

**40 DAYS
OF PRAYER
& FASTING
PRAYER
GUIDE**

1ST WEEK
CONSECRATION



40 DAYS OF POWER

WITH PASTOR MENSA OTABIL

22 JUNE - 31 JULY 2023



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HELPFUL HINTS FOR FASTING

*The practice of regular fasting is a normal Christian behaviour taught by Jesus. In **Matthew 6:16–18**, Jesus provided guidelines for fasting. Fasting was also practiced by the early church as evidenced in **Acts 13:2**. It has been the regular discipline of believers throughout church history.*

Fasting has physical as well as spiritual benefits. It must be embarked on with spiritual commitment and wisdom. Everything should be done to the glory of God.

Do's Of Fasting

1. Prepare your body for the fast; cut back on food portions and eat smaller meals a few days prior to the fast.
2. Prevent constipation during and after the fast by eating fresh fruit and raw vegetables, fruit or vegetable juices, oatmeal, etc.
3. Drink lots of water when fasting.
4. Seek medical advice before the fast if you have any existing health conditions.
5. You can fast in many different ways. For example, a Daniel fast is one in which you consume only vegetables and water throughout. Pray and ask God what He will give you faith for the duration of the fast.
6. Have a clear target as your prayer focus. Without a vision or clear goal, the people perish. Write down your vision for the fast so you can run with it (**Habakkuk 2:2**).
7. Take time to pray and read the word. This may seem obvious, but busyness and distractions can keep you from daily devotions. Expect to hear God's voice in the word, dreams, visions, and revelations. Daniel prepared himself to receive revelation through fasting (**Daniel 10:1–2**).
8. Break your fast gradually. At this point you will need to exercise watchful self-control. Break your fast on a meal that is light and easy to digest (i.e., broth, a shredded apple, watermelon, or steamed vegetables).
9. Prepare for opposition. Satan tempted Jesus on the fast, and we must expect the same. Discouragement may come but take your stand on the victory of Christ.

Don'ts Of Fasting

1. Avoid high-fat and sugary foods before the fast.
2. Abstain from strong stimulants such as caffeinated and sugary drinks during a fast, including the artificial sweeteners found in diet drinks.
3. It is important after a fast to control your cravings and avoid overeating and nullifying the gains made during the fast.

I am excited that you are joining me on this fast. Commit to staying the course and fasting from the beginning to the end. I believe that God's glory will envelope our nation in a supernatural way as we wait upon the Lord.



40 Days of Power is with us once again. We have traveled halfway through 2023, and it is that time of the year when we consecrate ourselves unto the Lord and seek His face with fasting and prayer. This annual, 40-day commitment is an important feature on the calendar of the International Central Gospel Church, and it has also become an important spiritual journey for several people around the world.

God continues to shower His grace and mercy upon His people as they call upon Him in corporate prayer. From the experiences of people in Bible times through to present day, His response to consecration and prayer remains the same – He hears from heaven, He forgives their sin, and He heals their land (2 Chronicles 7:14). So year after year, we record testimony after testimony of lives that have been touched with the joy of salvation, healing, deliverance, and total transformation as they join in prayer. Men, women, and children alike share these joy-inspiring testimonies.

40 Days of Power this year starts from Thursday, 22nd June 2023, and ends on Monday, 31st July 2023. Members of ICGC and Christians across the globe will fast and pray. We will trust the Lord to stretch forth His hands and touch us in our personal lives, families, the church, and the nations of the world.

This year, the corporate prayer each weekday will have four bands. The first will start at 5 am and run till 8 am.

There will be a break till the second session commences from 11:30 am to 1 pm. Thirdly, there will be in-person only evening prayer services from 6 pm to 8 pm. You can visit an ICGC assembly close by to participate in these services. Finally, we will end each weekday with our late night session of intense intercession from 10 pm to 11 pm. The late-night prayer sessions were a great blessing to the many who tuned in and prayed along last year.

