

# Uproot 21-Day Fast



## ACTION CHAPEL BALTIMORE

### Weekly Schedule of Prayer During the 21-Day Fast: Monday, October 15 through Sunday, November 4, 2018

#### Sunday

- 10am Celebration Service @ACB/Church Building

#### Monday

- 6-6:30am @ The Prayerline, dial 641-715-0607, Code 697614#
- 12noon-12:30pm @ The Prayerline, dial 641-715-0607, Code 697614#
- 6-6:45pm @ The Prayerline & Daily Bible Reading, dial 641-715-0607, Code 697614#

#### Tuesday

- 6-6:30am @ The Prayerline, dial 641-715-0607, Code 697614#
- 11am Dominion Hour @ ACB /Church Building
- 6pm-6:45p @ The Prayerline & Daily Bible Reading, dial 641-715-0607, Code 697614#

#### Wednesday

- 6-6:30am @ The Prayerline, dial 641-715-0607, Code 697614#
- 12noon-12:30pm @ The Prayerline, dial 641-715-0607, Code 697614#
- 7pm, Communion and Prayer @ACB/Church Building

#### Thursday

- 6-6:30am @ The Prayerline, dial 641-715-0607, Code 697614#
- 12noon-12:30pm @ The Prayerline, dial 641-715-0607, Code 697614#
- 6-6:45pm Prayer & Corporate Bible Reading, dial 641-715-0607, Code 697614#

#### Friday

- 6-6:30am @ The Prayerline, dial 641-715-0607, Code 697614#
- 12noon-12:30pm @ The Prayerline, dial 641-715-0607, Code 697614#
- 8pm Encounter Anointing Service & Bible Reading @ ACB/Church Building

#### Contact Us

Take I-95 to Exit 50, S Caton Avenue. Our address is:

6 Azar Court, Arbutus, MD 21227, Email: [actionbaltimore@gmail.com](mailto:actionbaltimore@gmail.com)

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## WHY FASTING & PRAYER:

Fasting is one of the most powerful spiritual disciplines of all the Christian disciplines. Through fasting and prayer, the Holy Spirit can transform your life.

Fasting and prayer can also work on a much grander scale. According to Scripture, personal experience and observation, we are convinced that when God's people fast with a proper Biblical motive – seeking God's face not His hand – with a broken, repentant, and contrite spirit, God will hear from heaven and heal our lives, our churches, our communities, our nation and world. Fasting and prayer can bring about revival – a change in the direction of our nation, the nations of earth and the fulfillment of the Great Commission. The awesome power can be released through you as you fast through the enabling of the Holy Spirit.

## Instructions

We will begin our Corporate Fast on Monday, October 15, 2018 and end on Sunday, November 4, 2018. We will fast corporately everyday (including Saturdays and Sundays) from 6am to 6pm by eliminating food during that time and joining together to pray as a Church Family.

Make your commitment with God, not with man. The arm of flesh will fail you, but God will sustain you in every spiritual endeavor. If you are fasting to impress men, you have your reward. Ask the Holy Spirit to clarify His leading and objectives for your prayer fast. This will enable you to pray more specifically and strategically.

Know the purpose of your fast. Corporately we are fasting to uproot enemies to the profit of the Word of God in our lives, negative words and their effects and anything that will uproot our harvest if we don't address it. Personally, why are you fasting? What gates, doors, and keys are you looking to possess? Be specific. Is it for spiritual renewal, for guidance, for healing, for the resolution of problems, for special grace to enter a door of increase, marriage, ministry, etc.? Write your issues, prayers, supplications down and be ready to hear God's answer or track your progress toward closure. Sometimes we can become so engaged in a spiritual activity, we lose sight of its intended purpose. When this happens, pride (spiritual pride) can be attached to fasting although fasting is supposed to produce humility.

Fasting is about bringing the body into spiritual balance. An effective fast will produce long lasting health benefits. The outer body will reflect the state of the inner man.

**This fast is a Six to fast:** What will you absolutely eliminate? If you are breaking at six where will you be when you break? Will you be able to pray effectively if you are breaking at six? When you have set a time to break, identify and determine how can you highlight to yourself the fast is about prayer and spiritual issues more than food and obeying the urges of the flesh to eat at six? Plan, plan, plan.

