



The Pilgrim's Fast

March 11, 2026



What is this Fast About

This is a fast dedicated to those who are, at this point in time, are not only deeply contemplating the outcome of the fulfilment of all things, but are also seeking the Wisdom of God, the Knowledge of God, His Word, His Kingdom, and how best to reach a perfect destination, not withstanding severe and persistent warfare!

This Fast is brought forth by the Revelation of the Holy Spirit to empower, instruct, and strengthen you as we come together in preparation for the Feasts of the Lord, beginning with the Passover!

The anointing of the Holy Spirit with revelation of scripture will make all the difference as you stay present, pursuing His presence day after day!

Opening Scriptures

Isaiah Chapter 55:10-13

10As the rain and the snow come down from heaven, and do not return to it without watering the earth and making it bud and flourish, so that it yields seed for the sower and bread for the eater, 11so is my word that goes out from my mouth: It will not return to me empty, but will accomplish what I desire and achieve the purpose for which I sent it. 12You will go out in joy and be led forth in peace; the mountains and hills will burst into song before you, and all the trees of the field will clap their hands. 13Instead of the thornbush will grow the juniper, and instead of briars the myrtle will grow. This will be for the Lord's renown, for an everlasting sign, that will endure forever."

Ezekiel Chapter 37:16-17

16"Son of man, take a stick of wood and write on it, 'Belonging to Judah and the Israelites associated with him.' Then take another stick of wood, and write on it, 'Belonging to Joseph (that is, to Ephraim) and all the Israelites associated with him.' 17Join them together into one stick so that they will become one in your hand.

1 John Chapter 5:14-15

14This is the confidence we have in approaching God: that if we ask anything according to his will, he hears us. 15And if we know that he hears us—whatever we ask—we know that we have what we asked of him.

Matthew Chapter 6:33

33But seek first his kingdom and his righteousness, and all these things will be given to you as well.



There are 3 portions given in this Fast!

Part I - This deals with the Presence and the Power the Holy Spirit gives to the believer.

Part II - This section deals with the matter of Repentance, Deliverance, Revival.

Part III - This is an actual presentation of the Pilgrim's Journey as detailed in the Psalms of Ascent / Psalms of Degrees!!

Romans Chapter 3:21-22

21But now apart from the law the righteousness of God has been made known, to which the Law and the Prophets testify. 22This righteousness is given through faith in h Jesus Christ to all who believe. There is no difference between Jew and Gentile, 23for all have sinned and fall short of the glory of God,

Romans Chapter 8:1-2

1Therefore, there is now no condemnation for those who are in Christ Jesus, 2because through Christ Jesus the law of the Spirit who gives life has set you a free from the law of sin and death.

Psalms 119:164-165 - Shin

164Seven times a day I praise you for your righteous laws. 165Great peace have those who love your law, and nothing can make them

stumble.

Hebrews Chapter 9:15

15For this reason Christ is the mediator of a new covenant, that those who are called may receive the promised eternal inheritance—now that he has died as a ransom to set them free from the sins committed under the first covenant.

Hebrews Chapter 9:22-23

22In fact, the law requires that nearly everything be cleansed with blood, and without the shedding of blood there is no forgiveness. 23It was necessary, then, for the copies of the heavenly things to be purified with these sacrifices, but the heavenly things themselves with better sacrifices than these.

Part I - Power From On High Pursuing the Holiness of His Presence

Portion on the importance of relying on the Holy Spirit.
Scriptures on receiving the Power of the Holy Spirit



Believers having received salvation by repentance believing in Jesus Christ by His Blood and His Cross, must now seek the baptism of the Holy Spirit separate and apart from receiving Jesus Christ into their hearts!!

This is an invitation to you and a call from the Holy Spirit to receive Him in order to receive His power from on High. The believer needs this baptism!!

