

Prayer and Fasting April 2021

Dates of Prayer and Fasting: 01 April to 30 April 2021

P. R. A. I. S. E. - Peace – Righteousness – Anoint – Integrity – Sanctified – Endure

IMPORTANT: You would need to go into your private place of prayer asking the Heavenly Father Almighty Yahweh King and Creator of the universe which type of fasting He desires for you to do based upon your health condition and life schedule. If you have never fasted before or not fasted in a long time or experiencing other health issues, highly recommend a visit with your family physician before fasting.

Fasting Types

1. A 40-Day Complete Fast (No Food or Water)

Moses and Jesus both give us examples of a 40 day complete fast. Note please that they give extreme examples by having no food or water for 40 days. Consult your doctor before fasting from all food and water for more than 24 hours.

2. A Complete Fast

The duration of a complete fast could range from part of a day to an entire day to several days or weeks. This was the most common in the scripture.

3. A Partial Fast

A partial fast can also vary in duration from part of a day to weeks. While the complete fast abstains from all food for a time, a partial fast abstains from certain foods or drinks for the time. The most common partial fasting is often called a 3 day spiritual fast while others fast 10 days, 14 days, 21 days, 30 days or even 40 days.

4. The Daniel Fast is a partial fast

What is the Daniel fast according to the Bible? The basic idea behind this fast is to have no meat, no tasty bread, no wine, no oils for his skin, for 21 days.

5. A Non-Food Fast

For those of us with a medical condition, the non-food fast is the safest way to practice this spiritual discipline.

6. Group Fasting

A time of group fasting can be powerful on a personal and corporate level. This type of fasting can be a variation of any of the different types of Biblical fasting. The point is not that everyone is fasting from the same thing, but that they are fasting about the same thing.

7. Isolation Fast

While Jesus does not give us a detailed outline of things to abstain from during a fast He does show us how effective isolation is for fasting. Jesus often withdrew from His disciples to spend time alone with God (Luke 5:16).

(Reference: Tiffany Montgomery (2020) His Dearly Loved Daughter Ministries and retrieved from <https://hisdearlyloveddaughter.com/different-types-of-biblical-fasting/>)

I would like to add other fasting types, such as social media fasting (refrain from all social media), television fasting (refrain from watching any television or viewing any programs on screens), telephone fasting (refrain from talking or listening on telephone), financial fasting (refrain from making any types of purchases from online or in-person stores), and emotional fasting (refrain from holding grudges, unforgiveness, hatred, and anger outbursts).

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Prayer and Praise Times

12 AM	12 PM
2 AM	2 PM
4 AM	4 PM
6 AM	6 PM
8 AM	8 PM
10 AM	10 PM

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Peace – Righteousness – Anoint – Integrity – Sanctified – Endure

Definition of Peace: W. L. Walker. (n.d.). states peace “Is a condition of freedom from disturbance, whether outwardly, as of a nation from war or enemies, or inwardly, within the soul” (International Standard Bible Encyclopaedia, para. 1).

Holy Bible Scriptures on Peace

(Peace. 2020. OpenBible.info. Retrieved from <https://www.openbible.info/topics/peace>)

Thessalonians 3:16 ESV - Now may the Lord of peace himself give you peace at all times in every way. The Lord be with you all.

Isaiah 26:3 ESV - You keep him in perfect peace whose mind is stayed on you, because he trusts in you.

Matthew 5:9 ESV - “Blessed are the peacemakers, for they shall be called sons of God.

Philippians 4:6 ESV - Do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God.

Romans 12:18 ESV - If possible, so far as it depends on you, live peaceably with all.

Hebrews 12:14 ESV - Strive for peace with everyone, and for the holiness without which no one will see the Lord.

1 Peter 3:11 ESV - Let him turn away from evil and do good; let him seek peace and pursue it.

Proverbs 12:20 ESV - Deceit is in the heart of those who devise evil, but those who plan peace have joy.

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Definition of Righteousness: Vine's Expository Dictionary of New Testaments Words (n.d.) describes righteousness as "...the character or quality of being right or just;" it was formerly spelled "rightwiseness," which clearly expresses the meaning. It is used to denote an attribute of God, e.g., Rom 3:5, the context of which shows that "the righteousness of God" means essentially the same as His faithfulness, or truthfulness, that which is consistent with His own nature and promises; ...' (para. 1).

