



How to Do a Biblical Fast

Biblical fasting can be defined as abstaining from food for spiritual purposes. Simply going without food because it is not available or because of medical reasons is not biblical fasting. There must be a spiritual motivation to qualify a fast as Scriptural.

John Piper writes in his book *Hunger for God*: "Christian fasting, at its root, is the hunger of a homesickness for God. Christian fasting is not only the spontaneous effect of superior satisfaction in God, it is also a chosen weapon against every force in the world that would take that satisfaction away."

Some Biblical Examples and Purposes of Fasting

- Jesus fasted to acknowledge His dependence and to gain spiritual strength through reliance on the Holy Spirit and God's Word. He did this before He began His public ministry (Luke 4:1,2).
- Nehemiah fasted for confession, repentance, and favor in the sight of the king to get permission to rebuild the walls of Jerusalem (Nehemiah 1:4).
- David humbled himself for God to intervene because of injustice (Psalm 35:13). In 2 Samuel 12:17,23, he fasted for healing and miraculous intervention.
- Mordecai and the Jews fasted upon hearing news of Haman's wicked plot for their extermination (Esther 4:3).
- The Early Church fasted while worshipping and committing their ministry to the Lord. They also sought the Lord through fasting for guidance, confirmation and the appointment of elders (Acts 13:2; 14:23).
- Jesus expected His disciples to fast, but He did not command it (Matthew 6:16).

Wrong Motivations in Fasting:

- To be seen by others (Matthew 6:18). "The critical issue is not whether people know you are fasting but whether you want them to know so that you can bask in their admiration."
- To be justified by God (Luke 18:12-14). There once were two men. One said, "I fast twice a week." The other said, "God be merciful to me a sinner." Only one went down to his house justified.
- To be commended to God (1 Corinthians 8:8). Food will not commend us to God; we are neither the worse if we do not eat, nor the better if we do eat. Fasting does not cause us to "earn" something from God, but it helps us to be more receptive to what He wants to do in and through us.

Right Motivations for Fasting:

- Repentance.
- Spiritual strength against an enemy attack.
- To break demonic bondage. "This kind does not come out except by prayer and fasting" (Matthew 17:21, Holman Christian Standard Bible).
- To awaken a spiritual hunger for God that may be dulled because of a "desire for other things."
- To test and see what desires control us.
- To forfeit good things for the better and best.
- To express our ache for His return. Jesus said, "I have food to eat that you know nothing about" (John 4:32, New International Version).
- To demonstrate our love and desire for God above all things (even His gifts).

- To divide our bread with the poor. "To house the homeless poor, to loosen bonds of wickedness, to let the oppressed go free" (Isaiah 58:6,7).

There are three types of fasts commonly practiced by Christians:

1. Partial fast or "Daniel Fast"— Described in the book of Daniel where for three weeks he abstained only from "delicacies," meat and wine (Daniel 10:3).
2. Supernatural fast – These are total fasts--no food (solid or liquid) and no water. Paul went on an absolute fast for three days following his encounter with Jesus (Acts 9:9). Moses and Elijah engaged in a supernatural absolute fast of forty days (Deuteronomy 9:9; 1 Kings 19:8). This kind of fast should be done with great care. Our bodies cannot go without water for more than three days.
3. Complete fast – Water or juice fasting, especially when fasting for an extended period. Juice fasts will provide you with more energy than water-only fasts and still lead you into the humbling experience of denying your desire for solid, chewable food.

Getting into a Fast: For new beginners in fasting, start slow. Progressive steps help our body to be accustomed to the drop-in food intake. You can start by fasting for one meal a day, one day a week or one week a month.

Before the Fast: Those planning for an extended fast (more than 14 days) should prepare mentally and physically by cutting down on food intake one week before the actual fast and take on a vegetarian diet to control

cravings for food. You should reduce strong beverages like coffee, tea or coke as well. Drink plenty of water.

