

Death and life are in the power of the tongue.
And they that love it shall eat the fruit thereof.
Proverbs 18:21



21 DAY FAST

THE FAST OF PROCLAMATION & PRONUNCIATION

NOVEMBER 2 - NOVEMBER 22
CALVARY4U.ORG - @CMIYOUNGSTOWN

The Fast of Proclamations & Pronunciations

PRAYER & FASTING GUIDE
MONDAY, NOVEMBER 2, 2020 – SUNDAY,
NOVEMBER 22, 2020

Theme Scripture:

“Death and life are in the power of the tongue. And they that love it shall eat the fruit thereof.” Proverbs 18:21

Sfg. Bishop C. Shawn Tyson, Pastor



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Scripture quotations, unless otherwise noted, are from the Holy Bible, King James Version



Fasting Information

Theme Scripture: – “Death and life are in the power of the tongue. And they that love it shall eat the fruit thereof.” Proverbs 18:21

Instructions: The fast is a 21-day Daniel fast (No meats, sweets, or caffeinated beverages), beginning at 5 AM **Monday, November 2** continuing thru **Sunday, November 22**. You may drink water throughout the day. **NOTE:** *If you are on prescribed medications, please continue to take them as directed by your physician.*

- Prayer and teaching will be offered before God in our homes with your family online only:
 - **5:00 a.m. to 5:45 a.m.** Monday – Friday Devotion & Prayer on Krista Tyson Facebook Live or Prayer Line (917) 900-1022 Access Code: 8923928.
 - **6:00 a.m. to 6:20 a.m.** Monday – Friday Devotion & Prayer on the Prayer Line (720) 650.3030 Access Code: 589742
 - **12 pm to 1 pm** Monday - Friday via Zoom
 - Meeting ID: 98417292204
 - Passcode: 2Uwxba
 - Or Call: (312) 626.6799
Meeting ID: 98417292204
Passcode: 422990
 - **11 am – 12 pm** Monday – Friday Mid-Day Manna Facebook Live (Mtctyoungstown) or the Calvary Ministries International YouTube channel.
 - Weekly Prayer focuses will be uploaded to www.Calvary4u.org every Sunday
- We are limiting all social interaction & dialogue; meaning we are abstaining from all *unnecessary* conversations, phone calls, social media, texting, tweeting, etc. (we’re concentrating on spending focused time with God) for the entire 21-day period of consecration before the Lord
- Check & return all pertinent business-related messages
- Watch the news so you may know *how to pray* – *you may watch religious programming*
- *Please see previous week for other information*

We encourage you to avail yourself to God in this special time of consecration. Make a special effort to press your way into the presence of God each day thru prayer and teaching.



Devotions

Week 2: November 9 – November 15

Day 8 - Speak Prosperity

Scripture for Meditation:

Deuteronomy 28:3-6,8 KJV - [3] Blessed shalt thou be in the city, and blessed shalt thou be in the field. [4] Blessed shall be the fruit of thy body, and the fruit of thy ground, and the fruit of thy cattle, the increase of thy kine, and the flocks of thy sheep. [5] Blessed shall be thy basket and thy store. [6] Blessed shalt thou be when thou comest in, and blessed shalt thou be when thou goest out. [8] The Lord shall command the blessing upon thee in thy storehouses, and in all that thou settest thine hand unto; and he shall bless thee in the land which the Lord thy God giveth thee.

Song for Meditation: “The Blessing of Abraham” by Donald Lawrence

Prayer:

- **I proclaim and pronounce** my family and I will prosper in the home God has provided and our home will be a place of peace, love, kindness, and security to family and guest. All that God gives to us shall be bountifully blessed.
- **I proclaim and pronounce** I will prosper in my place of employment and I will be a witness to the glory of God.
- **I proclaim and pronounce** my marital status or my singlehood will prosper and I will be content in whatever state I am in.
- **I proclaim and pronounce** I will prosper in all that I set my hand to do. My children, grandchildren and all my future generations will prosper and be blessed.
- **I will prosper** in the ministry God has called me. I will prosper in whatever test God allows to come before me for I know He will never leave me nor forsake me.

Day 9 -Speak Victory!