Each year, we provide this prayer guide to help participants pray in a guided, effective, and expansive manner. Weekly themes and daily sub-themes with accompanying scriptures have been outlined to ground our prayers. Scriptures are given for morning and evening reflections, and prayer segments are divided into consecration, guidance, protection, global missions, work and career, and gathering. There are also scripturally-founded declarations to affirm each day as we pray. This guide will enrich your fasting and prayer experience.

As you fast, commit to doing so wisely and healthily for the physical and spiritual benefits that are to be gained. Some helpful tips on effective fasting have been included in the guide.

2023 is our year of Gathering in ICGC. As we embark on this spiritual journey together, may we gather every fragment due us, and may no treasure of ours be lost.

May the Lord hear your prayers and answer them speedily!

Shalom!





WEEK 1
CONSECRATION



PROCLAIM A FAST

"And Jehoshaphat feared, and set himself to seek the LORD, and proclaimed a fast throughout all Judah. So Judah gathered together to ask help from the LORD; and from all the cities of Judah they came to seek the LORD. (2 Chronicles 20:3-4)

DAY 1 - JUNE 22

Morning Reflection

2 Chronicles 20:1-10

It happened after this that the people of Moab with the people of Ammon, and others with them besides the Ammonites, came to battle against Jehoshaphat. Then some came and told Jehoshaphat, saying, "A great multitude is coming against you from beyond the sea, from Syria; and they are in Hazazon Tamar" (which is En Gedi). And Jehoshaphat feared, and set himself to seek the Lord, and proclaimed a fast throughout all Judah. So Judah gathered together to ask help from the Lord; and from all the cities of Judah they came to seek the Lord. Then Jehoshaphat stood in the assembly of Judah and Jerusalem, in the house of the Lord, before the new court, and said: "O Lord God of our fathers, are You not God in heaven, and do You not rule over all the kingdoms of the nations, and in Your hand is there not power and might, so that no one is able to withstand You? Are You not our God, who drove out the inhabitants of this land before Your people Israel, and gave it to the descendants of Abraham Your friend forever? And they dwell in it, and have built You a sanctuary in it for Your name, saying, 'If disaster comes upon us — sword, judgment, pestilence, or famine — we will stand before this temple and in Your presence (for Your name is in this temple), and cry out to You in our affliction, and You will hear and save.'

Consecration

1. Thank the Lord for the opportunity to come before Him in this period of consecration.
2. Pray for the help of the Holy Spirit to overcome weakness in spirit, mind and body as you commit to seek the Lord in prayer and with fasting.
3. Ask God to transform you into the image of Christ, as you sanctify your heart, mind and body unto Him in this time of consecration.
4. Declare that by the end of 40 Days of Power, you shall know God more deeply and intimately.

Guidance

5. Thank God for His word that is able to guide and direct you to green pastures of gathering in this season.
6. Ask the Lord to reveal to you, His intentions and purposes for you and your family as you fast and pray.
7. Ask the Holy Spirit to give you the boldness to take the steps to take you to the next level of your life; cast down confusion, indecision and stagnation in Jesus' name.
8. Ask God to grant sensitivity of heart to fellow believers in Christ to know God's ways and works.

Protection

9. Thank God for preserving you and your family from the beginning of this year till this season of 40 Days of Power.
10. Pray that the schemes of the enemy against God's will for your life will be nullified and cut short; declare that they will not come to pass.
11. Pray that as we fast and intercede, mountains shall be moved, strongholds shall be demolished and doors of limitation shall be broken down in the name of Jesus.
12. Declare in faith that nothing shall hinder God's purposes for you and your family as you seek to please Him.

Declaration

*I declare in faith that the Spirit of the Lord shall make me sensitive to His voice in this season of fasting and prayer. I will see the Lord and encounter His presence, power, and glory. My faith shall grow, and I shall know His purposes for my life clearly. In Jesus' name, **Amen.***

Global Missions

- a. **Afghanistan**
 - b. **Albania**
 - c. **Algeria**
 - d. **Angola**
 - e. **Antigua and Barbuda**
13. Pull down any spiritual strongholds in **Afghanistan** that oppose the work and growth of the Church of God in the country.
 14. Ask the Holy Spirit to move across the country of **Albania** and bring peace to the troubled and stir hunger for God in their hearts.
 15. Ask the Lord to open gateways for the propagation of the gospel in **Algeria** and strengthen missionaries to seize them.
 16. Ask the Holy Spirit to heal the nation of **Angola** from the wounds of past conflicts and use the Church to bring restoration and establishment.
 17. Speak blessings over the church in **Antigua and Barbuda**; declare that there shall be revival and a quickening by the preaching of the Word.

