

# ***The 2023 Prayer & Fasting Schedule & Guidelines***

***Pursuing an Encounter With God***  
*(The Book of Psalms, Jeremiah 29:13; James 4:8)*



**World Overcomers Outreach Ministries Church**  
6655 Winchester Road • Memphis, TN 38115 • 901-844-3000 • [www.worldovercomers.org](http://www.worldovercomers.org)  
*Apostle Alton R. Williams, Senior Pastor*

# The 2023 WOOMC Consecration and Fasting Month

<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 9, 2023. 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.

**Start Date:** Monday, January 9, 2023

**End Date:** Sunday, January 29, 2023

Choose one of the following fasting plans.

**FASTING PLAN 1:** Do 21 days of the Daniel Fast (see page 8 for full Daniel Fast list).

**FASTING PLAN 2:**

Week	Dates	Type of Fast
First Week	January 9-15, 2023	Partial fast (one meal per day)
Second Week	January 16-22, 2023	Partial fast (fruits and vegetables only)
Third Week	January 23-29, 2023	Total fast (only liquids)

**Note:** *Those with health conditions such as diabetes who need to eat should eat something or stay on the fruits and vegetables schedule. Please be led by the Spirit for what works best for you if you have a medical condition.*

## CHURCH SCHEDULE CONSECRATION

We will focus on praying in the Spirit in tongues during this fast. We will also read the book of Psalms. Every member should fulfill one hour, one day of prayer during each of the three (3) weeks of fasting by coming to the church. Many people do not have adequate time to pray and consecrate themselves during the consecration month because of the many distractions in our homes. The one hour at church should be focused on praying in the Spirit, reading the Psalms, and doing spiritual warfare for the church. Everyone should give the Lord at least one hour or more of prayer time for your own personal family needs at home daily, except the days you come to the church. We will also have prayer on Friday night, January 27, 2023 from 10 pm until 1 am in the WOOMC Sanctuary. Bring your blankets, pillows, and an open heart ready to encounter God!

## YOUR PERSONAL SPIRITUAL NEEDS FOR 2023

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

- I. Pray to God for His glory to descend upon WOOMC and upon you individually (*2 Chronicles 5:13-14; 2 Chronicles 7:1*).
- II. 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*).
- III. Cry out to God for more hunger and thirst for Him (*Matthew 5:6*).
- IV. 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*).
- V. Pray for God to challenge us individually and corporately to sacrifice for Him and His Church in the following areas in 2023:
  - A. Holiness (*Romans 12:1; Psalm 84:11*)
  - B. Time, Serving, Being Equipped or Being Used for Ministry (*Ephesians 4:11-12*)
  - C. Prayer and Fasting (*2 Chronicles 26:5; Jeremiah 29:13*)
  - D. Giving (*2 Corinthians 9:6-8*)
  - E. Praise and Worship (*Hebrews 13:15; Psalm 8:2*)

F. 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*).

VI. Take this time to sit quietly before the Lord to hear His voice (*Psalms 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.

- **Word Dome Bookstore - 901-844-3840**
- **World Overcomers Church website prayer page - <https://worldovercomers.org/prayers/>**
- **Understanding for Life website - [www.understandingforlife.org](http://www.understandingforlife.org)**

# How to Fast

## *Fasting and Prayer: Getting a Breakthrough When You Need It*

### **I. WHAT IS FASTING?**

It is the voluntary and deliberate abstinence from food for the purpose of concentrated prayer.

### **II. WHY DO MOST CHRISTIANS NO LONGER FAST?**

Hosea 4:6 says, *“My people are destroyed for a lack of knowledge.”* Many Christians have abandoned the custom of prayer and fasting for all so far, but many simply have not been taught, especially new converts. Older Christians know about prayer and fasting because it was more commonly taught and practiced years ago. Today it is a neglected doctrine of the church.

### **III. WHAT IS THE PURPOSE OF PRAYER AND FASTING?**

Read **Isaiah 58:5-9**.

#### **A. The Need to Crucify the Flesh**

Read **Hebrews 12:11**. If you can get your flesh out of the way, you will have more clarity and a greater sensitivity in the spirit what to ask for and you will receive answers. When we are dominated by the flesh, we don't know what to pray for.

