

# ***The 2022 Prayer & Fasting Schedule & Guidelines***

***Meditating on God's Word***  
*(Joshua 1:8; Proverbs 4:20-22; Philippians 4:8)*



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# The 2022 WOOMC Consecration and Fasting Month

## *Prayer Agenda*

*<sup>2</sup>In those days I Daniel was mourning three full weeks. <sup>3</sup>I ate no pleasant bread, neither came flesh nor wine in my mouth, neither did I anoint myself at all, till three whole weeks were fulfilled* (Daniel 10:2-3, Amplified).

We will begin our annual congregational 21-day Daniel Fast on Monday, January 10, 2022. Throughout Scripture God always requires the first of everything in our lives, including our talents, finances and time. Therefore, the first month of the year belongs to Him. We will use the Daniel Fast throughout the 21 days.

**Start Date:** Monday, January 10, 2022

**End Date:** Monday, January 30, 2022

### **YOUR PERSONAL SPIRITUAL NEEDS FOR 2022**

We ask you to pray for the following matters each day during the fast:

1. Pray to God for **HIS GLORY TO DESCEND UPON WOOMC** and upon you individually (*2 Chronicles 5:13-14; 2 Chronicles 7:1*).
2. Pray for God to **BAPTIZE YOU WITH HIS SPIRIT** and His fire. Ask that His Spirit and fire descend upon you (*Luke 3:16; Malachi 3:2*).
3. Cry out to God for **MORE HUNGER AND THIRST** for Him (*Matthew 5:6*).
4. **PRAY TO GOD FOR SOULS** to come into His kingdom and that He would use you to help reap the harvest (*Isaiah 43:5-6; 2 Corinthians 5:18-19*).
5. Pray for God to challenge us as a church, both individually and corporately, to **SACRIFICE FOR HIM AND HIS CHURCH** in the following areas in 2022:
  - A. **PRAISE AND WORSHIP HIM** (*Hebrews 13:15; Psalm 8:2*)
  - B. **HOLINESS** (*Romans 12:1; Psalm 84:11*)
  - C. **TIME, SERVING, BEING EQUIPPED**, or Being Used for Ministry (*Ephesians 4:11-12*)
  - D. **SPIRITUALLY COACH (DISCIPLE) OTHERS**
  - E. **GIVING** - Sacrificial Offering for FLC (*2 Corinthians 9:6-8*)
  - F. **MEDITATION ON HIS WORD** (*Joshua 1:8*) (see Meditation points on pages 9-11 in this packet)
  - G. Or any other area where you need to make sacrifices unto the Lord. Ask God to show and expose the areas in your life where you need to yield to Him (*2 Samuel 24:24-25*).
6. Take this time to sit quietly before the Lord to hear His voice (*Psalm 34:10; 2 Chronicles 26:5; Jeremiah 29:13*).

**PRAYER GUIDES** - We offer various prayer guides and prayer books to assist you in your time of fasting and prayer in our church bookstore.

### *What Can I Do Spiritually During the Fast?*

1. Pray - Use written prayers if you don't know what or how to pray. (See 2022 Prayers document on the main WOOMC website under the *21 Days of Prayer and Fasting* Banner.)
2. Spend time praising and worshipping God. Use instrumental worship music.
3. Pray in tongues.
4. Read God's Word (visit BibleGateway.com for an easy-to-read English version).

5. Read scripture for an area of life you want to change (Please see the scripture list in your Spiritual Life Coaching manual.).
6. Meditate on God's Word.
7. Listen to the Word on CDs, DVDs, or YouTube clips to build your spirit and your faith (nothing that entertains).
8. Sit quietly to hear God's voice. We do not always have to talk.
9. Sit down and talk with family about spiritual things after spending time with God.
10. Confess God's Word.
11. Read spiritual, biblical books to build your spirit and faith (visit the Word Dome Bookstore).

