

GCDM Prayer and Fast Instructions 2016

Praise the Lord Saints,

As we begin our annual corporate time of fasting and praying together, I pray that we press into this as a unified church with a deep desire to grow deeper in our relationship with Christ and each other. We also fast so that we can hear from the Lord, bring our worldly desires under subjection, and allow our temples to be purified of the many toxins we get from the various things that we eat. In order for you to benefit from our time of prayer and fasting, you must commit to it. Spend time in His Word, in prayer, meditation and positive fellowship. If we do these things, it will set the course for the remainder of your year and beyond. I also want to add an additional weekly challenge for those who will do an absolute fast from 6:am – 6:pm one day each week.

Blessings
Apostle Franklin Gordon

Week # (Days):	What You Can Eat:	Daily Prayer Focus:
Week 1 Jan. 3rd-9th	<ul style="list-style-type: none"> • Hot Cereal (Oatmeal) • 1/2-1 cup of nuts (any kind) • 12oz 100% Juice • Plenty of Water • Tea • Sensible Meal (Protein, Vegetable & Starch) • Soup &/OR Salad • Sugar free (gum, mints & jello) • Fruit <p>*Fruit and vegetable smoothies (can be substituted for your hot cereals, soup, salad or sensible meal) Clear Dressing (Vinaigrette)</p> <p>**With the option of a sensible meal, crackers will not be added for week 1**</p>	<ul style="list-style-type: none"> • Sunday – Strength (spiritual, mental and physical as we go through the fast) • Monday – A deeper knowledge of who Christ is and what He accomplished for us • Tuesday – All mankind • Wednesday – Salvation for the lost • Thursday – A powerful manifestation of the Kingdom of God in the earth • Friday – That the will of God be done • Saturday – Those who spitefully use you and speak evil of you
Week 2: Jan 10th-16th	<ul style="list-style-type: none"> • Hot Cereal (Oatmeal) • 1/2-1 cup of nuts (any kind) • 12oz 100% Juice • Plenty of Water • Tea • Soup &/OR Salad** • Sugar free (gum, mints & jello) • Fruit <p>*Fruit and vegetable smoothies (can be substituted for your hot cereals, soup, salad or sensible meal)</p> <p>** - Clear Dressing (Vinaigrette) - (2) Boiled Eggs...Whites ONLY - Crackers or Croutons</p>	<ul style="list-style-type: none"> • Sunday – Wisdom to daily apply the principles of the Word to our lives • Monday – Understanding in all things pertaining to God and life • Tuesday – All political leaders • Wednesday – Pastors and church leaders • Thursday – families • Friday – Our Youth and the elderly • Saturday – Nations
Week 3 Jan 17th-23th	<ul style="list-style-type: none"> • Fruit • Fruit and vegetable smoothies • 12oz 100% Juice • 1/2-1 cup of nuts • Plenty of Water • Soup &/OR Salad • Sugar free (gum, mints & jello) <p>*Clear Dressing (Vinaigrette)</p>	<ul style="list-style-type: none"> • Sunday – The peace of Jerusalem • Monday – Discernment and watchfulness • Tuesday – God’s protection and deliverance for those in bondage • Wednesday – To be kept from evil and doing evil • Thursday – Patience in all things • Friday – Sensitivity to the Holy Spirit and the voice of God • Saturday – The plans of the enemy be fruitless and unprofitable.

****Last 24hrs water ONLY from 6:am Saturday, January 23th to 6:am Sunday, January 24th****