Now receive this with clarity and in truth:

Acts Chapter 8:14-16

14When the apostles in Jerusalem heard that Samaria had accepted the word of God, they sent Peter and John to Samaria. 15When they arrived, they prayed for the new believers there that they might receive the Holy Spirit, 16because the Holy Spirit had not yet come on any of them; they had simply been baptized in the name of the Lord Jesus.

Acts Chapter 9:1-7

1Meanwhile, Saul was still breathing out murderous threats against the Lord's disciples. He went to the high priest 2and asked him for letters to the synagogues in Damascus, so that if he found any there who belonged to the Way, whether men or women, he might take them as prisoners to Jerusalem. 3As he neared Damascus on his journey, suddenly a light from heaven flashed around him. 4He fell to the ground and heard a voice say to him, "Saul, Saul, why do you persecute me?" 5"Who are you, Lord?" Saul asked. "I am Jesus, whom you are persecuting," he replied. 6"Now get up and go into the city, and you will be told what you must do." 7The men traveling with Saul stood there speechless; they heard the sound but did not see anyone.

Acts Chapter 9:17

17Then Ananias went to the house and entered it. Placing his hands on Saul, he said, "Brother Saul, the Lord—Jesus, who appeared to you on the road as you were coming here—has sent me so that you may see again and be filled with the Holy Spirit."

Acts Chapter 10:44

44While Peter was still speaking these words, the Holy Spirit came on all who heard the message.

Acts Chapter 19:2

2and asked them, "Did you receive the Holy Spirit when a you believed?" They answered, "No, we have not even heard that there is a Holy Spirit."

Acts Chapter 19:6

6When Paul placed his hands on them, the Holy Spirit came on them, and they spoke in tongues b and prophesied.



Follow up with the wisdom and knowledge received at:

John Chapter 14:16

6 Jesus answered, "I am the way and the truth and the life. No one comes to the Father except through me."

Mark Chapter 16:17

17 And these signs will accompany those who believe: In my name they will drive out demons; they will speak in new tongues;

Isaiah Chapter 28:9-12

9 "Who is it he is trying to teach? To whom is he explaining his message? To children weaned from their milk, to those just taken from the breast? 10 For it is: Do this, do that, a rule for this, a rule for that; a little here, a little there." 11 Very well then, with foreign lips and strange tongues God will speak to this people, 12 to whom he said, "This is the resting place, let the weary rest"; and, "This is the place of repose"—but they would not listen.

Amen.

Breathe in the Power of the Holy Spirit and live now in power from on High!

Ask in prayer, in your hearts to receive this Holy Spirit Baptism.

Worship, pray, give thanks for what you are about to receive today!!

Consider:

Job Chapter 29:21-22

21 "People listened to me expectantly, waiting in silence for my counsel.

22 After I had spoken, they spoke no more; my words fell gently on their ears.

Father today as I seek this infilling of your Holy Spirit, I yield my thoughts and all that is within me to receive this gift from Heaven! Honor and glory and praise be unto your Holy Name, Amen!!

Part II - The Pilgrim Fast

Repentance, Deliverance, Revival

This is a powerful and in depth application requiring your attention

Organize, Organize, Organize & Study:

The daily reading of the **Psalms of Ascent** (listed on pages 14-17)!!

You will want to give yourself time to familiarize yourself with these instructions!! Begin NOW!!



The Pilgrim Fast Repentance... Deliverance... Revival...

Reason for the Fast

Revival, a return of God's Mercy, Favor, and Blessings!!

Purpose

To honor God's request and to return to him wholeheartedly; acknowledging His Sovereignty, His Power, but also His faithful Love.

Opening Statement → Joel Chapter 1:12 ...Surely the people's joy is withered away.

Truly a fast of National and International proportions! God's sovereignty and power is displayed before the Nations. A mighty army of locusts is devastating the land - and like now, there is a famine, fuel scarcity like the result of modern day sanctions → have resulted in unbelievable hardship for the people!

God's instruction to the church: 1 Put off your pleasures

God Announces a Fast - A Solemn Assembly

Joel Chapter 1:14 14Declare a holy fast; call a sacred assembly. Summon the elders and all who live in the land to the house of the Lord your God, and cry out to the Lord.

