

May 3rd -
June 11th
2021

40 days of Prayer & Fasting



Destiny Changers International

"Transforming lives, changing destinies & making Kingdom impact"



www.destinychangers.org



513 420 6011 / 513 467 8414

"2021: Our year of Great Faith, Deliverance & Prosperity"

Matthew 8:10, Joel 2:32, 3 John 1:2



Prophet David Joe Mensah Noah
General Overseer

Beloved in Christ, I greet you in the name of our Lord and Savior Jesus Christ. By the grace of God, we have all lived to see another year. It is time again for our annual 40 days of fasting and prayer. This is our 6th year of embarking on this spiritual journey. **I am declaring a 40-day normal fast for all DCI members & visitors, beginning Monday, May 3rd through Friday, June 11th, 2021.** I encourage everyone to be a part of this time of fasting and prayer

Why must we fast and pray?

1. **Jesus taught us that there are some things which do not go out except by prayer and fasting.** Matthew 9:21. As Christians we ought to fast and pray to seek the face of God concerning issues or challenges in our lives which don't seem to respond to prayers. Certain things we are experiencing in our lives sometimes, are as a result of sin, demonic activity or influence and must be dealt with through fasting and prayer.
2. **We also need to humble ourselves before the Lord for Him to speak to us regarding the times and seasons** we are living in, just like the Prophet Daniel did in his time. **Daniel 9:1-3 & Daniel 10.**
3. **We also need to fast and pray to be empowered, anointed and led by the Holy Spirit** just like Jesus did in **Luke 4:1-2 & Luke 4:14-22**, so that we can be effective in ministry.

Let's go on this journey together and seek God's face for your life and mine. The prophetic word for us this year "Our year of Great Faith, Deliverance and Prosperity must be fulfilled in our lives. I encourage you to also send in your prayer request via text to 513 420 6011 / 513 467 8414 or email to destinychangersinternational@gmail.com. We will print your request and lay it on the altar before God during our 40 days of fasting and prayer. We will intercede for you for a supernatural breakthrough. **Please follow the program outline and details to enable you study the word of God, pray, fast and fellowship with us online via zoom. God bless you for your obedience! We will all come out victoriously!**

Destiny Changers International

6th Annual 40 days of Fasting & Prayer

May 3rd -
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Guidelines - 40 Days of Fasting and prayer Guidelines

Our 40 days of prayer and fasting is a normal fast which is also known as a **water fast**. You can fast within any of the following times, based on your ability to do so. **These times of prayer must be accompanied by fervent prayer and reading of scriptures**. If you are pregnant or on medical advice, please follow your physician's recommendation accordingly. Blessings!

- ❖ 6:00am to 10:00pm (4 hours)
- ❖ 6:00am to 12:00pm (6 hours)
- ❖ 6:00am to 2:00pm (8 hours)
- ❖ 6:00am to 4:00pm (10 hours)
- ❖ 6:00am to 6:00pm (12 hours)



FASTING & PRAYER

Connect with us via:



Meeting ID: 815 829 8297

Video Conferencing

Passcode: 757906

Days	Times
Tuesdays & Thursdays (Intercession)	8:30pm to 9:30pm
Wednesdays (Destiny Hour service)	8:30pm to 10:30pm
Fridays (Prophetic, Healing & Deliverance Service)	8:30pm to 11:30pm
Sunday - Morning Worship Service	10:30am to 1:30pm
Sunday – Evening Worship Service	6:00pm to 9:00pm



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6th Annual 40 days of Fasting & Prayer

Our 40 days of fasting is over a 6-week period.
We will focus each week on the following:

Week	Focus	Scriptures
Week 1: May 3 rd – May 8 th	<ul style="list-style-type: none"> • Repentance • Dealing with the strong man • Destroying the works of the enemy 	Acts 3:19, Luke 5:31-32, Acts 20:21, Jeremiah 31:19, Revelation 2:5, Isaiah 44:2 Matthew 12:29, Ephesians 6:10-12;13-18, John 10:10, 1 John 4:4, 2 Corinthians 10:4-5, John 12:31, 1 John 15:19, Isaiah 49:9) 1 John 3:8, Matthew 18:18-19, Colossians 2:15)
Week 2: May 9 th – May 15 th	<ul style="list-style-type: none"> • Setting the captives free • Dealing with “this kind” of situations in our lives. 	Isaiah 42:7, Acts 10:38, Isaiah 9:4 Luke 4:18 -22, Colossians 1:13, Ephesians 2:1-2, Matthew 16:19, Psalm 102:20, Jeremiah 30:8, Ezekiel 34:27, Nahum 1:13, Psalm 107:14, Psalm 142:7, Acts 12:7, Acts 16:26 Mark 9:29, 2 Corinthians 2:11, Matthew 17:21, Zechariah 9:11
Week 3: May 16 th – May 22 nd	<ul style="list-style-type: none"> • Possessing your possessions 	Genesis 22:17, Numbers 33:53, Obadiah 1:17, Luke 11:21, Job 1:10, Job 42:10, 1 Samuel 30:8, 2 Timothy 2:26, Psalm 69:35

Send in your prayer requests and lay it on the altar before the Lord. (List the top 5 things you need from the Lord during this 40 days of fasting and prayer)

Text: (513) 499 7693

Email: destinychangersinternational@gmail.com



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6th Annual 40 days of Fasting & Prayer

May 3rd -
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Our 40 days of fasting is over a 6-week period.
We will focus each week on the following:

Week	Focus	Scriptures
Week 4: May 23 rd – May 29 th	<ul style="list-style-type: none">• Interceding for the manifestation of the prophetic word• Enforcing the will of God in your life	1 Timothy 1:18, 2 Peter 1:20-21, Psalm 20:4, James 1:17-18, 2 Chronicles 20:20, Daniel 10:10-20 Philippians 2:13, Romans 12:2, Proverbs 19:21, I Thessalonians 4:3, John 4:34, Psalm 40:8 Psalm 143:10, 1 John :14, Ephesians 1:17
Week 5: May 30 th – June 5 th	<ul style="list-style-type: none">• Discovering your Purpose/Destiny• Receiving your divine assignment or direction from the Lord	(1 Peter 2:9, Jeremiah 29:11, Jeremiah 1:5-10, Isaiah 46:10-11, Ephesians 2:10 Genesis 12:1-3, 1 Corinthians 7:17, Nehemiah 13:30, Colossians 3:23, 2 Timothy 2:15, 1 Kings 19:16, 1 Corinthians 12:28, Ephesians 12:13-14, Matthew 28:18-20
Week 6: June 6 th – June 11 th	<ul style="list-style-type: none">• Receiving fresh oil/anointing from the Lord• Impartation of gifts and mantles	1 John 2:20; 27, Hebrews 1:9, Isaiah 61:3, Psalm 105:15, 1 Samuel 16:13, Psalm 92:10, Acts 4:31 2 Kings 2:9, Romans 1:11-12, 2 Timothy 1:6-7, Acts 6:6, Acts 13:3, 1 Kings 19:19-21

Send in your prayer requests and lay it on the altar before the Lord. (List the top 5 things you need from the Lord during this 40 days of fasting and prayer)

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6th Annual 40 days of Fasting & Prayer

Expectations during our fasting and prayer

- ❖ Do a normal fast as declared by the Prophet of this ministry.
- ❖ Have an expectation, write down or make a list of what you are believing God for during this time of fasting and prayer. (Proverbs 10:28, Proverbs 23:8, Job 22:8, Jeremiah 33:3, Matthew 11:28)
- ❖ Read and meditate on the word of God. (Joshua 1:8, Psalm 1:2, Psalm 63:6)
- ❖ Anoint your head with oil (Matthew 6:17, Psalm 23:5)
- ❖ Praise and Worship God through music. (Psalm 86:12, Ephesians 5:19)
- ❖ Pray (intercede) for yourself, family, friends, ministry and the world. (1 Timothy 2:1, Ephesians 6:18, Matthew 5:44, Acts 12:5)
- ❖ Give to support the ministry/kingdom of God. (Proverbs 3:9-10, 1 Chronicles 29:9)
- ❖ Give alms to the poor, widow, orphans etc. (Hebrews 13:16, Isaiah 58, Matthew 5:42, Acts 4:34-35, James 2:15-16)

