

L & M Ministries, International, Inc. [LMMI]

presents

"PRAYER AND FASTING"

***(A MODIFIED VARIATION, INCLUDING A "1 HOUR PER DAY VARIATION,"
SPECIALLY DESIGNED FOR LMMI'S MEDIA CHURCH PARTICIPANTS)***

[includes 10 Days of Preparation, plus the "Actual Fast"]

Insert your Inclusive Dates: _____

by

Dr. Loretta C. Johnson

***Copyright: January, 2012; Excerpted with Updates
March 11, 2022 from***

1) "31 Days of Prayer and Fasting...;" 2) "Readying for ..."

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Biblical References: The King James Version of the Bible

LMMI - "A DAY OF CORPORATE PRAYER AND FASTING" (1 Hour on Wednesdays)

Based on the book, **"31 Days of Prayer and Fasting, plus 1 hour per Day of Prayer and Fasting"**

by: *Dr. Loretta C. Johnson*. (Copyright 2012: L & M Ministries)

Background: Because of the essentiality of everyone to know the **LORD JESUS CHRIST** and **HIS** Power, coupled with the worsening conditions of our world today - the idea for instituting a specially-selected day devoted to eradicating issues that are causing detriment to every man, woman, girl, boy – of every age - of every culture - was presented by a Director of LMMI. We felt this idea to be **GOD-ordained**, thus: **"A CORPORATE DAY OF PRAYER AND FASTING"** was instituted – **to be done on Wednesdays; suggested: one hour per day.**

Focus: **"Re-uniting Immigrant Babies, Toddlers, Children, Teenagers, and Young People with their Parents/Families"** (Read relevant information from Website.)

When: **Prayer** to begin on August 1. **Prayer AND Fasting** to begin on August 8, 2018.

Time: Try for **one hour** (between the hours of 6 AM and 6 PM - **not sleeping hours**).

GENERAL PROCEDURES: specially written for persons new to Prayer and Fasting)

1. **Before you begin:** **Take time to "ready yourself" for this endeavor: Do your Research.**
 - a) What does it mean to **PRAY**?
 - b) What does it mean to **FAST**? **[NOTE: Be guided by the advice of your physician(s).]**
 - c) **Question:** **"What will be some Benefits for me in participating in this Endeavor?"**
2. ***Is this for you to do? Did you Pray and Fast for your answer? If your answer is "yes:"**
 - a) Gather items you will need: **Holy Bible**/appropriate reference Bibles, pens, paper, dictionary, Bible resources/references, relevant sources/resources, etc.
 - b) **Get yourself ready:** Read. Consecrate. Focus/Meditate on your task-at-hand.
3. **As You Pray and Fast:**
 - a) Throughout this time, **PRAY** for **GOD's Knowledge, Guidance, Wisdom, and Anointing.**
 - b) Throughout the day, Read and concentrate on appropriate Scriptures from the Bible.
 - c) Keep focused on your **Goal(s)/Objective(s).**
4. **Even when not Fasting,** keep yourself in **"an atmosphere and attitude of Prayer and Fasting!"**
REMEMBER what II Chronicles 7:14 says! BE BLESSED in your Efforts!!

Primary Source: **31 DAYS OF PRAYER, CONSECRATION,
AND FASTING, PLUS THE**

“One Hour Per Day Variations”

[includes 10 Days of Preparation, plus Implementation
of the “Actual Fast”] to be done in **THREE** Major Steps -

* *Insert your Inclusive Dates:* _____

by *Dr. Loretta C. Johnson* – January 10, 2012; Updated
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INTRODUCTION AND BACKGROUND TO FASTING IN THE BIBLE:

Introduction:

Prayer and fasting are tenets of the Bible – perhaps the most important (taken from the fact that even **JESUS CHRIST**, himself, prayed *and* fasted.) In both the Old Testament and the New Testament, fasting was used as a means/approach for getting in contact with **GOD** for guidance, for obstacles that kept one from his/her goals, for overcoming evil, for an answer to a special request or for a special need, etc. Just as in Bible Times there was a need for fasting, so, also, today are requests and needs that need to be answered by/through **GOD**. The scripture, “...*And He said unto them, This kind can come forth by nothing, but by prayer and fasting.*” (Mark 9:29, KJV)

As Saints, to best expect **GOD** to positively respond/reply to our prayers/request, we must be living righteously according to **GOD**’s Word, wanting **GOD** to answer such requests and needs according to **HIS Divine Will**.

