



Lenita Reeves Ministries

Dear Chosen One:

The key to your next level is in prayer and fasting. Jesus had a conversation with his disciples:

And when he was come into the house, his disciples asked him privately, Why could not we cast him out? 29 And he said unto them, This kind can come forth by nothing, but by prayer and fasting. (Mark 9: 28-29, KJV)

I believe the information in this document will help you fast and pray for yourself and your family, bringing spiritual growth, breakthroughs and an end to recurrent issues. By the grace of God we will come into times of breakthroughs, times of deliverance, times of divine acceleration, divine manifestations, times of refreshing and the supernatural.

From the Scriptures, we know that whenever the people of God sought God with all their hearts and turned to Him in fasting and prayer, He responded every time and forgave their sins, heal their land and poured out His blessings upon them. (Isaiah 29:14; Job 5:8-27; Joel 2:12-29). This is a season where your obedience to stretch yourself in prayer will bring results.

Persist. Press your way through any form of opposition or satanic distraction. Continue in prayer and it shall come to pass.

You can always let me know if you have any questions and be sure to get the CDs on the power of fasting if you don't already have them.

Sincerely,

Pastor Lenita

How to Start:

Fasting is a time of consecration, setting yourself apart from daily distractions like TV and food and spending that time in prayer and the study of the word.

Before you embark on the fast, Start with a prayer of dedication

Prayer of Dedication

Heavenly Father, today I consecrate myself to you in the name of your only son Jesus Christ. I receive fresh oil from your presence to empower me to be effective in these days of fasting and prayer.

I declare that I shall not be distracted by any device of the enemy but I shall come to a place of deliverance, breakthroughs and victory in every dimension of my life.

I receive supernatural strength from the Holy Spirit to rise above the cravings of my carnal nature. I declare that in the midst of this fast I would receive power and divine directions from the presence of God that would positively affect my destiny.

This is my season of breakthroughs and I shall not be denied of any blessing or miracle that heaven has ordained for me, in Jesus' mighty name, Amen.

If you haven't fasted before, here's what I recommend:

Day 1:

- Start by skipping breakfast and fasting from 6am to 12noon
- Start with prayer in the morning; you can use a devotional or bible reading plan on the Bible app or biblegateway.com. Focus on your personal relationship with God.
- Pray at 12noon before your break your fast, even if it's for a few minutes: use the daily prayer points in this document
- Eat light after 12noon—salads, fruits and a light dinner
- Pray at 6pm, even if it's for a few minutes: use the daily prayer points in this document

Day 2:

- Fast from 6am to 3pm
- Start with prayer in the morning; you can use a devotional or bible reading plan on the Bible app or biblegateway.com. Focus on your personal relationship with God.
- Pray at 12noon, even if it's for a few minutes: use the daily prayer points in this document
- Pray at 3pm before you break your fast, even if it's for a few minutes: use the daily prayer points in this document
- Eat light after 3pm—salads, fruits and a light dinner
- Pray at 6pm, even if it's for a few minutes: use the daily prayer points in this document

Days 3-7:

- Fast from 6am to 6pm
- Start with prayer in the morning; you can use a devotional or bible reading plan on the Bible app or biblegateway.com. Focus on your personal relationship with God.
- Pray at 12noon, even if it's for a few minutes: use the daily prayer points in this document
- Pray at 6pm before you break your fast, even if it's for a few minutes: use the daily prayer points in this document
- Eat light after 6pm—salads, fruits and a light dinner

*Join the prayerline on Thursday night and other times of prayer /services during the week

If you have fasted before:

- Start with Days 3-5 above for 5 days, then drink water only for days 6 and 7

Additional Resources on Fasting:

The Purposes and Benefits of Fasting by Derek Prince

<http://beltway.org/college/files/2012/12/The-Purpose-and-Benefits-of-Fasting.pdf>

Your Personal Guide to Fasting and Prayer

<https://www.cru.org/train-and-grow/spiritual-growth/fasting/personal-guide-to-fasting.html>

Background information on Fasting

Blow the trumpet in Zion, sanctify a fast, call a solemn assembly: Gather the people, sanctify the congregation, assemble the elders, gather the children, and those that suck the breast:

Let the bridegroom go forth of his chamber, and the bride out of her closet. Let the priest, the ministers of the Lord, weep between the porch and the altar, and let them say, Spare thy people, O Lord, and give not thy heritage to reproach, that the heathen should rule over them: wherefore should they say among the people, Where is their God?

