



# 3 Day Prayer & Fasting Shut-In

## “TRUST THE PLAN”

*“For I know the plans I have for you declares the Lord, plans to prosper you and not to harm you, plans to give you hope and future.”*

Jeremiah 29:11

**JULY 24 | 9:30 PM - JULY 27 | 7:30 AM**

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Bethel Deliverance International Church

## **3 Day Prayer & Fasting Shut-In**

Our purpose for this time is to cry out to God to heal our land and the entire church of the Lord Jesus.

Our prayer time will be directed to the following areas:

- **Spiritual awakening in our churches.**
- **More intimacy with the Lord, so He takes the place of the King of our lives.**
- **Releasing the power of God in our services and our world.**
- **For the Salvation of those who are blinded by the evil one.**
- **UNITY in our churches.**
- **Healing of the sick and oppressed.**
- **Sensitivity to the Holy Spirit for this end-time move of God.**
- **A new release of love for one another.**

## **SHUT-IN PARTICIPANTS**

For those of you who are shutting-in, you will need to bring the following items:

- **Oral Care - Toothbrush, Toothpaste, Mouthwash and Breath Spray**
- **Body Care - 2 Wash Cloths, Soap, Deodorant, Body Spray and Lotion**
- **Nap Time - Pillow, 2 Blankets or Quilt, Footies for your feet**

*“I can’t stress enough that prayer is intercourse of your soul with the heart of God. It is the two of you connecting in the spirit realm until you can see it God’s way. Key to Jesus’ victorious lifestyle was that he was in constant communication with the Father and He was always somewhere praying. When we master the discipline of prayer, we will find the same level of victory Jesus found through prayer.”*

Bishop Eric A. Lambert, Jr.

# Prayer and Fasting Guide:

Practicing Self-Denial or Abstinence, Seeking Connection with God

## The Types of Fasting

- **There are FOUR primary forms of fasting (3 presented in the Bible):**
  - **The Normal Fast:** Abstaining from all food, solid or liquid, but not from water. Matthew 4:2
  - **Partial Fast:** A Restriction of diet rather than complete abstention. Daniel 10:3
  - **Absolute Fast:** Abstaining from both food and water. Esther 4:16 & Acts 9.9 Normally, this kind of fast should not last more than three days, for the body then begins to dehydrate. Moses and Elijah undertook the Absolute Fast for 40 days, but only under supernatural conditions. Exodus 34:24, Deut. 9:9; 1Kings 19:8
  - **Liquid Fast:** Abstaining from solid food, consuming only water, fruit and/or vegetable juices. The bible has no mention of this type of fast, but it still has value for those with health restrictions.

## Fasting in Scripture

- **Moses Fasted Forty Days:** Deuteronomy 9:11-18
- **In The Time of Sorrow:** 1 Samuel 31:13, 1 Chronicles 10:12:12; 2 Samuel 3:35
- **During National Crisis:** 2 Samuel 1:12
- **Fasting For People's Sins:** Ezra 10:6
- **Humbled by Fasting:** Psalm 35:13
- **Scorn for Acts of Humility:** Psalm 69:10-11
- **Weakness from Fasting:** Psalm 109:24
- **Real Meaning of Fasting:** Isaiah 58:3-7
- **Prayer and Fasting:** Daniel 9:3
- **Fasting for Repentance:** Joel 2:13-14
- **In Sincere Fasting:** Zechariah 7:1-6
- **Joyful Fasting:** Zechariah 8:19
- **Example of Jesus:** Matthew 4:12
- **Pretense of Fasting:** Matthew 6:16
- **Four Thousand People Fasting Three Days:** Mark 8:1-3
- **Jesus In the Desert:** Luke 4:1-2
- **Time To Eat to Fast:** Luke 5:33-35
- **Worship and Fast:** Act 13:2-3
- **Fasting With Evil Intent:** Acts 23:12-13