Scripture for meditation:

1 Corinthians 15:57 KJV - [57] But thanks be to God, which giveth us the victory through our Lord Jesus Christ.

Song for Meditation: “My Name is Victory” (feat. Purpose) by Jonathan Nelson

Prayer:

- **I proclaim and pronounce victory** in every trial God gives the adversary permission to bring upon me. I speak victory over every battle natural or spiritual.
- **I speak victory** in the areas of my spiritual and natural life that need renewed strength and reinforcement. **I speak victory** over innate and acquired bad habits that do not reflect God in me.
- **I speak victory** over inconsistency and slothfulness in the work of the ministry and my daily life.
- **I speak victory** over blind spots when assessing my efforts in the work of the ministry.
- **I speak victory** over any tendency or inclination to make light of struggles others may be experiencing.
- **I speak victory** over any doubt that may come to make me fear God’s promises concerning me, my family or the body of Christ will not come to pass.

Day 10 - Speak to the mountain

Scripture for meditation:

Matthew 21:21 KJV - [21] Jesus answered and said unto them, Verily I say unto you, If ye have faith, and doubt not, ye shall not only do this which is done to the fig tree, but also if ye shall say unto this mountain, Be thou removed, and be thou cast into the sea; it shall be done.

Song of Meditation: “The Name of Our God” by Tasha Cobbs Leonard

Prayer:

- **I proclaim and pronounce** to the mountain of debt; you will be brought low and dissolved and my credit score will be greatly increased.
- **I proclaim and pronounce** to the mountain of fear that God’s light will overcome every dark place in my life.
- **I proclaim** to the mountain of doubt that “God is not a man that He should lie; neither the son of man, that He should repent: hath He said, and shall not He do it? Or hath He spoken, and shall He not make it good?”
- **I proclaim and pronounce** to the mountain of slothfulness I will rise early to begin my day in prayer, worship and praise and will in this positive pattern throughout the day.
- **I pronounce and proclaim** to the mountain of inconsistency I will be consistent in tithing of finances and of time. I will consistently be generous in freewill and special offerings as God provides.
- **I proclaim and pronounce** to the mountain of judgement. I will not judge the motives and hearts of my family or my brothers and sisters in the church as God has not placed me in that seat or given me that authority.
- **I proclaim and pronounce** to the mountain of gossip; I will not carry or repeat tales that would harm or destroy another’s reputation or sit in the midst of those who do so. I will not rejoice in another’s downfall but will pray for their restoration.



Day 11 - Speak Blessings

Scripture for meditation:

Numbers 6:24-26 KJV - [24] The Lord bless thee, and keep thee: [25] The Lord make his face shine upon thee, and be gracious unto thee: [26] The Lord lift up his countenance upon thee, and give thee peace.

Song for meditation: “Blessings on Blessings” by Anthony Brown & Group Therapy

Prayer:

- **I proclaim and pronounce** God will watch over every aspect of my life and my family; and no good thing will be withheld from us.
- **I proclaim and pronounce** that every door God sets before me shall be opened to me and no door God opens to me can be shut. And any door God shuts for me can ever be opened. I receive God’s abundance.
- **I proclaim and pronounce** the peace God bestows upon me is enduring and everlasting and cannot be disturbed or destroyed.
- **I proclaim and pronounce** God’s light and love will shine upon me, my loved ones & the body of Christ.
- **I proclaim and pronounce** I shall know no lack because God shall supply all my needs according to his riches in glory by Christ Jesus.

Day 12 - Speak to the Future

Scripture for meditation:

Jeremiah 30:3,10 KJV - [3] For, lo, the days come, saith the Lord, that I will bring again the captivity of my people Israel and Judah, saith the Lord: and I will cause them to return to the land that I gave to their fathers, and they shall possess it. [10] Therefore fear thou not, O my servant Jacob, saith the Lord; neither be dismayed, O Israel: for, lo, I will save thee from afar, and thy seed from the land of their captivity; and Jacob shall return, and shall be in rest, and be quiet, and none shall make him afraid.

