

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 (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*
- *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 3: November 16 – November 22

Day 15 - Speak to yourself

Scripture for Meditation:

Psalm 42:5 KJV

[5] Why art thou cast down, O my soul? and why art thou disquieted in me? hope thou in God: for I shall yet praise him for the help of his countenance.

Song for Meditation: “Encourage yourself” Donald Lawrence

Prayer:

- ***I Proclaim and Pronounce*** I am who God created me to be. I am the apple of God’s eye and I am a friend of God.
- ***I Proclaim and Pronounce*** When trouble is my lot I will take my eyes off my troubles and look to Jesus who is my unfailing help in the time of trouble.
- ***I Proclaim and Pronounce*** I will not become heady and high minded when I am esteemed or held in high regard by others but will remain humble before God because I recognize it is not me but God in me working through me.
- ***I Proclaim and Pronounce*** I will not speak negatively about myself when I do not achieve a goal, I have set but will get up immediately and ask God to strengthen me for a second chance as many times as necessary
- ***I Proclaim and Pronounce*** I will exercise love towards those who are easy to love and towards those who make it more difficult to show love. I will treat others as I wish to be treated.
- ***I Proclaim and Pronounce*** I will perpetually remind myself that I can do all things through Christ who strengthens me.

Day 16 - Speak Healing

Scripture for meditation:

Jeremiah 17:14 KJV - [14] Heal me, O Lord, and I shall be healed; save me, and I shall be saved: for thou art my praise.

Song for Meditation: "Healed" Donald Lawrence

Prayer:

- ***I speak healing*** and to all broken relationships be it family, friend, foe or brother or sister in Christ.
- ***I speak healing*** and in the Name of Jesus to my physical and spiritual body and to the bodies of others according to the will and Word of God.
- ***I speak healing*** to the minds of those who are constantly bombarded with negative thoughts of themselves and/or of others.
- ***I speak healing*** and to our nation which is being pulled apart by the disease of racism and divisiveness.
- ***I speak healing*** and reconciliation to the Body of Christ for the upbuilding of the Kingdom of God!

Day 17 - Speak Deliverance

Scripture for meditation:

1 Samuel 17:37 KJV- [37] David said moreover, The Lord that delivered me out of the paw of the lion, and out of the paw of the bear, he will deliver me out of the hand of this Philistine. And Saul said unto David, Go, and the Lord be with thee.

Song of Meditation: “Deliver Me” Donald Lawrence

Prayer:

- ***I speak deliverance*** from negative thought patterns about myself, about others and about trying challenges I may face.
- ***I speak deliverance*** from viewing small victories as trivial or unimportant because it is God who causes me trumpet in all things, large and small.
- ***I speak deliverance*** from preconceived notions about others based on color, ethnicity, religion, station in life or any other human condition recognizing that but for the grace of God there go I.
- ***I speak deliverance*** from seeking an eye for an eye or a tooth for a tooth but will seek help and direction from God who is my defense.
- ***I speak deliverance*** from habits that hinder me in life’s journey.

Day 18 - Speak Kindly

Scripture for meditation:

Proverbs 16:24 KJV- [24] Pleasant words are as an honeycomb, sweet to the soul, and health to the bones.

Song for meditation: “Speak to my Heart” Donnie McClurkin

Prayer:

- ***I proclaim and pronounce*** I will respond in haste when confronted with angry or hurtful words. I renounce any form of verbal retaliation.
- ***I proclaim and pronounce*** I will measure my words when I am hurt or angry realizing I can devastate another’s psyche or ignite an uncontrollable fire.
- ***I proclaim and pronounce*** will speak kindly but honestly when discussing differences of opinions with family, friends or foe.
- ***I proclaim and pronounce*** I will not speak carelessly when it is more expedient to remain silent. Every comment does not require a response and every response does not require a comment.

Day 19 - Speak Discreetly

Scripture for meditation:

Proverbs 17:9 KJV- [9] He that covereth a transgression seeketh love; but he that repeateth a matter separateth very friends.