Work and Career

18. Thank God for blessing you with gifts, talents, and abilities; pray that you will discover and use them to create wealth.
19. Ask the Lord to open your eyes to see the opportunities He has put around you for advancement in your career and growth in your business.
20. Ask the Lord for wisdom and resources to overcome difficulties you are confronted with in your work, career, and business.
21. Declare that as you fast and pray, you step into a season of open heavens in your education, career, or profession.

Gathering

22. Thank the Lord for bringing you into a new season of gathering; thank Him for all He has provided for you.
23. Confess that for every seed you have sown, there will be a harvest in due time.
24. Affirm that the inheritance God has appointed for you shall not be taken from you; declare restoration for any blessing that has left your hands.
25. Thank God for answers to prayer in this season as you pray according to His will.

Declaration

I thank God for His work of salvation and revival in the countries of the world. I thank God for His blessings over the work of my hands and for bringing me into a season of gathering. I shall gather my harvest. In Jesus' name. Amen.

Scripture for Reflection

Ezra 8:21-23

Then I proclaimed a fast there at the river of Ahava, that we might humble ourselves before our God, to seek from Him the right way for us and our little ones and all our possessions. For I was ashamed to request of the king an escort of soldiers and horsemen to help us against the enemy on the road, because we had spoken to the king, saying, "The hand of our God is upon all those for good who seek Him, but His power and His wrath are against all those who forsake Him." So we fasted and entreated our God for this, and He answered our prayer.

Declaration

I thank the Lord for giving me the power to begin this fast. I declare that as I have begun, I shall end well. I shall know God more, love Him more, and seek Him more. In this season, I gather an abundant harvest prepared for me. In Jesus' name, Amen.





HUMBLE YOURSELF

Then he said to me, "Do not fear, Daniel, for from the first day that you set your heart to understand, and to humble yourself before your God, your words were heard; and I have come because of your words. (Daniel 10:12)"

DAY 2 - JUNE 23

Morning Reflection

Daniel 10:2-12

In those days I, Daniel, was mourning three full weeks. I ate no pleasant food, no meat or wine came into my mouth, nor did I anoint myself at all, till three whole weeks were fulfilled. Now on the twenty-fourth day of the first month, as I was by the side of the great river; that is, the Tigris, I lifted my eyes and looked, and behold, a certain man clothed in linen, whose waist was girded with gold of Uphaz! His body was like beryl, his face like the appearance of lightning, his eyes like torches of fire, his arms and feet like burnished bronze in color, and the sound of his words like the voice of a multitude. And I, Daniel, alone saw the vision, for the men who were with me did not see the vision; but a great terror fell upon them, so that they fled to hide themselves. Therefore I was left alone when I saw this great vision, and no strength remained in me; for my vigor was turned to frailty in me, and I retained no strength. Yet I heard the sound of his words; and while I heard the sound of his words I was in a deep sleep on my face, with my face to the ground. Suddenly, a hand touched me, which made me tremble on my knees and on the palms of my hands. And he said to me, "O Daniel, man greatly beloved, understand the words that I speak to you, and stand upright, for I have now been sent to you." While he was speaking this word to me, I stood trembling. Then he said to me, "Do not fear, Daniel, for from the first day that you set your heart to understand, and to humble yourself before your God, your words were heard; and I have come because of your words."

Consecration

1. Thank the Lord for His mercies that have been renewed toward you today.
2. Ask the Holy Spirit to help you search your heart and expose every unconfessed sin and besetting sin you need to repent of.
3. Pray for the conviction of the Holy Spirit; confess and ask the Lord to forgive you of all your sins.
4. Surrender your life completely to God and ask Him for grace to submit your desires, will, and choices to His will.