# Understanding the Eight Prayer Watches

## Prayer and Fasting Guide (cont'd):

Practicing Self-Denial or Abstinence, Seeking Connection with God

### Fasting with Prayer has Several Purposes:

- To honor God. (Matt. 16:18, Zec. 7:5, Lk. 2:37; Acts 3:2)
- To humble ourselves before God (Ezra 8:21; Ps.60:10; Isa. 58:3) to experience more grace (1 Peter.5:5) and God's intimate presence. (Isa. 57:15 & 58:6-9)
- To seek grace for a new task and to reaffirm our consecration to God. (Matthew 4:2)
- To seek God by drawing near to him and persisting in prayer against opposing spiritual forces. (Judges 20:26; Jer.29:12-14; Joel 2:12; Luke18:3 & Acts 9:10-19)
- To show repentance and to make way for God to change his declared intention of judgment. (2 Samuel 12:16,22)

### The Benefits of Fasting While Praying

- To gain revelation and wisdom concerning God's will. (Isaiah: 58:5-6; Daniel 9:3,21-22, Acts 13:2-31)
- To open the way for the outpouring of the Holy Spirit and Christ's return to earth for his people. (Matt. 9:15)
- Christ himself practiced this discipline and taught that it should be a part of Christian devotion and an act of preparation for his return. Matthew 9:15. The NT Church practiced Acts.13:2-3, Acts 14:23:27:13

### The First Prayer Watch (6 P.M. to 9 P.M.)

The first prayer watch begins in the evening, which is the "foundation" of night. It is also a time when we reflect upon what occurred during the day (good or bad) and pray a prayer of thanksgiving to God for being with us and bringing us through it (1 Chronicles 23:30).

### The Second Prayer Watch (9 P.M. to 12 A.M.)

The second prayer watch is the time in which intercessors are able to impact the spiritual realm before the enemy gets ready to wreak havoc. In the natural, this watch is characterized by deep darkness. During this watch, intercessors need to pray for God's protection over their families, cities, and nations: "Let God arise, and His enemies be scattered" (Psalm 68:1).

### The Third Prayer Watch (12 A.M. to 3 A.M.)

The third prayer watch is a period of spiritual activity. This watch hour will strengthen your faith. It is the same time that Peter denied Christ three times. Matthew 26:34; Luke 22:34, and John 13:38. The devil operates at this time because this is the time that men are in a deep sleep and there are not as many people praying to oppose him (1 King 3:20). This watch calls for seasoned intercessors.



# Understanding the Eight Prayer Watches

## **The Fourth Prayer Watch (3 A.M. to 6 A.M.)**

The fourth prayer watch is always important because it is the last prayer watch of the night. It was during this time the Israelites were delivered from slavery in Egypt (Exodus 12, 14). Moreover, Jesus walked on the water to help His disciples who were caught in a storm during the fourth prayer watch (Mathew 14:25-33). Equally important, the fourth prayer watch is the time that satanic agents, who went out to perform their activities, are returning to their bases. Therefore, this watch is the time to establish the course of your day by speaking God's Word and breaking everything that would attempt to hinder His will for your life to manifest on the third day (Psalm 19:1).

## **The Fifth Prayer Watch (6 A.M. to 9 A.M.)**

The fifth prayer watch is a time for building our spiritual and physical strength before the day begins (Acts 2 15; Psalm 2:7-9). The spiritual significance of sunrise is having Jesus Christ, the King of kings and the Lord of lords, rise over us (Malachi 4:2). During this watch, we should pray for such issues as healing in our bodies, relationships, family, government, and the economy.

## **The Sixth Prayer Watch (9 A.M. to 12 P.M.)**

The sun is at its brightest during the sixth prayer watch. However, while Jesus Christ was dying on the cross, darkness fell across the land until about three in the afternoon (Mark 15:25 and Mathew 27:45). This was the darkest period known in human history.