When you break your fast or the Right way of breaking a fast

- ❖ When you end your fast, lift songs of praise and worship.
- ❖ Thank God for guiding and helping you through your fast.
- ❖ Praise God in advance for answered prayer believing that whatever you asked from the Lord, you have received it and you will have it. **Mark 11:24-25**



What is fasting?

Fasting is denying oneself of its usual provision of food, water, etc., to allow for prayer (Esther 4:16).

Types of fasting

1. Normal fast: Abstaining from all kinds of food, solid or liquid but not from water (Matthew 4:2).

2. Absolute fast: Complete abstinence from food and water (Esther 4:16, Acts 9:9)..Caution: Absolute fast should not go beyond three days except under supernatural conditions as it was with Moses and Elijah (Exodus 34:28, Deuteronomy 9:9-18; 1 Kings 19:8).

3. Partial Fast: Restriction of diet rather than complete abstinence i.e., taking in honey, fruits juice, water etc. Daniel10:2-3

Five reasons why you should fast

1. To honor God. (Zechariah 7:8, Luke.2:37 & Acts 13:2).

2. To humble our souls before God. (2 Sam.12:16-22, Ezra 8:21, Psalm 69:10, Isaiah 58:3 & Joel. 2:12-14).

3. To save souls from the bondage of the evil one. (Isaiah 58:6, Matthew. 17:14-21, Lk.4:1-18)

4. To gain revelation, wisdom and understanding concerning the will of God. (Deuteronomy 9:3; 21-22, Isaiah 58:5-6; Acts 13:2-3).

5. To enhance our effectiveness in saving souls from bandages of evil.
Isaiah 58

What to eat or drink after a fast

1. Drink water to break your fast. You can go a step further by drinking water and apple cider vinegar.
2. You can drink tea or herbal teas which are easy on the stomach.
3. Drink, eat fruits like watermelon, banana and vegetables that are rich in vitamins. Fermented foods like yoghurt (unsweetened), Kefir, leafy greens like kale, spinach, broccoli, and broths.
4. Eat foods that are easy to digest and contain nutrients that are good for your body to absorb after fasting. You can eat starchy vegetables that are rich in carbohydrates like potatoes and other healthy fats like eggs (you get protein from it as well), avocados (pear as it is called in some African countries), and foods prepared with coconut oil.
5. You can also eat whole grain meals, nuts and seeds like almonds, pecan, flax seed etc., beans, fish, meat and poultry.

What to avoid after a fast

1. Do not consume any acidic drinks immediately following the breaking of your fast. Avoid juices such as orange juice, pineapple, carbonated drinks or soda (coke, Pepsi, mountain dew, sprite etc).
2. Fruits should not be your first option when you break a water fast. Fruits contain sugar and make it difficult for your body to process it and can make your gut uncomfortable.
3. Avoid protein shakes and dairy as they can also irritate your intestines.
4. Avoid cruciferous veggies because they basically encourage gas in your gut.



Topic: 8 Prayer Watches by Lady Rev. Rosemary Noah

Ministry greetings! I find it appropriate to share with you the word of God, to encourage you on this 40 days of prayer and fasting. Since our fasting centers on prayer, it is pertinent that I share with you the need for us to pray and the various prayer watches of the day and night. I hope this insight into the word of God will keep you focused and help pray strategically for an effective prayer and fasting experience in 2021.