Song for meditation: "Speak" by Myron Butler

Prayer:

- **I proclaim and pronounce** my future shall be prosperous in my life, my home and in the up-building of the work of the ministry.
- **I proclaim and pronounce** the future of my children; my grandchildren and all future descendants will be prosperous.
- **I proclaim and pronounce** the body of Christ will prosper in kingdom building like no other time in history to the glory of God.
- **I proclaim and pronounce** the future will reveal and uncover medical miracles, healings and discoveries for which no man can take credit or explain.

Day 13 - Speak to the Storm

Scripture for meditation:

Mark 4:39 KJV - [39] And he arose, and rebuked the wind, and said unto the sea, Peace, be still. And the wind ceased, and there was a great calm.

Song for meditation: “My soul has been Anchored” by Douglas Miller

Prayer:

- **I proclaim and pronounce to the storm** of racism to be quelled and be sent back to the pit from whence it came.
- **I proclaim and pronounce the storm** of hatred will be overcome by the agape love of Jesus Christ.
- **I proclaim and pronounce the storm** of distrust will be consumed by faith in the Word of God.
- **I proclaim and pronounce the storm** of inequity will be swallowed up in compassion. I proclaim and pronounce the storm of disunity will be dismantled by the spirit of peace in Christ Jesus.
- **I speak** peace to every storm; be still to everything that seeks to bring harm.

Day 14 - Speak to the Devil

Scripture for meditation:

Matthew 4:1-4 KJV - [1] Then was Jesus led up of the Spirit into the wilderness to be tempted of the devil. [2] And when he had fasted forty days and forty nights, he was afterward an hungred. [3] And when the tempter came to him, he said, If thou be the Son of God, command that these stones be made bread. [4] But he answered and said, It is written, Man shall not live by bread alone, but by every word that proceedeth out of the mouth of God.

Song for meditation: "War (Radio Version) by Charles Jenkins

Prayer:

- **I proclaim and pronounce** I am a child of the King and even when I stumble, He will uphold me in his right hand.
- **I proclaim and pronounce** I will not receive the words the enemy speaks to me because my ears, mind, heart and spirit are only attuned to the voice of God.
- **I proclaim and pronounce** I will rebuke the words and acts of the devil because I recognize he is filled with jealousy and rage and wants to keep me from my great inheritance in Christ Jesus.
- **I proclaim and pronounce** that I am covered by The Blood of Jesus and it is God and God alone who makes me righteous.

Suggested Recipes

Easy Sheet Pan Dinner

- *Prep Time:* 15 minutes
- *Cook Time:* 30 minutes

MEDIAVINE

INGREDIENTS

- 1 crown broccoli (1/2 pound)
- 1 medium red onion
- 1 1/2 pounds sweet potatoes (about 2 medium large)
- 1-pound red potatoes (about 2 medium)
- 1 red pepper
- 1 15-ounce can chickpeas (or 1 1/2 cups cooked)
- 4 tablespoons olive oil
- 2 teaspoons garlic powder
- 2 teaspoons Old Bay seasoning* (purchased or homemade)
- 1 tablespoon Italian seasoning
- 1 teaspoon kosher salt
- 1 lemon
- Rice or quinoa (or another whole grain or seasoned lentils), to serve (optional)
- Dollop of sour cream, Greek yogurt, Vegan Sour Cream, Cashew Cream, or hummus, to serve

INSTRUCTIONS

1. Adjust the oven racks for roasting 2 trays. Preheat the oven to 450 degrees Fahrenheit.
2. Chop the broccoli. Cut the onion into thick slices. Dice the potatoes. Dice the red pepper.
3. Place all the vegetables in a large bowl. Drain and rinse the chickpeas, then add them to the bowl. Mix in the olive oil, garlic powder, Old Bay, Italian seasoning, and kosher salt until everything is evenly coated.
4. Line two baking sheets with parchment paper (we prefer this to silicone baking mats because it results in crispier veggies). Spread the vegetables evenly onto each sheet.
5. Place into the oven and bake for 20 minutes (do not stir!). Remove the pans from the oven, rotate them, and roast another 10 minutes (for 30 minutes total) until tender and lightly browned on one side.
6. Cut the lemon into wedges, and spritz the veggies with fresh lemon juice to taste. (Required: this step adds just the right zing! Or you can serve with lemon wedges.)
7. Transfer to a serving bowl or dish and serve immediately with rice or quinoa. Dollop with sour cream, cashew cream or hummus.