During the Fast: Spend the time that you would normally use for meals to pray and seek the Lord. Keep a journal on what the Lord has been showing and speaking to you.

Continue to drink plenty of water. Apple or watermelon juices are great morale boosters. Sleep early--the first few days of the fast are usually the most challenging. Persevere through this period. Consult your doctor if you are unsure of any headaches or body reactions.

Ending the Fast: Breaking extended fasts should not be done abruptly. Start by taking small portions of food or liquids. Pace yourselves to return slowly to your normal diet in about a week.

The Daniel Fast: The Daniel Fast is based on verses from the Bible found in Daniel 10:2-3. "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." These three weeks refer to the observance of Passover and the Feast of Unleavened Bread, which take place during the first month of the year (Exodus 12:1-20).

Some also may cite the example in Daniel 1:8. However, in this verse Daniel did not want to eat the king's delicacies because it would have included food that was forbidden by the Mosaic Law (Leviticus 11); to eat it would be defiling his body. Another reason would have been because the king's meats had probably been dedicated to the false Babylonian idols as was their practice. Daniel believed to do so would have been to acknowledge their idols as deities, against God's commandments.

While the Daniel Fast is cleansing your body by omitting certain foods for a limited time, the deeper and true basis of intent is for spiritual connection. The purpose of Christian fasting is to seek a more intimate relationship with God while ridding your physical body of unnatural, self-gratifying food and drink. Your focus is to be on God, not on the fleshly things of the world. Too often, the focus of fasting is on the lack of food. Instead, the purpose of fasting should be to take your eyes off the things of this world to focus completely on God.

During the Daniel Fast you will want to concentrate on prayer, Bible study, and reflection. The Daniel Fast is a great way to enter into preparation for growing in the Lord.

If you have a medical condition or are undergoing any medical treatments it is advisable to first consult your physician. You may also want to pray, consult a mature Christian or your pastor before fasting. Remember, fasting should be periodically and for limited days.

The basic guidelines for the Daniel Fast include eating:

- fruits, nuts
- vegetables
- water only to drink (to flush out toxins) Some say natural fruit juices may be included if they contain no preservatives, sugars, etc., but even those juices should be very limited. Coffee and tea are not permitted

Body, Soul, Spirit Fast

Body: 7 days of fruits, vegetables and water only (the Daniel Fast). The purpose of this fast is to clean out our system and train our physical bodies to eat and be healthier. The prayer focus during this period could be on healing of the body, mind, deliverance from addictions and habits etc.

Soul: 7 day fast from social media and potentially other forms of technology. The purpose of this fast is to re-focus the mind on Christ without outside influences. The emphasis during this period of time is to draw our attention to our purpose and calling through prayer, study and even fellowship. The time generally used on social media is to be re-allocated to other more healthy and useful endeavors.

Spirit: 7 day traditional fast of 6am-6pm. The purpose of this fast is to shut down the physical man and focus on feeding the spiritual man through prayer and God's word. This week's prayer focus will be the church, our families, and personal needs that we are believing the Lord for in 2023 etc.

Theme Scriptures:

ECCLESIASTES 1:9

The thing that hath been, it is that which shall be; and that which is done is that which shall be done: and there is no new thing under the sun.

ACTS 6:3-8

³ Wherefore, brethren, look ye out among you seven men of honest report, full of the Holy Ghost and wisdom, whom we may appoint over this business.

⁴ But we will give ourselves continually to prayer, and to the ministry of the word.

⁵ And the saying pleased the whole multitude: and they chose Stephen, a man full of faith and of the Holy Ghost, and Philip, and Prochorus, and Nicanor, and Timon, and Parmenas, and Nicolas a proselyte of Antioch:

⁶ Whom they set before the apostles: and when they had prayed, they laid their hands on them.

⁷ And the word of God increased; and the number of the disciples multiplied in Jerusalem greatly; and a great company of the priests were obedient to the faith.

