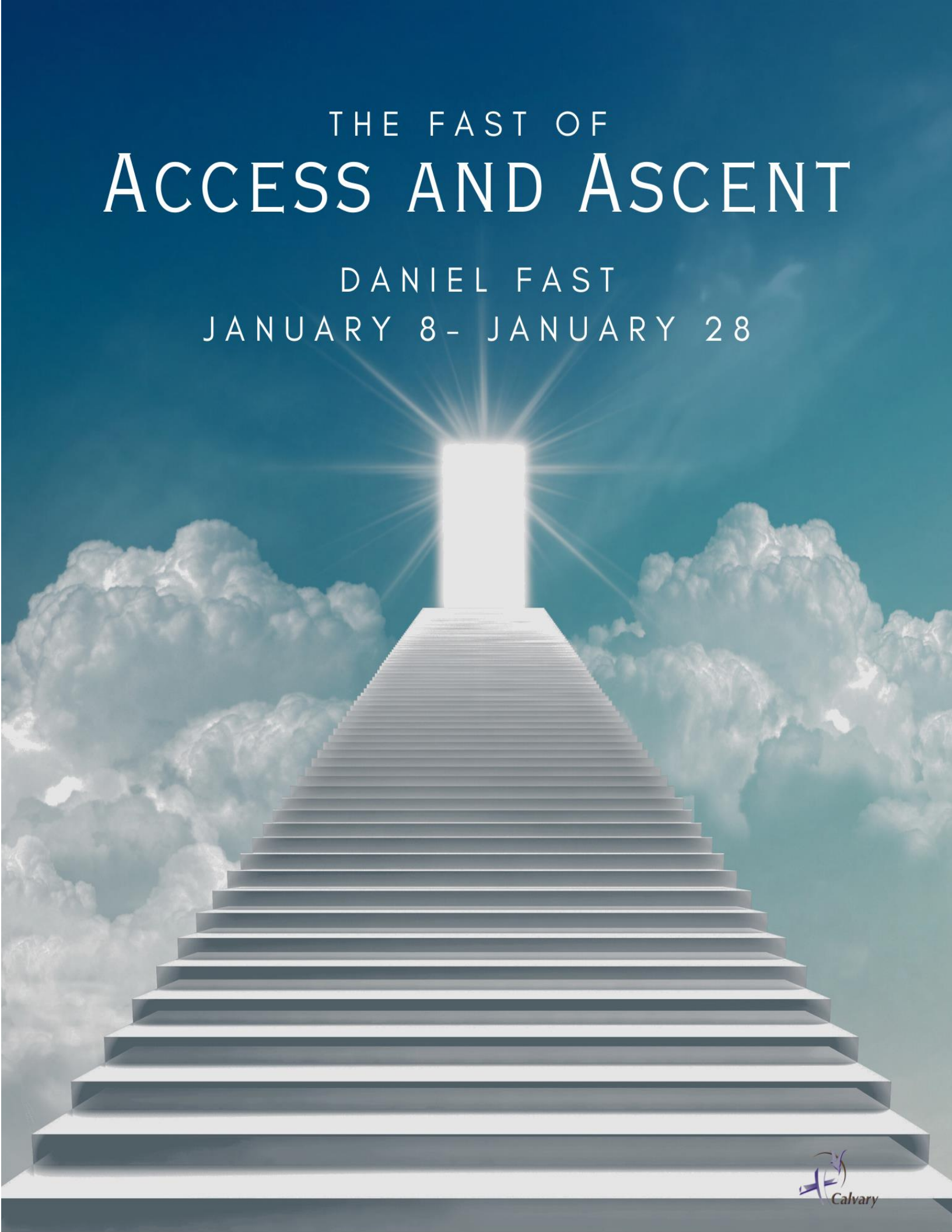


THE FAST OF
ACCESS AND ASCENT

DANIEL FAST
JANUARY 8 - JANUARY 28



The Fast of
ACCESS AND ASCENT

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LETTER FROM THE PASTOR

Shalom, Happy New Year and welcome to the fast of *ACCESS AND ASCENT!*

As we prepare now for the first consecration experience of 2024, we are looking back in grateful reflection on the storms God brought us through in 2023, and the open doors he has brought us to in 2024. As I have shared in previous lessons, the multiplicity of doors (opportunities) that will come before you this year will require the highest level of discernment and discretion we have ever needed to date.