## *25 Benefits of Fasting*

1. Fasting helps us develop intimacy with God and get closer to God.
2. Fasting establishes a spiritual discipline in our lives.
3. Fasting expands our spiritual capacity.
4. Fasting gives us a clear and sober mind.
5. Fasting causes us to hunger after God and His Word.
6. Fasting causes us to hear God's voice and know His will.
7. Fasting gives us power to see results in our lives.
8. Fasting brings answers to prayers.
9. Fasting can bring health and healing for our bodies.
10. Fasting breaks demonic control or oppression over our lives (spiritual freedom).
11. Fasting can break addictions and bad habits (sins of the flesh).
12. Fasting saves us money from buying food. We can bless others.
13. Fasting gives us freedom from food control and cravings (8-10 hours).
14. Fasting gives us guidance and wisdom from God.
15. Fasting causes us to believe God and increases our faith.
16. Fasting brings revelation of God's Word.
17. Fasting helps us find our ministry and destiny.
18. Fasting removes obstacles, hindrances, blocks and mountains that prayer alone cannot remove.
19. Fasting automatically brings us back to God.
20. Fasting can enable us to get our financial needs met.
21. Fasting will crucify our flesh.
22. Fasting brings victory in any crisis.
23. Fasting helps our body organs rest. Toxins and poisons leave the body.
24. Fasting causes our enemies to be defeated.
25. Fasting gives us power to get results and brings us joy.

# Fasting and Prayer Guidelines

1. Remember, you are seeking God to hear from Him and to know Him more intimately. As you seek after Him, He will speak to you about the issues that could be blocking the blessings in your life. Make sure you are seeking after Him and not just your needs. It's not just about eating. It is about seeking God.
2. You do not have to do all spiritual disciplines (ex: prayer, meditation, praying in tongues, reading the Bible, etc.) all in one sitting. Be led by the Spirit of God for what you do. You may spend your prayer time worshipping on one day, then simply sit quiet and listen for God's voice the next day.
3. Fasting is more than just not eating food. Fasting is putting the flesh under so that you can hear from God. Therefore, if you are not eating but are always on the computer or watching TV then you are not concentrating on the Lord. Do only the necessary things for your home or family; home, chores, feed children, work, etc. Give God some time alone with Him, at least an hour or two.
4. Everyone is on a different spiritual level; therefore, individual fasting needs will be different. Some people will be able to fast with no food and drink water only. Everyone is not on the same faith level to do this. Some will have to use a partial fast or what we call a Daniel fast throughout whereby foods such as salads, fruits, cereals and grains are consumed (*Daniel 10:2-3*). See the *Daniel Fast Food List* on pages 6 and 7. We recommend the Daniel Fast. Feel free to go deeper if you feel the Lord leading you to do so.
5. There are some fasts mentioned in scripture that last from sunset to sunset (24 hours) or for half a day (12 hours). Other fasts involved missing a main meal that you enjoy, using the time to pray and seek God (*2 Chronicles 20:3*). If you have a desperate need, you may have to consecrate yourself more intensely throughout the 21 days to see victory. Be led by the Holy Spirit as to the level of fast you will do.
6. For those who are new to fasting, I suggest that you learn to become victorious with shorter kinds of fast, such as an every other day fast, a half a day fast, or a main meal fast (miss a major meal). You may choose to fast only 3 days out of the week (ex: M-W-F) that the church is fasting. Once again, those who are used to fasting and really need more from God and are mature enough to go deeper should fast daily.
7. If you should yield to eating during the fast when you should not have, or if you turn on the TV, DVD computer, or mobile device and watch something secular; simply repent to the Lord, do not get into condemnation, and start over again. God will honor that. You may take a 12-hour period where you do not eat. Make sure you pray at least an hour or two during the 12 hours. Once you have done that, then you can check work-related phone calls and e-mails and/or watch something inspiring. NOTE: We suggest that you be careful with texting and sending emails because once you start doing that, it can continue and rob you of time with God. Do only what is necessary, especially if it involves your job.
8. You are permitted to play worship music (preferably instrumental worship music) during your time of prayer and fasting if you like.
9. You can also watch Christian TV with your family at the end of the day, only after you have spent time with the Lord. You should not watch any entertaining TV programming (ex: sports, soap operas, sitcoms, news, documentaries, secular music) or anything from the world. You can watch Christian television, Christian movies, Christian teaching, or anything else that builds your faith. However, Christian TV should not be overindulged and used as a replacement for praying and spending time with God.