Read **Romans 8:6**. One of the worst aspects of the flesh is pride. Pride will take you straight into the arms of Satan. Fasting destroys the pride, something that all of us struggle with. Fasting produces HUMILITY.

#### **B. The Need to Hear the Voice of God**

Read **Acts 13:2-3** - Prayer and fasting give directions. It makes you sensitive to God's voice. It enables you to hear His voice above the other voices around you. What could be more important? See **Acts 13:1-3, 14:21-23, Matthew 7:7, Matthew. 6:33**.

#### **C. The Need for Power**

Read **Luke 4:14**. It causes more power. The Church of the Lord Jesus Christ is being called back to the basics, to apply itself and the power of God that enables us to stand against the enemy. See **Luke 4:1-2; Matthew 14:14, 15:32, 20: 34**.

#### **D. The Need for More Faith**

When the Word of God is not combined with faith, there can be no results. God's blessings are not automatic (**Romans 1:17; Matthew 21:22**). The story of Hannah offers a biblical example of faith mixed with prayer and fasting (**I Samuel 1:5-20**).

#### **E. The Need for Preparation**

Read **Matthew 7:24-27**. To prepare means the process of making something ready beforehand for use. Preparation means getting something ready for a project. We want to be blessed but we don't want to do what is necessary to get the blessing. So we serve God when we feel like it or when we need Him. When we are unprepared, our life is in danger. Let's get prepared.

#### **F. The Need for a Healthy Lifestyle**

Read **Isaiah 58:8**. It disciplines our spirit and physical body. While we bring the flesh into subjection to the Spirit of God and develop a deeper relationship with our heavenly Father, we get the “side benefit” of a more healthy body. When we fast, our system is cleansed from toxins. Uncontrolled eating gradually damages the body. Periods of fasting bring the body into balance and help regulate the systems so that things run more smoothly.

Remember, if you are not eating and not praying, then you are just on a diet. It is so important to fast *and* pray.

#### **IV. DIFFERENT TYPES OF FASTS:**

- A. Twenty-four hour fast:** This fast lasts from sunset to sunset. Abstain from solids.
- B. Partial fast:** Abstain from pleasant foods. Partake only of clear soup, fruit juice, cereals or grain, or give up one meal a day for prayer. (See **Daniel 1:8-16; 10: 2,3.**)
- C. Three-day fast:** Total abstinence of food for three days (See **Esther 4:16**).
- D. Extended fast:** Has two methods: both require preparation. Before an extended fast, it is recommended that you omit caffeine and rich foods from your diet.
- E. Total fast:** Excludes all food but does include water. Fast should be broken slowly. Only diluted juices for a day or two. Next, gradually proceed to fruit, vegetables and grains, adding meats last.
- F. Non-total fast:** No food intake. Only diluted fruit juices, water and hot herbal teas are taken.

Remember, fasting is more than just abstaining from food; it is an act of self-denial for higher purposes, therefore, it is important to **CHECK YOUR MOTIVES** and **HEART** attitudes with the Lord before you determine to fast. Read **Matthew 6:16-18**.

**NOTE:** *If you are on medication, consult your physician before commencing an extended fast. You may need to consider a partial fast. Fast when directed by the Holy Spirit and to your disciplined prayer life* (Isaiah 58:6, I Corinthians 9:26-27).

#### **V. HOW TO PRAY & FAST MORE EFFECTIVELY**

##### **A. Make a Personal Commitment to Prayer and Fasting.**

The first step to successful prayer and fasting is to make a **COMMITMENT** to do it.

That commitment is finalized by making a proclamation, by making it known of your intentions. If you are not committed to fasting, any excuse will do to avoid it.

Read **James 1:6-8**.

##### **B. Prepare Yourself for Prayer and Fasting.**

**I Corinthians 9:27** – You have to prepare mentally, physically, emotionally and spiritually for a fast. Tell your body what to expect. Say this confession: ***I will bring my spirit, my body, my emotions and my mind all under subjection to the Word of God by giving myself to prayer and fasting.***

##### **C. Stop Making Excuses.**

Read **Luke 14:18**: ***“And they all with one consent began to make excuse.”*** You may say, ***“I’m too busy!” “I’m too old!” “I’m too young!”*** Read the example of an elderly woman in **Luke 2:36-38**.

