

Prayer and Fast Deliverance From Addictions

*“Is not this the fast that I have
chosen?... to undo heavy burdens,
and to let the oppressed go free?”*

Isaiah 58:6 KJV

January 5, 2026



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Biblical Foundation

Fasting in faith. Interceding in Christ's authority. Deliverance through Christ.

This Prayer and Fast is centered on three foundational truths

- The Purpose and Spiritual Foundation of Fasting & Intercession. (Why we fast / Who we intercede through).
- Spiritual Warfare & Deliverance. (Our role in what is happening in the spirit realm).
- Practical Intercession: Faith, Authority & Declaration. (On who's authority do we pray and stand in the gap).

Prayer & Fast Purpose

To break the strongholds of addiction in the lives of our children and loved ones.

Our Role as Intercessors:

- Approach God with humility through fasting and prayer.
- Seek God's intervention for liberation from addiction and full restoration.
- Release all burdens and place trust in God for deliverance.
- Overcome strongholds with God given armor.
- Seek endurance through the transformation.
- Remain steadfast in the power and authority of Christ.

Key Scriptures:

- *Psalms 35:13*
- *Joel 1:14*
- *Isaiah 58:6–7*
- *James 4:7*
- *Matthew 6:16–18*
- *1 John 5:13–15*

Fast Guideline

- **January 6: Partial Fast**
 - **Skip meals** (or whatever you are fasting) for **6 straight hours**.
 - 15-minute Zoom call 5:00pm EST
- **January 7: Sunrise to Sunset Fast**
 - **Water only** (or whatever you are fasting) for **12 straight hours**.
 - 15-minute Zoom call 5:00pm EST
- **January 8: Full Day Fast**
 - **Liquids only** (or whatever you are fasting) for **24 straight hours**.
 - 15-minute Zoom call 5:00pm EST

Note: The guideline 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.

Recommendation

- **Keep a journal** during your fast, include the names of your loved ones. **Record prayer topics, scriptures and answers to prayer.**
- Create a **deliverance prayer list** for each person. The Prayer and Fast Template has a section for this documentation.
- **Set aside time** each day during the fast **for deeper prayer.**
- Include **worship time, invite the presence of God.**

Jesus Christ: Foundation of Our Intercession

Key Scriptures:

- **God:** John 1:1-2, Colossians 2:9, Titus 2:13
- **Creator:** Hebrews 1:2, Colossians 1:16, John 1:3, 1 Corinthians 8:6
- **Lord:** Acts 2:36, Philippians 2:11, Romans 10:9
- **Savior:** John 3:16, 1 John 4:14, John 12:47, Romans 3:23-24

We intercede in the name of Jesus, who has full authority over all creation.

- ***Declare:*** *Heavenly Father, In the name of Jesus, who is Lord God, you are the Creator and Lord over my life, my child's life and over the life of my loved one. You set the destiny over our lives. Open our spirit and mind to hear and receive from you, to know the plan that you have for my life and our lives. I turn this over to you, as your Word says, you care for my cares. I submit to you in intercession for our lives, placing person, everything and situation into Your hands. Amen.*

Spirit Realm: Two Kingdoms in conflict

- There are two active spiritual realms. Our intercession brings our loved ones from the **kingdom of darkness** into the **Kingdom of Light**.
- *Adoption into God's Kingdom is required to destroy Satan's Kingdom, to destroy the stronghold of evil, of wickedness in our lives, and the lives our loved ones.*
- *Faith in God, submission to Him breaks the strongholds of the enemy.*

Key Scriptures:

- **Scriptures:**
- **Kingdom of Heaven:** Matthew 3:2, 4:17, 5:3, Ephesians 5:8
- **Kingdom of Darkness:** Matthew 12:26, John 12:31, Colossians 1:13

Deliverance from Strongholds



Stronghold: “A stronghold is a fortified place designed for protection against attack. In Scripture, **fortresses symbolize both physical security and spiritual or intellectual bastions that resist God’s rule** (Psalm 18:2; Nahum 3:12). When Paul employs the term in 2 Corinthians 10:4, the imagery shifts from masonry walls to **entrenched patterns of thought that exalt themselves against Christ.**”*

Weapons of Destruction: God has equipped us with the weapons to destroy with works of the Kingdom of Darkness. **He gave us the authority, and instruction on how to use His weapons** against the attack and stronghold of the enemy.