“Beloved, believe not every spirit, but try the spirits whether they are of God: because many false prophets are gone out into the world.” 1 John 4:1

With deception at an all-time high, it will take us walking in the most intimate communion of the Holy Spirit for us not to be among the many both in and out of the church that are being bewitched by very cunning spirits of deception and deviation away from biblical truths.

We have come too far and have too much to do to walk through the wrong door in this season. We must be as the scriptures say, led by the Spirit of God as the verification of our sonship and spiritual authority.

I exhort you to:

- ❖ *Immerse* yourself in prayer.
- ❖ *Dive* into the deep places in God in worship.
- ❖ *Quiet* the noise.
- ❖ *Mortify* the deeds of the flesh.
- ❖ *Be filled* with the Spirit.
- ❖ *Study* to show yourself approved unto God.

May God use this consecration to position you for access and ascent. For surely, they shall Mount up with wings as eagles, run and not be weary, and walk (through each God ordained open doors) and not faint.

Peace be with your spirit.

Bishop C. Shawn Tyson

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FASTING AND PRAYER INFORMATION

INSTRUCTIONS: The fast is a 21-day Daniel fast. January 8 – January 28, 2024.
(The fast will *END* January 28, 2024.)

We are concentrating on **NO meats, sweets or caffeinated beverages, or processed sugars.**

We are emphasizing eating fruits, and vegetables and drinking water, teas, 100% juices, and protein smoothies.

*****Be sure to consult your doctor, especially if you have any medical condition. If due to health reasons you are unable to do a Daniel Fast, you may fast from 5AM-5PM.**

PRAYER TIMES: *Monday – Friday* 5am – 6am

Mt. Calvary Pentecostal Facebook live or Call
(917) 900-1022 Access Code: 8923928

Thursdays – 6pm – 7pm

In person or MTCyoungstown FB Live or YouTube
Calvary Ministries International

BIBLE STUDIES - *Tuesdays* at 12:00 pm (online or in-person) and
7:00 pm EST (YouTube Calvary Ministries
International)

PLEASE NOTE: 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 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 special effort to press your way into the presence of God each day thru prayer and teaching.



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BEFORE, DURING, AND BREAKING THE FAST

Planning Your Fast

Pre-plan your meals; and a daily schedule and list of juices you may find useful and satisfying.

“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 before the fast. 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—Pray about the fast you will undertake and commit to it ahead of time. Ask God for grace to help you follow through with your decisions.

Act—Start eating smaller portions a few days before the fast. Avoid food high in sugar and fat—plan to limit physical and social activities during the fast. 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 devotionals. Be ready to respond to God’s Word and the leading of the Holy Spirit.

Pray—Intercede for your family, church, pastors, nation, campuses, and missions throughout the fast.

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



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Stick to a Schedule -

For maximum spiritual benefit, set aside ample time to be alone with the Lord. Listen for His leading. The more time you spend with Him, the more meaningful your fast will be.

- Morning
 - Begin your day in praise and worship.
 - Read and meditate on God's Word
 - Pray for His vision for your life and empowerment to do His will.
 - Invite God to use you. Ask Him to show you how to influence your world, your family, your church, your community, your country, and beyond.
 - Invite the Holy Spirit to work in you to will and to do His good pleasure according to Philippians 2:13.
- Noon
 - Return to prayer and God's Word.
 - Take a short prayer walk.
 - Spend time in intercessory prayer for your community's and nation's leaders, for the world's unreached millions, and for your family or special needs.
- Evening
 - Get alone for an unhurried time of "seeking His face."
 - If others are fasting with you, meet for prayer.
 - Avoid television, internet or any other distraction that may dampen your spiritual focus.

Longer periods of time with God in prayer and study of His Word are often better spent alone.

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 gradually. Your body will need time to adjust to a normal diet. Eat small portions throughout the day.

Pray—Do not stop praying! Trust God's faithfulness and timing. Carry your newfound passion for God throughout the year. Be in faith for God to answer your prayer.

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THEME SCRIPTURE: Revelation 3:7-8 KJV

*“And to the angel of the church in Philadelphia write; These things saith he that is holy, he that is true, he that hath the key of David, he that openeth, and no man shutteth; and shutteth, and no man openeth; [8] I know thy works: behold, I have set before thee an **OPEN DOOR**, and no man can shut it: for thou hast a little strength, and hast kept my word, and hast not denied my name.”*

Prayer Point: Receive the Power and release the pain.