## **The Sixth Prayer Watch (9 A.M. to 12 P.M.) cont'd**

However, in spite of this, God's divine love for mankind shone brightly. The blood sacrifice of Jesus Christ redeemed mankind and restored his relationship with God, the Father. In light of this, the sixth prayer watch is a time to reflect on the power of the Cross. Because of Christ's work on the cross, we have direct access to God and His benefits and blessings.

## **The Seventh Prayer Watch (12 P.M. to 3 P.M.)**

During this prayer watch, it is very important to pray in line with Acts 10:9 and Psalm 91. This is the time to pray to dwell in the secret place of the Most High, abide under the shadow of the Almighty, and make the Most High your habitation. Pray and cut off all satanic arrows that are released at this time so that they will not get you or your family.

## **The Eighth Prayer Watch (3 P.M. to 6 P.M.)**

The eighth prayer watch is the hour of rejoicing in the power of the Cross. During this prayer watch, Christ willingly became a sin offering. Moreover, He shed His blood for the sins of the world so that all mankind would be reconciled with God, the Father (Colossians 1:20). Moreover, those who accept Jesus Christ's sacrifice can now live a triumphant life through Him and are allowed to come boldly before the throne of God, the Father (Hebrews 4:16). To come 'boldly' means that we can freely speak to God about all that is on our hearts and receive His mercy for our situation.

# 3-DAY PRAYER & FAST SHUT-IN

Wednesday 9:30 AM - 6:00 PM Day of Preparation / Day of Repentance

“If I shut up heaven that there be no rain, or if I command the locusts to devour the land, or if I send pestilence among My people; if My people, which are called by My name, shall humble themselves, and pray, and seek My face, and turn from their wicked ways; then I will hear from heaven, and will forgive their sin, and will heal their land.”

2 Chronicles 7:13

“Have mercy upon me, O God, according to thy lovingkindness: according unto the multitude of thy tender mercies blot out my transgressions. Wash me thoroughly from mine iniquity and cleanse me from my sin. For I acknowledge my transgressions: and my sin is ever before me. Against thee, thee only, have I sinned, and done this evil in thy sight: that thou mightiest be justified when thou speakest, and be clear when thou judge. Behold, I was shapen in iniquity; and in sin did my mother conceive me.

Behold, thou desire truth in the inward parts: and in the hidden part, thou shalt make me to know wisdom. Purge me with hyssop, and I shall be clean; wash me, and I shall be whiter than snow. Make me hear joy and gladness; that the bones which thou hast broken may rejoice. Hide thy face from my sins and blot out all mine iniquities. Create in me a clean heart, O God, and renew a right spirit within me.

Psalm 51:1-10

Cast me not away from thy presence and take not thy holy spirit from me. Restore unto me the joy of thy salvation and uphold me with thy free spirit. Then will I teach transgressors thy ways; and sinners shall be converted unto thee. Deliver me from bloodguiltiness, O God, thou God of my salvation: and my tongue shall sing aloud of thy righteousness. O Lord, open thou, my lips, and my mouth shall shew forth thy praise.

For thou desire not sacrifice; else would I give it: thou delights' not in burnt offering. The sacrifices of God are a broken spirit: a broken and a contrite heart, O God, thou wilt not despise. Do good in thy good pleasure unto Zion: build thou the walls of Jerusalem. Then shalt thou be pleased with the sacrifices of righteousness, with burnt offering and whole burnt offering: then shall they offer bullocks upon thine altar.”

Psalm 51:10-19

"Sow righteousness for yourself, reap the fruit of unfailing love, and break up your unplowed ground; for it is time to seek the Lord until he comes and showers his righteousness on you."

Hosea 10:12

# Praying for Pastor Lambert

Pray that Pastor Lambert remains in the center of God's will for his life and for his ministerial duties and responsibilities as he trusts the plan!

