



Bethesda Empowered to Heal
Bethany Covenant Alive Ministries International
Voice Over the Nations



The John the Baptist/ Elijah Fast

Preparing the Way for the fullness of Christ to function in your life

There are somethings you must accomplish in this Fast:

1. Assess exactly where you stand spiritually and begin to Prepare the Way for the fullness of Christ in your life!!
2. Decree your good into existence, and for others as well
3. Do that which you are called to do (intercede if you are an intercessor, ...)
4. CONSECRATE FOR VICTORY
5. Observe all protocol of other Fasts.
6. DO NOT BREAK FOR THESE 9 DAYS. If you continue past the nine days, then you can go to the 3 Day Rotation Schedule!

Begin each day:

- With Worship - your favorite psalm, etc...
- With Divine Order Prayer
- Do the World Healing Blessing Prayer (with 10 persons on your list - adding/removing as you are lead)
- Break any and all ungodly agreements with spirits (Envy, malice, division, strife, poverty, lack, jealousy, sorcery, divination, spying, rivalry,...), then persons
- DECREE WORDS OF RIGHTEOUSNESS
- DECREE WORDS OF FAITH, PEACE, PROSPERITY
- DECREE over your body, mind, spirit
- DECREE over family, nation
- DECREE provision/ Prosperity over your life and that of others

Close each day with A Prayer of Thanksgiving



General Instructions

Pray 3 times daily!!

These Psalms may be useful for this Fast, but if the Holy Spirit has given you a word then use that word for your decree:

Psalm 23, 20, 18, 139

Hallel Psalms (Psalms of Praise) 113, 114, 115, 116, 117, 118

Isaiah 41, 42, 52

This is a 9 day fast. Fast for nine (9) days without breaking!!

If you continue after nine (9) days then you can follow the three (3) day rotation plan.

Begin this Fast on the evening of this coming Shabbat Jan 23, 2021.

Do not eat after dinner on Shabbat.

Why are you doing this Fast?

- This is a **CONSECRATION FAST**. You want to get as close to God as possible.
- Do these things:
 - Assess exactly where you stand spiritually.
 - **Prepare the Way** for the fullness of Christ in your life
 - Remember you have **grace** to accomplish this
 - You need to fortify your mind (Proverbs 18:14)
 - You need to persevere by your faith
 - You will accomplish much by making this Fast a priority in your schedule



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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	- Fruits	- Potatoes (sweet potatoes)
- Beans	- Nuts	- Salad (with dressing)
- Soup (non creamy) - Unleavened Bread (matzo, Ryvita, ...)		

Although not recommended, if you must eat a meat, stay with fish or chicken