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**2024 Your Year of Supernatural Help!**

**Is 58:6** “Is this not this the fast that I have chosen? To lose the bands of wickedness, to undo the heavy burdens, and to let the oppressed go free, and that ye break every yoke?”

* 21 Days of Prayer and Fasting is not a hunger strike. It is a position we as a church take to inform every natural thing, that our spirit is in charge, and not the flesh.
* It is also a time set apart where our spirit will take new heights in the things of God.
* We do not do it to persuade God. He has already blessed us. We fast to condition our spirit to receive from God, what rightfully belongs to us.
* We fast to partner with God, so we can be a clean vessel in His hands.

**Ps 24:3-4** “Who shall ascend into the hill of the Lord? Or who shall stand in his holy place? “He that hath clean hands, and a pure heart; who hath not lifted up his soul unto vanity, nor sworn deceitfully.”

**Prov 20:27** “The spirit of man is the candle of the Lord, searching all the inward parts of the belly.”

Nothing changes in the spirit until we pray. Nothing can be preserved unless we pray. Preservation and change only take place in prayer.

I want to encourage all of you to come out to pray, and be a part of what the Lord is doing in our churches, because we are going to another realm.

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**20 Promises of Isaiah 58 concerning fasting**

**Verse 8**

1. **Breakthroughs.** Thy light shall break forth as the morning.
2. **Healing.** “Thine health shall spring forth speedily.”
3. **His favor is on you.** “Thy righteousness shall go before thee.”
4. **He will protect you.** “The glory of the Lord shall be thy rereward.”

**Verse 9**

1. **Great answers to prayer.** “Then shalt thou call and the Lord shall answer.”
2. **He will answer your supplications.** “Thou shall cry, and He shall say, “Here I am.”
3. **Promotions.** “Then shall thy light rise in obscurity.”
4. **demons are defeated in your life.** “Thy darkness shall be is the noonday.”

**Verse 11**

1. **Direction and Wisdom**. “The Lord shall guide thee continually.”
2. . **Holy Spirit Visitation** “He shall satisfy thy soul in drought.”
3. . **Divine Health** “He shall make fat thy bones.”
4. . **Fruitful**. “Thou shalt be like a watered garden.”
5. . **Continually Blessed**. Thou shall be “like a spring of water, whose waters fail not.”

**Verse 12**

1. . **Break generational curses**. “Thou shalt build the old waste places.”
2. . **Establish family blessings**. “Thou shalt raise up the foundations of many generations.”
3. **. Miracle Power**. “Thou shalt be called the repairer of the breach.”
4. . **Healing and Supernatural Powers**. “Thou shalt be called the restorer of paths to dwell in.”

**Verse 14**

1. . **Fasting pleases God**. “Then shalt thou delight thyself in the Lord.”
2. . **Elevate you to places of influence**. “I, God will cause thee to ride upon the high places of the earth.”
3. . **Financial Blessing$$** “I will feed thee with a heritage of Jacob thy father.”

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**Scripture Meditation.**

“Wait on the LORD; Be of good courage, And He shall strengthen your heart; Wait, I say, on the LORD!” Psalm 27:14

As you wait on God to strengthen you, remember the words of the prophet Isaiah, ***“But those who wait on the Lord shall renew their strength. They shall mount up with wings like eagles, they shall run and not be weary, they shall walk and not faint.” (Isaiah 40:31 NKJV).***

~The practice of stillness is an ancient method that stirs up the deep deposits of God's glory in your spirit. The Scripture above tells us that those who practice stillness shall strengthen their hearts by God’s Spirit.

1. In stillness, you quiet your mind and follow the melody of the Word of God within you. In Kingdom meditation, the believer remains still before God. **We don’t do as the heathens do and empty our minds, and picture some strange image.**
2. In Biblical stillness, we focus on the Lord, His Words, and His dreams for our lives.
3. In Kingdom stillness and meditation, we visualize on the Word of God coming to pass in our lives.
4. In Kingdom stillness and meditation, we intentionally turn the Scriptures into pictures. When we do, the Holy Spirit can remove the doubts in our hearts, the fear in our minds, and the idols that are buried in the secret chambers of our hearts.

**These Scriptures are our theme verse for this year**

1. **Luke 22:43** And there appeared an angel unto him from heaven,  
   strengthening him.
2. **Psalm 20:1** The LORD hear thee in the day of trouble; the name of the God of Jacob defend thee; Send thee help from the sanctuary, and strengthen thee out of Zion;(KJV).
3. **Psalm 121:1-2** I lift up my eyes to the mountains - where does my help come from? My help comes from the LORD, the Maker of heaven and earth;
4. **Psalm 46:1** God is our refuge and strength, an ever-present help in trouble.
5. **Isaiah 41:10** So do not fear, for I am with you; do not be dismayed, for I am your God. I will strengthen you and help you;  
   I will uphold you with my righteous right hand;