*"For I know the plans I have for you, declares the LORD, plans to prosper you and not to harm you, plans to give you hope and a future."*  
Jeremiah 29:11

Pray that Pastor Lambert continues to receive divine wisdom, clarity, ability, creativity, boldness, and opportunities as he leads Bethel to fulfill its Vision and Mission in the future.

*"If anyone speaks, they should do so as one who speaks the very words of God. If anyone serves, they should do so with the strength God provides, so that in all things God may be praised through Jesus Christ. To him be the glory and the power forever and ever."*  
1 Peter 4:11

Pray in unity and in agreement with Pastor Lambert as he seeks to know the heart of God.

*"Dear brothers and sisters, I urge you in the name of our Lord Jesus Christ to join in my struggle by praying to God for me. Do this because of your love for me, given to you by the Holy Spirit."*  
Romans 15:30

Pray that Pastor Lambert will be unthwarted by any subversive words and/or actions of people not committed to Bethel's Vision and Mission.

*"Therefore, my dear brothers and sisters, stand firm. Let nothing move you. Always give yourselves fully to the work of the Lord, because you know that your labor in the Lord is not in vain."*  
1 Corinthians 15:58

Pray that Pastor Lambert continually preaches anointed messages from God with wisdom and clarity in every situation to edify and challenge the saints.

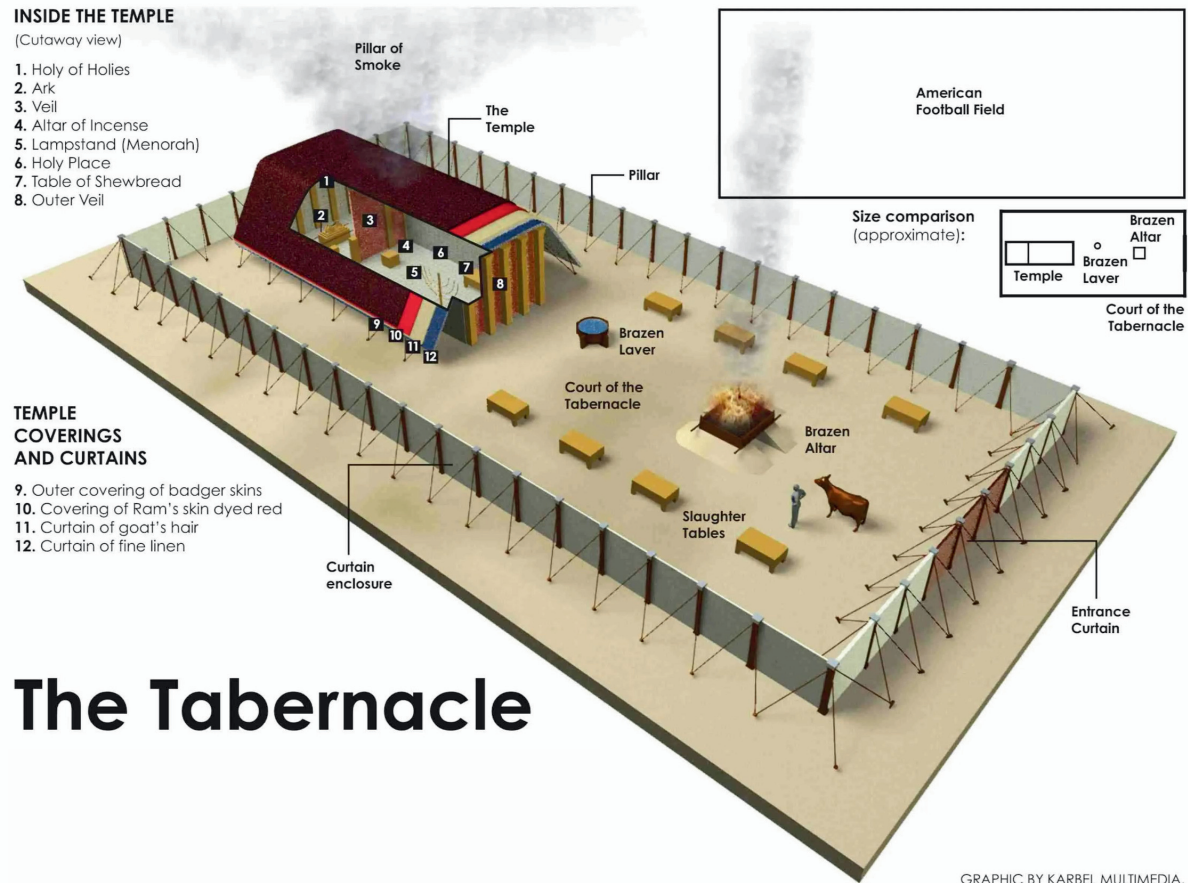
*"And my message and my preaching were very plain. Rather than using clever and persuasive speeches, I relied only on the power of the Holy Spirit."*  
1 Corinthians 2:4

