

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
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Pastoral Greeting

Shalom Beloved of God.

Grace and peace be multiplied unto you in the name of our Lord and Saviour Jesus Christ. As the scripture hath declared in Proverbs 18:21 KJV, "Death and life are in the power of the tongue: and they that love it shall eat the fruit thereof."

It is with great expectation that I welcome you to "***The Fast of Prophetic Proclamations & Pronunciations***". The theme for this fast is very intentional inasmuch as the words we speak are literally a matter of life and death.

In this season of international crisis, global pandemic, civil, social and economic upheaval, it is imperative that we are speaking that which is in alignment with the will and the Word of God.

I am a firm believer that we live in the worlds that we create with our own words. Because this biblical principle is true and because the power of death and life is in the tongue, we shall now come before God in this time of consecration to "*consider both our ways....and our WORDS*". Matthew 12:36-37 KJV, "But I say unto you, that every idle word that men shall speak, they shall give account thereof in the day of judgment. [37] For by thy words thou shalt be justified, and by thy words thou shalt be condemned."

The last several months have been a most challenging time for us all. We must be very careful that we do not allow the adversary to laden us with a spirit of pessimism and negativity, which is fed negative energy by what we are saying about various situations.

This 21-day period of spiritual and physical detoxification will give us an opportunity to purge ourselves from all filthiness of the flesh and spirit, and position ourselves for a spiritually, physically and mentally dynamic doxology to the year 2020.

Let's keep this as the young people say, "100." Yes, it's been a tough year. But I have good news! 1 Peter 5:10, "But the God of all grace, who hath called us unto his eternal glory by Christ Jesus, after that ye have suffered a while, will make you perfect, stablish, strengthen, & settle you."

May a great renewal from the Holy Spirit inundate your entire spirit, mind and body.

Grace be with your spirit.



Before, During, and Breaking your Fast

Planning Your Fast

“Then Joshua said to the people, “Consecrate yourselves, for tomorrow the Lord will do wonders among you.” Joshua 3:5

Pray—Spend time reading the Bible. Ask the Holy Spirit for guidance in your prayers. Write down your faith goals and specific prayer requests for your family, friends, church, and nation.

Commit—Ask God for grace to help you follow through with the fast.

Act— Plan to limit physical and social activities during the fast. You can ask someone to be your prayer partner throughout the fast.

While Fasting

[Jesus] answered, “It is written, ‘Man shall not live by bread alone, but by every word that comes from the mouth of God.’” Matthew 4:4

Focus—Set aside time to work through the devotions and seek God to write your own personal proclamations and pronouncements. Be ready to respond to God’s Word and the leading of the Holy Spirit.

Pray—Join at least one time either on the prayer line or zoom. Intercede for your family, church, pastors, and nation throughout the week.

Replenish—During mealtime, read the Bible and pray. Drink plenty of water and rest as much as you can. Be ready for temporary bouts of physical weakness and mental annoyances like impatience and irritability.

Breaking the Fast

And this is the confidence that we have toward him, that if we ask anything according to his will he hears us. And if we know that he hears us in whatever we ask, we know that we have the requests that we have asked of him. 1 John 5:14–15

Eat—Reintroduce meat and sweets gradually. Your body will need time to adjust to a normal diet.

Pray—Don’t stop praying! Trust God’s faithfulness and timing. Carry your newfound passion for God through the end of the year. Be in faith for God to answer your prayers.

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 (Mtcyoungstown) 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*

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

November 2 – November 9

Day 1 - Speak Life

Scripture for Meditation:

Psalm 118:17-19 KJV - *[17] I shall not die, but live, and declare the works of the Lord. [18] The Lord hath chastened me sore: but he hath not given me over unto death. [19] Open to me the gates of righteousness: I will go into them, and I will praise the Lord:*

Song for Meditation: “I Speak Life” by Donald Lawrence

Prayer:

- *I proclaim & pronounce* that I shall not die but live an abundant life and declare the works of the LORD! I will live out the days God has allotted me!
- *I proclaim & pronounce* that the gates(entrance) of righteousness (prosperity & justice) is open unto me! I will walk in the paths He directs me to go!
- *I proclaim & pronounce* that whatever transpires in my day, I will offer up praise to God. I will enter in and with all that is within me, I will praise Jehovah!
- *I proclaim & pronounce* that I will be a living testimony to believers and nonbelievers! I will testify of the wonders and miracles I have experienced, witnessed and heard!