*<https://biblehub.com/greek/3794.htm>, Accessed October 16, 2025.

2 Corinthians

10:4

(For the weapons of our warfare are not carnal, but mighty through God to the pulling down of strong holds;) KJV

- **The** - there is no other, as in **the mother** verses **a mother**. God gave us the set of tools.
- **Weapons** - tools, armor, arms used in warfare.
- **Of our** - pertaining to and exclusive to Christians.
- **Warfare** - as in military service, our Christian duty. Anything that opposes the knowledge of God. Everything that is against God.
- **Are not** – The absolute negative, there is no way.
- **Carnal** –Pertaining to the flesh we are not fighting against people, our sons, daughters, loved ones.
- **But** – forms a transition to the cardinal - in this context, **of greatest importance, fundamental**.
- **Mighty** - Powerful, capable, neuter (surgically removed), to be able (to do something). *God's strategic power*.
- **Through God** - the Supreme Deity. The Godhead Body, the Father, the Son and the Holy Spirit.
- **To** – a motion, to the advantage
- **Pulling down** –destructive, demolition, figuratively extinction, Annihilation.
- **Strongholds** – a place fortified so as to protect it against attack.

Our weapons are of God, not man! And are **to be used by Us** to overcome the enemy!

Using THE Weapons

2 Corinthians 10:5 *Casting down imaginations, and every high thing that exalteth itself against the knowledge of God, and bringing into captivity every thought to the obedience of Christ; KJV*

Ephesians 6:12-17 *For we wrestle not against flesh and blood, but against principalities, against powers, against the rulers of the darkness of this world, against spiritual wickedness in high places.¹³ Wherefore take unto you the whole armour of God, that ye may be able to withstand in the evil day, and having done all, to stand. ¹⁴ Stand therefore, having your loins girt about with truth, and having on the breastplate of righteousness; ¹⁵ And your feet shod with the preparation of the gospel of peace; ¹⁶ Above all, taking the shield of faith, wherewith ye shall be able to quench all the fiery darts of the wicked. ¹⁷ And take the helmet of salvation, and the sword of the Spirit, which is the word of God: KJV*

Ephesians 6:12a

For we wrestle not against flesh and blood, but against principalities, against powers, against the rulers of the darkness of this world, against spiritual wickedness in high places. KJV

- **Wrestle** – a contest between two...the victor holds his opponent down with his hand upon his neck.
- **Not** – no, not, never.
- **Against** – to the advantage of, with regard to
- **Flesh** – carnal, the body, the esthetic nature of man.
- **Blood** – of man, refers to the seat of life.
 - **Biologically** – bloods essential role in transporting oxygen, nutrients...and waste from the body.
 - **Spiritually** equivalent to life itself, belonging to God and necessary for atonement. (Note: death cannot be in control of the seat of life.)
- **Principalities** –the first place of rule, place or rank. Magistrate power.

Ephesians 6:12b

For we wrestle not against flesh and blood, but against principalities, **against powers, against the rulers of the darkness of this world, against spiritual wickedness in high places.** KJV

- **Powers** – authority, government, one who possesses authority. Superior to man, spiritual potentates (especially an autocratic ruler).
- **Rulers** –an epithet of Satan. The devil and his demons. Lord of the World.
- **Darkness** – of darkened eyesight or blindness. Of ignorance respecting divine things and human duties, and the accompanying ungodliness and immorality...
- **World** – the worlds, universe.
- **Spiritual** – to a spirit, or a being higher than man but inferior to God.
- **Wickedness** – iniquity, evil purposes and desires.
- **High Places** – the heavenly regions.

But How?

