

27 Day

FAST AND PRAYER

FOR SINGLES, MARRIAGES, AND FAMILIES!

Starts the Tuesday After Labor Day

For information on the fast please visit our Wmi Fast and Prayer Page.



PRAYER 6AM EST DAILY
AND DANIEL FAST

Legacy

THANK YOU FOR JOINING US!

Join us for our annual 21-day fast for singles who are believing God for a mate, marriages that need a refreshing, families with prodigals, those believing God for children, and much more!

The Fast and Prayer begins 6 AM EST Tuesday, September 3rd, 2024, and will run every day for 21 Days until September 23rd, 2024!

Login Information

- **Zoom Link:**
<https://bit.ly/MorningPrayerLCC2>.
- **If the Zoom has reached capacity, you will need to catch the replay in the:**
[WMI Fast and Prayer Facebook Group](#).

What to Fast From

The fast is a Daniel Fast. You can read more about what the Daniel Fast here:
<https://easyrecipedepot.com/daniel-fast-food-list/>.

Begin to prepare yourself as we get ready to encounter God in a powerful way for ourselves, families, and nations!

Basics of Fasting

How to Prepare for a Fast:

1. Seek the Lord for specific areas you want to pray into.
2. Ask the Lord to highlight anything that may prevent you from completing the fast.
3. Seek any medical advice if you have health concerns.
4. Prepare your mind to finish.
5. Grab some friends and family to participate for accountability.
6. Get all the food you are not supposed to eat out and buy the food necessary for the fast.

What to Do During the Fast:

1. Get up and pray daily.
2. Read your word daily.
3. When you feel like giving up, listen to worship music, read your word, or pray.
4. If you mess up, start over immediately.
5. Drink plenty of water.
6. Sleep well.
7. Pray in the spirit daily.
8. Eliminate how much TV you watch.

What to Do After the Fast:

1. Do listen to the Holy Spirit, he may want you to fast longer than planned.
2. Do pray out of your fast before eating.
3. Do give thanks for the fast.
4. Do come off the fast slowly; do not eat a bunch of food at once.

Schedule, Prayer Points, & Scripture Verses

(Day 1-3) *God's Heart and Pure Motives for Our Fast*

Joel 1:14

Consecrate a fast; call a solemn assembly. Gather the elders and all the inhabitants of the land to the house of the Lord your God, and cry out to the Lord.

Deuteronomy 4: 29

But if from there you seek the LORD your God, you will find him if you seek him with all your heart and with all your soul.

(Day 4-6) *Alignment of Men in their Role As Leaders*

Psalms 119:9

How can a young man cleanse his way? By taking heed according to Your word."

Ephesians 5:23

But if from there you seek the LORD your God, you will find him if you seek him with all your heart and with all your soul.

Proverbs 13:22

A good man leaves an inheritance to his children's children, And the wealth of the sinner is stored up for the righteous.

(Day 7-9) *Restoration of Families*

Genesis 2:24

That is why a man leaves his father and mother and unites with his wife, and they become a new family.

1 Timothy 5:8

But if anyone does not provide for his relatives, and especially for members of his household, he has denied the faith and is worse than an unbeliever.

Joshua 24:15

But if serving the LORD seems undesirable to you, then choose for yourselves this day whom you will serve, whether the gods your ancestors served beyond the Euphrates or the gods of the Amorites, in whose land you are living. But as for me and my household, we will serve the LORD."

(Day 10-12) *Restoration of Marriages*

Ephesians 4:2-3

"With all humility and gentleness, with patience, bearing with one another in love, eager to maintain the unity of the Spirit in the bond of peace."

Ecclesiastes 4:9

"Two are better than one, because they have a good return for their labor: If either of them falls down, one can help the other up. But pity anyone who falls and has no one to help them up. Also, if two lie down together, they will keep warm. But how can one keep warm alone."

Mark 10:9

"Therefore what God has joined together, let no one separate."

(Day 13-15) *Prayer Against Bareness*

Romans 4: 19

Without weakening in his faith, he faced the fact that his body was as good as dead—since he was about a hundred years old—and that Sarah's womb was also dead. 20 Yet he did not waver through unbelief regarding the promise of God, but was strengthened in his faith and gave glory to God,

Psalms 127:4-5

"Children are a heritage from the Lord, offspring a reward from him. Like arrows in the hands of a warrior are children born in one's youth. Blessed is the man whose quiver is full of them. They will not be put to shame when they contend with the opponents in court"

Hebrews 11:11

"Through faith also Sara herself received strength to conceive seed and was delivered of a child when she was past age because she judged him faithful who had promised."

(Day 16-18) *Prayer for Singles (Release of Godly Marriages)*

Matthew 6: 33

But seek first his kingdom and his righteousness, and all these things will be given to you as well.

Isaiah 40:31

“but those who wait for the Lord shall renew their strength, they shall mount up with wings like eagles, they shall run and not be weary, they shall walk and not faint.”

Hebrews 13:4

Marriage is honorable in all, and the bed undefiled: but fornicators and adulterers God will judge.

(Day 19-21) *Prayers of Thankfulness*

Psalms 9:1

I will give thanks to you, Lord, with all my heart; I will tell of all your wonderful deeds.

Psalms 106:1

Praise the Lord. Give thanks to the Lord, for he is good; his love endures forever.

Colossians 2:6-7

So then, just as you received Christ Jesus as Lord, continue to live your lives in him, rooted and built up in him, strengthened in the faith as you were taught, and overflowing with thankfulness.

Frequently Asked Questions About Fasting

Q. Where can we access replays?

A. Recordings will be posted daily in our Facebook Group. You can join the group [by clicking here](#).

Q. Can I fast while pregnant?

A. Yes, however, please consult your medical doctor on how to proceed.

Q. Can I fast if I have a medical condition?

A. Yes, however, please consult your medical doctor on how to proceed.

Q. Should I refrain from sex during the fast?

A. If you are married, we ask that you do not refrain from sex during this fast, as one of the goals is to increase intimacy and connection in your marriage. If you are not married, YES please refrain!

Q. What if you are a vegan or vegetarian already?

A. You can do liquid from 6 AM - 6 PM or you can fast a favorite food. Just make sure it is a sacrifice.

We look forward to praying with you soon!

—The Wokomas & Team