Prayer is simply a conversation between God and Man. As children of God, our means of communicating with our heavenly Father is through prayer. As joint heirs (**Romans 8:17**) with Jesus Christ of the Kingdom of God, we enforce the will (**Matthew 6:10**) of God in our lives and on the earth through prayer. As an ambassador of the Kingdom of God, we send and receive information from the King of Kings and Lord of Lords through prayer to enforce the kingdom of God on the earth. So, every true born-again Christian, believer lives a lifestyle of prayer.

Jesus Christ of Nazareth, the only begotten son of the living God, during his earthly ministry prayed severally.

- ❖ Jesus taught his disciples to pray the “Lord’s prayer” as well, in **Matthew 6:5-15** when they asked him to teach them how to pray.
- ❖ We are encouraged to “pray without ceasing” in **1 Thessalonians 5:17**
- ❖ We are “to watch and pray so that we do not fall into temptation” in **Matthew 26:41**.
- ❖ In **James 5:16**, scriptures tell us that “the effectual prayer of the righteous avails much”, therefore we have the faith also to intercede for others. The Lord expects us to pray for ourselves, others and for his will to be done on the earth.

Types of Prayer

Praise , Worship/Adoration, Petition/Supplication, Intercession, Prayer of Faith
Prayer of Agreement, Spiritual Warfare / Binding and Loosing etc.



Topic: 8 Prayer Watches by Lady Rev. Rosemary Noah
Ministry greetings! I find it appropriate to share with you the word of God, to encourage you on this 40 days of prayer and fasting. Since our fasting centers on prayer, it is pertinent that I share with you the various prayer watches of the day and night. This will keep you focused and help pray strategically for an effective prayer and fasting experience in 2021.

Eight (8) Prayer Watches

There are eight prayer watches which date back to Biblical times as we see in the ministry of Jesus Christ and the early apostles. Let's look at some examples in scripture:

1st watch (6:00pm to 9:00pm) – Jesus during his earthly ministry prayed at this time in Matthew 14:15-23 and healed the sick (Mark 1:32; Luke 4:40). Those who desire to do great things for the Lord must pray during this 1st watch. Apostles usually use this watch to destroy strongholds and areas of resistance in the lives of people.

2nd watch (9:00pm to 12:00am) – The world is covered in deep darkness during this prayer watch. It is during this time that a lot of demonic activities begin to unfold. Prayers during this watch greatly impacts the spiritual realm, because we can pray for God to protect our families, neighborhoods, cities and nations. When we are covered, it is difficult for the enemy to touch us because we are under God's protection. (Psalm 119:62).

3rd watch (12:00am to 3:00am) - The midnight hour is known as the darkest and most demonic time of the night. This is the operation hours in the kingdom of darkness, as warlocks, Satan worshippers, witches, occultists etc. engage in their demonic activities. (1 Kings 3:20 is an example). The enemy knows it is at this time that most people are sleeping as opposed to those engaged in active prayers.

6th Annual 40 days of Fasting & Prayer

Topic: Eight Prayer Watches – By Lady Rev. Rosemary Noah

Continuation of the 3rd watch (12:00am to 3:00am) – Intercessors must rise during this prayer watch to seriously pray to destroy the works of Satan. There are some biblical examples of the acts of God at midnight in the lives of people.

- Apostle Paul and Silas were released from prison. **(Acts 16:25)**
- The children of Israel were set free from Egypt by God. **(Exodus 12:31)**
- Samson escaped from Gaza at midnight. He pulled the gates of the city and carried them with him. **(Judges 16:3-4)**
- Peter denied the Lord at midnight. **(Matthew 26:34; 74)**

4th watch (3:00am to 6:00am) - This watch is the time when those who went out to engage in satanic activities are returning home. It is also a good hour to pray and destroy any demonic assignments that have been carried out against your life.