⁸ And Stephen, full of faith and power, did great wonders and miracles among the people.

A Note from General Overseer, Pastor Victor Owusu-Teng

“In Acts chapter six, 7 individuals, including Stephen and Philip, were appointed by the apostles as “Marketplace Ministers of the Gospel.” This significant event marked a pivotal moment in the early Church, leading to a new phase of growth and expansion as the kingdom of God continued to spread.

The following are key insights regarding the role and impact of marketplace or workplace individuals who operate under apostolic grace, as exemplified in Acts 6:3-8:

- 1). They are proven people full of faith and the Holy Spirit.*
- 2). They are “set in” by apostles. This seems to be very important. As a result...The Word of God spread.*
- 3). Multiplication occurs. Until then, the Church grew by addition, now it “multiplies.”*
- 4). Signs and wonders greatly increase among the people.*

Even the most “hardened” begin to turn to the Lord. “A great many of the priests were obedient to the faith.”

As the marketplace apostles step up, the other apostles stay focused. Prayer and ministry of the Word become continual activities, which bring about the open heavens needed for expansion.”

Day 1: January 8, 2024

Pray that the lord Jesus' commandments for us to be soul-winners will be our passion.

In Matthew 28:18-19 and Mark 16:15, we have our marching orders. This command was given to the first disciples, but it is given to us also to preach the gospel to every person in our 'world', wherever that may be. Look up Luke 2:49; 4:18-19; John 17:18-21 and God's commands are His enabling.

Day 2: January 9, 2024

Pray that God's promises will encourage us to win souls in our workplace, marketplace and neighborhood.

Study the following references prayerfully. They refer to every Christian: Job 22:29; Psalms 50:23; 126:6; Ecclesiastes 11:1&6; Mark 1:17-18; Luke 5:10. Surely these promises from God Himself should encourage us to seek to win the lost to Him?

Day 3: January 10, 2024

Pray That We Will Be Led And Empowered By The Holy Spirit To Be Soul-Winners.

In Luke 24:49 and Acts 1:8, we have the Savior's wonderful promises concerning His enabling for every Christian, ensuring success in soul-winning. Are we too timid to speak for our Master, to engage a soul in conversation concerning eternal things? Well, Acts 1:8 is the answer! Thank God, the gracious Holy Spirit dwells within us to give wisdom, courage and all that is needed for the successful winning of souls.

Day 4: January 11, 2024

Pray for the realization that we have been appointed soul winners since eternity.

What a wonderful verse John 15:16 is. We have been chosen from eternity (Ephesians 1:4), by the Lord of Glory, and set aside for winning the lost (Ephesians 2:10). Are we fulfilling that high purpose for which the Lord has saved us? He has ordained that we should ***"Go and bring forth fruit..."*** that is, we must produce results in our soul winning assignment!

Day 5: January 12, 2024

Pray that we will be compassionate and desperate for the need of the lost and be challenged to embrace soul winning at all cost.

It is essential to realize the great need of those who are not Christians. The following scriptures can help us understand this: Luke 15:4,8,17,24; John 3:18,36; Ephesians 2:12; 4:18. Many people around us are like the psalmist in Psalm 142:4, feeling lost and alone. Our loved ones and friends who do not believe in Christ are facing a (Christless eternity) tragic future without Him.

Day 6: January 13, 2024

Pray That The Opportunities All Around Us Will Press Us To Be Soul-Winners.

All through the day the Lord is saying to us — Revelation 3:8. By prayer, a friendly word, handing on a tract, and in a score of different ways we are constantly presented with opportunities of witnessing. If we are ready and eager to be used in this way the opportunities simply press in upon us!

Day 7: January 14, 2024

Pray That The Sacrifice Of Calvary Will Constrain Us To Be Soul-Winners.

