

Be You

# PRAYER WARRIOR

next level

## MASTERCLASS

WARRIORS ARE YOU READY?!



Pastor  
**YVETTE CHALMERS**

PurposeCenteredAcademy.org  
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# FASTING & PRAYER

*Week One*



**FASTING GETS THE JUNK OUT OF YOUR SPIRIT SO THAT THERE IS  
ROOM TO RECEIVE THE SUPERNATURAL FLOW THROUGH YOU!!**



# WHAT DOES FASTING DO FOR PRAYER

## WARRIOR ITS TIME TO FAST LIKE NEVER BEFORE!!

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**Biblical fasting means** say “no” to yourself and say “yes” to God. Fasting means to deny the flesh in order to find a more powerful connection with the Holy Spirit.


Fasting releases God's supernatural power. It is a tool we can use when there is opposition to God's will.

**The purposes of fasting include:** Developing spiritual strength, including resisting temptation. Developing self-mastery, making our spirits masters of our bodies. Showing humility.





# WHAT DOES FASTING DO FOR PRAYER

A silhouette of a person in profile, holding an open book and reading. The background is a vibrant sunset or sunrise sky with shades of purple, pink, and orange. The person is standing on a dark, rocky outcrop. In the bottom left corner, there is a large white question mark inside a white circle.

## **Matthew 6:16–18**

Moreover when ye fast, be not, as the hypocrites, of a sad countenance: for they disfigure their faces, that they may appear unto men to fast. Verily I say unto you, They have their reward.

## **Acts 14:23-**

And when they had ordained them elders in every church, and had prayed with fasting, they commended them to the Lord, on whom they believed.

## **Joel 2:12**

Therefore also now, saith the LORD, turn ye even to me with all your heart, and with fasting, and with weeping, and with mourning.

## **Mark 9:29**

And he said unto them, This kind can come forth by nothing, but by prayer and fasting.

## **Joel 1:14**

Sanctify ye a fast, call a solemn assembly, gather the elders and all the inhabitants of the land into the house of the LORD your God, and cry unto the LORD.

## **Acts 13:3**

And when they had fasted and prayed, and laid their hands on them, they sent them away.

**ASK GOD FOR THE GRACE TO FAST IN YOUR  
SPIRITUAL WALK AND IN YOUR PRAYER LIFE**



# BIBLICAL

## *Fasting*

### **1) Absolute Fast:**

This can be used in an emergency situation. It provides great Deliverance for a life or death situation. If you have a huge dilemma or a nation is facing a terrible situation, much breakthrough can be seen via the Absolute fast. Also, you can fast individually or corporately with this type.

It includes a 3 day fast without food or water. We see this type of fast in the Book of Esther. Queen Ester called the entire nation of Israel to fast for their deliverance. I have never fasted without water more than a day. I would suggest that without consulting your doctor and ultimately the Holy Spirit, do not deprive your body from water. It is amazing how long a human body can stand without food, but not without water. However, if God is calling you to this kind of fast, always follow His leading first.

As seen below in the scriptures, Queen Esther called her people to fast for 3 days without water and food. Also, Jonah fast in the same manner.

### **Esther 4:16**

"Then Esther sent this reply to Mordecai: "Go, gather together all the Jews who are in Susa, and fast for me. Do not eat or drink for three days, night or day. I and my attendants will fast as you do. When this is done, I will go to the king, even though it is against the law. And if I perish, I perish."



# BIBLICAL *Fasting*

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## **Jonah 3:6-10**

"When Jonah's warning reached the king of Nineveh, he rose from his throne, took off his royal robes, covered himself with sackcloth and sat down in the dust. This is the proclamation he issued in Nineveh: "By the decree of the king and his nobles: Do not let people or animals, herds or flocks, taste anything; do not let them eat or drink. But let people and animals be covered with sackcloth. Let everyone call urgently on God. Let them give up their evil ways and their violence. Who knows? God may yet relent and with compassion turn from his fierce anger so that we will not perish." When God saw what they did and how they turned from their evil ways, he relented and did not bring on them the destruction he had threatened."

