

GUIDELINES FOR AN EFFECTIVE FAST

Fasting creates the necessary conditions for a spiritual breakthrough.

A breakthrough is a sudden, dramatic, important and significant advancement. It results in historic events that are landmarks in your life and the history of whatever you are fasting about. This 21day fast will make 2020 a historic year for you.

Thus, the purpose of this fast is to prioritize God's word and generate the faith through encounters with God by way of insights you receive. These insights will lead to unusual things happening as you declare them into your life.

Important things to note

1. Seek God's word for our lives (about situations we are facing or dreams we aspire to attain).
2. Eat the words we have found and make the promises of God an integral part of us. This will ensure that we become what we hope to attain.

Accordingly, two activities are therefore required during this fast:

1. Spending time in prayer that God may reveal His words for your life.
2. Spending time in meditating on His word. This involves speaking those words back to yourself as you contemplate it in your heart, thereby creating visual experiences of the word being fulfilled in your life. This should further lead to expressions of joy over the word in thanksgiving and praise.
 - You should identify the major things you want a breakthrough in.
 - Declare those things fulfilled and fortify your assurance through reading the scriptures.
 - Additionally, you should devote time in prayer to "pray through" things you may have seen in the word and have been waiting on God for.

A fast becomes a pleasurable experience once you begin to receive insights into the word and integrate that revelation into your being by calling it into existence as though it were. At that point, you have begun to partake of the divine nature.

Whatever you came into this fast to realize, the key is to receive a scripture that speaks clearly to you about the issue.

Once you have achieved this, move from "*believing it is going to happen*" to specifying exact details of when God fulfilled His word to you. E.g. Stop deferring the time it will occur and declare your confessions as an event that has already occurred, which happened the moment you saw it in the word. By the law of growth it will manifest shortly if you are faithful to that ideal.

Things you must do for an effective fast

1. Set out time daily to pray, read the word, declare it into your life and also minister to the Lord.
2. Approach the fast with a sense of purpose. Determine the things you want to talk to God about and receive the results into your life. Receiving it means entering into the reality of possessing it. It means moving from saying *"I'm sure God will do it"* to declaring *"on the 15th of December I received it"*.
3. Break your day into **three watches** (i.e. morning, afternoon and night watches), when you will fellowship with God and exercise your faith to receive the things you seek.
 - Depending on your daily schedule, afternoon watches might be much shorter and may serve as an opportunity to remind yourself of those things you are receiving from God.
 - Apply continuous faith pressure during this fast. Every time you think about those landmark events, speak out words of faith. If you can, pray 3ce a day over it with praises.
4. Make your fast a time to feed on God's word and offer up *believing prayers* - prayers combined with faith filled words and thanksgiving to God. Do not struggle. Do not beg. Appropriate the blessings He has bought.

CONFESSIONS

Personal

- Now I speak with the feeling in my heart of great pleasure and happiness, having experienced myself the satisfying and overwhelming taste of the love of God through the events of 2020.
- I have had a series of breakthroughs, of sudden, dramatic and significant advancements in 2020 as a result of my faith released during this fast.
- These events changed the landscape of my life totally reshaping the outward form and direction of my life.
- I will forever remember the year 2020 for the mind-blowing events that emerged in my life.
- I spoke words of faith about the major things I wanted done in 2020 and God exceeded all of my expectations.
- Now I boldly say, nothing is impossible to me.
- I have been led into networks of very influential people that embraced me as family creating a new season producing many offspring of blessings.
- Strangers walked into my life and opened unusual doors, creating opportunities that brought me into a place of great influence I didn't think I deserved.
- God had to remind me of the fresh commitment I made to serve him and my own response in obedience to the doors of service he opened to help others without expecting anything in return.
- It is through these opportunities to serve, he blessed my earthly existence and advanced the work of my hands and position in life in very significant ways.
- I am now blessed within by the fulfillment that comes through knowing and obeying God's purpose and also without as I see mountains moving at the command of my lips.
- 2020 has been a year of purpose, joy and unlimited breakthroughs.
- I brought several people to the knowledge of Christ and prayed for them to be filled with the Holy Ghost as they walked up to me in awe of what God was doing to find out what my secret is.
- The three major events that came into existence in 2020 are (insert your vision) God gave me His word concerning them and I decreed them into existence.
- I say in 2020 according to the word of the Lord, I say to the following..... (insert your vision and call them forth. Speak specifically to the "mountains" and declare that they move into your life as your personal experience. Be specific.)
- I can now boldly declare and say, the word of God on my lips does not return to me void, it accomplishes and prospers in the things I have sent them to do.
- The entire landscape of my life changed such that people approached me to ask about my God.
- When apparent negative winds blew against me, I always declared, "there is a lifting up" and with my words I captured the energy in the winds and caused them to work for me.