God's instruction to the Leadership/ Ministers/ Shepherds/

Joel Chapter 1:13-14 13Put on sackcloth, you priests, and mourn; wail, you who minister before the altar. Come, spend the night in sack cloth, you who minister before my God; for the grain offerings and drink offerings are withheld from the house of your God. 14Declare a holy fast; call a sacred assembly. Summon the elders and all who live in the land to the house of the Lord your God, and cry out to the Lord.

God's message to the People:

Joel Chapter 1:2-3 ...listen, all who live in the land.

Has anything like this ever happened in your days or in the days of your ancestors? 3Tell it to your children, and let your children tell it to their children, and their children to the next generation.

The Judgement on the Land

Joel Chapter 1:4-7 4What the locust swarm has left the great locusts have eaten; what the great locusts have left the young locusts have eaten; what the young locusts have left other locusts have eaten. 5Wake up, you drunkards, and weep! Wail, all you drinkers of wine; wail because of the new wine, for it has been snatched from your lips. 6A nation has invaded my land, a mighty army without number; it has the teeth of a lion, the fangs of a lioness. 7It has



laid waste my vines and ruined my fig trees. It has stripped off their bark and thrown it away, leaving their branches white.

The Famine

Joel Chapter 1:7-12 7It has laid waste my vines and ruined my fig trees. It has stripped off their bark and thrown it away, leaving their branches white. 8Mourn like a virgin in sackcloth grieving for the betrothed of her youth. 9Grain offerings and drink offerings are cut off from the house of the Lord. The priests are in mourning, those who minister before the Lord. 10The fields are ruined, the ground is dried up; the grain is destroyed, the new wine is dried up, the olive oil fails. 11Despair, you farmers, wail, you vine growers; grieve for the wheat and the barley, because the harvest of the field is destroyed. 12The vine is dried up and the fig tree is withered; the pomegranate, the palm and the apple tree— all the trees of the field—are dried up. Surely the people’s joy is withered away.

Duration

This Fast will continue for 9 days:

Fast begins after SUNDOWN on _____

Fast concludes on SUNDOWN _____

This Covers the Passover, Feast of Unleavened Bread, and Feast of FirstFruits

The Requirements of the Fast

Joel Chapter 2:1 1Blow the trumpet in Zion; sound the alarm on my holy hill. Let all who live in the land tremble, for the day of the Lord is coming. It is close at hand—

Joel Chapter 2:15-17 15Blow the trumpet in Zion, declare a holy fast, call a sacred assembly. 16Gather the people, consecrate the assembly; bring together the elders, gather the children, those nursing at the breast. Let the bridegroom leave his room and the bride her chamber. 17Let the priests, who minister before the Lord, weep between the portico and the altar. Let them say, “Spare your people, Lord. Do not make your inheritance an object of scorn, a byword among the nations. Why should they say among the peoples, ‘Where is their God?’ ”

The Method of this Fast

Each and every day → Release the sound of the shofar

Each and every day → Consecrate the Lord’s supper for daily use; unleavened bread; grape juice;

Each and every day → meditate on scripture provided in This Fast

Components of this Fast

Praise and Worship the LORD portions:

Psalm 66

Psalm 99

Psalm 51:17

Exodus Chapter 12:27

Exodus Chapter 34:8

Numbers Chapter 20:6



1 King Chapter 8:50-54
Acts Chapter 7:60
Revelations Chapter 7:11

2 Chronicles Chapter 20:18
Romans Chapter 14:11

Nehemiah Chapter 8:6
Philippians Chapter 2:10

Repentance

Psalms 24:3-4
Isaiah Chapter 35:8
Hebrews Chapter 12:25-28

Psalms 32:5
Acts Chapter 5:26

Psalms 66:18-20
Acts Chapter 3:19

Pray for your Country & Countries:

