



Out of Babylon Fast

Fast called by the Lord on Friday, May 17th, 2019

Foundational Scripture - Mandate

The word given about Daniel Chapter 1

Daniel Chapter 1:8-9 - Daniel's Faithfulness

8But Daniel purposed in his heart that he would not defile himself with the portion of the king's meat, nor with the wine which he drank: therefore he requested of the prince of the eunuchs that he might not defile himself. 9Now God had brought Daniel into favour and tender love with the prince of the eunuchs.

The Objectives of this Fast are to:

- *Ask for favor from those in high places (eg government)*
- *Ask for increased discernment*
- *Ask for increased Divine Intelligence*
- *Ask for deliverance from unfair verdicts and judgments*
- *Ask for the gift of interpretation of dreams and visions*
- *Receive elevation and honor from the Lord*
- *Ask to clearly hear God's voice in meditation*
- *Godly order, submission to God, acknowledgment of God & His will for the people*
- *Salvation for leaders of government*

★ Now according to Matthew Chapter 18:18-20 → Pray in agreement!!

★ Pray in according to 1 John Chapter 5:14-15 → that we are assured of answered prayer. Now declare that those prayers are answered!!



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This fast requires considerable meditation and quiet time with the Lord. Choose your times accordingly.

Call on the Holy Spirit to help you. Be lead. Follow instructions as given by the Lord. Do not delay in following them. He may lead you to read additional scriptures or change the way you are decreeing and declaring your prayer points. Trust in Him. Trust in Christ Jesus. And trust in Elohim.

Praise Portion & Thanksgiving

Daniel Chapter 2:18-23

[18](#)That they would desire mercies of the God of heaven concerning this secret; that Daniel and his fellows should not perish with the rest of the wise *men* of Babylon.

[19](#)Then was the secret revealed unto Daniel in a night vision. Then Daniel blessed the God of heaven.

[20](#)Daniel answered and said, Blessed be the name of God for ever and ever: for wisdom and might are his:

[21](#)And he changeth the times and the seasons: he removeth kings, and setteth up kings: he giveth wisdom unto the wise, and knowledge to them that know understanding:

[22](#)He revealeth the deep and secret things: he knoweth what *is* in the darkness, and the light dwelleth with him.

[23](#)I thank thee, and praise thee, O thou God of my fathers, who hast given me wisdom and might, and hast made known unto me now what we desired of thee: for thou hast *now* made known unto us the king's matter.



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Eating Plan

What NOT to Eat

- Stay away from excessive CARBS (breads, cakes, etc...)
- Avoid Sugars, dairy products, eggs, cheeses, and fried foods
- No preservatives, cold cuts or canned meats
- No sugar substitutes like diet drinks, colas, aspartame
- No alcohol - except the Lord's Supper
- No breads, cakes, ...

What to EAT

- Eat once daily at dinner after 6 pm - EAT SLOWLY and PRAYERFULLY
- Stop eating after dinner (by 9 pm)
- Make vegetable soup (for a snack during the day if needed and/or for dinner)
- Eat any of the following:
 - Provisions
 - Beans
 - Soup (non creamy)
 - Fruits
 - Nuts
 - Unleavened Bread (matzo, Ryvita, ...)
 - Potatoes (sweet potatoes)
 - Salad (with dressing)
- Although not recommended, if you must eat a meat, stay with **fish** or **chicken**



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Prayer Routine

3 or more times daily

Daniel Chapter 1:8-9

Daniel Chapter 2 Verses 18-23 & Verses 44-48

Unleavening Your Life

A Way Forward - A Cleansing Prayer of Release

During the Readings

Readings are to be done in sets of 3

Fast is to be done for **9 days**

Give Thanks for the blessings of this Out of Babylon Fast as you are doing the readings

Apostle Dr. Eurica Stewart

Bethany Covenant Alive Ministries International

Voice Over the Nations TV Ministry

Kingdom Prayer Watch

Podcast

Kingdom Quotes

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Readings

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Daniel Chapter 2:44-45

[44](#)And in the days of these kings shall the God of heaven set up a kingdom, which shall never be destroyed: and the kingdom shall not be left to other people, *but* it shall break in pieces and consume all these kingdoms, and it shall stand for ever. [45](#)Forasmuch as thou sawest that the stone was cut out of the mountain without hands, and that it brake in pieces the iron, the brass, the clay, the silver, and the gold; the great God hath made known to the king what shall come to pass hereafter: and the dream *is* certain, and the interpretation thereof sure.



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Matthew Chapter 18:19-20

[19](#) Again I say unto you, That if two of you shall agree on earth as touching any thing that they shall ask, it shall be done for them of my Father which is in heaven. [20](#) For where two or three are gathered together in my name, there am I in the midst of them.

1 John Chapter 5:14-15

[14](#) And this is the confidence that we have in him, that, if we ask any thing according to his will, he heareth us: [15](#) And if we know that he hear us, whatsoever we ask, we know that we have the petitions that we desired of him.



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Unleaving Your Life

Begin with thankfulness for all His benefits

Remember Jesus ??? Do you hear His words inside your being? And have you retained them?

Luke 12:1-3 **1**Meanwhile, when a crowd of many thousands had gathered, so that they were trampling on one another, Jesus began to speak first to his disciples, saying: **"Be ^a on your guard against the yeast of the Pharisees, which is hypocrisy. 2There is nothing concealed that will not be disclosed, or hidden that will not be made known. 3What you have said in the dark will be heard in the daylight, and what you have whispered in the ear in the inner rooms will be proclaimed from the roofs.**

If you have:

John 15:7 **7If you remain in me and my words remain in you, ask whatever you wish, and it will be done for you.**

Don't ask for carnal things as they have already been provided for

Don't just rattle off words from memory like:

Luke 11:4 **4Forgive us our sins, for we also forgive everyone who sins against us. And lead us not into temptation.**

Romans 5:8 **8**But God demonstrates his own love for us in this: While we were still sinners, Christ died for us.

Matthew 18:21-22 **21**Then Peter came to Jesus and asked, "Lord, how many times shall I forgive my brother or sister who sins against me? Up to seven times?" **22**Jesus answered, **"I tell you, not seven times, but seventy-seven times.**

Then list all the things your enemies could be doing against you:

Pray like this:

Father, in Jesus' name; I forgive those that have trespassed against my body (ie attacking my feet, ...); have trespassed against my soul (betrayal, soul hurts, deceit, ...); have sinned against me in their words and deeds; and now even as my enemies are sinning against me I completely and permanently forgive them for every known and unknown sin against my life, my home, my Ministry, my God given assignment, against my relationships (ie marriage, ...)



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And now do this:

Declare: I love my neighbour as myself (Jesus said you cannot love God if you don't love your brother)

Declare: Divine Love for any special group of people (Chinese, Hindus, Hebrews, your own group of people, ...)

And then do this:

Dare to demonstrate humility!! And begin to see immediate results:

1. your sleep will be sound;
2. your dreams will return;
3. your memory will improve;
4. your energy will increase;
5. your blood pressure will respond to this Divine Love;
6. your painful joints will release their infirmity;

Now receive the gift of Divine Love and forgiveness from Christ Jesus

Finally, now forgive yourself for the self inflicted wounds you yourself have inflicted & no more sinning against your own soul. Rejoice in your healing!

And Declare:

NO MORE SPOTS; NO MORE PAIN; NO MORE SHAME
SHALOM - PROSPERITY AND GOOD HEALTH IS YOURS
AMEN

You can always add a fast to this routine as you are lead to but is not compulsory...

Shalom

Apostle Dr. E. Stewart



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Personal Notes