## TIME CONSTRAINTS

**How much time will you commit to Prayer and Fasting?**

**How much time will you pray, read, study, meditate and spend with God? How will you eliminate distractions due to other requirements?**

Buy a journal to record prayers, thoughts, etc. Write down in your journal all that God is saying from Day 1 of the Fast.

If God tells you to go longer or to eliminate more, your writings will help to encourage you that what you are hearing is in line with your progress.

## DANGERS TO GUARD AGAINST:

The Bible doesn't speak at all on the physical dangers of fasting but please check with your doctor if you're on medication, pregnant or breast-feeding. Those who are breastfeeding may consider doing vegetables only or switching their fast from 6pm to 6am—that means no eating after 6pm.

### Self-Preparation

**Prepare yourself spiritually.** The longer you have to get ready for a long fast, the better. Don't talk yourself out of it if you haven't had enough time to prepare. Some of us, God has been asking for an audience in fasting and prayer with you for years. Begin the journey and pray for Grace to fulfill this spiritual requirement.

**Pray Psalm 51 daily.** Confess every sin. Make sure there's no ill will or evil intention on your heart. Remove all rocks of offense. Seek forgiveness and forgive others immediately.

**Read from the book of Proverbs each day.**

**Prepare yourself physically.** Flush it out. **Drink lots of water.** Take a laxative or an enema. **Rest as much as you can.**

### Quick Tips

- Put yourself on a schedule. This helps to stabilize you.
- Read, study, pray
- In the morning, pray 30 minutes to an hour – wake up specifically to pray
- In the afternoon, walk and pray during the time you would normally eat - In the evening, pray in your prayer room.
  - Create a meeting place for you and God.
- The body will begin to recognize this place over time and make certain adjustments. If you lay down, the body will go into rest mode. If you get in a posture of prayer, the body will adjust its systems for this activity.
- Command your morning at midnight. Get on the prayer line and join others in corporate prayer. It will encourage you and help you gain stamina to pray.
- End the Fast gradually
- Expect results
- Do a Timeline in your Prayer Room.
- Put the Warfare on the wall and track answered prayer – it will encourage you to keep going.

## Day 8: Mon. 10/22/18

Read John 14-15

### Everyday Prayer Points

- Confess every past or recent, conscious and unconscious, known and unknown sin in your heart, thoughts and flesh and thank God for cleansing and forgiveness. **(1 John 1:9-10)**
- Break every weakness in your life. Shut the door to every demonic opening and recurrent sin in your life. **(Heb. 12:1)**
- Renounce any pride in your life. Pray for a humble, teachable spirit. **(James 4:6, 1 Peter 5:5)**
- Take authority over division, gossip and whispering. Declare that you will be an agent of unity and there will be no falsehood among us. **(Ephesians 4:1-3, 2 Corinthians 12:20, Psalm 133)**
- Pray for the Archbishop, Bishops, Pastors, and leadership of ACI; and United States national leaders. Deal with all forms of delays that are designed to create provocation, vexation, agitation and any device created to resist divine changes in the life of Gods servants. Pray for godly counsel for our national leaders. **(1 Timothy 2:1)**
- Pray for all leaders working with Pastor Lenita for loyalty and faithfulness to advance the vision and help bear the burden of leadership. **(Exodus 18:21-23)**

### Day 8 Prayer Points: Uprooting Negative Words

- Uproot any negative word that has framed your life and caused a hindrance.
  - Hebrews 11:3 KJV
    - Through faith we understand that the worlds were framed by the word of God, so that things which are seen were not made of things which do appear.
- Declare that the godly words that have been spoken over your life and the promises of the scripture will not return void but will accomplish great things in your life.
  - Isaiah 55:10-12 King James Version (KJV)
    - 10 For as the rain cometh down, and the snow from heaven, and returneth not thither, but watereth the earth, and maketh it bring forth and bud, that it may give seed to the sower, and bread to the eater: 11 So shall my word be that goeth forth out of my mouth: it shall not return unto me void, but it shall accomplish that which I please, and it shall prosper in the thing whereto I sent it. 12 For ye shall go out with joy, and be led forth with peace: the mountains and the hills shall break forth before you into singing, and all the trees of the field shall clap their hands.
- Speak the Word over your life. Declare that:
  - If I remain in Him and His words remain in me, whatever I ask will be given to me.
    - John 15:7 (KJV): If ye abide in me, and my words abide in you, ye shall ask what ye will, and it shall be done unto you.