Holy Bible Scriptures on **Righteousness**
(Righteousness. 2020. OpenBible.info. Retrieved from
<https://www.openbible.info/topics/righteousness>)

1 John 3:7 ESV - Little children, let no one deceive you. Whoever practices righteousness is righteous, as he is righteous.

Psalms 106:3 ESV - Blessed are they who observe justice, who do righteousness at all times!

Isaiah 33:15-17 ESV - He who walks righteously and speaks uprightly, who despises the gain of oppressions, who shakes his hands, lest they hold a bribe, who stops his ears from hearing of bloodshed and shuts his eyes from looking on evil, he will dwell on the heights; his place of defense will be the fortresses of rocks; his bread will be given him; his water will be sure. Your eyes will behold the king in his beauty; they will see a land that stretches afar.

2 Timothy 2:22 ESV - So flee youthful passions and pursue righteousness, faith, love, and peace, along with those who call on the Lord from a pure heart.

Romans 8:4-6 ESV - In order that the righteous requirement of the law might be fulfilled in us, who walk not according to the flesh but according to the Spirit. For those who live according to the flesh set their minds on the things of the flesh, but those who live according to the Spirit set their minds on the things of the Spirit. For to set the mind on the flesh is death, but to set the mind on the Spirit is life and peace.

Matthew 6:33 ESV - But seek first the kingdom of God and his righteousness, and all these things will be added to you.

Proverbs 21:3 ESV - To do righteousness and justice is more acceptable to the Lord than sacrifice.

Deuteronomy 6:25 ESV - And it will be righteousness for us, if we are careful to do all this commandment before the Lord our God, as he has commanded us.'

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Definition of Anoint: The Easton's Bible Dictionary (n.d.) mentions anoint as "The practice of anointing with perfumed oil was common among the Hebrews. (1.) The act of anointing was significant of consecration to a holy or sacred use; hence the anointing of the high priest (Exd 29:29; Lev 4:3) and of the sacred vessels (Exd 30:26)" (para. 1).

Holy Bible Scriptures on **Anoint**

(Anoint. 2020. BibleGateway.com. Retrieved from

<https://www.biblegateway.com/quicksearch/?quicksearch=anoint&version=ESV>)

James 5:14-16 ESV - Is anyone among you sick? Let him call for the elders of the church, and let them pray over him, anointing him with oil in the name of the Lord. And the prayer of faith will save the one who is sick, and the Lord will raise him up. And if he has committed sins, he will be forgiven. Therefore, confess your sins to one another and pray for one another, that you may be healed. The prayer of a righteous person has great power as it is working.

Exodus 28:41 ESV - And you shall put them on Aaron your brother, and on his sons with him, and shall anoint them and ordain them and consecrate them, that they may serve me as priests.

Exodus 29:36 ESV - and every day you shall offer a bull as a sin offering for atonement. Also you shall purify the altar, when you make atonement for it, and shall anoint it to consecrate it.

Psalms 18:50 ESV - Great salvation he brings to his king, and shows steadfast love to his anointed, to David and his offspring forever.

Psalms 28:8 ESV - The Lord is the strength of his people; he is the saving refuge of his anointed.

Habakkuk 3:13 ESV - You went out for the salvation of your people, for the salvation of your anointed. You crushed the head of the house of the wicked, laying him bare from thigh to neck. Selah

Matthew 6:17 ESV - But when you fast, anoint your head and wash your face,

Hebrews 1:9 ESV - You have loved righteousness and hated wickedness; therefore God, your God, has anointed you with the oil of gladness beyond your companions."

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Definition of Integrity: Walker (2020) expresses the meaning of integrity is “The translation of tom, "simplicity," "soundness," "completeness," rendered also "upright," "perfection" (para. 1).

Holy Bible Scriptures on **Integrity**

(Integrity. 2020. BibleGateway.com. Retrieved from

<https://www.biblegateway.com/quicksearch/?quicksearch=integrity&version=ESV>)

Proverbs 10:9 ESV - Whoever walks in integrity walks securely, but he who makes his ways crooked will be found out.

1 Kings 9:4 ESV - And as for you, if you will walk before me, as David your father walked, with integrity of heart and uprightness, doing according to all that I have commanded you, and keeping my statutes and my rules,

Job 2:3 ESV - And the Lord said to Satan, “Have you considered my servant Job, that there is none like him on the earth, a blameless and upright man, who fears God and turns away from evil? He still holds fast his integrity, although you incited me against him to destroy him without reason.”

