

Prayer and Fast for Deliverance from Addictions

Prayer and Fast Guide

✅ Why We Fast:

In fasting, we humble ourselves before the Lord, submit our will to God through Christ. We surrender every burden to God, trusting in His divine wisdom, power, and authority. As we fast and pray, we pull down strongholds and turn our situation(s) over to Him, believing that He alone can bring deliverance.

This fast is a petition before God for our loved ones, that they be set free from the bondage of addiction and walk in the fullness of recovery and restoration, by the power of God: in the Father, the Son and the Holy Spirit.

📖 Scriptures:

- **Be Humble and Seek God:** Psalms 35:13, Joel 1:14
- **Submission to Christ, Surrendering to God:** James 4:7, 1 Peter 5:7

📖 Fasting Principles and Insights:

- **Isaiah 58:6-7** — Is not this the fast that I have chosen: to loose the bonds of wickedness... True fast breaks chains, helps others.
- **Joel 2:12** — Return to God with fasting and weeping and really mean it, with all your heart fast and cry out to Him.
- **Matthew 6:16-18** — Fast in secret, not to be seen by others. Fast in humility, not for show.
- **1 John 5:13-15** - rest in the certainty of our salvation and pray with faith, knowing that God both hears and answers prayers that align with His divine will.

🔥 **Focus: *Interceding for Deliverance from Addictions.***

Notes/Reflection/Answered Prayer:

📅 3-Day Fasting Plan

📖 **DAY 1: Jesus Christ— The Power and Supremacy of Christ Over All Kingdoms**

Focus: Jesus Christ, our Foundation for Intercession.

✝ Scripture Study

- **God:**

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- John 1:1-2 – *The Word was God. In the beginning was the Word, and the Word was with God, and the Word was God. The same was in the beginning with God.*
- Colossians 2:9 – *In Him dwells all the fullness of the Godhead bodily.*
- Titus 2:13 – *Looking for the blessed hope and appearing of our great God and Savior Jesus Christ.*
- **Creator:**
 - Hebrews 1:2 – *God made the worlds through His Son.*
 - Colossians 1:16 – *All things were created by Him and for Him.*
 - John 1:3 – *All things were made through Him.*
 - 1 Corinthians 8:6 – *By whom are all things, and we by Him.*
- **Lord:**
 - Acts 2:36 – *God made Him both Lord and Christ.*
 - Philippians 2:11 – *Every tongue confess Jesus is Lord.*
 - Romans 10:9 – *Confess and believe in your heart—He is Lord.*
- **Savior:**
 - John 3:16 – *God so love the world, He sent His Son, Jesus so those who believe He is God in the flesh will have everlasting life.*
 - 1 John 4:14 – *Jesus is savior of the world.*
 - John 12:47 – *Jesus came not to judge the world, but to save the world.*
 - Romans 3:23-24 – *all have sinned, and all are forgiven in the redemption through Christ.*

Spirit Realm – Two Kingdoms in conflict

- **Kingdom of Heaven:**
 - Matthew 3:2, 4:17, 5:3 – *Call to repentance; the Kingdom of Heaven has come.*
 - Ephesians 5:8 – *Now you are light in the Lord. Live in the Righteousness of God.*
- **Kingdom of Darkness:**
 - Matthew 12:26 – *A kingdom is divided against itself cannot stand.*
 - John 12:31 – *The ruler of this world is cast out.*
 - Colossians 1:13 – *Delivered from darkness into the Kingdom of His Son.*
- **There are only two Kingdoms**
 - *Adoption into the Kingdom of Heaven, God's Kingdom is required to destroy the stronghold of Satan's kingdom.*

Prayer Focus

- Declare Christ's lordship over your children and loved ones.
- Renounce any grip the kingdom of darkness may have.
- Intercede for eyes to be opened and hearts to repent.
- **Sample Prayer:** *Jesus, thank you for interceding on my behalf and the behalf of my child/loved one (state their name/names), Father, I praise you for your mighty acts of deliverance, redemption and salvation. Touch the heart and mind of my child/loved one (state their name/names) to hear your voice. Quicken their spirit to receive you*

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as their savior, to be set free from the spirit of Darkness in complete recovery, health, healing, forgiveness of others and to forgive themselves as you have forgiven them. In Jesus name I pray. Amen.

Fast (Day 1)

- Fast Type: **Partial Fast (skip one meal or whatever you have given up for 6 hours).**
Note: The stated fast is a recommendation, choose the food medically sound for you and or the items from which you will forgo during the fast e.g. social media, Internet, Face Book, Secular TV... What you will relinquish in this time as a statement of submission to God that He and your loved ones are more treasured than your sacrifice.
- Purpose: Humble ourselves to Christ as Lord and Savior, above all kingdoms, the deliverer and redeemer of all who believe *Position our heart and mind to exalt Christ above all.*

Day (1) Notes/Reflection/Answered Prayer:

DAY 2: Breaking Strongholds Through Christ

Focus: Breaking addiction and the root causes such as fear, anger, rebellion, shame.