Even though fasting is the major thrust of this manuscript, we realize that prayer goes “hand-in-hand with fasting,” therefore is the major thrust of fasting. Focusing on prayer in this book is a major topic within itself; therefore, it is not a primary topic for discussion, for this would entail an entire book on this subject alone. Rather, this book purports to describe, list, and discuss this subject (limitedly), with implications for us to continue our own research.

NOTE:

DO NOT PRAY JUST BECAUSE SOMEONE ASKS YOU; THIS IS JUST TOO GENERAL. RATHER, KNOW THE REAL FOCUS (PURPOSE OF/REASON) FOR YOUR FAST, AS PRAYING AND FASTING MUST BE FOCUSED AND DELIBERATE. THEREFORE, FOR BEST RESULTS, YOUR PRAYING AND FASTING MUST BE SPECIFIC. NOTE CASES OF SPECIFIC PRAYERS IN THE BIBLE.

BACKGROUND (AND OTHER INFORMATION) REGARDING PRAYER AND FASTING:

A. Selected Instances of Fasting in the Bible, some of which might be Applicable for Us Today:

1. OLD TESTAMENT:

***For: Going into Battle –**

Judges 20:26 (For full story, read Judges 19 and 20)

***For: Seeking God for Direction; for Safety; for Protection -**

Ezra 8:23 (Read entire chapter)

***For: Confession of Sins -**

Nehemiah 9:1

***For: Persecution; Trouble -**

Psalms 35:13

***For: Oppression -**

Psalms 69:10

***For: Enduring Persecution -**

Psalms 109:24

***For: Negative Fasting vs. Purposeful Fasting: A Key Foundational Scripture -**

a) Coming to One's Senses *before* God's Judgment;

b) Lifting Burdens

Isaiah 58:6-8 (Read entire chapter)

***For: Trouble, Deliverance, and Victory -**

Esther 4:16; 5:2; 9:29-32; 10:1-3 (Read entire book of Esther)

***For: Upholding God's Standards -**

Vision, Clarity, Understanding

Daniel 1:8, 10:2-3 (Read entire book of Daniel)

2. NEW TESTAMENT:

***For: Instructions for Fasting, as given by JESUS CHRIST**

Matthew 6:16-18

***For: Healing –**

Matthew 17:21; also Mark 9:29 (Read entire chapters in both books)

***For: Worshipful Praise –**

Luke 2:37

***For: Victory over Sin and Death (JESUS) -**

Gospels

***For: Direction -**

Acts 9:9

***For: Understanding and Clarity -**

Acts 10:30

***For: Fasting, when Married –**

I Corinthians 7:5

***For: Enduring Hardship –**

II Corinthian 6:5

***For: Preparation to Preach the Gospel –**

Acts 13:1-3

Acts 14:23

ASSIGNMENT:

By family, Ministry, or as Individuals:

Using your Bible, locate, then write down all Scriptures pertaining to the ***particular*** item for which you will be praying and fasting, then group them into categories, as

Topic: **Healing**

1. Will you be fasting for: Spiritual Issues and Healings? Physical/Natural Issues and Healings?; Psychological Issues and Healings – Mental, Emotional, Social, etc. – resulting in Hurts and/or Damages, etc.; Economic/Financial Issues and Healings? Etc.?
2. Who is the particular person who is to receive this/these Healings? What is his/her “Nature”?