Guidance

5. Thank God for His word, which is able to show you the way you should go.
6. Ask your heavenly Father to help you approach His word with humility; affirm that you will be a doer of His word and not a hearer only.
7. Pray for the boldness to accept God's will and plans for your life and pursue them.
8. Confess according to God's word, that His plans for you and your family are good and they will surely come to pass.

Protection

9. Cast down every work of the enemy opposing the manifestation of God's prophetic word for your life and family.
10. Ask God to help you wage a good warfare in prayer with His word concerning your life, work, and ministry.
11. Ask for the strength of the Holy Spirit to be steadfast in faith until your expectations come to pass; declare that you will see and enjoy what you have trusted God for.
12. Ask God to enable you to see every lie and deception the enemy sends to derail you from God's purposes for your life; declare that you will be discerning always.

Declaration

*I thank the Lord who receives me when I go to Him in faith. When I confess my sins, He does not remember them, nor will He count them against me. Today, I declare that my sins are forgiven and forgotten. I yield to God's will and purposes for my life. In Jesus' name, **Amen.***

Global Missions

- a. **Argentina**
 - b. **Armenia**
 - c. **Aruba**
 - d. **Australia**
 - e. **Austria**
13. Ask God to raise ministers and missionaries in the nation of **Argentina** and empower them to do the work of ministry in the nation.
 14. Ask the Lord to cause the church in **Armenia** to be of one heart and mind; pray for an increase in the works of Christ and spiritual maturity in the church.
 15. Command every spiritual power in **Aruba** suppressing spiritual awareness among believers to lose their hold; declare that there shall be a spiritual awakening.
 16. Pray that the Spirit of God will fall on children and young people in **Australia** and use them to do exploits in their schools and communities.
 17. Ask the Lord to release resources and equip believers for the work of effective ministry in **Austria**.

Work and Career

18. Ask the Lord to help you harness your talents and skills for profit and wealth creation.
19. Pray for God's favour over your ideas, products, and services; ask that new markets will open up to what you offer.
20. Pray for the release of resources and partnerships that will propel your work, business, and career to the next level.
21. Confess that for every year ahead of you, you shall be fruitful in your work, business, and career.



Gathering

22. Thank the Lord that many people shall confess Jesus as Lord in this season.
23. Pray that wherever the word of God is preached, people shall be convicted of sin, humble themselves, and receive salvation.
24. Pray that through your witness, hearts will be touched by God's love in giving Jesus for our salvation.
25. Affirm that you shall gather the good portion of blessing God has set aside for you this year.

Declaration

*All praise, glory, and honour belongs to the Lord. I declare that the earth will be filled with the knowledge of the glory of the Lord, as the waters cover the sea. As people hear of Him, they will be humbled in heart and surrender to Him. In Jesus' name, **Amen**.*

Scripture for Reflection

Isaiah 57:15-18

For thus says the High and Lofty One. Who inhabits eternity, whose name is Holy: "I dwell in the high and holy place, with him who has a contrite and humble spirit, to revive the spirit of the humble, and to revive the heart of the contrite ones. For I will not contend forever, nor will I always be angry; for the spirit would fail before Me, and the souls which I have made. For the iniquity of his covetousness I was angry and struck him; I hid and was angry, and he went on backsliding in the way of his heart. I have seen his ways, and will heal him; I will also lead him, and restore comforts to him and to his mourners.

Declaration

*I am who God says I am. I am the righteousness of God in Christ Jesus. I walk in the authority and strength of my Lord and King. I gather all that God has set aside for me. Nothing will be lost and nothing will be missing. I give all the Lord gives me, back to Him for His pleasure, work, and purpose. In Jesus' name, **Amen**.*



BE SEPARATE

Therefore "Come out from among them and be separate, says the Lord. Do not touch what is unclean, and I will receive you." (2 Corinthians 6:17)

DAY 3 - JUNE 24

Morning Reflection

2 Corinthians 6:14-18

Do not be unequally yoked together with unbelievers. For what fellowship has righteousness with lawlessness? And what communion has light with darkness? And what accord has Christ with Belial? Or what part has a believer with an unbeliever? And what agreement has the temple of God with idols? For you are the temple of the living God. As God has said: "I will dwell in them and walk among them. I will be their God, and they shall be My people." Therefore "Come out from among them and be separate, says the Lord. Do not touch what is unclean, and I will receive you." "I will be a Father to you, and you shall be My sons and daughters, says the LORD Almighty."