Day 2 -Speak Love

Scripture for meditation:

Ephesians 4:15 KJV - *[15] But speaking the truth in love, may grow up into him in all things, which is the head, even Christ:*

Song for Meditation: “Nobody Loves Me Like You” by Chris Tomlin

Prayer:

- I proclaim & pronounce that I will tell the truth with affection, good will, and with brotherly love. I will love without partiality. My love will not be based on another’s position, status or station in life.
- I proclaim & pronounce that I will increase in love one towards others! I will demonstrate love to family friends and those with who I interact.
- I proclaim & pronounce that I will love with the love of Christ even as He has loved me and laid down His life for me! I will demonstrate love in the face of those who demonstrate hate towards me. I will exercise love when I am falsely accused or my reputation and character are unjustly maligned.
- I proclaim & pronounce that Jesus Christ is the head of me!

Day 3 - Speak Truth

Scripture for meditation:

Zechariah 8:16-17 KJV - [16] These are the things that ye shall do; Speak ye every man the truth to his neighbour; execute the judgment of truth and peace in your gates: [17] And let none of you imagine evil in your hearts against his neighbour; and love no false oath: for all these are things that I hate, saith the Lord.

Song of Meditation: "People" by Jonathan McReynolds

Prayer:

- I proclaim & pronounce I will do what God has commanded me to do!
- I proclaim & pronounce I will testify and share truth to my neighbor! I will practice honesty and integrity in all interpersonal dealings with others.
- I proclaim & pronounce I will share divine truth and pronounce peace in public places! I will daily examine my intentions, my actions & reactions. I will practice integrity in all business dealings.
- I proclaim & pronounce I will not imagine evil in my heart or make false promises against my neighbor! I will receive truth from others without rebuttal. I will accept truth even when it goes against previously held thoughts or beliefs.
- I proclaim & pronounce that I will ask God to enlarge my capacity to perceive and receive truth.

Day 4 - Speak Faith

Scripture for meditation:

Romans 10:8 KJV - *[8] But what saith it? The word is nigh thee, even in thy mouth, and in thy heart: that is, the word of faith, which we preach;*

Song for meditation: "Faith Come Alive" by Tasha Page-Lockhart

Prayer:

- I proclaim & pronounce that the WORD that was spoken by GOD is presently within my mouth! I will speak in faith those things God has said about me in His Word.
- I proclaim & pronounce that I will utter with conviction, faith, and assurance truth of God! I will walk in faith on the path God has set me. Zi will believe that God's plans for me are of peace and not of evil.
- I proclaim & pronounce that I will openly proclaim the things of God! I will see through the eyes of faith even when a storm is raging in my life. I believe my end will be greater than my beginning. I believe the journey I am on was designed specifically for me.
- I proclaim & pronounce I will speak with new tongues as the Spirit gives me utterance! I believe God speaks clearly to my heart.

Day 5 - Speak Favour

Scripture for meditation:

Esther 2:15 KJV - [15] Now when the turn of Esther, the daughter of Abihail the uncle of Mordecai, who had taken her for his daughter, was come to go in unto the king, she required nothing but what Hegai the king's chamberlain, the keeper of the women, appointed. And Esther obtained favour in the sight of all them that looked upon her.

