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FAST

W E E K O F T H E A L T A R

ROYALHOUSEMD.ORG

WEEK OF THE ALTAR

Royalhouse Chapel Intl, MD Grace2Grace Center commences its annual Week of the Altar 21-day fast, beginning on Monday, January 8, and concluding on Sunday, January 28, 2024.

What is Fasting?

Fasting can be defined as a deliberate attempt on the part of a person or group to abstain from food or food and water or abstaining from some particular kinds of food for spiritual or physical reasons.

The New Testament word that is translated “fasting” literally means one who has not eaten, one who is empty.

Biblical Examples:

Many people and groups in the bible fasted notably are: Moses; Daniel (Dan 9:3, 6:18); the Psalmist (Psalm 35:13, 69:10, 109:24); Jonathan fasted for David (1 Sam 20:34); David (2 Sam 12:16); Cornelius (Acts 10:30); The leadership of the NT church fasted (Acts 13:2; 14:23), NT believers (1 Cor 7:5); Jesus himself fasted (Matt 4:2).

Why Week of the Altar?

The main objective for this fast is to prepare you for a victorious 2024. Jesus spent forty days and nights in the wilderness fasting and praying before He began God’s work on this earth. He needed time alone to prepare for what His Father had called Him to do. Through the fasting and prayer, He was adequately prepared and empowered for a successful Ministry (Matthew 4:1-17; Mark 1:12-13; Luke 4:1-14). As you embark on this fast you will be empowered to make exploits in the year 2024.

How do I Fast?

The fasting starts midnight of each day and ends at 6pm with the exception of weekends that ends at 12pm. During the hours of the fast you must abstain from all food as well as television, social media, and other forms of non-essential communication. During the fast drink water as much as possible.

For those who are new to fasting or have not gone on a long fast like this before, we suggest a partial fast for a period of the day. It could be from mid night to 12pm or 3pm. Those taking medications should seek medical advice before embarking on the fast. It is ok if you are unable to fast because of medical advice, however, fully participate in the prayer sessions.

Power Tips

- Drink lots of water at least 3- 5 bottles daily.
- Make time to read your bible and pray at least three times in the day (6am, 12noon and 6pm).
- Find a prayer and fasting partner to support you.
- Continually stay in Prayer, Worship and Praise.
- If you are alone, put on worship music in the background or listen to sermons or read a book.
- Make time to attend all the corporate prayer times at church.

Recommended Food When You Break Your Fast

- Food rich in fiber
- Food rich protein
- Plant based protein
- Chicken breast, and fish) rich on omegaH3
- Complex Carbohydrates
- Healthy (non-sugar) Juices
- Soups
- Porridges
- Salad

Food to Avoid

- Fried Foods
- Sodas
- Red meat
- Greasy food

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ROYALHOUSE CHAPEL INT'L, MD GRACE2GRACE CENTER "Courage and Strength to Possess"

DATE	SCRIPTURE READINGS	PRAYER TOPICS
Monday January 08	Psalm 116:1-19	Join the Psalmist and express your gratitude to the LORD for all his benefits.
	Psalm 37:23	Pray that the Spirit of the Lord will order your steps throughout the year.
	1 Corinthians 2: 9-12	Ask the Holy Spirit to open your spiritual eyes so that you will not miss His plans and purposes for your life.
	2 Peter 3:18	Pray that people will come to know the Lord Jesus and also have an intimate relationship with Him through the ministry of Royalhouse Chapel MD.
Tuesday January 09	Exodus 23:20	Pray that the Angel of the LORD will go before you to bring you to the place (possessions) the LORD have prepared for you this year.
	Exodus 23:24	Identify the thing(s) that have become idols (you place value on or give more attention than spiritual things) in your life and prayerfully break them down.
	Exodus 23: 25-26	Ask the LORD the grace for you to faithfully serve him and also ask Him for the grace for you to enjoy His covenant blessings.
	Exodus 23: 27-28	Pray that the LORD will send his fear before you to cause confusion among any powers of darkness laying ambush against you in the year. Pray that God will cause them to turn their backs to you.
	Exodus 23:25	Pray for Royalhouse Chapel International asking the Lord to create confusion among any spirits or principalities assigned against the church in the year.
	Matt. 16:18 Acts 19:11	Pray that signs and wonders will confirm the teaching of God's word in Royalhouse Chapel International.
Wednesday January 10	Nahum 1:13	Ask the LORD to break any yoke you have been carrying over the years and also release any bonds on your hands and feet over the years.
	Nahum 2:2	Pray that God will crush any emptier (spirit that comes to deplete, or the past years depleted God's blessing in your life) that is laying wait against your life in the year.
	Nahum 2:2	Petition the LORD will restore you of whatever the enemy has stolen from you or denied you over the years.
	Nahum 2:3	Pray that God will take vengeance on the adversaries of Royalhouse Chapel International.
	Psalm 1:3	Ask God to prosper Royalhouse Chapel International in ALL our endeavors in the year.
Thursday January 11	Luke 24:32	Pray that spirit of the LORD will captivate the heart of the unsaved especially some loved ones that you wish to come to the saving knowledge of Christ in the year.
	Acts 1:8	Pray that the spirit of the LORD will fill you with his spirit for you to become His witness to the those who are not saved.
	Gen 24:34-35 3 John 2	Ask the Lord to lift you up and make you a light and a symbol of emulation when it comes to your health, marriage, finances, and your spiritual life.
	Acts 2:27	Pray that God will add numerically to Royalhouse Chapel International daily.
	Colossians 2:7	That every new soul God brings to the church and also the existing members of the church will be rooted, established and built up in Him and the vision of Royalhouse Chapel International.
	Galatians 5:22-24	Pray that the Lord will help you to exhibit the fruit of the Spirit throughout the year.