10. Do not base the results of your fast on what you see during or immediately after the fast. The manifestation of what you are believing God for may not be seen until days, weeks or even months later.
11. There should be no sexual relationship except by consent.

# **Daniel Fast Food List**

*In those days I Daniel was mourning three full weeks. I ate no pleasant bread, neither came flesh nor wine in my mouth, neither did I anoint myself at all, till three whole weeks were fulfilled* (Daniel 10:2-3).

One of the great things about the Daniel Fast is that you are not limited to any specific amount of food, but rather to the kinds of foods you can eat. The Daniel Fast is limited to fruits, vegetables and water. Please make sure to **READ THE LABEL** when purchasing packaged, canned or bottled foods. They should be **sugar-free** and **chemical-free**. Keep this in mind as you review this list of acceptable foods.

## **Foods to Eat During the Daniel Fast**

**All fruits:** These can be fresh, frozen, dried or canned. Fruits include, but are not limited to **apples, apricots, bananas, blackberries, blueberries, boysenberries, cantaloupe, cherries, cranberries, figs, grapefruit, grapes, guava, honeydew melon, kiwi, lemons, mangoes, nectarines, oranges, papayas, peaches, pears, pineapples, plums, prunes, raisins, raspberries, strawberries, tangelos, tangerines, watermelon.**

**All vegetables:** These can be fresh, frozen, dried or canned. Vegetables include, but are not limited to **artichokes, asparagus, beets, broccoli, Brussel sprouts, cabbage, carrots, cauliflower, celery, chili peppers, collard greens, corn, cucumbers, eggplant, garlic, ginger root, kale, leeks, lettuce, mushrooms, mustard greens, okra, onions, parsley, potatoes, radishes, rutabagas, scallions, spinach, sprouts, squashes, sweet potatoes, tomatoes, turnips, watercress, yams, zucchini, veggie burgers** are an option if you are not allergic to soy.

**All whole grains:** including, but not limited to **whole wheat, brown rice, millet, quinoa, oats, barley, grits, whole wheat pasta, whole wheat tortillas, rice cakes, and popcorn.**

**All nuts and seeds:** including, but not limited to **sunflower seeds, cashews, peanuts, sesame. Also nut butters, including peanut butter.**

**All legumes:** These can be either canned or dried. Legumes include, but are not limited to **dried beans, pinto beans, split peas, lentils, black eyed peas, kidney beans, black beans, cannellini beans, white beans.**

**All quality oils:** including, but not limited to **olive, canola, grape seed, peanut, and sesame.**

**Beverages:** **spring water, distilled water, 100% all-natural fruit juices, 100% all-natural vegetable juices.** You may drink protein drinks and smoothies if they are sugar-free, dairy-free and chemical-free.

**Other:** **tofu, olives, vinegar, seasonings, salt, herbs and spices.** Soy and rice milk are acceptable for cooking and with cereal. However, they should not be used as a beverage since the Daniel Fast is a “water-only” beverage fast with the exception of 100% fruit or vegetable juice, since that is merely pulp with water.