Pray that Pastor Lambert be continually renewed in his mind and strengthened in his body as he fulfills all of his ministerial duties and responsibilities.

*"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

Pray that Pastor Lambert will continue to experience the joy of the Lord as he fulfills all of his ministerial duties and responsibilities.

*"May the God of hope fill you with all joy and peace as you trust in him, so that you may overflow with hope by the power of the Holy Spirit."*  
Romans 15:13



# The Tabernacle

This portable temple was built in the wilderness by the Israelites circa 1450 B.C. after they were freed from Egyptian slavery. The Tabernacle was the first temple dedicated to God and the first resting place of the Ark of the Covenant. It served as a place of worship and sacrifices during the Israelites' 40 years in the desert while conquering the land of Canaan.



# The Ark of the Covenant

The final place in the Tabernacle was the Holy of Holies, where Ark of the Covenant is found. The Ark of the Covenant represents the presence of God. There, the High Priest interceded by praying on behalf of the people of God. Through Christ Jesus, we can enter into the presence of God and intercede on behalf of those around us.



## 3-DAY PRAYER & FAST SHUT-IN | AGENDA

### JULY 24TH | WEDNESDAY EVENING

#### 9:30 PM PRAYER & FASTING SHUT-IN BEGINS

- **10 pm - Trust The Plan as we** Ask forgiveness for violence /murder/ abortion - Matt 5:21, Rom 13:9, Gen 9:5-6, Matt 15:18-19
- **11 pm - Trust The Plan as we** repent for oppression / racism - Zec 7:9-10, Pro 22:16-17, Psa 146:5-7, Gal 3:28, Deut 10:17-35

#### THIRD PRAYER WATCH: MIDNIGHT - 3:00 AM

- **Midnight - Trust The Plan as we pray against** Sex Trafficking – Pro 31:8-9, 1 Thes 4:3-7, Psa 82:3-4
- **1 am** – Meditation Time
- **2 am – Trust The Plan** to keep our children – Pro 1:8-9, Psa 127:3, Matt 19:14, 3 Joh 1:4, Eph 6:4

#### FOURTH PRAYER WATCH: 3:00 AM-6:00 AM

- **3 am – Trust The Plan** to save our marriages – Eph 5:14-33, Eccl 4:9-12, Pro 3:3-4, Eph 4:2, 1 Pet 4:8.
- **4 - 5 am**-Rest and Refresh

### JULY 25TH | THURSDAY MORNING

#### FIFTH PRAYER WATCH: 6:00 AM-9:00 AM

- **6 am - Trust The Plan** To Overcome Temptation - James 1:13-14.1 Corinthians 10:13
- **7 am** -Meditation Time
- **8 am- Trust The Plan that** we will obey God & His Word Joh 14:23- 24, Exo 19:5, 2 Cor 10:3-6 & Heb 4:12-14