In addition to the items above, read, then consider the following:

Some Reasons for Praying *AND* Fasting in This Day and Time -

To seek GOD for

- *the answering of our prayers, according to ***HIS WILL***
- *knowledge, understanding, Wisdom, **GOD**'s ***ANOINTING***
- *direction, guidance; knowing the right way for me/us
- *warding off demonic forces/influences
- *the effectiveness of our Witnessing of **The Gospel**
- *ability to overcome evil, including spirits of jealousy, depression, oppression, suppression, and even idolatry, etc.
- *our spouses; children; grand-children, etc.; siblings; family members
- *special/selected persons,
- *particular situations/circumstances
- *our substances and properties, as well as our resources; finances; employment
- *our prosperity (spiritually, physically, naturally , emotionally, socially, psychologically, financially - so that we might enhance the Kingdom of God)
- *ability to adhere to the ***Fruit of the Spirit*** and not the ***Works of the Flesh***
- *our well-being (spiritual, natural, physical)
 - spiritual renewal
 - concentration; consecration
 - self-examination
 - answers to prayers
- *As Saints, to be Ambassadors for Christ. Read all of
 - II Corinthians, Chapter 5
 - II Corinthians, Chapter 6
 - Etc.

2. BEFORE YOUR FAST:

***Know an Explanation for this Fast:**

A. Major Focus/Purposes/ of this Fast: (Examples)

- 1) Yourself [Personal Relationship with **JESUS CHRIST**]
- 2) Your Family [parents, children, siblings, other family members]
- 3) Your Pastor (and his/her family)
- 4) Church Growth
- 6) Marriages/Families
- 7) Your Neighborhood/Community/County/City/State/Nation/World
- 8) Etc.

B. Pray:

- 1) **to Eradicate the sin in your life.**
- 2) **In your Church, pray to eradicate ALL sin, including demons/demonic forces, signs of witchcraft; all manner of unrighteousness through things thought, said, acts done, etc.**

C. Kinds of Fast:

Example: Will this be a 21-Day Fast, called “The Daniel Fast,” as described in the Book of Daniel, chapter 10, verses 2 and 3?

D. Method of Fast:

(Special Insert:

This book is primarily written to address Corporate Prayer and Fasting for/in the Church.

*The Pastor is the Person responsible for the **STEPS** (below) taken for instituting this type of Prayer and Fasting.)*

- 1) The method of doing the 31 day fast is described in **3 STEPS.**
For ease in reading and application/implementation, this book has been divided, as follows:

STEP 1: THE PERIOD OF PREPARATION (10 Days)

1. Preliminaries
2. Before Your Fast

STEP 2: IMPLEMENTING YOUR FAST

STEP 3: AFTER YOUR FAST

Now, let us begin:

STEP 1: THE PERIOD OF PREPARATION -

(Ten days of Preparation, including the “**COUNT-DOWN**” to the “**Actual Fasting Days.**” At least ten days prior to the Fast, take the time to gain more insight into this particular Fast.

1. PRELIMINARIES:

A. Know the Scriptures:

- 1) Know the **Foundational Scriptures** for **this particular “FAST,”** as Daniel 10:2-3. Read the entire Book of Daniel.
- 2) Know an important relational Scripture for this Fast, as Isaiah, Chapter 58.
- 3) Know Scriptures for *this particular* Prayer and Fasting topic.

B. Questions for Personal Research:

(Proper Teaching must be done – preferably by the Pastor):

Research your answers in accordance with **GOD’s WORD.**

1. What does it mean to **PRAY?**
2. What does it mean to **FAST?**
3. What is the relationship between **PRAYING, FASTING, AND FAITH?**
(Note: You can pray without fasting, but you can’t fast without praying.
Both **fasting and praying** take Faith.)
4. What will be some Biblical benefits for me for participating in this Fast?

C. The Anointing Oil:

1. Pastor teaches the Biblical significance of the Anointing Oil.
2. Pastor prays over at least one vial of Anointing Oil per family.
3. Preacher, Deacon, Church Mother, Missionary, Church Leader - regarding the Conducting the Anointing in the home – daily - throughout the entire period of Prayer and Fasting –

The Procedure:

- a) Scripture
- b) Prayer
- c) Anointing members of the household
(In some instances, individual may have to anoint him/herself.)