Cauliflower Nashville Hot “Chicken” by B. Britnell

- *prep time:* 20 minutes
- *cook time:* 25 minutes
- *total time:* 45 minutes

Ingredients

- 1 head of cauliflower
- 4 flax eggs
- 1/2 cup of almond milk
- 2 tablespoons of hot sauce
- 1 cup flour
- 1/2 cup cornstarch
- 1 tablespoon baking powder
- 2 teaspoons salt
- Oil for frying. I used vegetable oil and needed about 4 cups. You want enough so that the cauliflower is at least halfway covered when in the pot.
- 1/2 cup of vegan butter, melted
- 2 tablespoons of the hot chicken rub (or use this recipe to make your own)
- 4–8 slices of white sandwich bread
- pickle slices

instructions

1. Chop up the head of cauliflower into bite sized pieces. Set aside.
2. In a wide, shallow bowl, whisk together the flax eggs, almond milk, and hot sauce.
3. In a separate shallow bowl, whisk together the flour, corn starch, baking powder, and salt.
4. Heat your oil in a heavy bottomed pot over medium high heat. To test that it's ready, drop a bit of the batter (wet ingredients mixed with the dry ingredients) into the pot. Once it floats to the top, the oil is ready.
5. Prepare a place for the fried cauliflower to rest after it comes out of the oil. I've found the best results by places a wire rack over top of a baking sheet and then placing a paper towel under the rack to collect some of the oil.
6. Working in batches, dip the cauliflower pieces in the wet mixture, then dip each piece fully in the flour mixture. I do this TWO times per piece of cauliflower but you can also just do once.
7. Gently place the cauliflower into the pot in a single layer. Fry for about 4-5 minutes on each side. It's done when the breading just begins to brown. While one batch is frying, prepare the next batch.
8. Place the finished pieces on the wire rack to cool down.
9. Once all of the cauliflower is fried, prepare the spice mix by whisking together the spices and the melted butter in a small bowl. Place the cauliflower in a large bowl and drizzly the butter mixture over top. Toss to combine.
10. Serve the Hot Cauliflower on the bread and topped with the pickle slices.

Cashew Ginger Stir-Fry

Recipe by Tracye McQuirter, MPH,

Serves 2-4

Ingredients:

3 tablespoons sesame oil
1 medium red onion, chopped
2 cloves garlic, peeled and chopped
1 tablespoon minced fresh ginger
1 red bell pepper, cored, seeded, and chopped
1 head broccoli, chopped (florets only)
¼ cup cashew pieces
1 tablespoon tamari or low-sodium soy sauce
Dash cayenne
1 tablespoon Thai curry paste (optional)

Instructions:

Heat the sesame oil in a skillet. Add the onion, garlic, ginger, and red pepper and sauté until soft, 2-3 minutes. Remove these vegetables from the oil and set aside. Using the same oil, turn up the heat and add the broccoli to the hot oil. Stir-fry for about 10 minutes. Reduce heat, add the vegetables back in and add remaining ingredients. Stir and let sit covered on low heat for another 5 minutes. Serve over brown rice or whole-grain pasta.

Cinnamon Baked Apples

INGREDIENTS

- 2 cups thinly-sliced apples, unpeeled (about 2 apples)
- 1 cup unsweetened apple juice
- 1/8 teaspoon cinnamon

INSTRUCTIONS

1. Preheat oven to 350 degrees. Place sliced apples in an 8 x 8-inch baking dish. In a small bowl, whisk apple juice and cinnamon, and pour over apples. Bake 15 minutes, stir, and bake another 15 minutes. Serve warm.
2. Yield: 4 servings (serving size: about 1/2 cup)

Vegetarian Omelet with Spinach

yield: 1 prep time: 5 MINUTES cook time: 8 MINUTES total time: 13 MINUTES

This vegetarian omelet with spinach and fresh farmers market product is a great, nutritious meal any time of the day. It's ready in about 10 minutes, so a healthy breakfast is never far away!