## **2) Supernatural Fast:**

A Commissioning Fast. This type of fasting is known for Ordination or commissioning for a higher ministry or a Divine task. This fast also includes fasting without water or food, liked the Absolute Fast, however, it is for a total of 40 days. Moses fasted two times for forty days without food and water. He took the Ark of the Covenant and The Ten Commandments to the Israelites. This was the first law that was given to mankind that was written by the very finger of God.

Also, we Jesus fasted in the Wilderness for forty days. Then His earthly ministry started. You can see in both cases, there is a huge spiritual responsibility and task before each individual. I wish that every Pastor, before their ordination by men and taking the office, would do this fast. I know very few people who have done this fast with water, therefore, please consult your doctor before you decide to start a 40 day or any fast. BUT obey God above all.

## **Exodus 34:28**

Moses was there with the LORD forty days and forty nights without eating bread or drinking water. And he wrote on the tablets the words of the covenant-the Ten Commandments



# BIBLICAL *Fasting*

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## **3) Daniel Fast:**

Abstaining from certain foods for a period of time such as luxury foods. Or this can be solely a juice fast or liquid fast. Daniel fasted for 21 days on vegetables. He had no processed carbs, juices, no coffee, no sweets! No choice food means, you do not eat anything pleasurable. You can eat grains but no overeating. The purpose of this fast is self-discipline thereby, denying self-indulgence. This includes avoiding luxury restaurants. You need to be careful with this fast because a lot of people eat too much beans and heavy protein and high carb vegetables. Remember you cannot trick God. It has to be a sacrifice.

## **Daniel 10:2-7**

"At that time, I, Daniel, mourned for three weeks. I ate no choice food; no meat or wine touched my lips; and I used no lotions at all until the three weeks were over. On the twenty-fourth day of the first month, as I was standing on the bank of the great river, the Tigris, I looked up and there before me was a man dressed in linen, with a belt of fine gold from Uphaz around his waist. His body was like topaz, his face like lightning, his eyes like flaming torches, his arms and legs like the gleam of burnished bronze, and his voice like the sound of a multitude. I, Daniel, was the only one who saw the vision; those who were with me did not see it, but such terror overwhelmed them that they fled and hid themselves.

## **Daniel 10: 11-12**

He said, "Daniel, you who are highly esteemed, consider carefully the words I am about to speak to you, and stand up, for I have now been sent to you." And when he said this to me, I stood up trembling. Then he continued, "Do not be afraid, Daniel. Since the first day that you set your mind to gain understanding and to humble yourself before your God, your words were heard, and I have come in response to them."



# BIBLICAL *Fasting*

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## **4) Fasting from Indulgences:**

As Christians, we may listen to the leading of the Holy Spirit. God may speak to us individually for anything that He wants us to sacrifice for a period of time. This can be fasting from many things such as coffee, deserts, and TV.

I suggest anyone who is fasting to cut their cords with TV and social media and smart phones. It will increase the benefits of fasting.

Fast from shopping and being online all the time. I usually fast at least a couple of days a week having only one meal a day. I fast through breakfast, lunch and eat dinner only.

IF YOU WOULD LIKE TO START  
TRAINING YOUR BODY FOR A LONG  
FAST, THIS MAY BE THE BEST  
STARTING POINT FOR YOU.



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# Notes



# PRAYER AGREEMENT

*Week Two*



**THE POWER OF TWO  
GRAB A PRAYER PARTNER!!**





# PRAYER OF AGREEMENT

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## **Definition:**

Multiple believers agreeing on earth with what heaven is saying.

## **Verse:**

Matthew 18:19-20

“Again I say to you that if two of you agree on earth concerning anything that they ask, it will be done for them by My Father in heaven. For where two or three are gathered together in My name, I am there in the midst of them.” (Matthew 18:19)





# PRAYER OF AGREEMENT

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## **Amos 3:3**

3 Can two walk together,  
except they be agreed?

## **Ecclesiastes 4:9-12**

9 Two are better than one;  
because they have a good  
reward for their labour.

10 For if they fall, the one will  
lift up his fellow: but woe to  
him that is alone when he  
falleth; for he hath not  
another to help him up.