NOTE:

If this is an immediate situation—while the Preparation Period is being done, it may be necessary to do the **“One Hour per Day Prayer and Fasting.”** In this instance, the following may be done:

- a) Continue with this Step, as outlined. **BUT**,
 - 1) Have person choose an hour per day [*of his/her choice*] to fast “from something,” as the eating of a type of food or from all foods.
 - 2) See Anointing Procedures above. Have “Anointed Person” anoint you **OR** if no one to Anoint you, “Anoint and Consecrate” yourself. Read and concentrate on selected Scripture(s).
 - 3) Set oneself to diligently Pray and fast during this hour. *However*, YOU must keep yourself **“consecrated”** the remainder of the day!
- b) The **“ONE HOUR PER DAY FAST”** –
 - 1) Was specifically designed for “Media Church” participants – persons NOT familiar with “Fasting” traditionally.
 - 2) May be a good alternative for persons who cannot endure the regular 6 – 8 Hour Fast per day...”
 - 3) **“THE ONE HOUR PER DAY OF PRAYER AND FASTING”** may be extended, as one becomes more familiar to the Fasting Process.
 - 4) **“THE 31 DAY FAST”** may include 1 or more days, as one’s body or health conditions allow.

ONE THING FOR SURE IS THAT THE “ONE HOUR PER DAY PRAYER AND FASTING” does WORK! GOD GAVE THE WRITER THIS IDEA TO ME FOR MY FAMILY AND OTHERS. PERSONS TESTIFIED THAT PRAYERS WERE IMMEDIATELY ANSWERED! BLESSINGS RECEIVED WERE PHENOMENAL AND TOO MANY TO COUNT!!!

**SPECIFIC PRAYER EMPHASIS FOR EACH OF THE 10 DAYS PRIOR TO
THE "ACTUAL FAST:"**

DAILY: Prayers every day, firstly each day:

- 1) **Confession:** a) of our sins of commission and omission];
b) Repentance of our sins; c) Forgiveness for our sins;
- 2) **Thanksgiving:** for Our Pastor and His/Her Family; Our Church, including its Administrative Persons and Staff and our Church Ministries; Our Family(ies); All Persons in Our Neighborhoods, Communities; Our State, Nation, World; Ourselves – Governments and Leaders; etc.
- 3) **Prayers:** for those without Love; those who have no hope/job, those depressed, suppressed, oppressed; those misfortunated; those without employment, those with little or no finances; those without spiritual contact; those without families; without water, food, shelter, clothing; those ill, maimed; those with all manner of mistreatment/abuse;
- 4) **Blessings:** for all those in item 3 [above], asking **GOD** for a means for us to minister to them; for our Church and Family(lies); for our brothers and sisters everywhere, especially those of the Household of Faith; for our Communities, State, Nation, World; for our governments – local, state, and federal; for ourselves.
- 5) **What to Do:**
 1. Know about this particular Fast. What kind of Fast is this?
 - a) Read Scriptures relative to this particular Fast.
 - b) Gather other books and other materials to help in your implementation of this Fast.
 - c) Purchase foods needed for this Fast, special water, juices, etc. Be sure to carefully read ingredients included in all food and Beverage items. Watch out for carbohydrates/sugars, fats, and sodium contents.
Note: To reduce stress, some foods/meals may be prepared ahead of time.
 - d) Upon the discussions and advice of your Physician(s), **PLEASE** be aware of your medical condition, then abide by your medical prescriptions and their restrictions, as well as physical exercises prescribed by your Physicians, etc.

2. Ask **GOD** to prepare your heart and mind for this particular kind of Fast.

Remember: **GOD** knows your heart and the intent of your heart.