Joel 2: 15-17

Fasting is a voluntary abstinence from food and fleshly activities for spiritual purposes. It was an accepted part of the religious duty among the Jewish people in the days of Christ. They had practiced it continuously from the time of Moses onward.

Fasting is endorsed not merely by the teaching of Jesus, but also by His own personal example. *Matt. 16:16-18, Mark 2:18-20, Luke 4:1.2.14.*

The New Testament Christians not only practiced fasting individually, as a part of their personal discipline, but also practiced it collectively, as their corporate ministry to God. *Acts 13:1-3, Acts 14:21-23.*

From Acts 13 and 14, we realize that collective prayer and fasting played a vital note in the growth and development of the New Testament church. It was through prayer and fasting that the early Christians received direction and power from the Holy Spirit for decisions or tasks of special importance.

1. Fasting enables us to humble ourselves before God.
Psalm 38:13, Ps 69:10, 2 Chronicles 7:14.
2. Fasting is a means by which a believer brings his/her body into subjection.
1 Corinthians 9:27.
3. Fasting changes man, not God. God is omnipotent and unchanging.
4. Fasting breaks down the barriers in man's carnal nature that stand in the way of the Holy Spirit's omnipotence.
Ephesians 3:20
5. Fasting is neither a gimmick nor a cure all. God has made total provision for the well being of his people in every area of their lives spiritually is one part of this provision.
6. Fasting is not a substitute for any other part of God's provision.
7. Fasting intensifies prayer and enables the believer to become more effective spiritually.
Daniel 9:2,3; Daniel 10:1-14
8. Fasting empowers the believer to obtain deliverance, spiritual breakthroughs, answered prayers and victory.
Isaiah 58:6, 2Chronicles 7:14, 15, 2Chronicles 20:1-30
9. Fasting prepares the believer to receive a fresh outpouring of the Spirit and the blessings of God.
Joel 2:12-29
10. Fasting has medical benefits. *Isaiah 58:8*

Be glad then, ye children of Zion, and rejoice in the Lord your God: for he hath given you the former rain moderately, and he will cause to come down for you the rain, the former rain, and the latter rain in the first month.

And the floors shall be full of wheat, and the vats shall overflow with wine and oil.

And I will restore unto you the years that the locust has eaten, the cankerworm, and the caterpillar, and the palmer worm, my great army which I sent among you.

And ye shall eat in plenty, and be satisfied, and praise the name of the Lord your God, that hath dealt wondrously with you and my people shall not be ashamed.

And ye shall know that I am in the midst of Israel, and that I am the Lord your God, and none else: and my people shall never be ashamed.

And it shall come to pass afterward, that I will pour out my Spirit upon all flesh; and your sons and daughters will prophesy, your old men shall dream dreams, your young men shall see visions...

And it shall come to pass, that whosoever shall call on the name of the Lord shall be delivered:

Joel 2: 23-28,

OPTIONAL PRAYER POINTS

DAY ONE: FORGIVENESS AND RECONCILIATION

Spiritual Reconciliation and breaking out of oppression

And whenever you stand praying, if you have anything against anyone, forgive him that your father in heaven may also forgive you your trespasses. Mark 11:25

I will feed those who oppress you with their own flesh, and they shall be drunk with their own blood as with sweet wine. All flesh shall know that I, the LORD, am your Savior. Isaiah 49:26

1. Confess every known sin before God in sincerity and ask for his forgiveness and cleansing by the blood of Jesus. *Proverbs 28:13 He who covers his sins will not prosper, but whoever confesses and forsakes them will have mercy.*
1 John 1:8-9 If we say that we have no sin, we deceive ourselves, and the truth is not in us. If we confess our sins, He is faithful and just to forgive us our sins and to cleanse us from all unrighteousness.
2. Stand in the gap and intercede for forgiveness for the sins of your family and loved ones.
Ezekiel 22:30 So I sought for a man among them who would make a wall, and stand in the gap before Me on behalf of the land, that I should not destroy it; but I found no one.
3. Pray that the Lord will enable you to be reconciled with those who you may have offended, and those who may also have offended you in one way or the other.
Proverbs 18:19 A brother offended is harder to win than a strong city, and contentions are like the bars of a castle.
4. Confess the release of all those who offended you before God, that your prayers will not be hindered.
2 Corinthians. 2:10-11 To whom you forgive anything I also forgive. For if indeed I have forgiven anything, I have forgiven that one for your sakes in the presence of Christ, lest Satan should take advantage of us; for we are not ignorant of his devices.
5. Pray that God will move the heart of those harboring offences against you to forgive and be reconciled with you.
Proverbs 21:1 The king's heart is in the hand of the Lord, as the rivers of water; he turns it wherever he wishes.