Consecration

1. Thank the Lord for translating you from the kingdom of darkness into the kingdom of His beloved Son.
2. Submit yourself to God and ask Him to cleanse you from all uncleanness of sin.
3. Ask God to grant you a renewed hunger and thirst for His righteousness.
4. Pray that in this season of consecration, the Lord will bring your entire family to the saving knowledge of Christ.

Guidance

5. By faith, command every voice of condemnation coming against you to be silenced.
6. Ask God for grace to discern influences that are of God and those that are of the enemy; ask Him to help you resist every enticement to sin.
7. Ask the Holy Spirit to help you resist every path that leads to sin; pray that you will have a great distaste for sin.
8. Ask God to lead you through the paths of righteousness for His name's sake.

Protection

9. Pray for God's grace to stand on His word and resist every temptation of the enemy.
10. Ask God to throw into confusion every gathering of people conspiring evil against you and your family.
11. Affirm that your body is the temple of the living God; declare that you are sanctified unto the Lord for all your days.
12. Ask the Lord to equip and guard the church from the influx of false and deceptive doctrines.



Declaration

I am a child of God, and my spirit is joined with God's Spirit. By the finished work of Jesus, I am cleansed, sanctified, and consecrated unto God. The seal of the Holy Spirit is upon me, and He will guide me away from evil through the paths of righteousness. In Jesus' name, Amen.

Global Missions

- a. **Azerbaijan**
- b. **Bahamas**
- c. **Bahrain**
- d. **Bangladesh**
- e. **Barbados**

- 13. Pray for the expansion of missionary activity in **Azerbaijan**; ask for the salvation of more citizens.
- 14. Ask the Lord to stir up a spiritual awakening unto righteous living and morality in the **Bahamas**.
- 15. Ask God to empower the churches in **Bahrain** with resources to do more outreaches and gather more souls for Christ.
- 16. Intercede for the believers under persecution in **Bangladesh**; ask God to grant them strength and courage to overcome every trial.
- 17. Pray for spiritual renewal and commitment to the lordship of Jesus among believers in **Barbados**.

Work and Career

- 18. Thank the Lord that your work, business, and career are entering into a season of open heavens and prosperity.
- 19. Pull down every spiritual barrier resisting your growth and increase in your work, business, and career.
- 20. Declare that by the presence of God in you, you receive illumination to shift in your career to the next level.
- 21. Ask the Lord to have mercy on the unemployed members of your family and open doors of opportunity for them.

Gathering

- 22. Glorify God that as you step into the next half of the year, you will end with a bountiful harvest.
- 23. Ask God for grace and wisdom to live a separated and disciplined life unto Him.
- 24. Ask for the spirit of oneness among churches in your community, working in unity to gather souls into His Kingdom.
- 25. Praise God for drawing you from captivity to sin into freedom and life in Christ.

Declaration

I declare that as God lives, all the earth shall be filled with His glory. The name of Jesus will be exalted in my life and in distant lands. I will prosper in my work and career, and I will gather and enjoy the harvest prepared for me. In Jesus' name. Amen.

Scripture for Reflection
Psalms 1:1-3

Blessed is the man who walks not in the counsel of the ungodly, nor stands in the path of sinners, nor sits in the seat of the scornful; but his delight is in the law of the LORD, and in His law he meditates day and night. He shall be like a tree planted by the rivers of water, that brings forth its fruit in its season, whose leaf also shall not wither; and whatever he does shall prosper.