- ***Ephesians 6:13*** *Wherefore take unto you the whole armour of God, that ye may be able to withstand in the evil day, and having done all, to stand.*

- ***Ephesians 6:14-17 Summarized:***

• Loins/waist secured by - Truth	• Shield – Faith
• Breastplate – Righteousness	• Helmet – Salvation
• Feet Shod - Gospel of peace	• Sword of the Spirit – Word of God

- **Proverbs 27:17** - Iron sharpeneth iron; so a man sharpeneth the countenance of his friend. KJV
- **Mark 9:24** - And straightway the father of the child cried out, and said with tears, **Lord, I believe; help thou mine unbelief.** KJV
- 🙏 **Declare:** *“Every evil, demonic, wicked stronghold is coming down, is destroyed in my life, the life of my child, and my loved ones in Jesus’ name. My child, my loved ones and I have been and are delivered by the Lord God Almighty. Amen.”*

Standing in the Gap in Faith with Boldness

Christ Intercedes, and So Should We:

- **Christ intercedes:** Isaiah 59:16, Hebrews 7:25, Romans 8:34
- **Believers intercede:** 1 Timothy 2:1-2, Romans 8:26-27, James 5:16, Matthew 2:28, Jeremiah 31:15

Intercession is love in action.

Don't give up.

God hears your groans and tears.

You are joining Jesus in His Holy intercession.


Interceding in Faith, with Authority and Power Given to Us by God

Key Scriptures:

- Matthew 16:19
- Romans 8:15-17
- Proverbs 18:21
- Mark 11:23
- Matthew 18:18

Insight:

As believers, we have been given spiritual authority to intercede effectively. Use your mouth and not your thoughts only to bind and loose!

 **Decree:** *“In the name of Jesus, I bind the spirit of addiction, confusion, captivity to Satan and bondage, and I loose deliverance, wholeness, peace, clarity and wellbeing over my loved ones. Amen.”*


Faith

Key Scriptures:

- Proverbs 3:5-6
- Hebrews 11:1,6
- Jeremiah 33:3
- Mark 11:22-24
- 2 Corinthians 5:7
- Hebrews 11:
- Daniel 10:12

Insight:

- The work of intercession is fueled by faith, faith without works is dead.
- Without faith it is impossible to please God.
- We may not see immediate results, but our prayers are heard and answered in the spirit realm on the first day we set our mind to gain understanding and humble ourselves before God.

 **Decree:** *“Heavenly Father, I believe You hear me. I trust in You with all my heart and lean not to mine own understanding. Therefore, I walk by faith, not by sight. I thank you Lord that you have answered my prayer. In Jesus’ name, I pray. Amen.”*

Christ Is In Our Midst

Scriptures:

- **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.*

Prayer Focus:

- Partner with the Holy Spirit in prayer.
- Boldly declare God's promises over loved ones.
- Use our spiritual authority as an intercessor.

Sample Prayer: *Heavenly Father, 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 You! In Jesus' name I pray. Amen.*

Next Steps:

- Complete the Prayer and Fast for Deliverance from Addiction Template
- Begin Fast at mid-night tonight
- **Pray, Pray, Pray**
- Join the upcoming Zoom calls on January 6th, 7th, and 8th at 5:00pm EST

If there is anyone with question, please stay on the call after the prayer.



Prayer

Join Us Tomorrow

January 6, 2026 5:00pm EST

15 Minute Zoom Call



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Prayer and Fast

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Scripture focus: Psalm 91

Whoever dwells in the shelter of the Most High will rest in the shadow of the Almighty.² I will say of the LORD, “He is my refuge and my fortress, my God, in whom I trust.”³ Surely he will save you from the fowler’s snare and from the deadly pestilence.⁴ He will cover you with his feathers, and under his wings you will find refuge; his faithfulness will be your shield and rampart.⁵ You will not fear the terror of night, nor the arrow that flies by day,⁶ nor the pestilence that stalks in the darkness, nor the plague that destroys at midday.⁷ A thousand may fall at your side, ten thousand at your right hand, but it will not come near you.⁸ You will only observe with your eyes and see the punishment of the wicked.⁹ If you say, “The LORD is my refuge,” and you make the Most High your dwelling,¹⁰ no harm will overtake you, no disaster will come near your tent.¹¹ For he will command his angels concerning you to guard you in all your ways;¹² they will lift you up in their hands, so that you will not strike your foot against a stone.¹³ You will tread on the lion and the cobra; you will trample the great lion and the serpent.¹⁴ “Because he^[b] loves me,” says the LORD, “I will rescue him; I will protect him, for he acknowledges my name.¹⁵ He will call on me, and I will answer him; I will be with him in trouble, I will deliver him and honor him.¹⁶ With long life I will satisfy him and show him my salvation.”