- It was during this watch that the disciples encountered a storm and Jesus walked on the water to come to their aid. **(Matthew 14:25-33)**

5th watch (6:00am to 9:00m) – This is when the sun rises and the day breaks. Usually, it is the time men rise to go about their day. This is the watch during which the Lord strengthens us. **Psalm 2:7-9**

- Scripture refers to Jesus as the Sun of Righteousness **(Malachi 4:2)**. We pray to command our morning, for the Lord to the Lord to heal our families, relationships etc.
- On the day of Pentecost, during the 3rd hour, the Holy Spirit descended on the 120 gathered in the upper room and they were filled. **(Acts 2:15)**

6th watch (9:00am to 12:00noon) – We believe for the manifestation of God's word in our lives during this prayer watch. This is the time to reap the harvest of God's promises. It is also a good hour to pray for forgiveness of sins and releasing people from any grudges since it is the hour that the Lord was crucified.

- Jesus was crucified at the third hour of the 6th watch (9:00am). He hanged on the cross for 3 hours (until noon) when darkness covered the earth from noon till 3:00pm. **(Matthew 27:45, Mark 15:25)**

Topic: 8 Prayer Watches – By Lady Rev. Rosemary Noah

7th Watch (12:00noon to 3:00pm) – It is at noon that the sun shines the brightest, therefore we pray at this time that our light will also shine forth (Proverbs 4:18, Matthew 5:16). During the day watches, this time frame is the beginning of the 6th hour (12 noon). This is the hour that we seek the face of God. **(Acts 10:9, Psalm 91:14)**

- Jesus was still on the cross during this watch, atoning for our sins.
- This is the same time that Apostle Peter received a vision of the sheet containing clean and unclean animals signifying that God's redemption plan included the gentiles. **(Acts 10:9-22)**
- It was at 3:00pm, the hour of daily prayer and instruction at the Temple in Jerusalem, that Peter and John went and healed the man at the gate beautiful. The number seven signifies God perfecting what concerns us, so we see the Lord healing this lame beggar through the Apostles, which changed his life. **(Acts 3:1-8).**

8th watch (3:00pm to 6:00pm) – This is the hour of grace; Jesus Christ died on the cross during this watch (3:00pm). This is the hour of triumph, God's glory and removal of all limitations. Jesus declared that "It is finished" on the cross at this hour. The number eight signifies new beginning, the lame man at the gate beautiful was healed and received a new beginning. **(Acts 3:8)**



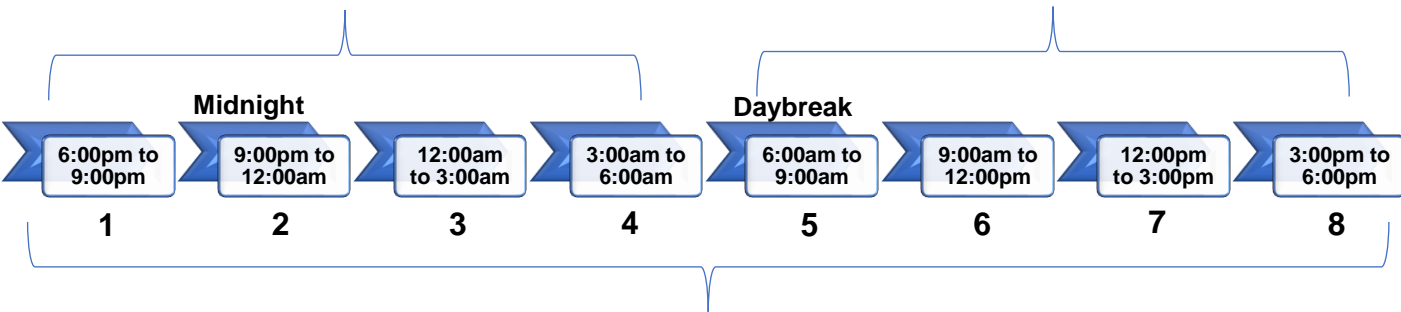
"Confess your trespasses to one another, and pray for one another, that you may be healed. The effective, fervent prayer of a righteous man avails much." James 5:16



Topic: 8 Prayer Watches by Lady Rev. Rosemary Noah
There are eight prayer watches which date back to Biblical times as we see in the ministry of Jesus Christ and the early apostles. These 8 prayer watches comprise of 3 hours per watch, which begins each day at 6:00pm for 24 hours. The eight prayer watches can further be divided into the day and night watches. Look at the illustrated diagram below:

4 Night Prayer Watches

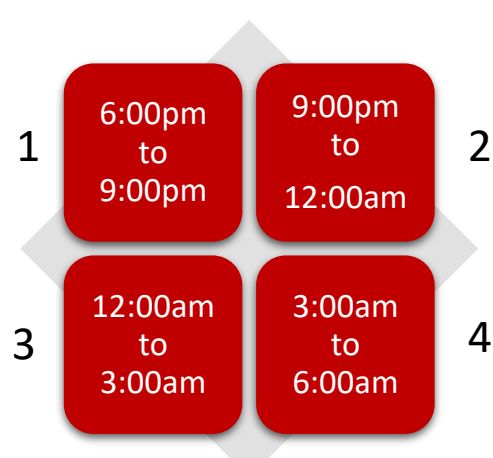
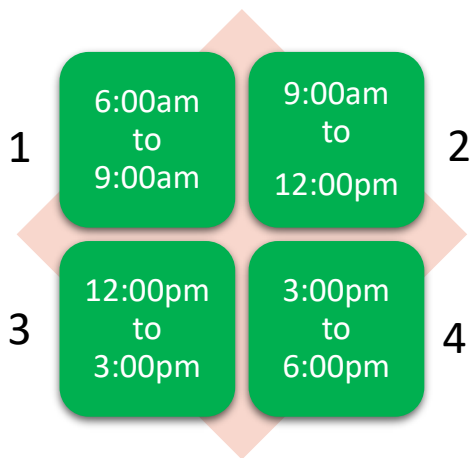
4 Day Prayer Watches



8 Prayer Watches in a 24-hour time period

Day Prayer Watch

Night Prayer Watch



Each prayer watch comprises of 3 hours of prayer” 1st, 2nd & 3rd hour. However, if one is referring to the entire 8 prayer watches, one must start counting from the 1st prayer watch which is 6:00pm to 9:00pm in the evening.

Giving platforms

Zelle

Cash App



- **Cash App:** \$destinychangers
- **Website:** www.destinychangers.org/giving (You can give via PayPal, debit or credit card)
- **Zelle:** 513 467 8414
*Please contact Rev. Rosemary Noah for details on this option.
- **Check:** Write your check to Destiny Changers International and mail it to 3045 Symmes Rd Unit E, Hamilton OH 45015.
- **Bank Deposit/Transfer:** DCI banks at **PNC Bank**.
Type of Account: Checking
Name on the account: Destiny Changers International
Routing: 041000124 **Account #:** 4139667676

We encourage everyone to give their offerings and sacrificial seeds during this fasting and prayer. Also, give your tithes faithfully (10% of your income), if DCI is your home ministry (you don't go to church anywhere, but fellowship with us online or onsite). Thank you!





End of Fasting 3-day program (June 11th – June 13th)

- ❖ Fri. June 11th – Evening: 8:30pm to 11:30pm
- ❖ Sat. June 12th – Morning: 10:30am to 12:30pm
- ❖ Sat. June 12th – Evening: 8:30pm to 10:30pm
- ❖ Sun. June 13th – Morning Service: 10:30am to 1:30pm
- ❖ Sun. June 13th – Evening Service: 6:00pm to 9:00pm

Year 2021: “Our year of Great Faith, Deliverance & Prosperity”

When Jesus heard it, He marveled, and said to those who followed, Assuredly, I say to you, I have not found such great faith, not even in Israel! **Matthew 8:10**

“And it shall come to pass, *That* whoever calls on the name of the LORD Shall be saved. For in Mount Zion and in Jerusalem there shall be deliverance, As the LORD has said, Among the remnant whom the LORD calls.” **Joel 2:32**

Beloved, I pray that you may prosper in all things and be in health, just as your soul prospers. **3 John 1:2**



Lady Rev. Rosemary Noah Prophet David Joe Mensah Noah