## Day 9: Tues. 10/23/18

Read John 16-17

### Everyday Prayer Points

- Confess every past or recent, conscious and unconscious, known and unknown sin in your heart, thoughts and flesh and thank God for cleansing and forgiveness. **(1 John 1:9-10)**
- Break every weakness in your life. Shut the door to every demonic opening and recurrent sin in your life. **(Heb. 12:1)**
- Renounce any pride in your life. Pray for a humble, teachable spirit. **(James 4:6, 1 Peter 5:5)**
- Take authority over division, gossip and whispering. Declare that you will be an agent of unity and there will be no falsehood among us. **(Ephesians 4:1-3, 2 Corinthians 12:20, Psalm 133)**
- Pray for the Archbishop, Bishops, Pastors, and leadership of ACI; and United States national leaders. Deal with all forms of delays that are designed to create provocation, vexation, agitation and any device created to resist divine changes in the life of Gods servants. Pray for godly counsel for our national leaders. **(1 Timothy 2:1)**
- Pray for all leaders working with Pastor Lenita for loyalty and faithfulness to advance the vision and help bear the burden of leadership. **(Exodus 18:21-23)**

### Day 9 Prayer Points

- Overturn the secret counsel of the wicked against the Archbishop, the Bishops and Pastors. Declare it shall not manifest.
  - Psalm 64: 2-4
    - 2 Hide me from the secret counsel of the wicked; from the insurrection of the workers of iniquity: 3 Who whet their tongue like a sword, and bend their bows to shoot their arrows, even bitter words: 4 That they may shoot in secret at the perfect: suddenly do they shoot at him, and fear not.
- Command bitter words to return to sender. Cancel their evil effects.
- By faith, command every fiery arrow of the enemy that is being shot at you to be broken and quenched.
  - Ephesians 6:16
    - Above all, taking the shield of faith, wherewith ye shall be able to quench all the fiery darts of the wicked.

## Day 10: Wed. 10/24/18

Read John 18

### Everyday Prayer Points

- Confess every past or recent, conscious and unconscious, known and unknown sin in your heart, thoughts and flesh and thank God for cleansing and forgiveness. **(1 John 1:9-10)**
- Break every weakness in your life. Shut the door to every demonic opening and recurrent sin in your life. **(Heb. 12:1)**
- Renounce any pride in your life. Pray for a humble, teachable spirit. **(James 4:6, 1 Peter 5:5)**
- Take authority over division, gossip and whispering. Declare that you will be an agent of unity and there will be no falsehood among us. **(Ephesians 4:1-3, 2 Corinthians 12:20, Psalm 133)**
- Pray for the Archbishop, Bishops, Pastors, and leadership of ACI; and United States national leaders. Deal with all forms of delays that are designed to create provocation, vexation, agitation and any device created to resist divine changes in the life of Gods servants. Pray for godly counsel for our national leaders. **(1 Timothy 2:1)**
- Pray for all leaders working with Pastor Lenita for loyalty and faithfulness to advance the vision and help bear the burden of leadership. **(Exodus 18:21-23)**

### **Day 10 Prayer Points**

- Overturn any wicked plot against your life.
  - Psalm 37:12
    - The wicked plotteth against the just, and gnasheth upon him with his teeth.
- Overturn any wicked plot and wicked words against the Archbishop, Bishop Kibby, Pastor Lenita and leaders.
  - Numbers 14:4, New Living Translation
    - Then they plotted among themselves, "Let's choose a new leader and go back to Egypt!"
- Speak the Word over your life. Declare that:
  - God will repay with trouble those who trouble me.
    - 2 Thessalonians 1:6, NIV
      - <sup>6</sup>God is just: He will pay back trouble to those who trouble you.