Song for meditation: "Favor" by David Frazier

Prayer:

- I proclaim & pronounce that I have favor in the sight of God and man and I will speak favor according to the Word of God over the people of God. I speak favor over those who may not yet have come into the fullness of knowledge but are yet striving to become the sons of God.
- I proclaim & pronounce that I will not seek after, require, desire, or request **things** that are not ordained of God for me!
- I proclaim & pronounce that others will look upon me and see my Christ-like nature!
- I proclaim & pronounce that I will LIVE in the presence of THE KING of kings!

Day 6 - Speak to your Fears

Scripture for meditation:

Isaiah 41:10 KJV - *[10] Fear thou not; for I am with thee: be not dismayed; for I am thy God: I will strengthen thee; yea, I will help thee; yea, I will uphold thee with the right hand of my righteousness.*

Song for meditation: “Hello Fear” by Kirk Franklin

Prayer:

- I proclaim & pronounce that I will not fear for God is with me! I will not fear the known or unknown because God is my refuge.
- I proclaim & pronounce that God is with me where ever I go! I will not stumble in darkness because God is a lamp unto my feet and a light to my path.
- I proclaim & pronounce that God has strengthened me for the days ahead! I will not fear to proclaim God is my help in the time of trouble.
- I proclaim & pronounce that the Lord is my help and He will hold me up in righteousness! I choose to believe I am an overcomer because God will fight for me.

Day 7 - Speak Peace

Scripture for meditation:

2 Corinthians 13:11 KJV - *[11] Finally, brethren, farewell. Be perfect, be of good comfort, be of one mind, live in peace; and the God of love and peace shall be with you.*

Song for meditation: "Peace" by New Direction

Prayer:

- I proclaim & pronounce I will keep and honor my word when I have pledged to do so! I will strive for perfection!
- I proclaim & pronounce I am of good comfort!
- I proclaim & pronounce I have a sound mind!
- I proclaim & pronounce I will live in peace! I will speak peace even in the midst of derision. I will seek and pursue peace among friend and foe.
- I proclaim & pronounce that the God of love and peace shall be with me always!

Suggested food list

Try not to get too hung up on what you should and shouldn't eat. The most important part of the Daniel Fast is that you deny yourself physically so that you may seek the Lord in prayer and grow closer to Him. Your fast may look a little different than someone else's, and that's fine. Some people may need to be stricter than others in their food choices so that their fast is a sacrifice for them. These food guidelines are meant to be just that – *a guide*. They are given to help you create boundaries for your fast.

Accepted

- ◆ All fruits and vegetables
- ◆ Water, herbal tea, fruit smoothies

Avoid

- ◆ Fried foods, carbonated drinks, caffeinated drinks, artificial sugars, meat, cake, pies, candy

Healthy Snacking

- Nuts, such as pecans, almonds, cashews and a piece of fruit/veggies
- Guacamole (no added preservatives other than citrus like lemon/lime) with sliced veggies
- Nut butters with fruit or veggies
- Hummus with sliced veggies
- Fruit salad (no added sugar)
- Oatmeal with nuts
- Fruit smoothie
- Bean dip and veggies
- Olives and crunchy chickpeas (chickpeas are roasted and seasoned in oven until crunchy)
- Apples or Pears

Suggested Recipes

Vegetable Cabbage Soup

from **Delish**

Shopping list

2 tbsp. extra-virgin olive oil
1 large onion, chopped
2 carrots, chopped
2 stalks celery, minced
1/2 tsp. chili powder
Kosher salt
Freshly ground black pepper
1 (15-oz.) can white beans, drained and rinsed
2 cloves garlic, minced
1 tsp. thyme leaves
4 c. vegetable broth
2 c. water
½ large head cabbage, chopped
1 (15-oz.) can chopped fire-roasted tomatoes
Pinch red pepper flakes
2 tbsp. freshly chopped parsley, plus more for garnish

Directions:

1. In a large pot (or Dutch oven) over medium heat, heat olive oil. Add onion, carrots, and celery, and season with salt, pepper, and chili powder. Cook, stirring often, until vegetables are soft, 5 to 6 minutes. Stir in beans, garlic, and thyme and cook until garlic is fragrant, about 30 seconds. Add broth and water, and bring to a simmer.
2. Stir in tomatoes and cabbage and simmer until cabbage is wilted, about 6 minutes.
3. Remove from heat and stir in red pepper flakes, and parsley. Season to taste with salt and pepper. Garnish with more parsley, if using

Sautéed Green Beans & Carrots

from **Clean Eating Magazine**

Shopping List

Sea salt and fresh ground black pepper, to taste
1 large orange, zested and juiced, divided
1 to 2-inch piece horseradish root, peeled and freshly grated (about 1 tbsp) or
2 tbsp all-natural prepared horseradish
6 to 8 sprigs fresh dill, chopped (about 2 tbsp)
1 tsp olive oil
1 medium shallot, finely diced
 $\frac{3}{4}$ lb green beans, trimmed (cut in half, if very long)
2 medium carrots, peeled and julienned

Directions

1. Heat oil in a large sauté pan over medium-high heat. Add shallot, beans and carrots and sauté, stirring often, about 3 to 4 minutes.
2. Add orange juice to pan and stir once, cover pan with lid and steam for about 1 to 2 minutes.
3. Remove pan from heat, add orange zest, dill and horseradish. Season with salt and pepper.

Spaghetti Squash

from **The Ultimate Daniel Fast**

Shopping List

1 medium spaghetti squash

Basil-Walnut Cream Sauce:

From Ultimate Daniel Fast

1 cup unsweetened almond milk

1 cup walnuts

1 cup fresh basil leaves, lightly packed (about 10-12 large leaves)

½ cup fresh parsley, lightly packed

2 cloves garlic, minced

¼ teaspoon salt

1/8 teaspoon pepper

Tomato Sauce:

2 tablespoons olive oil

1 onion, diced

4 cloves garlic, minced

1 red bell pepper, diced

1 yellow bell pepper, diced

salt and pepper to taste

28 oz can of crushed tomatoes

2 tablespoons chopped fresh basil

Directions:

1. Preheat the oven to 400°F. Slice the squash in half. Scoop out the seeds. Place the squash halves cut-side down in a roasting pan or 9x13-inch baking dish. Pour in a little water (optional). Roast the squash for 30 to 45 minutes. Use a fork to gently pull the squash flesh from the peel and to separate the flesh into strands. The strands wrap around the squash horizontally — rake your fork in the same direction as the strands to make the longest “noodles.”
2. To make the tomato sauce: Heat the olive oil in a 12-inch (30-cm) oven-safe pan over medium high heat. Sauté the onion, garlic, and bell peppers until soft, about 10 minutes. Season with salt and pepper, then add the crushed tomatoes. Stir until the ingredients are fully incorporated. Remove from heat, then add the basil.
3. To make the cream sauce: Place all ingredients in a food processor or blender. Process 15-20 seconds or until smooth (less time if you prefer a chunkier texture). Heat in a small saucepan over medium to low heat; do not boil. Cook 10-15 minutes, stirring occasionally.

Sautéed Potato & Eggplants

from **China Sichuan Food**

Shopping list

2 long eggplants
1/4 cup cornstarch for coating
1 potato, cut into thick slices
1 green pepper, cut into small pieces
1 green onion, chopped
2 garlic cloves, chopped
oil for frying

Sauce

2 tbsp. light soy sauce
1/4 tsp. sugar
1/4 tsp. salt
1/2 tbsp. dark soy sauce
1 tsp. cornstarch
3 tbsp. water

Directions:

1. Soak the eggplant in slightly salted water for 15 minutes. Drain completely and then coat evenly with a thin layer of cornstarch.
2. In a small bowl, mix all of the stir-frying sauce together.
3. Heat oil in wok. Add potatoes and fry until well cooked. Add eggplant and gently fry. Add green pepper for 10 seconds. Remove.
4. Fry green onion and garlic until aromatic. Add the sauce. Bring to a boil. Add potatoes, green pepper and eggplants. Fry until each piece is well coated.
5. Serve hot with steamed rice.