1 Samuel Chapter 12:23
Psalms 119:29-30

Psalms 20:7
Daniel Chapter 2:19-22

Psalms 106:23
Jeremiah Chapter 12:11

The Ask

A Return To The Blessing Of New Wine
A Return To Favor & Prosperity
Protection & Safety
Forgiveness Of Sins & A Plea For Vindication
A Plea For Total Revival
An Outpouring Of His Spirit Upon All Humanity
The Salvation Of The Lord

Daily Prayer Focus

Day 1 - Leaders
Day 2 - Country
Day 3 - Children
Day 4 - Families
Day 5 - Law Enforcement Personnel
Day 6 - Seniors & the Poor
Day 7 - The Return to Prosperity in the Land
Day 8 - The Cleansing of the Waters
Day 9 - Thanksgiving

The Covenant Portion - Do This Daily

If we will:

If we will Repent in a Solemn Fast
If we will Declare Your Awesome Works to the Next Generation
If we will Return to You with All Our Hearts
If we will Gather Together All Our Priests & Shepherds in a Holy Assembly Sounding the Horn of the Lord



If we will Dress in Sackcloth & Spend the Night in Mourning
If your Elders & All Inhabitants of the Land would present themselves in the House of the Lord and Cry Out to the Lord

Then O Sovereign Yahweh will you then:

Will You Send us New Wine & Olive Oil
Will You Remove Our Disgrace
Will You Remove Our Enemies from Our Land
Will You then Repay Us for the Years that the Locusts have Devoured
Will Your Presence Return to Dwell With Us
Will You Pour Out Your Spirit Upon All Our Sons & Daughters & Old Men & Young Men that they may have Dreams See Visions & Prophecy

The Blessing of Yahweh Returns

⇒ Then We Will Know Your Name as Yahweh Our God
Then Everyone Who Calls Upon Your Name Yahweh Shall Be Saved
Even those in Jerusalem & Upon Mt Zion

Joel Chapter 3:17-21 17“Then you will know that I, the Lord your God, dwell in Zion, my holy hill. Jerusalem will be holy; never again will foreigners invade her. 18“In that day the mountains will drip new wine, and the hills will flow with milk; all the ravines of Judah will run with water. A fountain will flow out of the Lord’s house and will water the valley of acacias. 19But Egypt will be desolate, Edom a desert waste, because of violence done to the people of Judah, in whose land they shed innocent blood. 20Judah will be inhabited forever and Jerusalem through all generations. 21Shall I leave their innocent blood unavenged? No, I will not.” The Lord dwells in Zion!

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

Part III - The Pilgrim Psalms of Degrees/ Ascent Seeing the Presence and the Spirit of Yaweh!!

Now as we prepare to enter the Holy Assemblies for the Feasts of the Lord, we most diligently want to prepare our temples in a Holy Fast!
As we now spiritually and mentally prepare ourselves, let us look now to these special Psalms which you know as the **Psalms of Ascent** or **Psalms of Degrees**!!

Duration

This is a fast of 21 days or repeating cycles of 7 days x 3 equalling 21 days in total!!

Things To Ponder

You may want to do some research on the intent and purpose of these Psalms released yearly by those under Covenant!!

1. What is the traveller asking for??
You may be led to decree that God has heard your request and your prayers have been answered!
According to 1 John Chapter 5:14-15
2. These are beautiful and powerful prayer applications. I also believe that being led by the Holy Spirit in this Fast, you will be blessed in ways you could not anticipate!!

Psalms of Ascent/ Psalms of Degrees (Psalms 120 - 134)

Psalm 120

A song of ascents.

1I call on the Lord in my distress, and he answers me.

2Save me, Lord, from lying lips and from deceitful tongues.

3What will he do to you, and what more besides, you deceitful tongue?

4He will punish you with a warrior's sharp arrows, with burning coals of the broom bush.

5Woe to me that I dwell in Meshek, that I live among the tents of Kedar!

6Too long have I lived among those who hate peace.

7I am for peace; but when I speak, they are for war.