11 Again, if two lie together,  
then they have heat: but  
how can one be warm  
alone?

12 And if one prevail  
against him, two shall  
withstand him; and a  
threefold cord is not  
quickly broken.



# PRAYING

## Together

**Romans 15:30-33** I urge you, brothers and sisters, by our Lord Jesus Christ and by the love of the Spirit, to join me in my struggle by praying to God for me. Pray that I may be kept safe from the unbelievers in Judea and that the contribution I take to Jerusalem may be favorably received by the Lord's people there, so that I may come to you with joy, by God's will, and in your company be refreshed. The God of peace be with you all. Amen.

**Acts 1:14** All these with one accord were devoting themselves to prayer, together with the women and Mary the mother of Jesus, and his brothers.

**Acts 2:42** And they continued stedfastly in the apostles' doctrine and fellowship, and in breaking of bread, and in prayers.

**Acts 12:12** When he realized this, he went to the home of Mary, the mother of John Mark, where many were gathered for prayer.

**2 Chronicles 20:3-4** Then Jehoshaphat was afraid and set his face to seek the LORD, and proclaimed a fast throughout all Judah. And Judah assembled to seek help from the LORD; from all the cities of Judah they came to seek the LORD.

**2 Corinthians 1:11** Ye also helping together by prayer for us, that for the gift bestowed upon us by the means of many persons thanks may be given by many on our behalf.



# Notes



# PROPHETIC PRAYER

*Week Three*



## WHAT IS PROPHETIC PRAYER?





# WHAT IS PROPHETIC PRAYER?

**YOU ARE PARTNERING WITH  
GOD DURING PRAYER.  
LISTEN AND RECEIVE THE  
INSTRUCTIONS OF GOD IN  
PRAYER.**

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The Connection between the spiritual gift of prophecy and intercessory prayer is found in scriptures:

1 Corinthians 14:1

**Prophecy defined:** For-telling events: God reveals details of the future through the voice of people who could not know unless they received the information from God.

**Speaking under inspirational:** The filling of the Holy Spirit comes upon a person and, through divine inspiration, then the person speaks.

## **Speaking under inspiration**

- Luke 1:67-80
- Acts 4:8-12
- Acts 13:9

**STAY IN PROPHETIC INSPIRATION**

**STAY IN THE WORD**

**STAY IN THE POSTURE OF PROPHETIC  
INTERCESSOR PRAYER WHEREVER YOU!**

[https://npmfmc.org/wp-content/uploads/2018/02/  
Study-Four-Prophetic-Praying.pdf](https://npmfmc.org/wp-content/uploads/2018/02/Study-Four-Prophetic-Praying.pdf)

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## **PROPHETIC PRAYER TAKES PLACE WHEN CHRISTIANS USE REVELATION GIVEN BY THE HOLY SPIRIT WHILE THEY ARE ENGAGED IN THE ACT OF PRAYER.**

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Essentially, it is the Holy Spirit sharing knowledge that the person would have no way to know by his or her human ability alone. The difference between straight prophecy and prophetic prayer has to do with the direction of the prophetic word. Straight prophecy is the Lord's declaration to a person or group of people. Prophetic prayer is aimed toward God in the form of praying for his purposes and plans to come to fruition.

There are many avenues through which one can encourage the manifestation of prophetic prayer. The best way is by simply waiting for the direction of God before one launches into his or her own dialogue. In this way, one can be certain that he or she is waiting to hear what God is saying, rather than having his or her own thoughts dictate the direction of the prayer. In a way, prophetic prayer is more authoritative than standard prayer. It can manifest in the form of declarations and often strengthens the faith of everyone involved.





Similarly, it can be used in spiritual warfare by Christians who are believing for changes in the lives of those who have not yet formed a relationship with Jesus Christ. Scriptures, prophecies, and other revelations can be used to declare the purpose of God for their lives and to fight against strongholds that are hindering them from hearing and reaching God.