3. What is/are the foundational Scripture(s) for this Fast?
List this/these in your "Preliminary" category.
Read and study each verse.
4. What are the topics of specific emphasis and focus of this Fast.
What are the relevant Scriptures? List these under "Study Scriptures" on your "Scripture Chart."
5. Review the topics of specific emphasis and focus of this Fast?
List, read and meditate upon the particular Scriptures relevant to these, listed as "Specific Prayer Emphasis and Focus."
6. Prepare the religious atmosphere of your home, travel vehicle, and workplace, if allowed: radio stations, television channels; religious research and study materials; other readings, as books, magazines, journals, etc.; audios and/or visuals for cassettes, VCRs, CDs, DVDs; etc.)
7. **Lastly,**
So that you can relax and enjoy your time with **GOD**:
 - a) Gather and read "prior to" Scriptures, references, and other materials. Prepare your "Prayer and Scriptural Chart."
 - b) Try and do house and yard chores before your Fast begins.
 - c) Have medications readily available.
 - d) Which foods/beverages may you have?
What foods/beverages must you avoid?
 - e) Decide your daily meal plans.
 - f) To reduce stress, try to have food recipes, meals planned, snacks prepared ahead of time.
 - e) Have everything needed for the "**Fast**" easily accessible.

D. Directives for Fasting:

1. Confess your sins.
2. Repent from your sins.
- 3 . Abstain from:
 - a) Watching secular television, movies, etc.
 - b) Engaging in non-religious games, activities, and events
 - c) Viewing the internet for social pleasures; rather, view the internet only for Bible research and study, work-related tasks, academic studies, and school assignments – as deemed necessary.
 - d) Viewing secular Internet content and programming, etc.
 - e) Participating in social networking.
 - f) Participating in anything that is **UN-GODLY!**
4. Except for essential business, abstain from social media, e-mails, texting, etc.
5. Carefully screen all telephone calls (You don't need to get "caught up" in gossiping, etc.)
6. **Regarding Children, Teens, and Youth:**

Parents should use their own discretion/caution as to how their children should/will participate in this Fast. Such will be based upon each child's

 - a) age and ability to handle *any* degree of fasting
 - b) health condition, including physician's input, medication, exercise program, etc.
 - c) foods available at school or access to taking lunch to school
(It is understandable and permissible for children to participate in the school's breakfast, lunch, and snack programs. (The parent can be more particular about foods and beverages when the lunch is prepared at home, then taken to school.)
Once the child(ren) are at home, they should participate in the directives included in this manuscript.
7. Keep your mind on ingesting/manifesting the "**Fruit of the Spirit**" and all Scriptures that impact upon clean, righteous living, and **GODLY** living.
8. Discount yourself in participating in the "Works of the Flesh." **Do not engage in anything pertaining to unrighteous and immoral living and lifestyles – remembering that such will be detrimental to your Christian life - resulting in your inability to inherit Eternal Life with JESUS CHRIST.**
9. During the Fasting Dates, become involved in corporate-assembled Prayer Gatherings, Bible Teachings, Church Services, Events, and Programs.
10. Follow the guidelines, listed under **STEP 2.**

STEP 2: IMPLEMENTING YOUR FAST -
THE ACTUAL "DANIEL FAST" (modified)

or

"THE ONE HOUR PER DAY PRAYER AND FASTING"

SOME REASONS WHY SOME PEOPLE "FAST"
(non-Eating, non-participation
in one's usual daily activities):

Usually, Fasting is thought of as spiritual - for spiritual requests, needs, and to be brought into a closer relationship with God. However, during the Season of Lent – the 40 days prior to Easter - some churches/persons choose to "fast" (not necessarily for spiritual reasons, but, rather for the avoidance of selected things during this time. Following such protocol, such "fastings" may refer to

- 1) non-eating of certain foods;
- 2) non-participation in certain acts;
- 3) non-indulgence in certain drinks, as beverages and alcoholic drinks;
- 4) NEVER participating in gambling, smoking, drugs, etc.;
- 5) not viewing television at all or viewing only certain television programs;
- 6) not participating in certain activities, as movies; video games;
- 7) not attending nor viewing certain sports activities;
- 8) participating in UNGODLINESS/UNRIGHTEOUSNESS, etc.)