## 3-DAY PRAYER & FAST SHUT-IN | AGENDA

#### SIXTH PRAYER WATCH: 9:00 AM- 12 NOON

- **9 am**- Praise and Worship
- **9:30 am - Trust The Plan** that we will apply and guard the word of God in our heart: Luke 11:28. Col 3:16; Psalm 119:11, Psalm 119:57
- **10:30 am Trust The Plan** that we will obey the laws of the land – 1 Pet 2:13 17, Rom 2:1- 29, Matt 22:17- 22
- **11:30 am** – Meditation Time

#### SEVENTH PRAYER WATCH: NOON-3:00 PM

- **Noon** – Praise & Worship
- **1 pm – Trust The Plan** that children will obey Parents – Deut 6:6-7, Eph 6:1-3
- **2 pm – Trust The Plan** that we will obey the word of God for healing, Exo 23:25, Isa 53:4-5, Jer 30:17, Jer 17:14, Jam 5:14-15

#### EIGHTH PRAYER WATCH: 3:00 PM- 6:00 PM

- **3 pm – Trust The Plan** for our Family's Salvation Rom 10:9-13, Rom 3:23; Rom 6:23; Joh 14:6 & Joh 3:16
- **4 pm** – Meditation Time
- **5 pm** – Praise & Worship

#### FIRST PRAYER WATCH: 6:00 PM - 9:00 PM

- **6 pm** – We will acknowledge God in everything – Prov 3:5-6, Rom 1:28-31, Joh 1:12, Exo 20:1-26
- **7 pm** – We will teach our children God's Word- Pro 22:6, Isa 54:13, Jer 1:5, Psa 139:13-16
- **8 pm** – We will evangelize – Matt 28:19-20, Rom 10:10-17, Matt 9:37-38 & Isa 6:8

## 3-DAY PRAYER & FAST SHUT-IN | AGENDA

### SECOND PRAYER WATCH: 9:00 PM -12:00 MIDNIGHT

- **9 pm** – Meditation Time
- **10 pm** – Praise & Worship
- **11 pm** – **Trust The Plan** that we will put away our idols – Jon 2:8, Exo 23:13, Psa 115:1-18, Dan 5:23

### JULY 26TH | FRIDAY MORNING

#### THIRD PRAYER WATCH: 12:00 MIDNIGHT - 3:00 AM

- **Midnight** – **Trust The Plan** as we - Yield to the Sovereignty of God - Proverbs 3:5-6; Psalm 91:2, Psalm 34:1,3,7 & 8
- **1 am** – **Trust The Plan** that we will honor the Sabbath – Gen 2:3, Exo 20:8-11
- **2 am** – Meditation Time

#### FOURTH PRAYER WATCH: 3:00 AM-6 00 AM

- **3 am** – **Trust The Plan** that we will honor our parents – Exo 20:12, Eph 6:2, 1 Tim 5:4
- **4 am** – **Trust The Plan** that we will not murder, steal – Matt 5:21-24, Eph 4:28, Jam 5:4
- **5 am** – **Trust The Plan** that we will not lie or deceive – Eph 5:6, Job 15:35, Psa 5:6, Psa 43:1, Pro 12:22, Pro 25:1, Luk 16:10

#### FIFTH PRAYER WATCH: 6:00 AM-9:00 AM

- **6 am** – Meditation Time
- **7 am** - **Trust The Plan** to walk in Unity & Love - 1 Cor 13, Joh 13:34-35
- **8 am** – Praise & Worship

## 3-DAY PRAYER & FAST SHUT-IN | AGENDA

### SIXTH PRAYER WATCH: 9:00 AM-12 NOON

- **9 am** – **Trust The Plan** - To walk in our purpose - Psalm 118:8, Psalm 112:2, Isaiah 40:31, Jeremiah 17:7-8
- **10 am** – **Trust The Plan** as we - Exhibit the Fruits of the Spirit – Galatians 5:22-23, Matthew 7:15-20, Romans 5:3-4
- **11 am** – **Trust The Plan** for being our brothers' keeper – Gal 6:2, Jam 5:16, Rom 12:17-21