6. Claim your release, from the spirit of offenses and overthrow every spirit of unforgiveness over your life.
Ephesians 4:31-32- Let all bitterness, wrath, anger, clamor, and evil speaking be tenderhearted, forgiving one another, even as God in Christ forgave you.
7. Employ the voice of Jesus blood to silence and overthrow every accusation of the devil against you.
Hebrews 12:24- to Jesus the Mediator of the new covenant and to the blood of sprinkling that speak better things than that of Abel. Revelation 12:11 – And they overcame him by the blood of the Lamb and by the word of their testimony, and they did not love their lives to the death.
8. Ask the Lord to heal you of all bitterness and emotional hurt, as a result of grievances against others.
Proverbs 18:14- The spirit of a man will sustain him in sickness but who can bear a broken spirit.
9. Pray that the Holy Spirit will empower you to live a life of holiness.
Hebrews 12:14 – Follow peace with all men, and holiness, without which no man shall see the Lord.

DAY TWO: PRAYING FOR SPIRITUAL GROWTH

1. Ask the Lord to create in you a heart that delights in righteousness and humility. [Ezekiel 36:26](#)
2. Ask the Lord for grace to be totally sold out to His will. [2Chronicles 34:31](#)
3. Pray for the Holy Spirit, to empower you as you seek the face of the Lord in prayer and worship. [Psalm 13:10](#)
4. Pray that the Lord will fill your heart with his Agape love on a daily basis. [Romans 5:5](#)
5. Pray that the reverential fear of the Lord will be the dominant factor in your life. [Proverbs 2:5](#)
6. Ask the Lord for boldness to shun everything and seek His will at all times. [Titus 2:11-12](#)
7. Pray for God's mighty hand to uphold you and keep you in His will at all times. [1Peter 5:6](#)
8. Ask the Lord for grace to walk in integrity in all money matters. [Luke 16: 10-11](#)
9. Ask the Lord for grace to be faithful at all times and in all situations. [1 Corinthians 4:2](#)
10. Pray for revelation knowledge to understand the deeper things of God. [Psalm 42:7](#)

DAY THREE: BREAKING CURSES

1. Release yourself from every spirit of spiritual slumber and setbacks in Jesus Name. *Isaiah 5:27*
2. Break every curse of poverty and lack that has persisted in your family from past generations. *Proverbs 3:33*
3. Reverse and nullify every curse that leads to dissatisfaction in all the things you do. *Leviticus 26:5*
4. Decree that all the evil pronouncements of those who are envious of you will turn to blessings. *Numbers 24:10*
5. Claim your deliverance and exemption from every inherited curse from the bloodline of your family. *Jeremiah 31:29- 30*
6. Break every curse emanating from idol worship in your bloodline. *Deut. 27:15*
7. Break every curse that is militating against your business and your finances. *Psalms 90:17*
8. Nullify the fear of any curse pronounced against you, by relatives. *Proverbs 26:2*
9. Cancel every curse originating from an injustice from past and present generations in your family. *1Samuel 12:3*
10. Employ the Blood of Jesus to break all curses originating from sexual sins of the past or present from your bloodline. *Deuteronomy 27:20-23*
11. Claim your exemption from every generational or ancestral curse that may be hindering you from fulfilling your purpose and calling in life. *Ezekiel 18:20*
12. Revoke every curse of much labor and less harvest in the name of Jesus. *Haggai 1:6*
13. Cancel every curse of sowing without reaping in the name of Jesus. *Isaiah 65:21-22*
14. Cancel and annual curse of disfavor and decree favor to be with you wherever you go in Jesus name. *Exodus 3:21*
15. Cancel and annual every curse of genetic disease in your family. *Galatians 3:13*
16. Cancel every curse of restlessness and the bondage of fear in your life. *Isaiah 54-14*
17. Employ the blood of Jesus, to revoke every curse that might have come upon your family as a result of offending a servant of God. *2Kings 2:23-24*
18. Neutralize and reverse every curse pronounced on your life by your supervisor or subordinates. *Proverbs 26:2*
19. Decree that every generational curse will be turned into a generational blessing. *Isaiah 62:4*
20. Thank the Lord in advance for turning every curse pronounced on you into a blessing. *Psalms 30:11*