Song for meditation: "Be Blessed" Bishop Paul Morton

Prayer:

- ***I proclaim and pronounce*** I will speak to others in an honest and direct manner whether in agreement or disagreement, not holding a rock in my or behind my back.
- ***I proclaim and pronounce*** I will speak forthrightly in my conversations but not aggressively when witnessing or in conversations where opposing viewpoints are being expressed.
- ***I proclaim and pronounce*** I will speak circumspectly in an effort to avoid offense or gain an unfair advantage.
- ***I proclaim and pronounce*** my actions will always match my words. I will not speak with a double mind or take duplicitous actions.

Day 20 - Speak Wisdom

Scripture for meditation:

Psalm 49:3 KJV- [3] My mouth shall speak of wisdom; and the meditation of my heart shall be of understanding.

Song for meditation: "Teach me Oh Lord" Vanessa Bell Armstrong

Prayer:

- **I proclaim** that I recognize that wisdom is living my life in accordance to the Word of God.
- ***I proclaim and pronounce*** that I will be wise and seek knowledge, but more importantly, to seek understanding.
- ***I proclaim and pronounce*** I will ask God daily to open my heart and mind to the message of the Scripture.
- ***I proclaim and pronounce*** I recognize, even in my afflictions, I can depend on God because He is true to His word.
- ***I proclaim and pronounce*** that I am assured if I continue my walk in God He will fulfill His purpose in me.

Day 21 - Speaking with authority

Scripture for meditation:

Luke 4:35-36 KJV- [35] And Jesus rebuked him, saying, Hold thy peace, and come out of him. And when the devil had thrown him in the midst, he came out of him, and hurt him not. [36] And they were all amazed, and spake among themselves, saying, What a word is this! for with authority and power he commandeth the unclean spirits, and they come out.

Song for meditation: “Authority” Karen Clark Sheard

Prayer:

- ***I speak with authority*** that every God-given gift in me will bear fruit as witness to believer and nonbeliever.
- ***I speak with authority*** to every impediment in my walk with the Lord; it will be overturned.
- ***I speak with authority*** that every mountain that stands before me will be made low and every valley will be made high.
- ***I proclaim and pronounce*** that with authority, I will cast out doubt and fear that attempts to steal my peace or faith in God.
- ***I proclaim and pronounce*** I speak, with authority and clarity, the Word according to the Holy Scriptures.
- ***I proclaim and pronounce*** I operate with authority in my God given gifts and callings.

Suggested Recipes

Cauliflower Pizza Crust By [Alli Shircliff](#)

You will never guess this rich, grain-free pizza crust is made with cauliflower instead of flour.

Serve with your favorite sauce and toppings.

Ingredients

Ingredient Checklist

- ½ head cauliflower, coarsely chopped
- ½ cup shredded Italian cheese blend
- ¼ cup chopped fresh parsley
- 1 egg
- 1 teaspoon chopped garlic
- salt and ground black pepper to taste

Directions

Instructions Checklist

- **Step 1**
Place cauliflower pieces through the feeding tube of the food processor using the grating blade; pulse until all the cauliflower is shredded.
- **Step 2**
Place a steamer insert into a saucepan and fill with water to just below the bottom of the steamer. Bring water to a boil. Add cauliflower, cover, and steam until tender, about 15 minutes. Transfer cauliflower to a large bowl and refrigerate, stirring occasionally, until cooled, about 15 minutes.
- **Step 3**
Preheat an oven to 450 degrees F (230 degrees C). Line a baking sheet with parchment paper or a silicon mat.
- **Step 4**
Stir Italian cheese blend, parsley, egg, garlic, salt, and pepper into cauliflower until evenly incorporated. Pour mixture onto the prepared baking sheet; press and shape into a pizza crust.
- **Step 5**
Bake in the preheated oven until lightly browned, about 15 minutes.