## **Day 11: Thur. 10/25/18**

Read John 19

### **Everyday Prayer Points**

- Confess every past or recent, conscious and unconscious, known and unknown sin in your heart, thoughts and flesh and thank God for cleansing and forgiveness. **(1 John 1:9-10)**
- Break every weakness in your life. Shut the door to every demonic opening and recurrent sin in your life. **(Heb. 12:1)**
- Renounce any pride in your life. Pray for a humble, teachable spirit. **(James 4:6, 1 Peter 5:5)**
- Take authority over division, gossip and whispering. Declare that you will be an agent of unity and there will be no falsehood among us. **(Ephesians 4:1-3, 2 Corinthians 12:20, Psalm 133)**
- Pray for the Archbishop, Bishops, Pastors, and leadership of ACI; and United States national leaders. Deal with all forms of delays that are designed to create provocation, vexation, agitation and any device created to resist divine changes in the life of Gods servants. Pray for godly counsel for our national leaders. **(1 Timothy 2:1)**
- Pray for all leaders working with Pastor Lenita for loyalty and faithfulness to advance the vision and help bear the burden of leadership. **(Exodus 18:21-23)**

### **Day 11 Prayer Points**

- Uproot any negative mindset created from negative words spoken over your life. Declare you have the mind of Christ and will speak what he speaks and say what he says.
  - 1 Corinthians 2:16, KJV
    - For who hath known the mind of the Lord, that he may instruct him? but we have the mind of Christ.
- Pray that any secret, evil counsel against your life be turned into foolishness.
  - 2 Samuel 15:31, KJV
    - And one told David, saying, Ahithophel is among the conspirators with Absalom. And David said, O Lord, I pray thee, turn the counsel of Ahithophel into foolishness.
- Speak the Word over your life. Declare that:
  - I am worth (to God) more than the birds that He feeds.
    - Matthew 6:26, NIV: Look at the birds of the air; they do not sow or reap or store away in barns, and yet your heavenly Father feeds them. Are you not much more valuable than they?
  - I am being transformed into His likeness.

- 2 Corinthians 3:18, NIV: <sup>18</sup> And we all, who with unveiled faces contemplate [\[a\]](#) the Lord's glory, are being transformed into his image with ever-increasing glory, which comes from the Lord, who is the Spirit.

## Day 12: Fri. 10/26/18

Read John 20-21

### Everyday Prayer Points

- Confess every past or recent, conscious and unconscious, known and unknown sin in your heart, thoughts and flesh and thank God for cleansing and forgiveness. **(1 John 1:9-10)**
- Break every weakness in your life. Shut the door to every demonic opening and recurrent sin in your life. **(Heb. 12:1)**
- Renounce any pride in your life. Pray for a humble, teachable spirit. **(James 4:6, 1 Peter 5:5)**
- Take authority over division, gossip and whispering. Declare that you will be an agent of unity and there will be no falsehood among us. **(Ephesians 4:1-3, 2 Corinthians 12:20, Psalm 133)**
- Pray for the Archbishop, Bishops, Pastors, and leadership of ACI; and United States national leaders. Deal with all forms of delays that are designed to create provocation, vexation, agitation and any device created to resist divine changes in the life of Gods servants. Pray for godly counsel for our national leaders. **(1 Timothy 2:1)**
- Pray for all leaders working with Pastor Lenita for loyalty and faithfulness to advance the vision and help bear the burden of leadership. **(Exodus 18:21-23)**

### Day 12 Prayer Points

- Declare that you will not sabotage your blessing with the words of your own mouth. Pray for self-control over what you speak.
  - Matthew 12:36-37 King James Version (KJV)
    - <sup>36</sup> But I say unto you, That every idle word that men shall speak, they shall give account thereof in the day of judgment. <sup>37</sup> For by thy words thou shalt be justified, and by thy words thou shalt be condemned.
- Declare that you will not speak words of doubt and unbelief—but rather—words of faith.
  - 2 Corinthians 4:13
    - We having the same spirit of faith, according as it is written, I believed, and therefore have I spoken; we also believe, and therefore speak;
- Declare that the godly words that have been spoken over your life and the promises of the scripture will not return void but will accomplish great things in your life.
  - Isaiah 55:10-12 King James Version (KJV)
    - 10 For as the rain cometh down, and the snow from heaven, and returneth not thither, but watereth the earth, and maketh it bring forth and bud, that it may give seed to the sower, and bread to the eater: 11 So shall my word be that goeth forth out of my mouth: it shall not return unto me void, but it shall accomplish that which I please, and it shall prosper in the thing whereto I sent it. 12 For ye shall go out with joy, and be led forth with peace: the mountains and the hills shall break forth before you into singing, and all the trees of the field shall clap their hands.