DAY FOUR: BREAKING CURSES CONT.

1. Break every curse that is operating against you as a result of spiritual contamination. *Deuteronomy 7:26*
2. Employ the blood of Jesus to annul every curse that may be working against you due to cheating someone consciously or unconsciously. *Deuteronomy 27:17*
3. Claim your exemption from every territorial curse operating where you live or work. *Deuteronomy 28:3*
4. Decree that your enemies will lack the ability to pronounce curses against you. *Numbers 23:8*
5. Bind and Cast out every spirit of deception, lies and hypocrisy that the enemy has assigned to you. *Deuteronomy 11:16*
6. Take authority over every trap and snare the enemy has planted in your path and decree that the planters shall fall into their own traps. *Psalms 69:22*
7. Take authority over every strongman of opposition in your life, bind and disarm him and declare your freedom from his stronghold in Jesus Name. *Mark 3:27*
8. Decree and command the defeat of every host of darkness gathered against you. *Psalms 35:4*
9. Declare and claim your freedom from every satanic captivity bondage and setback. *Isaiah 14:3*
10. Declare your freedom from every satanic limitation in the name of Jesus. *Zechariah 1:21*

DAY FIVE: RELEASING PROPHETIC PRAYERS

1. Prophecy against every form of barrenness in your life and command fruitfulness in every area of your life.
Deut. 7; 14 – Thou shall be blessed above all people; there shall not be male or female barren among you or among your cattle.
2. Prophecy and intercept all satanic weapons assigned against you in any way and in any form.
Isaiah 54:17 – No weapon that is formed against you shall prosper and every tongue that against you
3. Release yourself from every spirit of worry and self-pity and proclaim, "It is well with you in all things".
Psalms 128:2 – For you shall eat the labor of your hands; you shall be happy and it shall be well with thee.
4. Prophecy and break down the enemy's warehouses and repossess all that had been stolen from you.
Isaiah 45:2-3 I will go before thee, and make the crooked places straight; I will break in

pieces the gates of brass, and cut in sunder the bars of iron:[3] And I will give thee the treasures of darkness, and hidden riches of secret places, that thou mayest know that I, the LORD, which call thee by thy name, am the God of Israel.

5. Prophecy and decree long life and prosperity over your life and over all your loved ones. *Psalms 91:16 -With long life will I satisfy him, and show him my salvation.*
6. Declare that you will have peace and freedom at all times from all the fears of the enemy. *Psalms 29:11 – The Lord will give strength to his people; the LORD will bless his people with peace.*
7. Claim and activate the Aaronic (priestly) blessing upon your life and you love ones. *Numbers 6:22-27 And the LORD spoke to Moses, saying: "Speak to Aaron and his sons, saying, ' This is the way you shall bless the children of Israel. Say to them: The LORD bless you and keep you; The LORD make His face to shine upon you, And be gracious to you; The LORD lift up His countenance upon you, And give you peace'." So they shall put My name on the children of Israel, and I will bless them"*
8. Employ God to set Himself before you and consume your enemies and those that desire your destruction. *Psalms 59:13 – Consume them in wrath, consume them that they may not be; and let them know that God rules in Jacob to the ends of the earth.*
9. Proclaim that the Lord's thousand-fold blessing shall abide over every area of your life. *Deut. 1:11- May the LORD GOD of your fathers make you a thousand times more numerous than you are, and bless you as He has promised you!*
10. Declare that the dread and fear will fall upon all you adversaries everywhere you go. *Deut. 11:26*
11. Declare and proclaim, you will be a lender and a borrower all the days of your life. *Deut. 15:6*
12. Decree that all adversaries that rise up against you shall flee before you in all directions. *Deut.28:7*
13. Decree and command all your adversaries to be frustrated and confounded by their evil schemes. *Psalms 35:4 Let them be confounded and put to shame that seek after my soul; let them be turned back and brought to confusion that devise my hurt.*
14. Command every Jericho wall of hindrance to your breakthrough to fall before you. *Joshua 6:20*
15. Invoke the fire of God upon all the adversaries of your soul. *2 kings 1:12*
16. Prophecy and declare that your mourning shall be turned into dancing. *Psalms 30:11*