Baked Cauliflower "Mac" and Cheese

Ingredients

- 8 cups chopped cauliflower florets (1/2-inch pieces (26 oz))
- 1 tbsp Real California butter
- 2 teaspoons olive oil
- 1/4 cup minced onion
- 3 tbsp flour (use ap gluten-free flour for GF)
- 2 cups fat free Real California milk
- 7 ounces freshly grated Real California sharp cheddar (about 2 cups total)
- 1/2 teaspoons salt

Instructions

1. Preheat the oven to 400°F.
2. Place 1 inch of water in a large pot with 1 teaspoon salt and bring to a boil. Add the cauliflower and cook until tender crisp, 6 to 7 minutes. Drain and set aside in a large bowl.
3. Heat butter and oil in a large saucepan over medium heat. Add onions and cook about 2 minutes.
4. Stir in flour. Reduce heat to low and cook, stirring continually 3 - 4 minutes, to cook out the flour.
5. Add the milk and continue whisking, raising heat to medium-high until it comes to a boil and becomes smooth and thick, about 2 minutes stirring; season with 1/2 teaspoon salt and black pepper.
6. Once it becomes thick, remove from heat completely onto another burner if possible. Add the cheddar cheese, 1/4 cup at a time mixing well until cheese is all melted.
7. Stir in cooked cauliflower, then pour into a baking dish and bake until bubbly and golden, about 15 to 20 minutes. Then broil 2 minutes, or until the top is slightly browned.

Southern Vegetable Soup by Christy Hinrichs

Ingredients

1/2 cup chopped onion

2 teaspoons olive oil

2 teaspoons minced garlic

2 cans (14-1/2 ounces each) vegetable broth

1 can (28 ounces) crushed tomatoes

1 package (16 ounces) frozen mixed vegetables

1 cup sliced fresh or frozen okra

1 can (4 ounces) chopped green chilies

2 teaspoons dried savory

1 teaspoon sugar

1/2 teaspoon salt

1/2 teaspoon dried tarragon

1/8 teaspoon white pepper

Directions

1. In a Dutch oven over medium-high heat, saute onion in oil for 3 minutes or until tender. Add garlic; cook 1

minute longer. Stir in the remaining ingredients. Bring to a boil over medium-high heat.

Reduce heat; cover and

simmer for 15-20 minutes or until vegetables are crisp-tender.

2. Serve immediately or transfer to freezer containers. May be frozen for up to 3 months.

3. To use frozen soup: Thaw soup in the refrigerator overnight. Transfer to a saucepan. Cover and cook over

medium heat until heated through.

Vegan Potato Jackfruit Stew by Author Florentina

Ingredients

4 cups young jackfruit pieces -(plain & drained well if packed in water)

3 cups potatoes -diced into 1 inch cubes

1/2 yellow onion -chopped

5 cloves garlic -minced

1 large carrot -sliced into rounds

9 cups veggie stock -low sodium

1 cup fresh cherry tomatoes -chopped

1/2 tsp red pepper flakes

3-4 tsp smoked paprika

3 leaves bay

10 sprigs thyme

2 tsp dry oregano

3 tsp onion powder

1.5 tsp chili powder

sea salt to taste

1.5 tbsp flax + chia meal

1/3 cup Italian parsley -chopped

1.5 Tbsp extra virgin olive oil

Instructions

1. Heat up a medium dutch oven over medium low flame. Add the chopped onion with a pinch of sea salt and a splash of water and sautee until translucent (about 5 minutes). Stir in the carrots and the garlic and cook another minute or so until it starts releasing its flavor making sure not to burn it.

2. Stir in all the spices, thyme and bay leaves then add the jackfruit pieces. Pour in the veggie stock and bring the stew to a good simmer. Cover with a lid and cook 40 minutes.

3. At this point you can use a potato masher to help shred the jackfruit into tender little bites. Add the potatoes and the flax meal and simmer the stew for another 15 minutes or until the potatoes are tender.
4. Add the chopped tomatoes, taste and adjust seasonings with more seas salt at this point. Remove from heat and discard the bay and thyme sprigs. Stir in most of the parsley reserving some for garnish.
5. Allow the stew to sit covered for a few minutes and thicken up before serving with garlic bruschetta, parsley and freshly cracked black pepper.