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Friday January 12	Deut 8:18; Ps. 35:27; Gen 26:13	Ask the LORD to prosper you financially.
	Prov. 3:9-10	Seek God's grace so that you will be faithful in giving to the LORD His tithes and offerings and your first fruits due Him in the year.
	Joel 2:23	Beseech the Lord to restore you of any financial loss in the year 2013.
	Haggai 2:8-9	Pray that God will financially prosper Royalhouse Chapel International this year than last year.
Saturday January 13	1 Pet 4:8-9	<u>Married/In a relationship you are sure of:</u> If you are married/relationship: The Lord to strengthen the love bond between you and your spouse/partner. Pray that the Lord will grant you the grace and wisdom to understand and appreciate each other. Ask the Lord to make your marriage a biblical model marriage.
	1 Pet 4:8-9	<u>Trusting God for a life partner?</u> Ask the LORD to connect you to your soulmate.
	Jeremiah 1:10a	Enter in spiritual warfare, pulling any stronghold against your family
	Jeremiah 1:10b	Through words 'plant' the blessings you want to see in your family
	Judges 12:9; Ephesians 4:2	Pray for the church, ask the LORD to bless the church with more marriages this year and strengthen existing marriages in the church.
Sunday January 14	Psalms 27:1-6	Pray and declare Psalm 27:1-6 into your life
	Psalms 138:1-6	Thank God for seeing through the first week of the fast.
Monday January 15	Jeremiah 3:14	Intercede and make warfare on behalf of church members who have backslidden to return to the Lord.
	Jeremiah 3:15	Ask the Lord to cause the Pastors and leaders (shepherds) of Grace2Grace center to lead the church according to His heart. That they will feed the flock with knowledge and understanding.
	Jeremiah 3:16	That the Lord will help the church to multiply in every area.
	Jeremiah 3:17	That in this year Royalhouse shall be called the "Throne of the LORD," and all the nations shall be gathered to it because of the extraordinary move of the Lord.
	Colossians 4:6	The anoint your lips so that your speech shall always be with grace, seasoned with salt, that you may know how to speak in ways pleasing to the Lord.
Tuesday January 16	Zechariah 3:1-2	Ask the Lord to rebuke any devil standing at your right to oppose.
	Zechariah 3:3-4	Pray removing every spiritually filthy garment place on you.
	Zechariah 4:6, 8-9	Pray that the Lord will revive whatever you started but look dead or have come to a standstill. Also ask the Lord to help you finish it.
	Numbers 27:7-8	Ask the Lord to release the protocol breaking anointing upon your life (the anointing that will make you the first person to receive a particular kind of miracle).
Wednesday January 17	Romans 12:1-2	Ask the LORD to grant you the grace so that you will be able to present your body as a living sacrifice that is holy and acceptable unto Him.
	Romans 12:3-8; 1 Cor. 12:8-10	Pray that the Holy Spirit will help you will discover your unique spiritual gift and also be able to operate in it to the optimum.
	Romans 12:9-13	Pray for virtues of brotherly love, goodness, diligence, prayerfulness, patience, and hospitality into your life.
	Romans 12:18	Pray that the LORD will give you wisdom and grace to be able to live peaceable with all people including those who have declared themselves as your enemies.