### **The Importance of Timing**

It is a great thing to find oneself on the receiving end of a prophecy; however, care must be taken to ensure that one has proper safeguards in place. The Bible states in the book of Luke that when Mary was told she was to bear the Son of God, she realized that people would not understand and held the knowledge in her heart rather than telling everyone what was revealed to her. She waited with complete faith in God for the fulfillment of the promise in His own timing. It is for this reason that many Christians keep a daily journal where they can record such matters and share them only when they feel led to by God.



# DISCERNING

## Truth

One would not be unreasonable to state that it is sometimes bewildering when an individual prays prophetically, or claims that he or she has a prophecy from the Lord concerning another individual but the statements made never come into manifestation. The Bible states that if God is the source of a prophetic word, He is the one who will cause it to happen or make it evident if action is required on the part of the individual at whom the prophecy was directed.

Unfortunately, within the Christian religion, just as within all religions, there are those who will attempt to manipulate situations in order to achieve a certain result. In addition, there are those who have spoken a legitimate word of prophecy but then become anxious and attempt to try to make it come to pass through natural means. If a prayer is truly prophetic and from God, He will not need help to bring it to fruition.

The best way to respond to prophetic prayer is to be expectant and encouraged, not anxious and frustrated. In addition, one should remember to never place trust in man, but rather in God, and be thankful for the revelation the Lord has given, trusting Him to bring it to pass.

<https://www.overflowglobal.com/christian-prophetic-prayer/>



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# Notes



# Deliverance

*Week Four*



**WHAT DOES DELIVERANCE MEAN?**





# WHAT DOES DELIVERANCE MEAN?

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1: The act of delivering someone or something : the state of being delivered especially : liberation, rescue.

## **What is the meaning of deliverance prayer?**

Deliverance. It's a word used in a Christian context for kicking demons out of a person!!

Deliverance is also a term which is used to describe specific ministries or prayer sessions which are conducted with intent to expel demons.

**BOOK REFERENCE: PIGS IN A PARLOR**



# FOLLOW JESUS DELIVERANCE

## Ministry

### **Jesus Heals a Demon-Possessed Man (NLT)**

26 So they arrived in the region of the Gerasenes, across the lake from Galilee.

27 As Jesus was climbing out of the boat, a man who was possessed by demons came out to meet him. For a long time he had been homeless and naked, living in the tombs outside the town.

28 As soon as he saw Jesus, he shrieked and fell down in front of him. Then he screamed, "Why are you interfering with me, Jesus, Son of the Most High God? Please, I beg you, don't torture me!"

29 For Jesus had already commanded the evil spirit to come out of him. This spirit had often taken control of the man. Even when he was placed under guard and put in chains and shackles, he simply broke them and rushed out into the wilderness, completely under the demon's power.

30 Jesus demanded, "What is your name?"  
"Legion," he replied, for he was filled with many demons.

31 The demons kept begging Jesus not to send them into the bottomless pit.

32 There happened to be a large herd of pigs feeding on the hillside nearby, and the demons begged him to let them enter into the pigs. So Jesus gave them permission.

33 Then the demons came out of the man and entered the pigs, and the entire herd plunged down the steep hillside into the lake and drowned.



# FOLLOW JESUS DELIVERANCE

## Ministry

34 When the herdsmen saw it, they fled to the nearby town and the surrounding countryside, spreading the news as they ran.

35 People rushed out to see what had happened. A crowd soon gathered around Jesus, and they saw the man who had been freed from the demons. He was sitting at Jesus' feet, fully clothed and perfectly sane, and they were all afraid.

36 Then those who had seen what happened told the others how the demon-possessed man had been healed.

37 And all the people in the region of the Gerasenes begged Jesus to go away and leave them alone, for a great wave of fear swept over them.

So Jesus returned to the boat and left, crossing back to the other side of the lake.

38 The man who had been freed from the demons begged to go with him. But Jesus sent him home, saying,

39 "No, go back to your family, and tell them everything God has done for you." So he went all through the town proclaiming the great things Jesus had done for him.



# Notes

# Notes



To God  
be the  
Glory!

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