Psalms 7:8 ESV - The Lord judges the peoples; judge me, O Lord, according to my righteousness and according to the integrity that is in me.

Psalms 25:21 ESV - May integrity and uprightness preserve me, for I wait for you.

Psalms 26:1 ESV - Vindicate me, O Lord, for I have walked in my integrity, and I have trusted in the Lord without wavering.

Proverbs 2:7 ESV - he stores up sound wisdom for the upright; he is a shield to those who walk in integrity,

Titus 2:6-8 ESV - 6 Likewise, urge the younger men to be self-controlled. 7 Show yourself in all respects to be a model of good works, and in your teaching show integrity, dignity, 8 and sound speech that cannot be condemned, so that an opponent may be put to shame, having nothing evil to say about us.

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Definition of Sanctified: The. King James Bible Dictionary (2020) indicates Sanctified is “Made holy; consecrated; set apart for sacred services; Affectedly holy” (para. 1).

Holy Bible Scriptures on **Sanctified**

(Sanctified. 2020. BlueLetterBible.org. Retrieved from

https://www.blueletterbible.org/search/search.cfm?Criteria=Sanctified&t=ESV#s=s_primary_0_)

Leviticus 10:3 ESV - Then Moses said to Aaron, “This is what the LORD has said: ‘Among those who are near me I will be sanctified, and before all the people I will be glorified.’” And Aaron held his peace.

Hebrews 10:10 ESV - And by that will we have been sanctified through the offering of the body of Jesus Christ once for all.

Leviticus 22:32 ESV - And you shall not profane my holy name, that I may be sanctified among the people of Israel. I am the LORD who sanctifies you,

Acts 26:18 ESV - to open their eyes, so that they may turn from darkness to light and from the power of Satan to God, that they may receive forgiveness of sins and a place among those who are sanctified by faith in me.'

Romans 15:16 ESV - to be a minister of Christ Jesus to the Gentiles in the priestly service of the gospel of God, so that the offering of the Gentiles may be acceptable, sanctified by the Holy Spirit.

1 Corinthians 6:11 ESV - And such were some of you. But you were washed, you were sanctified, you were justified in the name of the Lord Jesus Christ and by the Spirit of our God.

Exodus 29:43 ESV - There I will meet with the people of Israel, and it shall be sanctified by my glory.

Hebrews 10:14 ESV - For by a single offering he has perfected for all time those who are being sanctified.

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Definition of Endure: From the Webster's 1828 Dictionary on the website of King James Bible Dictionary, the meaning of endure is "To last; to continue in the same state without perishing; to remain; to abide; To bear with patience; to bear without opposition or sinking under the pressure" (para. 1).

Holy Bible Scriptures on **Endure**

(Endure. 2020. BlueLetterBible.org. Retrieved from

https://www.blueletterbible.org/search/search.cfm?Criteria=Endure&t=ESV#s=s_primary_0_1)

Exodus 18:23 ESV - If you do this, God will direct you, you will be able to endure, and all this people also will go to their place in peace."

Psalms 72:17 ESV - May his name endure forever, his fame continue as long as the sun! May people be blessed in him, all nations call him blessed!

2 Timothy 2:12 ESV - if we endure, we will also reign with him; if we deny him, he also will deny us;

Psalms 104:31 ESV - May the glory of the LORD endure forever; may the LORD rejoice in his works,

Proverbs 12:19 ESV - Truthful lips endure forever, but a lying tongue is but for a moment.

1 Corinthians 10:13 ESV - No temptation has overtaken you that is not common to man. God is faithful, and he will not let you be tempted beyond your ability, but with the temptation he will also provide the way of escape, that you may be able to endure it.

2 Timothy 2:10 ESV - Therefore I endure everything for the sake of the elect, that they also may obtain the salvation that is in Christ Jesus with eternal glory.

Hebrews 12:7 ESV - It is for discipline that you have to endure. God is treating you as sons. For what son is there whom his father does not discipline?

Praying to the Heavenly Father Most High Almighty Yahweh King and Creator of the universe that He will Bless and Keep you as you seek to obey and serve Him in your life. Thanking you for walking with us through the narrow gate of the Days of Noah Preparation Journey that will last for years - Stay awake, alert, sober, ready, and prepared.

Matthew 7:13-14 ESV - "Enter by the narrow gate. For the gate is wide and the way is easy that leads to destruction, and those who enter by it are many. For the gate is narrow and the way is hard that leads to life, and those who find it are few.

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