SPECIFIC PRAYER FOCUS/PURPOSES/EMPHASIS:

Firstly, your Daily Prayer:

- 1) **Confession:** [for sins of commission and sins of omission]
Repentance, and Forgiveness.
- 2) **Thanksgiving:** for ourselves; Livelihood/spouse/family(ies); Church/
Church Family; City/County/State/Nation/World; etc.
- 3) **Prayers:** for those without a “Righteous Life; those who have no hope;
those depressed, oppressed, suppressed; those misfortuned;
those without employment; those with little or no finances;
those without spiritual contact; those without families;
those without clothing, shelter, food, water;
those ill, maimed;
those with all manner of mistreatment/abuse
- 4) **Blessings:** for all those in item 3 [above], asking GOD for a means for
our ministering to them;
for our Church and family(ies);
for our Brothers and Sisters everywhere, especially those of the
Household of Faith
For our neighborhoods, communities, state/county, nation, world
For our governments – local, state, and federal
For the ability to LOVE everyone – so that EVERYONE has the best of
the “”Five Aspects of the “WHOLE PERSON Concept, “ including
Social Justice
For ourselves

THEN, NEXT - DAILY PRAYING AND FASTING, EMPHASIZING *(italics added by the Author)*

1. **Your Personal Relationship with GOD**
2. **The Pastor, His/Her Family and the Church Family**
3. **Church Growth** (*strong, healthy, GOD-centered, GOD-Anointed*)
4. **Marriages** (*strong, healthy, GOD-centered, GOD-Anointed*)
5. **Families** (*strong, healthy, GOD-centered. GOD-Anointed*)

RE: MEDICAL CONCERNS - REGARDING FOODS, ETC.:

Disclaimer: We ARE NOT medical professions; therefore, we ARE NOT LIABLE for Consultation nor PRESCRIBING ANY of the items mentioned in this document.

Seek advice for any of the information in this section; consult your Medical Professionals

A. CAUTION: Some health problems may call for Modification:

- 1) A shorter number of days may have to be done.
- 2) Abide by your medical condition. Take your medicines.
- 3) Meat, as poultry and fish are not a part of the Daniel Fast. For some persons, these might have to be added (Physician's advice, and especially, for persons who fast for longer lengths of time.
- 4) Carefully read the labels on canned and frozen foods and fruits.

However, unless your Physician requires, try not to eat red meat (beef nor pork).

B. FOODS YOU *MAY NOT HAVE:*

Beef nor pork; caffeine; carbonated beverages; fried foods; dairy products (butter, margarine, eggs, milk); refined sugar, sugar substitutes; seafood; white rice; white pasta; white breads

C. OTHER:

Always do a Preparation Period before the 1, 3, 7, or ANY DAY FAST!

STEP 3: AFTER YOUR FAST -

Be careful when you end your fast. **DO NOT RUSH** into your regular eating routine. Rather, slowly *ease into* your regular eating habits, as well as into your normal routine.

In fact, it may be more beneficial if you continue with some of the habits to which you have been accustomed during your "Actual Fast." (daily frequent prayers; Scripture Readings; Bible Study; abstinence of certain activities; healthy speech and conversations; healthy attitudes; healthy foods and beverages; good exercise habits and routines, etc.).

Note: 1) The information in this book was carefully developed to adhere to the **GOD**-Given Fasting Mandates and Instruction of **GOD**. The Pastor, The Prayer Intercessor and Prayer Warriors will be integral assets to whatever corporate directions given by **GOD** to the Pastor.

2) The **"PRAYER/FASTING"** does not have to end here - rather the **"ONE-HOUR PER DAY PRAYER AND FASTING,"** may continue until **Full Delivery IS RECEIVED OR UNTIL THE PROBLEM IS FULLY RESOLVED.**

THROUGH ALL WE DO, WE MUST REMEMBER:

**GOD IS THE ONLY ANSWER TO
FOCUSED PRAYERS AND FASTINGS!**

HE CAN DO
and
WILL DO
just what He wants, **when** He wants,
IF He wants!!!!

MAY GOD BLESS YOU FOR WHAT YOU DID THESE PAST DAYS!

May **HIS** Blessings be upon you for your Time and Effort in this Endeavor!!