Scripture Study

- **Strongholds:**
 - John 10:10a - The thief cometh not, but for to steal, and to kill, and to destroy:...
 - Matthew 12:25-26 - *Jesus uses this truth to show that Satan would not cast out Satan, proving that His power comes from God, not from the devil.*
 - Matthew 15:22 - *Deliverance through intercession*
- **Deliverance:**
 - Romans 6:14 – *Sin, evil shall not have dominion.*
 - Luke 4:18 – *Deliverance to the captives.*
 - John 8:36 – *who Christ sets free is undeniably loosed from bondage.*
 - Psalms 50:15 – *Call upon Me in times of trouble.*
 - Psalms 34:4 – *I sought the Lord, and he heard me, and delivered me from all my fears.*
 - Psalms 107:6 – *they cried unto the Lord in their trouble, and he delivered*

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- Isaiah 43:2 – God promises when you face trials, he protects you from harm and delivers you.
- Philippians 1:6 – *God will finish the work He began.*
- Isaiah 54:13 – *Children taught by the Lord, great peace*
- **2 Corinthians 10:3-5** – *Our weapons are not carnal, but mighty through God, pulling down strongholds. Bringing down everything that is against Christ into the obedience of Him.*
- **Ephesians 6:12** – *the enemy's attacks are from the spirit realm, they take place in the heavenlies.*
- **Ephesians 6:10-18** – *be strong in the Lord and to stand firm against the devil's schemes by putting on the full armor of God.*
- **Help:**
 - **Proverbs 27:17** – Believers help and strengthen one another through accountability, friendship and mutual growth in God.
 - **Mark 9:24** – *In our faith walk, there will be doubt. We cry out to God for stronger faith and belief in Him.*



Prayer Focus

- Break generational strongholds.
- Call on God's power to deliver loved ones from destructive cycles.
- Claim peace, protection, and healing over our children, our loved ones.
- **Sample Prayer:** *I declare every stronghold is broken in the name of Jesus. Our children, loved ones are set free from the captivity of addiction, shame, fear, anger and rebellion.*



Fast (Day 2)

- Fast Type: **Sunrise to Sunset Fast (12 hours: water only or whatever you have given up).**
- Purpose: *To tear down strongholds and walk in faith in the promises of God for deliverance of our loved ones.*

Day (2) Notes/Reflection/Answered Prayer:



DAY 3: Standing in the Gap in Faith with Boldness

Focus: Interceding in Faith, using Authority and Prayer.



Scripture Study

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- **Intercession:**

- Christ
 - Isaiah 59:16 – *He saw no intercessor—so He acted Himself.*
 - Hebrews 7:25 – *Jesus ever lives to make intercession.*
 - Romans 8:34 – *Christ risen again, who at the right hand of God intercedes for us.*
- Believers:
 - 1 Timothy 2:1-2 – *Supplications and prayers for all.*
 - Romans 8:26-27 – *The Spirit intercedes with groanings.*
 - James 5:16 – *The effectual fervent prayer avails much.*
 - Matthew 2:18 / Jeremiah 31:15 – *Weeping for children, but hope is coming!*

- **Authority:**

- Matthew 16:19 – *Keys of the Kingdom given.*
- Romans 8:15-17 – *We have the Spirit of adoption where we know God as Abba, Father. We are His children, joint-heirs through Christ.*
- Proverbs 18:21 – *Life and death in the tongue.*
- Mark 11:23 – *Speak to the mountain.*
- Matthew 18:18 – *Bind and loose with heaven's authority.*

- **Faith:**

- Proverbs 3:5-6 – *Trust in the Lord with all your heart.*
- Hebrews 11:1, 6 – *Faith pleases God.*
- Jeremiah 33:3 – *Call and He will answer.*
- Mark 11:22-24 – *Believe you receive.*
- 2 Corinthians 5:7 – *We walk by faith.*
- Hebrews 11:6 – *without faith we cannot please God, we must believe that He is the Almighty, and rewards those who seek him.*
- Daniel 10:12 – *From the moment you prayed, your words were heard.*

✨ **Christ is with Us:**

- Matthew 18:20 – *Where two or three are gathered.*
- Matthew 16:17 – *Christ, the Son of the Living God is in the midst of His Disciples.*
- Matthew 25:40 – *What you do for others, you do for Him.*

🙏 **Prayer Focus**

- Partner with the Holy Spirit in prayer.
- Boldly declare God's promises over loved ones.
- Use our spiritual authority as a parent/intercessor.
- **Sample Prayer:** *I join Christ in intercession for the deliverance of my child/loved one (state their name/names). What I bind is bound. What I loose is loosed. I bind the spirit of darkness over my loved ones and loose liberty, peace, healing and total recovery. In the name of Jesus. Deliverance is now, on the first day I prayed to God!*

📅 **Fast (Day 3)**

- Fast Type: **Full Day Fast (24 hours: liquids only, or whatever you have given up).**
- Purpose: *Stand in the gap with power and perseverance.*

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Day (3) Notes/Reflection/Answered Prayer:



Recommendation

- Keep a **journal** during your fast, include the names of your loved ones. Record scriptures and answers to prayer.
- Create a **deliverance prayer list** for each person.
- Set aside a specific time each day during the fast for deeper prayer.
- Include **worship time, invite the presence of God.**