# Fasting and Prayer Guidelines

1. The church will enter into 21 days of fasting and prayer schedule beginning Monday, January 9, 2023 and ending Sunday, January 29, 2023.
2. This year the focus of our fast will be meditating on God's Word and praying in the Spirit in tongues during this fast. We will also read the book of Psalms.
3. 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.
4. 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 more.
5. Prayer and fasting does not always mean you do all the talking. Prayer does not always mean you are positioned on your knees with hands folded praying. You can sit and read the Word, read a spiritual book or just be quiet and listen to the Lord. Listening to a ministry tape is also very good. Sometimes, just praising and worshipping the Lord in the Holy Ghost by praying in tongues is sufficient.
6. 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 7-8.
7. 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. Be led by the Holy Spirit as to the level of fast you will do.
8. For those who are *not* used 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 really need more from God and are mature enough to go deeper should fast daily.
9. If you should yield to eating during the fast when you should not have, or if you turned on the TV, DVD or computer; repent to the Lord, do not get into condemnation, and start over again. God will honor that. You may take an eight-hour period where you do not eat, then pray for an hour or more. Once you have done that, then you can check phones and e-mails and/or watch something inspiring.
10. You are permitted to play worship music during your time of prayer and fasting if you like.
11. 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.

# **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!**

# A Table of Psalms by Theme

Find a Psalm that fits your spiritual needs by using the following chart to guide you in the theme of each chapter.

God the Creator	8, 19, 33, 65, 111, 104, 145, 147.
God the Redeemer	15, 33, 102, 103, 111, 113, 114, 126, 130, 138.
God the Judge	1, 7, 11, 46, 50, 62, 75, 76, 82, 90, 96, 97, 98.
God's Glory	18, 29, 99, 36, 46, 148, 150.
God's Sovereignty	24, 46, 47, 72, 89, 93, 96, 97, 98, 99, 112, 146, 145.
God's Wisdom	33, 104, 111, 113, 139, 145, 147.
God's Law	19, 50, 62, 111, 119, 147. 23, 33, 34, 37, 89, 121, 124, 139, 145, 146, 147.
God's Mercy	23, 32, 57, 61, 62, 63, 73, 77, 85, 86, 100, 103, 118, 130, 145.
The Incarnation	2, 8, 85, 89, 102, 110, 111, 113, 132.
The Passion	22, 40, 42, 54, 69, 88, 116, 130.
The Church	46, 48, 84, 111, 122, 133, 147.
Worship	5, 26, 43, 63, 65, 66, 67, 84, 96, 100, 102, 116, 122, 138.
Thanksgiving	30, 65, 67, 92, 98, 100, 111, 103, 107, 116, 134, 138, 145, 147, 148, 150.
Prayer	4, 5, 17, 20, 28, 31, 54, 61, 84, 86, 102, 141, 142.
Trust in God	27, 31, 57, 62, 63, 71, 73, 77, 91, 118, 121, 123, 124, 125, 143, 146.
God Our Refuge	4, 17, 20, 37, 46, 49, 54, 61, 71, 91, 103, 121, 146.
Divine Guidance	25, 43, 80, 85, 111, 112.
In Time of Trouble	3, 11, 12, 13, 18, 20, 30, 40, 46, 49, 57, 62, 63, 80, 85, 86, 90, 107, 118, 144, 146.
Righteousness	1, 11, 12, 15, 18, 19, 26, 34, 40, 92, 111, 112.
Peace	29, 46, 76, 85, 98, 100, 124, 125, 126.
The Transitoriness of Life	39, 49, 90, 102.
The Hope of Immortality	16, 30, 42, 49, 66, 73, 103, 116, 121, 139, 146.
Morning	3, 5, 20, 63, 90, 143.
Evening	4, 13, 16, 17, 31, 77, 91, 121, 134.
Psalms of Repentance	6, 32, 38, 51, 102, 130, 143.
Preparation for Holy Communion	23, 25, 26, 36, 41, 43, 63, 84, 85, 86, 122, 130, 133, 139.
Thanksgiving After Holy Communion	8, 15, 18, 19, 27, 29, 30, 34, 100, 103, 110, 118, 145, 150.