### SEVENTH PRAYER WATCH: 12 NOON- 3:00 PM

- **Noon** – Meditation Time
- **1 pm** – Praise & Worship
- **2 pm** – **Trust The Plan** as we - Lift up the Poor in Spirit – Matt 5:3, Isah 66:2, Psa 51:17, Luk 18:9-14

### EIGHTH PRAYER WATCH: 3:00 PM-6:00 PM

- **3 pm** – **Trust The Plan** that we walk in Spiritual Prosperity – Mat 5:4, Joh 14:15-18, 2 Cor 1:3-7
- **4 pm** – **Trust The Plan** that we will - Exhibit Meekness – Mat 5:5, Tit 3:1-7, Mat 11:29, 1 Pet 3:4
- **5 pm** – Meditation Time

### FIRST PRAYER WATCH: 6:00 PM- 9:00 PM

- **6 pm** – Praise & Worship
- **7 pm** – **Trust The Plan** that We hunger and thirst for God – Mat 5:6, Mat 4:4, Psa 41:1-2, Psa 119:20, Isa 55:1-3.
- **8 pm** – **Trust The Plan** that We will be merciful – Mat 5:7, Luk 6:36, Heb 4:16, Mic 6:8, Psa 103:1-22

## 3-DAY PRAYER & FAST SHUT-IN | AGENDA

### SECOND PRAYER WATCH: 9:00 PM- MIDNIGHT

- **9 pm – Trust the Plan** – For a committed Prayer life – Jeremiah 29:12; Hebrews 4:16, 1 Thessalonians 5:16-18.
- **10 pm** – Meditation Time
- **11 pm** – Praise & Worship

### JULY 27TH | SATURDAY MORNING

#### THIRD PRAYER WATCH: MIDNIGHT-3:00 AM

- **Midnight – Trust The Plan** - for peace– Matt 5:9, Matt 7:12, Rom 12:18, Eph 4:1-32, Jam 3:17-18
- **1 am- Trust The Plan** to turn the other cheek – Matt 5:10-12, Matt 5:44, Rev 2:10, Joh 15:20
- **2 am- Trust The Plan** that we will be Salt & Light – Matt 5:13-16, Eph 5:8, Col 4:6, Phil 2:15, 1 Thes 5:22

#### FOURTH PRAYER WATCH: 3:00 AM - 6:00 AM

- **3 am** - Meditation Time
- **4 am** - Meditation Time
- **5 am-** Praise & Worship

#### FIFTH PRAYER WATCH: 6:00 AM - 7:30 AM

- **6 AM – 7:30 am** - Closing Prayer /Pastor Lambert

# THE ARMOR OF GOD

## EPHESIANS 6:10-18

“... Be strong in the Lord and in his mighty power. Put on the full armor of God so that you can take your stand against the devil's schemes.” v. 10, 11

### The Shield of Faith (Eph. 6:16)

Faith is being sure that God will keep His promises. Faith in God protects you when you are tempted to doubt.

### The Helmet of Salvation (Eph. 6:17)

Put on the Helmet of Salvation by believing that Jesus Christ died for your sins and rose again.

### The Breastplate of Righteousness (Eph. 6:14)

Righteousness is being honest, good, humble, and fair to others. It means standing up for weaker people.

### The Belt of Truth (Eph. 6:14)

Truth keeps us from giving in to the world's beliefs. Compare your beliefs and actions to the truth of the Word of God.

### The Sword of the Spirit (Eph. 6:17)

which is the Word of God. God's Word is our offensive weapon. When we tell others what the Bible says, the Holy Spirit helps people see their bad thoughts and actions, and makes them want to be forgiven.

### Feet Prepared with the Gospel of Peace (Eph. 6:15)

The Gospel of Peace is being right with God and being contented in troubled times. Jesus said peacemakers were blessed.

