIUM HIGH (7) 3 to 5 minutes, until sausage is brown; stir every 2 minutes. Drain. Add reserved squash pulp, tomato, and Parmesan cheese. Stir until well blended. 2. Spoon mixture into squash shells; place squash in 3-quart oblong glass baking dish. Cover with wax paper; Microwave at HIGH (10) 14 to 18 minutes; rotate dish ½ turn after 8 minutes. Sprinkle it with mozzarella cheese. Microwave at HIGH (10) 2 to 3 minutes until the cheese is melted.

Daniel's Fast January 8 – January 28, 2024

<i>Sunday</i>	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>
	1 	2	3	4	5	6
7	8 Ephesians 6:10-18 Every Christian's Playbook for Victory FAST BEGINS	9 1 Samuel 17:32-51 Chapter 1: Facing Giants	10 Exodus 17:1-7 Chapter 2: Thirsty FREE DAY	11 Exodus 17:8-16 Chapter 3: Fighting God's Way	12 John 15:1-10 Chapter 4: Keep It Close p. 67-79	13 Psalm 7:7-17
14 Proverbs 11:3-11 FREE DAY	15 – Zoom Meeting Luke 8:1-15 Chapter 4: Keep It Close p. 80-85	16 Joshua 7:1-13 Chapter 5: Higher than You Think p.87-98	17 Joshua 7:14-26 Chapter 5: Higher than You Think p.99-106 FREE DAY	18 Acts 2:1-18 Chapter 6: Close to the Fire p. 107-115	19 Ephesians 3 Chapter 6: Close to the Fire p. 116-126	20 Romans 6:16-23
21 1 Peter 2:11-17 FREE DAY	22 - Zoom Meeting Matthew 14:13-23 Chapter 7: More Than a Believer	23 Matthew 14:24-33 Chapter 8: From Safe to Faith	24 Luke 6:12-31 Chapter 9: Building for the Forecast FREE DAY	25 Joshua 8:1-22 Chapter 10: Step Back	26 Exodus 14:13-28 Chapter 11: Raise Your Javelin	27 Luke 19:1-10
28 FAST ENDS	29 - Zoom Meeting Genesis 50:15-22 Chapter 12: From Test to Testimony	30	31			

*Instructions: Fast daily until 3:00 p.m. (or 6:00 p.m.)
Observe a meatless diet except on **Wednesdays and Sundays** which are **free days** on which you may eat meat after daily fast ends.
Drink plenty of water and other non-caffeinated drinks.
Theme: Dressed for War in 2024
Ephesians 6:10-12*

Fasting and Prayer

FAST DAILY until 3:00 PM. If you are able to and are comfortable doing so, fast until 6:00 PM.

**After fasting until 3:00 p.m. (or 6:00 p.m.)
Observe a meatless diet except on **Wednesdays and Sundays.**
You may eat meat after your fast ends on the **free days.****

**Prayer Conference Call Line:
(540) 792-0192 Access Code: 144491#**

**AROUND THE CLOCK PRAYER - CALL IN EVERY 3 HOURS:
6AM, 9AM, 12 NOON, 3PM, 6PM, 9PM & 12 MIDNIGHT**

**P.U.S.H. POWER PRAYER
TUESDAY, THURSDAY, AND SATURDAY
AT 7:00 P.M.**

Weekly Zoom Meeting Discussion:

Monday Evenings at 7:00 p.m.

January 15, 22, & 29.

Zoom Meeting ID: 851 4146 8307

Passcode: 844360

Zoom Dial-in Access:

Phone:1-669-444-9171 Access Code: 85141468307#

Passcode: 844360#