Psalm 121

A song of ascents.

1I lift up my eyes to the mountains—where does my help come from?

2My help comes from the Lord, the Maker of

heaven and earth.

3He will not let your foot slip—he who watches over you will not slumber;

4indeed, he who watches over Israel will neither slumber nor sleep.

5The Lord watches over you—the Lord is your shade at your right hand;

6the sun will not harm you by day, nor the moon by night.

7The Lord will keep you from all harm—he will watch over your life;

8the Lord will watch over your coming and going both now and forevermore.



Note:

Again let me press in on this; *there is a before and after with the Holy Spirit experience!!* This is for you to keep and to live by!!
Amen.

Finally, remember you are the temple now, and the Spirit and the Presence and the Power of the Elohim is within you;
Stay blessed.
Shalom and Amen.

Psalm 122

A song of ascents. Of David.

1I rejoiced with those who said to me, "Let us go to the house of the Lord."

2Our feet are standing in your gates, Jerusalem.

3Jerusalem is built like a city that is closely compacted together.

4That is where the tribes go up—the tribes of the Lord—to praise the name of the Lord according to the statute given to Israel.

5There stand the thrones for judgment, the thrones of the house of David.

6Pray for the peace of Jerusalem: "May those who love you be secure.

7May there be peace within your walls and security within your citadels."

8For the sake of my family and friends, I will say, "Peace be within you."

9For the sake of the house of the Lord our God, I will seek your prosperity.

Psalm 123

A song of ascents.

1I lift up my eyes to you, to you who sit enthroned in heaven.

2As the eyes of slaves look to the hand of their master, as the eyes of a female slave look to the hand of her mistress, so our eyes look to the Lord our God, till he shows us his mercy.

3Have mercy on us, Lord, have mercy on us, for we have endured no end of contempt.

4We have endured no end of ridicule from the arrogant, of contempt from the proud.

Psalm 124

A song of ascents. Of David.

1If the Lord had not been on our side—let Israel say—

2if the Lord had not been on our side when people attacked us,

3they would have swallowed us alive when their anger flared against us;

4the flood would have engulfed us, the torrent would have swept over us,

5the raging waters would have swept us away.

6Praise be to the Lord, who has not let us be torn by their teeth.

7We have escaped like a bird from the fowler's snare; the snare has been broken, and we have escaped.

8Our help is in the name of the Lord, the Maker of heaven and earth.

Psalm 125

A song of ascents.

1Those who trust in the Lord are like Mount Zion, which cannot be shaken but endures forever.



2As the mountains surround Jerusalem, so the Lord surrounds his people both now and forevermore.

3The scepter of the wicked will not remain over the land allotted to the righteous, for then the righteous might use their hands to do evil.

4Lord, do good to those who are good, to those who are upright in heart.

5But those who turn to crooked ways the Lord will banish with the evildoers. Peace be on Israel.

Psalm 126

A song of ascents.

1When the Lord restored the fortunes of a Zion, we were like those who dreamed.

2Our mouths were filled with laughter, our tongues with songs of joy. Then it was said among the nations, "The Lord has done great things for them."

3The Lord has done great things for us, and we are filled with joy.

4Restore our fortunes, Lord, like streams in the Negev.

5Those who sow with tears will reap with songs of joy.

6Those who go out weeping, carrying seed to sow, will return with songs of joy, carrying sheaves with them.

Psalm 127

A song of ascents. Of Solomon.

1Unless the Lord builds the house, the builders labor in vain. Unless the Lord watches over the city, the guards stand watch in vain.

2In vain you rise early and stay up late, toiling for food to eat—for he grants sleep to a those he loves.

3Children are a heritage from the Lord, offspring a reward from him.

4Like arrows in the hands of a warrior are children born in one's youth.

5Blessed is the man whose quiver is full of them. They will not be put to shame when they contend with their opponents in court.

Psalm 128

A song of ascents.

1Blessed are all who fear the Lord, who walk in obedience to him.