- I meet every situation rejoicing and praising God without speaking ill. I say that all events that come my way, work together for my good.
- I say to 2020 you have been a year of new things and of no limits.
- The experiences of this year did one major thing in my mind, it gave me confidence for the future.
- Now I know all things are possible to them who truly believe and wait for God's words going forth out of their lips to return with the harvest.
- I started 2020 with great energy released at WAFBEC.
- The conference was a great impartation of grace into the souls of the several thousands who attended.
- Diverse signs and wonders occurred with visible healings and major breakthroughs.
- People came in and left the grounds of the meetings with joy unspeakable.
- All the gifts of the Spirit were in manifestations at the meetings as people received supernatural insider information about things going on presently and about their future.
- People received clear direction about the steps to take.
- They heard words of agreement, which confirmed and released power bringing the manifestation of answers to prayers.
- Power was released in creative miracles and healings.
- Circumstances created by negative words spoken against individuals and families or their hidden covenants were shattered and dissolved.
- I say to 2020 you have been a year of new things and no limits.
- The experiences of this year did one major thing in my mind, now I know all things are possible to them who truly believe and wait for God's words going forth out of their lips to return with the harvest.

Family

- I declare over every member of my family we are united, whole, complete and prospering in every way. • Angels hearing my words stand to watch over us day and night fulfilling every word over my family.
- Nothing is missing nothing is broken in us, the years the canker worm stole has all been restored.
- There is a divine distinction placed upon us by God, we are all marked by Christ to be found only by men who will bless and lift us.
- It is only with our eyes we see harm executed, no form of wickedness comes near our dwelling place.

- By the river of God flowing through our praises, every month of the year 2020 has brought forth something new. God daily released his useful help in time of need to us and we experience in tangible ways his presence every day of 2020.
- I speak into the lives of my children and as the authority over them I pronounce them prosperous, whole, healed, intellectually sound, among the top 1% in their generation, without any form of reproach and considered lucky by others by reason of the favor they have with men who give them rare opportunities.
- No trace of the enemy's words or presence is seen on my family.
- The lines have fallen unto us in pleasant places in 2020 with doors now opened for the fulfillment of the highest aspirations of our hearts.
- 2020 left a sweet taste of God's faithfulness and power.
- It's been a year of joy unspeakable full of glory, free of struggle but yet full of advancement in great strides.

Church

- I declare collectively with every member of Covenant Christian Centre that we are the Body of Christ with the power in the name of Jesus to forgive, bless and release.
- We pronounce every member of this Church blessed in 2020 with attendant proofs to show that it is our year of breakthroughs.
- We roll away every stone seeking to hinder God's power and say every curse spoken against anyone is broken and you are released into the blessing of growth, reproduction, multiplication, ascendancy becoming the head, productivity and complete health in your body.
- We release angels to protect and deliver everyone from evil.
- We surround every member with the presence of angels and declare, the blood of Jesus speaks for you, you shall live and not die.
- I see and pronounce an unprecedented move of the Spirit at Covenant Christian Centre throughout the year 2020.
- We experienced growth as though there was no limit.
- We are bursting forth on every side as people trooped in to have real encounters with God by the Spirit at our meetings.
- Believers grew in stature and character, souls were saved and many baptized with the Spirit becoming true Disciples of Christ.

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