Ingredients

2 large eggs
2 tablespoons milk
1 tablespoon butter
1/8 teaspoon salt
1/8 teaspoon black pepper
1/2 cup spinach, chopped coarsely
1 small tomato, finely diced (about 1/4 cup)
1/4 red bell pepper, finely diced (about 1/4 cup)
2 mushrooms, cleaned and sliced thinly
1-ounce Swiss cheese, shredded

Instructions

- In a small bowl, whisk eggs and milk until well blended
- Spray a small non-stick omelet pan or skillet with cooking spray. Saute mushrooms and peppers until soft, about 3 minutes. Remove from pan and set aside.
- Melt the butter in the pan. Pour in the egg mixture, tilting the pan to coat the bottom. Lift up the cooked edges of eggs to allow uncooked eggs to be cooked. When the top of eggs are thickened and no liquid eggs remain, season with salt and pepper.
- Add spinach, tomatoes, mushrooms, peppers, and cheese to one side of the omelet
- Fold omelet in half. Cover and cook 1-2 minutes, or until cheese is melted. Serve immediately.

BEST Spinach Apple Salad (Easy & Delicious!)

Prep Time: 10 minutes Cook Time: 0 minutes Yield: 4

INGREDIENTS

1/2 cup Glazed Walnuts or Glazed Pecans (or toasted walnuts or toasted pecans)

1 recipe Best Balsamic Dressing

1 apple

1 ripe pear

3 cups baby spinach leaves

3 cups baby mixed greens

INSTRUCTIONS

- Make the Glazed Walnuts or Glazed Pecans. (While they cook, prep the rest of the salad. Or, you can make these ahead!)
- Core the apple and pear, cut them into thin slices.
- Place the greens on serving plates and top with apples, pears, and walnuts. Pour over the dressing and serve. (Pro tip: Dress it up by adding cubed Manchego cheese!)

Vegetarian Burrito Bowl with Cauliflower Rice

Prep Time: 10 minutes Cook Time: 30 minutes Yield: 4-6

INGREDIENTS

1-pound sweet potatoes (1 large or 3 small)
5 tablespoons olive oil, divided
1 organic red pepper
1 organic yellow pepper
1 red onion
24 ounces Seasons Choice Plain or Garlic Riced Cauliflower (2 bags)
8 Simply Nature Grade A Organic Cage Free Brown Eggs
4 handfuls Simply Nature Organic Mixed Greens
Little Salad Bar Salsa, for the garnish
1 avocado, for the garnish
1 lime, for the garnish
Garlic powder
Dried oregano
Chili powder
Cumin
Kosher salt

INSTRUCTIONS

- Bake the sweet potatoes: Preheat to 375F. Wash sweet potatoes and remove any bad spots (but leave the skin on). Grate the sweet potatoes with large side of a box grater onto parchment lined baking sheet. Spread out, sprinkle top with 2 tablespoons olive oil, 1/4 teaspoon garlic powder, 1/4 teaspoon cumin, and 3/4 teaspoon kosher salt. Bake for 25 to 30 minutes until browned on the edges but still soft.
- Sauté the peppers and onions: Thinly slice the peppers. Thinly slice the onion. In a large skillet, heat 1 tablespoon olive oil over high heat. Add the peppers and onions with 1 teaspoon garlic powder, 1 teaspoon oregano, 1/2 teaspoon chili powder, and 1/2 teaspoon kosher salt. Sauté for about 5 minutes until just tender and slightly blackened, stirring occasionally.
- Heat the cauliflower rice: Remove the peppers and onions from the skillet into a bowl. In the same skillet (no need to wipe it out), reduce the heat to medium and add another 1 tablespoon of olive oil to pan. Cook cauliflower rice with 3/4 teaspoon kosher salt until warmed through. Remove the cauliflower rice into a bowl and wipe out the skillet to remove the cauliflower bits.
- Make the chorizo eggs: In a medium bowl, whisk together the eggs with 1 tablespoon chili powder, 1 tablespoon garlic powder, 1 tablespoon cumin, and 3/4 teaspoon kosher salt. (This may seem like a lot of seasoning but it's intentional: it makes the meatiest, most delicious eggs!) In the same skillet, heat 1 tablespoon olive oil. Add the eggs and cook over medium low heat, scraping as eggs harden, about 4 minutes.
- Assemble the burrito bowl: Chop the avocado. Serve with mixed greens, avocado, and salsa. Squeeze with lime and serve.