Let 2 Corinthians 5:14-15 and 20 burn into your heart! He has given His all for me...how can I give less than my all for Him? Should it not be my constant aim to make His heart glad by seeking and bringing to Him His wandering ones? Surely Ezekiel 33:7-8 should constrain me to win the lost; and so should Daniel 12:3 — but most of all my desire should be that — Isaiah 53:11!

Additional Scriptures:

Proverbs 11:30 - *“The fruit of the righteous [is] a tree of life; and he that winneth My Lawyer thank you [is] wise.”*

Matthew 28:19 - *“Go ye therefore, and teach all nations, baptizing them in the name of the Father, and of the Son, and of the Holy Ghost.”*

Matthew 10:32 - *“Whosoever therefore shall confess me before men, him will I confess*

also before my Father which is in heaven.”

John 15:16 - *“Ye have not chosen me, but I have chosen you, and ordained you, that ye should go and bring forth fruit, and [that] your fruit should remain: that whatsoever ye shall ask of the Father in my name, he may give it you.”*

Daniel 12:3 - *“And they that be wise shall shine as the brightness of the firmament; and they that turn many to righteousness as the stars for ever and ever.”*

Romans 10:9 - *“That if thou shalt confess with thy mouth the Lord Jesus, and shalt believe in thine heart that God hath raised him from the dead, thou shalt be saved.”*

1Thessalonians 2:19-20 - *“For what [is] our hope, or joy, or crown of rejoicing? [Are] not even ye in the presence of our Lord Jesus Christ at his coming?”*

Matthew 11:28 - *“Come unto me, all [ye] that labor and are heavy laden, and I will give you rest.”*

Galatians 6:7-8 - *“Be not deceived; God is not mocked: for whatsoever a man soweth, that shall he also reap.”*

Mark 16:15 - *“And he said unto them, Go ye into all the world, and preach the gospel to every creature.”*

Isaiah 55:6 - *“Seek ye the LORD while he may be found, call ye upon him while he is near.”*

A Note from General Overseer, Pastor Victor Owusu-Teng

“Brethren, as we embark on week two, our attention centers on ‘**The Power of the Anointing.**’ It’s a shared belief among us that sustainable achievements in God’s Kingdom are unattainable without this divine empowerment. As we step into 2024, it becomes crucial to depend on ‘**The Power of the Anointing**’ to accomplish the remarkable feats God has destined for us, both individually and collectively as families and as a global ministry.”

The following bullet points are some of the things the anointing can do for you and through you. Therefore, I encourage you to engage in this spiritual exercise with your whole spirit, soul, and body. Create an expectation in your heart and trust God to perfect and work it out for His glory.

THE ANOINTING:

- ***Equips you for battles***
- ***Makes you prosperous***
- ***Makes you untouchable***
- ***Gives you uncommon favor***
- ***Imparts spiritual gifts in your life***
- ***Brings transformation in your life***
- ***Makes you a compassionate person***
- ***Destroys and breaks yokes in your life***
- ***Confirms the Word of God you speak***
- ***Wrought signs and wonders through you***
- ***Introduces you in the ministry and announce you***

Day 8: January 15, 2024

Pray with the following scriptures and ask God to introduce you into the ministry that is hidden in you and announce you.

SCRIPTURE: “He went to Nazareth, where he had been brought up, and on the Sabbath day he went into the synagogue, as was his custom. And he stood up to read. The scroll of the prophet Isaiah was handed to him. Unrolling it, he found the place where it is written: “The Spirit of the Lord is on me, because he

has anointed me to preach good news to the poor. He has sent me to proclaim freedom for the prisoners and recovery of sight for the blind, to release the oppressed, to proclaim the year of the Lord's favor. "Then he rolled up the scroll, gave it back to the attendant and sat down. The eyes of everyone in the synagogue were fastened on him" (Luke 4:16-20).

Day 9: January 16, 2024

Pray with the following scriptures and ask God to bring transformation in every area of your life and family.