2You will eat the fruit of your labor; blessings and prosperity will be yours.

3Your wife will be like a fruitful vine within your house; your children will be like olive shoots around your table.

4Yes, this will be the blessing for the man who fears the Lord.

5May the Lord bless you from Zion; may you see the prosperity of Jerusalem all the days of your life.

6May you live to see your children's children—peace be on Israel.

Psalm 129

A song of ascents.

1"They have greatly oppressed me from my youth," let Israel say;



2“they have greatly oppressed me from my youth, but they have not gained the victory over me.

3Plowmen have plowed my back and made their furrows long.

4But the Lord is righteous; he has cut me free from the cords of the wicked.”

5May all who hate Zion be turned back in shame.

6May they be like grass on the roof, which withers before it can grow;

7a reaper cannot fill his hands with it, nor one who gathers fill his arms.

8May those who pass by not say to them, “The blessing of the Lord be on you; we bless you in the name of the Lord.”

Psalm 130

A song of ascents.

1Out of the depths I cry to you, Lord;

2Lord, hear my voice. Let your ears be attentive to my cry for mercy.

3If you, Lord, kept a record of sins, Lord, who could stand?

4But with you there is forgiveness, so that we can, with reverence, serve you.

5I wait for the Lord, my whole being waits, and in his word I put my hope.

6I wait for the Lord more than watchmen wait for the morning, more than watchmen wait for the morning.

7Israel, put your hope in the Lord, for with the Lord is unfailing love and with him is full redemption.

8He himself will redeem Israel from all their sins.

Psalm 131

A song of ascents. Of David.

1My heart is not proud, Lord, my eyes are not haughty; I do not concern myself with great matters or things too wonderful for me.

2But I have calmed and quieted myself, I am like a weaned child with its mother; like a weaned child I am content.

3Israel, put your hope in the Lord both now and forevermore.

Psalm 132

A song of ascents.

1Lord, remember David and all his self-denial.

2He swore an oath to the Lord, he made a vow to the Mighty One of Jacob:

3“I will not enter my house or go to my bed,

4I will allow no sleep to my eyes or slumber to my eyelids,

5till I find a place for the Lord, a dwelling for the Mighty One of Jacob.”

6We heard it in Ephrathah, we came upon it in the fields of Jaar: a

7“Let us go to his dwelling place, let us worship at his footstool, saying,

8‘Arise, Lord, and come to your resting place, you and the ark of your might.

9May your priests be clothed with your righteousness; may your faithful people sing for joy.’ ”

10For the sake of your servant David, do not reject your anointed one.



11The Lord swore an oath to David, a sure oath he will not revoke: "One of your own descendants I will place on your throne.

12If your sons keep my covenant and the statutes I teach them, then their sons will sit on your throne for ever and ever."

13For the Lord has chosen Zion, he has desired it for his dwelling, saying,

14"This is my resting place for ever and ever; here I will sit enthroned, for I have desired it.

15I will bless her with abundant provisions; her poor I will satisfy with food.

16I will clothe her priests with salvation, and her faithful people will ever sing for joy.

17"Here I will make a horn b grow for David and set up a lamp for my anointed one.

18I will clothe his enemies with shame, but his head will be adorned with a radiant crown."

Psalm 133

A song of ascents. Of David.

1How good and pleasant it is when God's people live together in unity!

2It is like precious oil poured on the head, running down on the beard, running down on Aaron's beard, down on the collar of his robe.

3It is as if the dew of Hermon were falling on Mount Zion. For there the Lord bestows his blessing, even life forevermore.

Psalm 134

A song of ascents.

1Praise the Lord, all you servants of the Lord who minister by night in the house of the Lord.

2Lift up your hands in the sanctuary and praise the Lord.

3May the Lord bless you from Zion, he who is the Maker of heaven and earth.

Apostle Dr. Eurica Stewart

Bethany Covenant Alive Ministries International

Voice Over the Nations TV Ministry

Bethesda Empowered to Heal

World Healing Day