January 6, 2026

Prayer and Fast

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Reminder:

- John 10:10a - *The thief cometh not, but for to steal, and to kill, and to destroy:...*
- 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 them out of their distresses.*

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 Declaration: *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, every destructive cycle is broken. I claim the peace of God, His protection and healing over my children and loved ones. In Jesus Name, this declaration is made. Amen.*

January 7, 2026

Prayer and Fast

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Reminder:

- **Romans 8:34** Who then is the one who condemns? No one. Christ Jesus who died—more than that, who was raised to life—is at the right hand of God and is also interceding for us.
- **Matthew 16:19** I will give you the keys of the kingdom of heaven; whatever you bind on earth will be bound in heaven, and whatever you loose on earth will be loosed in heaven.
- **Proverbs 18:21** The tongue has the power of life and death, and those who love it will eat its fruit.

God has given us:

- **Armor:** Ephesians 6:14-17
- **Weapons:** 2 Corinthians 10:4
- **Insight and Know How:** Ephesians 6:12-13
- **Keys:** Matthew 16:19
- **Power:** Proverbs 18:21
- **Christ and Each Other:** Colossians 2:9-19, Proverbs 27:17

Keep in touch: we want to hear your testimony!

January 8, 2026

Prayer and Fast

Deliverance From Addictions: Follow-up

“(For we walk by faith, not by sight:)” 2 Corinthians 5:7 KJV

February 9, 2026



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Deliverance From Addictions

Follow-up: February 9, 2026



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Opening Prayer

Reminder:

- **Romans 8:34** Who then is the one who condemns? No one. **Christ Jesus** who died—more than that, who was raised to life—is at the right hand of God and **is also interceding for us.**
- **Matthew 16:19** I will **give you the keys of the kingdom of heaven**; whatever **you bind on earth** will be **bound in heaven**, and whatever **you loose on earth** will be **loosed in heaven.**
- **Proverbs 18:21** The **tongue has the power of life and death**, and those who love it will eat its fruit.

God has given us:

- **Armor:** Ephesians 6:14-17
- **Weapons:** 2 Corinthians 10:4
- **Insight and Know How:** Ephesians 6:12-13
- **Keys:** Matthew 16:19
- **Power:** Proverbs 18:21
- **Christ and Each Other:** Colossians 2:9-19, Proverbs 27:17

Deliverance From Addictions

Follow-up: February 9, 2026



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Stand steadfast in Grace, Walking by Faith

- **Philippians 4:6-7** – ⁶ Be careful for nothing; but in every thing by prayer and supplication with thanksgiving let your requests be made known unto God. ⁷ And the peace of God, which passeth all understanding, shall keep your hearts and minds through Christ Jesus.
- **Colossians 3:12-17** - 12 Put on therefore, as the elect of God, holy and beloved, bowels of mercies, kindness, humbleness of mind, meekness, longsuffering; 13 Forbearing one another, and forgiving one another, if any man have a quarrel against any: even as Christ forgave you, so also do ye. 14 And above all these things put on charity, which is the bond of perfectness. 15 And let the peace of God rule in your hearts, to the which also ye are called in one body; and be ye thankful. 16 Let the word of Christ dwell in you richly in all wisdom; teaching and admonishing one another in psalms and hymns and spiritual songs, singing with grace in your hearts to the Lord. 17 And whatsoever ye do in word or deed, do all in the name of the Lord Jesus, giving thanks to God and the Father by him.

PRAYER

Deliverance From Addictions

Follow-up: February 9, 2026



Trusting God for Our Loved Ones Deliverance

- Standing in Grace, Walking by Faith

Lift the need for Healing to the Lord in Grace, Receive Healing by Faith.

- There are many who need **healing physically, mentally, and spiritually.**
- We are asking you to join us as we **intercede, stand in the gap** for ourselves and those who need healing.
- **One hour Prayer** meeting and **optional fasting** for two days.
- Proposed dates **March 17-18** or **March 24-25, 2026.** Meeting time TBD.
- **Open to women in need of healing and women who are standing in the gap for others.**

Prayer and Fast

Deliverance From Addictions: Follow-up

“(For we walk by faith, not by sight:)” 2 Corinthians 5:7 KJV

February 9, 2026



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