Declaration

*My Lord and my God calls me by name. He enables me to come out of every habit, mindset, and character that displeases Him. I am separated unto God for good works, and my reward is both here on earth and in heaven. In Jesus' name. **Amen.***



COMMIT TO HOLINESS

Therefore, having these promises, beloved, let us cleanse ourselves from all filthiness of the flesh and spirit, perfecting holiness in the fear of God. (2 Corinthians 7:1)

DAY 4 - JUNE 25

Morning Reflection

2 Corinthians 7:1-3

Therefore, having these promises, beloved, let us cleanse ourselves from all filthiness of the flesh and spirit, perfecting holiness in the fear of God. Open your hearts to us. We have wronged no one, we have corrupted no one, we have cheated no one. I do not say this to condemn; for I have said before that you are in our hearts, to die together and to live together.

Consecration

1. Glorify God for being faithful and just to forgive and cleanse you from all unrighteousness.
2. Worship the Lord for all His promises to you in Christ, which are Yes and Amen.
3. Ask the Lord to plant in you, a genuine fear and reverence for His holy name in this season of consecration.
4. Pray for loved ones who have departed from the faith; ask God to convict their hearts to return to Him.

Guidance

5. Ask God to help you commit to holiness; pray that you will put on Jesus and make no room to satisfy the desires of the flesh.
6. Lift the children and youth of your family unto God; pray that they will seek and commit to the Lord at an early age.
7. Pray that in moments of weakness, the Holy Spirit will give you the strength to overcome every temptation to sin.
8. Declare that with the help of God, you have escaped the corruption that is in the world.

Protection

9. Ask the God of peace to sanctify your whole spirit, soul, and body completely and keep you blameless until Christ comes.
10. Reject every influence of heaviness and despair seeking to bring depression and self-condemnation upon you.
11. Command and loose every hold of the enemy in your life that is a hindrance to you living a holy life unto God.
12. Come against every attack of the enemy seeking to bring confusion and unrest to your home.

Declaration

My soul magnifies the Lord, and my spirit rejoices in God my Saviour. As I meditate on the Word, I am cleansed and made whole. As I step out in faith, I step out in victory. Surely, the promises of God are my portion, now and forever, in Jesus' name. Amen.

Global Missions

- a. **Belarus**
- b. **Belgium**
- c. **Belize**
- d. **Benin**
- e. **Bhutan**

13. Ask God to expose and uproot every work of darkness that is hindering the growth and establishment of Christianity in **Belarus**.
14. Pray that God will use the church to bring reconciliation and peace to the people of **Belgium** and establish His word in the land.
15. Come against mixed and false beliefs among the people of **Belize**; declare that the truth of God's word will shine upon them.
16. Pray that the Christians in **Benin** will be protected and shielded by the hand of God in every harmful condition they are in because of their faith.
17. Ask God to raise and equip missionaries who will translate the Bible into the local languages of **Bhutan** and distribute them among the various ethnic groups.

Work and Career

18. Commit your work, business, and career to God, and ask Him to help you overcome difficult situations.
19. Ask the Lord to perfect every good work He has begun in your work and career.
20. Pray that as you walk in the fear of God and the comfort of the Spirit, your career efforts and successes will be multiplied.
21. Rebuke the enemy and command him to take his hands off your finances.

Gathering

22. Celebrate the Lord for equipping you with what you need to gather a harvest of righteousness.
23. Receive grace to not quit as you strive to gather the good treasures God has in store for you.
24. Call upon the God of all grace to restore, confirm, strengthen, and establish you in Christ.
25. Prophesy that the love of God will make your family of one heart and mind; declare that nothing will destroy what God has established.

Declaration

The rulers of the nations will declare that God is the King of kings and Lord of Lords. Let God arise and His enemies be scattered. He empowers me to prevail in all that I do, and my fruit will showcase His glory. In Jesus' name. Amen.

Scripture for Reflection
Philippians 3:12-14

Not that I have already attained, or am already perfected; but I press on, that I may lay hold of that for which Christ Jesus has also laid hold of me. Brethren, I do not count myself to have apprehended; but one thing I do, forgetting those things which are behind and reaching forward to those things which are ahead, I press toward the goal for the prize of the upward call of God in Christ Jesus.

Declaration

*By faith, I commit to a life of holiness as I abide in Christ and He in me. By the power of the Holy Spirit, I humbly submit to God's authority over my life. I will testify of God's finished work in me and obtain His promises as I serve Him with my life. In Jesus' name. **Amen.***

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