

Genesis 39:4, 20-23, Genesis 41:38  
-43

March 28 -Fasting for Strength to Obey God  
and Trust His System of Financial  
Wealth and Freedom - Deuteronomy  
28:1-14

March 29 -Fasting to get past “Barely Mak-  
ing It”, “Struggling to Make Ends  
Meet” and “Robbing Peter to Pay  
Paul” - Malachi 3:10

### Flesh

March 30 -Fasting to Bring the Flesh Under  
the Submission of the Spirit - Gala-  
tians 5:16-18

March 31 -Fasting to Bind the works of the  
Flesh - Galatians 5:19-21

April 1 -Fasting for Deliverance from  
Worry, Stress, Anxiety, Mind Con-  
trol, Procrastination, Passivity &  
Depression - Matthew 6:24-34; 1  
Peter 5:7

April 2 -Fasting to Gain Control of the  
Tongue - 1 Timothy 5:11-13; Prov-  
erbs 18:21; James 3:5-8;  
1 Peter 3:10

April 3 -Fasting for Victory Over Gluttony  
and Overindulgence - Philippians  
3:19 NKJV

April 4 -Fasting to Break Drug and Alcohol  
Addiction in the Family - Ephesians  
5:18

April 5 -Fasting to Manage Feelings of  
Guilt, Anger, Bitterness, Hostility,  
Jealousy, Strife & Sexual Promiscu-  
ity Hebrews 12:15, Ephesians 4:31,  
32

April 6 -Fasting to Break the Chains of  
Evil Thinking and Double Minded-  
ness - James 4:4

### Fellowship

April 7 -Fasting to Spend Time With &  
Loving Self - Mark 12:31

April 8 -Fasting to Find Peace and Har-  
mony in Christ - Galatians 2:20

April 9 -Fasting for Family Members to  
see the necessity of Fellowship  
Before it is too Late - Mark 5:19

April 10 -Fasting to Bind the Spirit of Hard  
Feelings Toward Family & Friends  
- Genesis 33:1-9

April 11 -Fasting to Break Free of Judging  
Other People - Matthew 7:1

April 12 -Fasting to Restore the POWER of  
Fellowship Around the Table -  
Luke 19:1-10

April 13 -Fasting to Strengthen Spiritual  
Relationship with GOD - Psalm 1:1  
& 2

April 14 -Fasting to restore Broken Rela-  
tionships with Loved Ones - Gene-  
sis 45:4&5



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**METROPOLITAN BAPTIST  
CHURCH**

*Leading Families From Crisis  
To CHRIST*

## The Take Back Fast of Faith And Deliverance



**Rev. Dr. David Jefferson Sr., Pastor**

# The Take Back Fast of Faith And Deliverance | *Instructions and Scriptures*



This is a forty day fast that begins on March 6, 2017 and ends on Friday, April 14, 2017. Saturday, April 15th is a day

of rest and we will celebrate the breaking of the fast on Resurrection Sunday, April 16, 2017. While there are many types of fasts, this is a food fast.

Each member and others led by the spirit to participate are asked to abstain from eating two meals a day! In addition, in order to improve our health and wellness during the fast, please abstain from eating bread, drinking soda, using sugar, salt or eating white rice or mashed potatoes. You should also drink plenty of water and exercise as much as possible. No one with a medical condition, such as diabetes, should participate without the consent of a physician.

Fasting is voluntarily abstaining from food for spiritual purposes. The purpose for this fast is to seek God for the releasing of His supernatural power to take back our families and our blessings that the demonic forces of this world have stolen. We are fasting for *Faith*, *Breakthrough*, and *Deliverance* from things that so easily beset us

## 2017 FASTING SCRIPTURES

### Family

- March 6 -Fasting to take back family members in bondage to the enemy - Genesis 14:16
- March 7 -Fasting for physical, emotional, and spiritual healing in the family - Mark 1:29-31
- March 8 -Fasting for the salvation of family, friends, and relatives - Acts 16:14-15
- March 9 -Fasting to break the cycle of generational curses - 1 Corinthians 10:5-10
- March 10 -Fasting to overcome confusion, conflict, chaos and tensions in the home - 1 Corinthians 14:33
- March 11 -Fasting for a breakthrough in marital and family relationships - Ephesians 5:21
- March 12 -Fasting to defeat demonic and evil strongholds in the family - 2 Corinthians 10:4-5
- March 13 -Fasting for Strength to do an honest and Godly assessment of self (my thoughts, my ways, my behavior, my attitude, & my personality) - Psalm 139:23-24

### Faith

- March 14 -Fasting to Receive a Word of Faith from God - Romans 10:17
- March 15 -Fasting to Walk by Faith 2 Corinthians 5:7
- March 16 -Fasting to Break the Chains of Doubt and Unbelief - Mark 9:24

- March 17 -Fasting to Exercise the Power of Faith - James 2:26
- March 18 -Fasting to Release the Power of Faith that Moves Mountains - Mark 11:22-23
- March 19 -Fasting to Trust God: No Matter the Situation or the Circumstance - Esther 4:15-16
- March 20 -Fasting to be Controlled by the Spirit of Faith - Ephesians 5:18
- March 21 -Fasting to Bind Demons through to the prayer of Faith - James 5:13-15

### Finance - **First Fruit Focus- Believing God for the Overflow**

- March 22 -Fasting to see God as Your Source of Wealth - Deuteronomy 8:17-18; 1 Samuel 8:7
- March 23 -Fasting to Break the Spirit of Poverty - Joel 2:15, 18-19, 24-25
- March 24 -Fasting to Bind the "Expectation" of a scarcity seed producing an Overflow Blessing 2 Corinthians 9:6
- March 25 -Fasting to Trust God for the Overflow - Ephesians. 3:20, Psalms 23:5
- March 26 -Fasting to Break the curse of Generational Poverty in the Family - Amos 2:6,7
- March 27 -Fasting for a Breakthrough for Advancement, Promotion, Raise, Recognition on Your Job -