## **Foods to Avoid During the Daniel Fast**

**All meat and animal products:** including, but not limited to **beef, lamb, pork, poultry, and fish.**

**All dairy products:** including, but not limited to **milk, cheese, cream, butter, and eggs.**

**All sweeteners:** including **sugar, raw sugar, honey, syrups, molasses, and cane juice.**

**All leavened bread:** including **Ezekiel Bread (it contains yeast and honey)** and baked goods.

**All refined and processed food products:** including, but not limited to **artificial flavorings, food additives, chemicals, white rice, white flour and foods that contain artificial preservatives.**

**All deep-fried foods:** including, but not limited to **potato chips, French fries, corn chips.**

**All solid fats:** including **shortening, margarine, lard, and foods high in fat.**

**Beverages:** including, but not limited to **coffee, tea, herbal teas, carbonated beverages, energy drinks, and alcohol.** Please remember that the Daniel Fast is a “water only” beverage fast. The exception is 100% juice since it is merely pulp with water.

## **Remember, READ THE LABELS!**

### **Fasting Health Issues (Coming Off the Fast)**

1. If you have a health condition that requires you to eat at various times (ex: diabetes, insulin resistance, etc.), please do so using the Daniel Fast Food List. Fasting should eliminate your sugar intake. If this does not work for you, then be led by the Lord.
2. Drink plenty of water during the fast to rid your body of toxins and poisons. Water can flush these elements out of your system.
3. After the fast, you may not want to immediately return to your old diet or way of eating. This should happen gradually. Don't break the fast with a large meal. Start with diluted juices. Straight juice contains a great deal of acid. Richer foods eaten immediately after a fast can cause problems with your organs.

# 2022 Fasting Focus – Meditation on the Word of God

Apostle Williams recently ministered on the importance and benefits of meditating on God's Word. In 2022, for our 21-day fasting period, Apostle Williams wants every WOOMC member to practice the art of meditating on God's Word each day, along with other fasting practices (see page 1 in this packet).

## *Defining Meditation*

To fix one's mind on something, in this case, God's Word. To ponder over what it is saying, to dwell and think on. To consider what is being said by rolling it over and over in our minds. To imagine and visualize what we are thinking about. Meditation is muttering or speaking God's Word under our breath. We focus our attention on God's promises and wisdom, not life's problems. We speak it, confess it, and pray it.

## *What Does the Bible Say About Meditation?*

**Psalm 1:1** – We are blessed if we meditate day and night.

**Psalm 1:2-3** – As we delight in His Word, it will bring forth fruit or results in our lives. It will make us productive in life. We will thrive, be successful, and flourish in life. Whatever we do will prosper.

**Joshua 1:8** – We will prosper and have good success.

**Genesis 24:61-64** – While Isaac meditated in the field, God brought him his wife.

**Psalm 19:14** – Meditation affects our hearts.

**Psalm 5:1** – God considers what we meditate on.

**Psalm 119:148** – Meditating at night or in the early morning hours are powerful times.

**Psalm 119:27** – We are strengthened when we meditate on the things God has done in His Word.

**Psalm 145:5** – We are blessed when we meditate on God's works and miracles  
(see also Psalm 77:12).

**Psalm 119:23** – When others slander or speak against us, we are to meditate on His Word.

**Philippians 4:6-8** – We will have peace and not worry if we think (meditate) on God's Word.

**1 Timothy 4:15** – We will profit (progress, succeed, and prosper) if we meditate on God's Word.

## *Other Benefits of Meditation*

- Meditation causes the **WORD TO COME ALIVE.**
- Meditation can cause us to have an **ENCOUNTER WITH GOD.**
- Meditation brings **REVELATION OF GOD'S WORD.**
- Meditation causes us to **HEAR GOD'S VOICE.**
- Meditation brings us **UNDERSTANDING OF GOD'S WORD.**
- Meditation increases our **FAITH AND BELIEF IN GOD.**
- Meditation **RELEASES GOD'S POWER** in our lives.
- Meditation **CHANGES OUR HEARTS.**
- Meditation gives us **VICTORY IN LIFE.**
- Meditation causes us to **OVERCOME SIN AND HABITS.**
- Meditation **TRANSFORMS** our lives and **RENEWS OUR MINDS.**
- Meditation **CHANGES OUR INNER IMAGE** of ourselves.
- Meditation gets God's **WORD ROOTED AND GROUNDED** in our hearts.

