



7-Day Spiritual Fasting Guide for Deliverance

Agenda

What is Deliverance

Introduction

Day 1-7

Scriptures & Explanations

Fasting Time & Recommendations

Testimony

Encouragement

DELIVERANCE

What is Deliverance?

Deliverance is cutting loose from anything that controls you other than God.

Deliverance releases you to become who you really are—it doesn't change you into something else.

Deliverance sets us free from anything negative in our past that still has influence in our lives.

Deliverance was a regular part of Jesus' ministry.

Deliverance happens in many ways, such as in prayer and in the Word of God.

Introduction



Deliverance is the process of breaking free from spiritual strongholds, demonic oppression, and generational curses through prayer, fasting, and seeking The Most High. This **7-day fasting guide** is designed to help you focus on spiritual warfare, seeking divine intervention, and allowing The Most High to set you free. Each day includes fasting times, a Bible scripture, explanations, and recommendations to guide you through your deliverance journey.

Day 1: Preparation and Surrender



Fasting Time: Sunrise to Sunset

Scripture: **James 4:7** – "Submit yourselves therefore to God. Resist the devil, and he will flee from you."

Explanation: Deliverance begins with full submission to The Most High. Acknowledge any areas in your life where you need freedom and surrender them to Him. Repent, pray for cleansing, and invite The Holy Spirit to guide you.

Recommendations: Drink water throughout the day, pray for guidance, write down the areas where you seek deliverance.



Day 2: Breaking Strongholds



Fasting Time: 6 AM - 6 PM

Scripture: 2 Corinthians 10:4-5 – "For the weapons of our warfare are not carnal, but mighty through God to the pulling down of strongholds."

Explanation: Strongholds are patterns, mindsets, and habits that keep you in bondage. Through fasting and prayer, ask The Most High to break every chain holding you back.

Recommendations: Engage in deep prayer and worship, declare deliverance over your life, avoid distractions.

Fasting Time: Full-Day
Fast (Liquids Only)

Recommendations:
Anoint yourself with
oil, pray aggressively,
play worship music,
speak deliverance
scriptures over
yourself.

Day 3: Casting Out Demonic Influences

- **Scripture: Mark 16:17** – "And these signs shall follow them that believe; In my name shall they cast out devils..."
- **Explanation:** Demonic influences can be cast out through faith, fasting, and prayer. Rebuke any negative spirits oppressing your life and declare The Most High's power over you.



Day 4: Closing Open Doors

Scripture: Ephesians 4:27 – "Neither give place to the devil."

Explanation: Deliverance is sustained by closing any doors that allow the enemy back in. Remove anything that ties you to sinful or negative influences.

Fasting Time: Sunrise to Sunset

Recommendations: Cleanse your home spiritually, throw away objects associated with bondage, repent of past agreements with darkness.



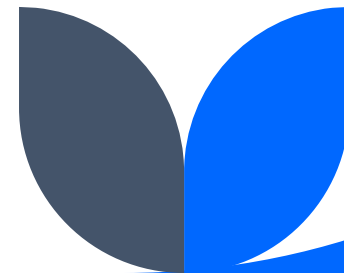
Day 5: Spiritual Renewal

Fasting Time: 6 AM - 6 PM

Recommendations: Read uplifting scriptures, listen to biblical teachings, meditate on God's Word.

Scripture: Romans 12:2 – "And be not conformed to this world: but be ye transformed by the renewing of your mind..."

Explanation: Renew your mind through scripture, prayer, and fasting. Seek alignment with The Most High's will and remove negative thought patterns.




Day 6: Strengthening Your Faith

Fasting Time: Partial Fast
(No Processed Foods)

Recommendations: Speak affirmations over yourself, worship, avoid negativity and doubt.

Scripture: Hebrews 11:6 –
"But without faith it is impossible to please him..."

Explanation: Deliverance requires unwavering faith. Trust that The Most High has set you free and walk in that freedom.



CHALLENGES WILL
COME TO YOU, BUT AS
YOU TRUST IN GOD,
THEY WILL STRENGTHEN
YOUR FAITH.

Neil L. Andersen

Day 7: Walking in Victory and Authority



- **Fasting Time:** Sunrise to Sunset
- **Scripture:** Luke 10:19 – "Behold, I give unto you power to tread on serpents and scorpions, and over all the power of the enemy..."
- **Explanation:** You have been given authority through The Most High. Walk boldly in your deliverance, stay in prayer, and remain steadfast in faith.
- **Recommendations:** Celebrate your deliverance with thanksgiving, commit to a lifestyle of holiness, and continue fasting regularly for spiritual growth.

Testimony Time

Through fasting and prayer, I have witnessed incredible breakthroughs in my life. I have **broken generational curses, removed soul ties, and cast out demonic spirits** that were once attached to me.

The power of fasting, combined with unwavering faith and dedication to The Most High, has transformed my life in ways I never imagined.

If you are struggling with spiritual bondage, know that fasting is a tool for deliverance. Trust in The Most High, remain steadfast, and allow Him to move in your life as He has in mine.



Encouragement

Deliverance is a journey that requires persistence, prayer, and faith. Stay consistent, guard your spiritual life, and seek The Most High daily. As you fast and pray, expect breakthroughs, divine encounters, and a deeper connection with Him.

“If the Son therefore shall make you free, ye shall be free indeed.” – John 8:36