Spicy and Sour Shredded Potatoes

From **China Sichuan Food**

Shopping list

1 large potato (white or yellow)
1 teaspoon Sichuan peppercorns
2-4 dry chili peppers, cut into small shreds
½ tablespoon light soy sauce
2 garlic cloves, minced
1 tablespoon vegetable cooking oil
Chopped spring onion and coriander

Use the shredder attachment on a food processor to cut potatoes. Soak the shredded potatoes in clean water for around 10 minutes before frying to remove extra starch in the potatoes, making the shreds less sticky during the stir-fry process. Remember to drain them before frying. Since acetic acid has strong volatility, in order to keep this dish sour, the vinegar should be added at the very end of the stir-frying process.

Directions

1. Wash potatoes and cut into shreds of similar size. Prepare a clean bowl with clean water and soak the shredded potatoes in water for 10 minutes.
2. Drain shredded potatoes and set aside. Heat oil in pan, then put in chili red pepper and Sichuan pepper, frying until aromatic and then add the garlic.
3. Add drained potato shreds, quick stir-fry until the potato shreds become soft. Add soy sauce and black vinegar. Mix evenly. Garnish with spring onion and coriander if desired.

RATATOUILLE

from **Tasty**

Shopping List

VEGGIES

2 eggplants
6 Roma tomatoes
2 yellow squashes
2 zucchinis

SAUCE

2 tablespoons olive oil
1 onion, diced
4 cloves garlic, minced
1 red bell pepper, diced
1 yellow bell pepper, diced
salt, to taste
pepper, to taste
28 oz can of crushed tomatoes
2 tablespoons chopped fresh basil, from
8-10 leaves

HERB SEASONING

2 tablespoons chopped fresh basil, from 8-10 leaves
1 teaspoon garlic, minced
2 tablespoons Chopped fresh parsley
2 teaspoons fresh thyme
salt and pepper to taste
4 tablespoons olive oil

TIPS

When shopping for your vegetables, pick produce roughly the same size so your slices will be even. If one vegetable's slices are too big, you can cut it in halves or quarters and lay them curved side up and no one will know!

Directions

1. Preheat the oven for 375°F
2. Slice the eggplant, tomatoes, squash, and zucchini into approximately $\frac{1}{16}$ -inch (1-mm) rounds, then set aside.
3. Make the sauce: Heat the olive oil in a 12-inch (30-cm) oven-safe pan over medium high

heat. Sauté the onion, garlic, and bell peppers until soft, about 10 minutes. Season with salt and pepper, then add the crushed tomatoes. Stir until the ingredients are fully incorporated. Remove from heat, then add the basil. Stir once more, then smooth the surface of the sauce with a spatula.

4. Arrange the sliced veggies in alternating patterns, (for example, eggplant, tomato, squash, zucchini) on top of the sauce from the outer edge to the middle of the pan. Season with salt and pepper. Cover the pan with foil and bake for 40 minutes. Uncover, then bake for another 20 minutes, until the vegetables are softened.
5. Mix herb seasoning ingredients and pour over the cooked ratatouille.
6. Serve while hot as a main dish or side. The ratatouille is also excellent the next day—cover with foil and reheat in a 350°F oven for 15 minutes, or simply microwave to desired temperature.

Spa Vegetable Soup

from **Tosca Reno**

Shopping List

- 3 c veggie stock
- 1 c cauliflower florets
- 1 carrot, peeled and diagonally sliced
- 1 c celery, diagonally sliced
- ½ c finely sliced savoy cabbage, red cabbage or spinach
- 1 c broccoli florets
- 1 green onion, diagonally sliced
- Salt and pepper to taste

1. In a saucepan, bring stock to a boil. Add carrot and simmer for 10 minutes.
2. Add remaining vegetables and simmer until tender, about 15 minutes. Season with salt and pepper to taste.