## Day 13: Sat. 10/27/18

Read 1 Thessalonians 1-3

### Everyday Prayer Points



- Confess every past or recent, conscious and unconscious, known and unknown sin in your heart, thoughts and flesh and thank God for cleansing and forgiveness. **(1 John 1:9-10)**
- Break every weakness in your life. Shut the door to every demonic opening and recurrent sin in your life. **(Heb. 12:1)**
- Renounce any pride in your life. Pray for a humble, teachable spirit. **(James 4:6, 1 Peter 5:5)**
- Take authority over division, gossip and whispering. Declare that you will be an agent of unity and there will be no falsehood among us. **(Ephesians 4:1-3, 2 Corinthians 12:20, Psalm 133)**
- Pray for the Archbishop, Bishops, Pastors, and leadership of ACI; and United States national leaders. Deal with all forms of delays that are designed to create provocation, vexation, agitation and any device created to resist divine changes in the life of Gods servants. Pray for godly counsel for our national leaders. **(1 Timothy 2:1)**
- Pray for all leaders working with Pastor Lenita for loyalty and faithfulness to advance the vision and help bear the burden of leadership. **(Exodus 18:21-23)**

### **Day 13 Prayer Points**

- Repent for any negative words you have spoken and cancel their effects.
  - James 3:5-6 King James Version (KJV)
    - <sup>5</sup>Even so the tongue is a little member, and boasteth great things. Behold, how great a matter a little fire kindleth! <sup>6</sup>And the tongue is a fire, a world of iniquity: so is the tongue among our members, that it defileth the whole body, and setteth on fire the course of nature; and it is set on fire of hell.
- Ask God to touch your mouth and cleanse your lips.
  - Jeremiah 1:9
    - Then the Lord put forth his hand, and touched my mouth. And the Lord said unto me, Behold, I have put my words in thy mouth.
  - Isaiah 6:5
    - Then said I, Woe is me! for I am undone; because I am a man of unclean lips, and I dwell in the midst of a people of unclean lips: for mine eyes have seen the King, the Lord of hosts.
- Speak the Word over your life. Declare that:
  - All things work together for my good.
    - Romans 8:28, KJV: And we know that all things work together for good to them that love God, to them who are the called according to his purpose.

## **Day 14: Sun. 10/28/18**

Read 1 Thessalonians 4-5

### **Everyday Prayer Points**

- Confess every past or recent, conscious and unconscious, known and unknown sin in your heart, thoughts and flesh and thank God for cleansing and forgiveness. **(1 John 1:9-10)**
- Break every weakness in your life. Shut the door to every demonic opening and recurrent sin in your life. **(Heb. 12:1)**
- Renounce any pride in your life. Pray for a humble, teachable spirit. **(James 4:6, 1 Peter 5:5)**
- Take authority over division, gossip and whispering. Declare that you will be an agent of unity and there will be no falsehood among us. **(Ephesians 4:1-3, 2 Corinthians 12:20, Psalm 133)**
- Pray for the Archbishop, Bishops, Pastors, and leadership of ACI; and United States national leaders. Deal with all forms of delays that are designed to create provocation, vexation, agitation and any device created to resist divine changes in the life of Gods servants. Pray for godly counsel for our national leaders. **(1 Timothy 2:1)**
- Pray for all leaders working with Pastor Lenita for loyalty and faithfulness to advance the vision and help bear the burden of leadership. **(Exodus 18:21-23)**

### **Day 14 Prayer Points**

- Overturn any curse or negative word that has been spoken against you. Superimpose the blessing of God on your life and family.
  - Numbers 22:12
    - And God said unto Balaam, Thou shalt not go with them; thou shalt not curse the people: for they are blessed.
- Declare that every speaker of negative words against your life and leaders be a liar and let God deal with them accordingly.
  - Proverbs 12:22 King James Version (KJV)
    - <sup>22</sup>Lying lips are abomination to the LORD: but they that deal truly are his delight.
- Enforce the blessing over your life.
  - Galatians 3:13-14 King James Version (KJV)
    - <sup>13</sup>Christ hath redeemed us from the curse of the law, being made a curse for us: for it is written, Cursed is every one that hangeth on a tree: <sup>14</sup>That the blessing of Abraham might come on the Gentiles through Jesus Christ; that we might receive the promise of the Spirit through faith.