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	Romans 12:3-8; 1 Cor 12:8-10	Pray that God will bestow His spiritual gifts upon Royalhouse Chapel International.
Thursday January 18	Exodus 3:21 Luke 2:38	Pray for the LORD to make you favorable in His sight and before humanity.
	Ruth 2:2, 9-10, 13-14	Pray that the LORD's favor will cause you to have preferential treatment in the year.
	Ruth 2:8	Pray that by the release of the LORD's favor upon you strangers will force you to bless you.
	Ezra 1:1-2 2 Kings 4:8	Ask the LORD to put you into contact with your Cyrus or Shunammite woman (a person who is God's instrument of help to you).
	Psalm 44:3	Pray that through the favor of the LORD, He will give Royalhouse Chapel International influence the State of Maryland and the United States of America as a whole.
Friday January 19	Psalm 91:1	Ask God to release His grace upon your life that you will dwell in His presence throughout the year.
	Psalm 91:2	Pray deliverance from every snare (trap) of the fowler (trapper/devil).
	Psalm 91: 4	Ask for God's covering over your life throughout the year.
	Psalm 91: 5	Pray the God will fortify and empower you spiritually so that you will not be afraid of satanic threats against your life.
	Psalm 91:10	Pray that no evil befalls you in the year
Saturday January 20	Acts 2:41-47	Pray for Exponential growth
	Matt 7:7	Ask the LORD to give us the financial blessings for us to move into our place of worship
	Prov. 24:3; Exo. 17:10-11	Pray for the leaders of the church so that God will grant them wisdom to do his work in this church and the grace to support our senior pastor and his wife.
	Romans 8:11	Pray for the various department leaders so they shall follow the leadership of the Holy spirit as they lead their respective ministries.
	2 Timothy 2:2	Pray that the Lord will make Royalhouse Chapel MD the breeding ground for distinguished leaders.
	James 1:5 Acts 19:11-12	Pray that God grant our senior pastor divine wisdom and a fresh anointing to lead us in this year.
	2 Timothy 2:20-21	Ask God to use you as a vessel of honor in this church.
Sunday January 21	Psalm 107:1-9	Thank the Lord for His goodness and kindness.
Monday January 22	Joshua 1: 2	Ask the LORD to extend his kind hand towards you and help you cross your proverbial Jordan in the year.
	Joshua 1:3	Pray and prophesy over your feet, so that when you step into a place that you desire something from, the LORD will cause you to possess that thing.
	Joshua 1:5	Prayerfully declare the fulfillment of the word of God "No man shall be able to stand before you..."
	Joshua 1:6	Ask the LORD to grant you the courage and strength to pursue your dreams in the year.
	Joshua 1:8	Ask that Spirit of the LORD to help to read, meditate and live the word of God in the Year. Also ask the Lord to give good success in the year.

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Tuesday January 23	Isaiah 41:10	That God will give you strength, uphold you and help you to serve Him diligently in the year.
	Isaiah 41:11-12	God cause all angry enemies and those opposing you to become like a non-existent thing.
	Isaiah 41:15	That God will make you like threshing instrument with sharp teeth that will destroy every evil work against you.
	Isaiah 41:17-18	That God with His living waters revive areas of your life that are desolate and has become like a desert.
	Isaiah 41:11-12	Pray that like Moses the Church will not only know the acts of God but more importantly know His ways.
Wednesday January 24	Haggai 1:13	That the Lord will be with always in all things you do in the year
	Haggai 1:14	That Lord will stir up your Spirit to do His work like you never done before
	Haggai 1:22	That God arise and destroy kingdoms and powers that fight against His church
	Haggai 2:4-5	The God's presence and leadership will be with you in all your pursuits.
	Haggai 2:8	That the Lord should give you the silver and gold that you need for your major projects in the year.
Thursday January 25	Acts 12:7-11	Pray that the Angel of the LORD will deliver you and your family from any kind of prison you have been put in.
	Acts 12:2-3	Deal with every proverbial Herod coming after your life.
	Acts 12:11	Pray that the LORD will disappoint the expectations of the wicked against your life in the year.
	Acts 12:9	Pray that the LORD will give you inexplicable miracles in the year.
	Acts 12:21-23	Every 'Herod' fighting you and your family be struck down in Jesus' name.
	Acts 12:21-23	The power of God should destroy any Herod fighting the Church.
Friday January 26	Haggai 1:14	Pray the Lord stirs up the spirit of every member of the church so that they will be fully committed to vision and mission of the church.
	Haggai 2:8	That the Lord should give the church financial resources needed for the major projects before the church. This including phase 2 project and building of a commercial kitchen to feed the hungry.
	Haggai 2:9	The Lord should cause His glory over your life in this year to surpass the previous years.
	Haggai 2:4	That Lord will surround with encouragers who will help you accomplish your purpose in the year
Saturday January 27	Exo 17:12	That the Spirit Of Aaron and Hur on every member of the church family so that can faithfully support our Moses for Kingdom work.
	Exo 17:8-10	That Lord will raise Joshuas (faithful men and women) to fight for the Kingdom.
	Exodus 17:13	That every ambush against the church be squash by the power of God.
	Exodus 17:14-15	That the Lord's banner of victory shall be your portion in the year.
Sunday January 28	Psalm 103:1-5	Thank God for his grace and goodness during the period of fasting and prayer.