❖ **Psalm 119:71**

It is good for me that I have BEEN afflicted; that I might learn thy statutes.

Prayer Point: Lord as I move into 2024, the Spirit says take the power but leave the pain. The pain was “for a season and for a reason” but the power will be perpetual.

❖ **Ecclesiastes 9:11 KJV**

I returned, and saw under the sun, that the race is not to the swift, nor the battle to the strong, neither yet bread to the wise, nor yet riches to men of understanding, nor yet favour to men of skill; but time and chance happeneth to them all.

❖ **Psalm 37:23**

The steps of a good man are ordered by the LORD: and he delighteth in his way.

Prayer Point: Lord Jesus, I want to follow directions give me an ear to hear. Help me to silence, mute, turndown, get rid of “The noise” so that I can hear your VOICE!

❖ **GOD IS NOT GOING TO RAISE HIS VOICE; YOU HAVE TO SILENCE THE NOISE.**

❖ **Romans 8:14**

“For as many as are led by the Spirit of God, they are the sons of God.”

Declaration: IF I SAY IT, I WILL SEE IT!

Declaration: IF I BELIEVE IT, I CAN DO IT!

❖ **Mark 11:23 KJV**

“For verily I say unto you, That whosoever shall say unto this mountain, Be thou removed, and be thou cast into the sea; and shall not doubt in his heart, but shall believe that those things which he saith shall come to pass; he shall have whatsoever he saith.”

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DAILY POINTS OF FOCUS AND MEDITATION

Find a scripture that speaks to you personally for every daily focus, and write it in.

Day 1:

- ❖ Lord plant good things in my life.
- ❖ Lord uproot all evil seeds out of my life.
- ❖ Scripture:

Day 2:

- ❖ I cancel every unconscious negative agreement.
- ❖ Let every spiritual weakness in my life receive termination now, in Jesus' name...
- ❖ Scripture:

Day 3:

- ❖ Let every financial failure in my life receive termination now.
- ❖ Scripture:

Day 4:

- ❖ Let every sickness in my body receive termination now.
- ❖ Scripture:

Day 5:

- ❖ Give me a problem-solving grace in the name of Jesus.
- ❖ Let whatever hinders me from greatness give way now.
- ❖ Let all hidden and buried potential come forth now.
- ❖ Scripture:

Day 6:

- ❖ Let all false friends depart from my life now!
- ❖ Let every negative transaction currently affecting my life be canceled now!
- ❖ Scripture:

Day 7:

- ❖ I command all the dark works operating against my destiny in secret to be exposed and nullified.
- ❖ I loose myself from any evil spirit.
- ❖ Scripture:

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Day 8:

- ❖ If my life is on the wrong course reroute me.
- ❖ Let every anti progress Spirit be rebuked!
- ❖ I command my attitude and my conditions to change for the better.
- ❖ Scripture:

Day 9:

- ❖ Let my hands become a sword of fire to tear down demonic trees!
- ❖ All satanic weapons formed against my future be dismantled and disengaged.
- ❖ Scripture:

Day 10:

- ❖ Recover all my resources from the hands of those who have intentionally oppressed me.
- ❖ Scripture:

Day 11:

- ❖ Let all unprofitable thoughts be erased from my subconscious!
- ❖ Scripture:

Day 12:

- ❖ Let every power chasing away my blessings be paralyzed.
- ❖ Scripture:

Day 13:

- ❖ Let the anointing for spiritual breakthroughs reside always in this house.
- ❖ Give me a praying spirit.
- ❖ Lord ignite my prayer life with your fire.
- ❖ Scripture:

Day 14:

- ❖ Cleanse us of every unknown spiritual contamination.
- ❖ Scripture:

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Day 15:

- ❖ Lord, give me obstacle overcoming power.
- ❖ Scripture:

Day 16:

- ❖ Lord Jesus reverse the effects of all Word curses and replace them with blessings.
- ❖ Scripture:

Day 17:

- ❖ Let all spiritual holes in my life be sealed with the blood of Jesus.
- ❖ Turn my weaknesses into strengths.
- ❖ Scripture:

Day 18:

- ❖ Cover every household with your blood.
- ❖ Let my enemies be confounded and scattered.
- ❖ Scripture:

Day 19:

- ❖ Disappoint every diabolical scheme orchestrated against me.
- ❖ Put us in the right places at the right time.
- ❖ Scripture:

Day 20:

- ❖ Align us in the right relationships with the right people.
- ❖ Scripture:

Day 21:

- ❖ We close the door on the past and unlock all God ordained doors for the Future.
- ❖ Scripture:



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Thoughts from the mind of the Master: 2024

1. Be patient but don't be passive.

Scripture: Genesis 22:15-17 KJV - *And the angel of the LORD called unto Abraham out of heaven the second time, [16] And said, By myself have I sworn, saith the LORD, for because thou hast done this thing, and hast not withheld thy son, thine only son: [17] That in blessing I will bless thee, and in multiplying I will multiply thy seed as the stars of the heaven, and as the sand which is upon the sea shore; and thy seed shall possess the gate of his enemies;*

- a. The sacrifices you made in 2023 are going to return to you in the form of surplus in 2024. You've been patient and patience was necessary in the last season, but this year you'll need to be less passive and more proactive and the key 🗝️ word is POSSESS.
- b. **Possess**= **yarash** =to occupy (by driving out previous tenants, and possessing in their place); to seize, to inherit; to expel, to cast out, destroy, dispossess, enjoy, without fail, magistrate, succeed

2. Do not enter the door to assimilate, enter to ASCEND!

- a. This is the year of **ACCESS AND ASCENSION**. This access God is giving is not for you to go in and sit down. The assignment is to go in and GO UP!

Scripture: Psalm 24:3 -*Who shall ASCEND into the hill of the LORD? or who shall stand in his holy place?*

- b. Ascend = 'alah = bring up, carry up, cause to come up, exalt, excel, get up, increase, leap, mount up, raise, recover, restore

3. Ascend & Descend:

- a. Ascend to receive, descend to give. Repeat.

Scripture: Genesis 28:12-14 KJV -*And he dreamed, and behold a ladder set up on the earth, and the top of it reached to heaven: and behold the angels of God ascending and descending on it. [13] And, behold, the LORD stood above it, and said, I am the LORD God of Abraham thy father, and the God of Isaac: the land whereon thou liest, to thee will I give it, and to thy seed; [14] And thy seed shall be as the dust of the earth, and thou shalt spread abroad to the west, and to the east, and to the north, and to the south: and in thee and in thy seed shall all the families of the earth be blessed.*

4. Do not lead for power, lead IN love!

- a. Love is about respecting individuals' differences and their processes for growth. It is about caring enough to understand what is significant to them and supporting them in achieving their goals. The secret to leadership effectiveness is to lead with love.
- b. Accept that we are all flawed.

Scripture: Romans 3:23 -*For all have sinned and come short of the glory of God.*

- c. Create a culture where people feel safe enough to be vulnerable.

Scripture: James 5:16- *Confess your faults one to another, and pray one for another, that ye may be healed.*

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5. *Have courageous conversations!*

- a. Great teams are able to “self-correct”. Not the coach. The players.
- b. A person does not need to be punished (by us) for their sin. Whatever “punishment” necessary will be administered BY GOD.

Scripture: Hebrews 2:2- *For if the word spoken by angels was steadfast, and every transgression and disobedience received a just recompense of reward.*

- c. If you are power hungry, God has no appetite for you.
- d. The leader you are is determined by the leaders you make.

Scripture: Philippians 4:9 -*Those things, which ye have both learned, and received, and heard, and seen in me, do: and the God of peace shall be with you.*

6. *The ability to hear is greater than the gift to speak.*

Scripture: Proverbs 15:28,31 KJV - *The heart of the righteous studieth to answer but the mouth of the wicked poureth out evil things. [31] The ear that heareth the reproof of life abideth among the wise.*

7. *In this season you will only be as valuable to God as His presence is to you.*

Scripture: Psalm 84:2,5,7 KJV - *My soul longeth, yea, even fainteth for the courts of the LORD: my heart and my flesh crieth out for the living God. 5] Blessed is the man whose strength is in thee; in whose heart are the ways of them. 7] They go from strength to strength, every one of them in Zion appeareth before God.*

8. *The consistency of your consecration will determine the measure of your effectiveness.*

9. *It's your time but it's Gods timing.*

- a. “Don't rush the shot” (The 24 second shot clock)
- b. You don't have a lot of time, but you still have ENOUGH TIME.

10. *It's gonna always be something, but you will overcome it all!!!*

Scripture: Psalm 92:4- *For thou, LORD, hast made me glad through thy work: I will triumph in the works of thy hands.*



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