## *What Meditation Does for You*

- Meditation is a God-given spiritual process that provides a permanent change in our thinking.
- Meditation transforms our belief systems so that we can have faith to believe God.
- Meditation in our minds is the passageway to our spirits (hearts).
- Meditation takes us from what is impossible inside of us to what is possible.
- Meditation causes our hearts to be well-watered.
- Meditation causes something inside of us to be converted.
- Meditation expands the inner boundaries within us. We have boundaries in our subconscious mind that say we can only go so far. Meditation changes this.
- Meditation rewrites our hearts.
- Meditation tears down strongholds in our lives and reprograms us from lies we have believed.
- Meditation gives us inner strength to hold on to what we believe so we won't let it slip.
- Meditation transforms our beliefs in an accelerated manner.

## *Your Fasting Meditation Schedule*

1. Select one area of life you would like to see changed or transformed.
2. See the Scripture Reference List in your Spiritual Life Coaching manual on page 46. Select a problem area with its list of scriptures.
3. Select at least five (5) scriptures from the list that you understand or that resonate and speak to you and write them out. The Word gets into our hearts when we write it out.
4. Use your own Bible or visit BibleGateway.com online to look up the scriptures. BibleGateway.com offers more, easier-to-read translations such as NLT, AMP, ESV, NIV, and NKJV.
5. Every day during the 21-day fast, read and think on these five scriptures aloud at least three (3) times a day – morning, noon, and night. The more, the better, but meditate on these scriptures at least three (3) times a day.
6. Here is an example of why meditating as often as possible is so important. Picture a great big boulder rock. Notice the gentleman with a big sledgehammer below.



Imagine that the thing he wants is at the bottom of that rock. If he hits the rock every day only one time, then only a few pieces of rock will chip off. It will probably take him a year or more to break through the rock.

If he hits the rock twice each day, then it may take six months for breakthrough. If he hits the rock three times a day, then it may take three months for breakthrough. In other words, the more times he hits the rock, the sooner he will see breakthrough.

The spirit world operates in the same way. God's Word is called a hammer (*Jeremiah 23:29*). It can break through our mountains and strongholds. The more we hit the rock, the sooner we will experience breakthrough.

7. Then select one of the five scriptures that most resonates with you. Memorize and focus on that one scripture throughout the day. Ponder over that one scripture while in the car, while at work, while relaxing, or at any other time during the day. Consider the key words or phrases in the scripture by rolling them repeatedly in your head. Keep that scripture on your mind as much as possible. Watch God transform your heart and mind.
8. You can memorize that scripture and think on it in your mind, or you can place the scripture on an index card to keep in your home, on the mirror, on the refrigerator, in your car, at your work desk, and/or every place you frequent.
9. Just dwell on and think on key words or phrases from that scripture throughout the day, only except during the three (3) times you are meditating on the five (5) scriptures. Here is an example of how to meditate using Philippians 4:19.
  - My **GOD** (*say it over and over*)
  - My God shall **SUPPLY** (*say it over and over*)
  - My God shall **SUPPLY ALL MY NEEDS**.
  - My God shall **SUPPLY ALL MY NEEDS** according to **HIS RICHES**.
  - My God shall **SUPPLY ALL MY NEEDS** according to **HIS RICHES IN GLORY**.
  - My God shall **SUPPLY ALL MY NEEDS** according to **HIS RICHES IN GLORY BY CHRIST JESUS**.

Form pictures in your mind visualizing God bringing to you what you need. Use your imagination.

10. Make a commitment that if you miss a day meditating, you will make it all up the next day. If you meditate on the Word three times each day for 21 days, you will have meditated 63 times by the end of the fast, not counting using the one scripture throughout the day.
11. If you need to pray about a specific area, use the attached prayer guide.
12. Spend time praying in tongues and praising God.