17. Prophecy and declare that the Lord shall be your glory and the lifter of your head bringing you honor. *Psalms 3:3*
18. Prophecy and declare that you will spend your days in prosperity and your years in pleasure. *Job 36:11*

DAY SIX: BREAKING OUT OF OPPRESSION

1. Take authority and arrest every spirit of robbery operating in your life, and banish it to the place of divine appointment.
Zechariah 5:3 – Then said he to me, this is the curse that goes forth over the face of the whole earth; for every one that steals shall be cut off as on this side according to it; and every one that swears shall be cut off as on that side according to it.
2. Prophecy blindness to every monitoring eye of darkness working against you.
2 kings 6:18
3. Employ and deploy the missiles of the spirit and demolish every satanic watchtower operating against you. *Ezekiel 13:13*
4. Ask the Lord to deliver you from all forms of oppression. *Psalms 119:134*
5. Decree that all oppressors shall be put to shame and every oppression of the wicked will be turned around for your good. *Zechariah 9:8*
6. Decree in the name of Jesus that the weapons of the oppressors will turn against them.
Isaiah 49:26

7. Employ divine justice for those who are oppressed and defenseless. *Psalm 103:6*
8. Rebuke the oppressors and prophesy a change to the oppression you are facing in Jesus Name.
Psalm 9:9
9. Employ the Finger of God against every aggressive oppressor in your life. *Exodus 8:19*
10. Release yourself from every bondage of anxiety and oppression. *Isaiah 51:12*
11. Pray and decree a recovery of every possession the enemy has stolen from you in Jesus Name.
1 Samuel 30:8
12. Decree your release from bondage of poverty in Jesus Name. *2 Corinthians 8:9*
13. Declare your freedom from bondages of sickness and disease. *Deut. 7:15*
14. Overthrow every satanic falsehood and command it to lose its hold over your life. *John 8:44*
15. Take authority over every serpentine spirit that is pursuing you and crush it under your feet. *Psalm 91:5*
16. Shatter and destroy every horn of oppression in your family and work place. *Psalm 75:10*
17. Plead the blood of Jesus against demonic molestation in your life. *Psalm 91:5*
18. Employ the anointing of the Holy Spirit to destroy every yoke of bondage in your life. *Isaiah 58:6*
19. Decree that every programming and counsel of the oppressor against you shall fail.
Isaiah 8:10
20. Invoke the sentence of death upon the sons of Belial (Satan) who are setting to death trap for you. *Psalm 55:15* *Let death seize upon them, and let them go down quick into hell: for wickedness is in their dwellings, and among them.*

DAY SEVEN: Prophetic prayers

1. Pray and ask the Lord to anoint you and consecrate you for his work. *Psalms 92:10*
2. Pray for divine enablement and divine protection to accomplish every divine assignment in your life. *Deut. 33:25*
3. Prophecy and claim God's provision, security, and guidance for every area of your life. *Isaiah 49:10*
4. Prophecy and claim God's beauty upon your life and declare that the work of your hands shall be established. *Psalm 90:17*
5. Prophecy and decree the exaltation of your horn and decree the destruction of every horn of the adversary *Psalms 75:10*.
6. Prophecy and pronounce God's judgment on all horns of wickedness opposing your progress. *Zechariah 1:21-22*
7. Prophecy and decree that the wicked shall not encroach on you possession. *Psalms 125:3*

8. Prophecy and decree you immunity from every satanic terror of the night and of the day. *Psalms 91:5*
9. Prophecy and claim divine immunity from all satanic fires and stormy waters. *Isaiah 43:2*
10. Prophecy confusion into the camp of those plotting for your downfall. *Psalm 70:2*