SCRIPTURE: *"Now the day before Saul came, the Lord had revealed this to Samuel" ... "I am the seer," Samuel replied. "Go up ahead of me to the high place, for today you are to eat with me, and in the morning, I will let you go and will tell you all that is in your heart. As for the donkeys you lost three days ago, do not worry about them; they have been found. And to whom is all the desire of Israel turned, if not to you and all your father's family?" Saul answered, "But am I not a Benjamite, from the smallest tribe of Israel, and is not my clan the least of all the clans of the tribe of Benjamin? Why do you say such a thing to me?" (1 Sam 9:15; 19-21).*

Day 10: January 17, 2024

Pray with the following scriptures and ask God to equip you for battle.

SCRIPTURES: *"So, he sent and had him brought in. He was ruddy, with a fine appearance and handsome features. Then the Lord said, "Rise and anoint him; he is the one." So, Samuel took the horn of oil and anointed him in the presence of his brothers, and from that day on the Spirit of the Lord came upon David in power. Samuel then went to Ramah" (1 Sam 16:12-13). (Also Read 1 Sam 17).*

SCRIPTURES: *Pray with the following scriptures and ask God to equip you for battle.*

Day 11: January 18, 2024

Pray with the following scriptures and ask God to make you untouchable.

SCRIPTURES: *"Do not touch my anointed ones; do my prophets no harm" (Ps 105:15).*

Pray with the following scriptures and ask God to give you uncommon favor.

SCRIPTURES: *“He remembers his covenant forever, the word he commanded, for a thousand generations, the covenant he made with Abraham, the oath he swore to Isaac. He confirmed it to Jacob as a decree, to Israel as an everlasting covenant: “To you I will give the land of Canaan as the portion you will inherit.” When they were but few in number, few indeed, and strangers in it, they wandered from nation to nation, from one kingdom to another. He allowed no one to oppress them; for their sake he rebuked kings” (Ps 105:8-14).*

Day 12: January 19, 2024

Pray with the following scriptures and ask God to destroy and break yokes in your life.

SCRIPTURES: *“It shall come to pass in that day, that his burden will be taken away from your shoulder, and his yoke from your neck, And the yoke will be destroyed because of the anointing oil” (Isa 10:27).*

Pray with the following scriptures and ask God to wrought signs and wonders in your life.

SCRIPTURES: *“And these signs will accompany those who believe: In my name they will drive out demons; they will speak in new tongues; they will pick up snakes with their hands; and when they drink deadly poison, it will not hurt them at all; they will place their hands on sick people, and they will get well” (Mark 16:17-18).*

Day 13: January 20, 2024

Pray with the following scriptures and ask God to affirm and confirm His Word in your mouth.

SCRIPTURES: *“After the Lord Jesus had spoken to them, he was taken up into heaven and he sat at the right hand of God. Then the disciples went out and preached everywhere, and the Lord worked with them and confirmed his word by the signs that accompanied it” (Mark 16:19-20).*

Pray with the following scriptures and ask God to make you a compassionate person.

SCRIPTURES: *“How God anointed Jesus of Nazareth with the Holy Spirit and power, and how he went around doing good and healing all who were under the power of the devil, because God was with him” (Acts 10:38).*

Day 14: January 21, 2024

Pray with the following scriptures and ask God to impart spiritual gifts in your life.

SCRIPTURES: *“Now about spiritual gifts, brothers, I do not want you to be ignorant” (1 Cor 12:1). “So, it is with you. Since you are eager to have spiritual gifts, try to excel in gifts that build up the church” (1 Cor 14:12).*

Day 15: January 22, 2024

Pray with the following scriptures and ask God to make you prosperous in all areas.

SCRIPTURES: *“But remember the Lord your God, for it is he who gives you the ability to produce wealth, and so confirms his covenant, which he swore to your forefathers, as it is today. If you ever forget the Lord your God and follow other gods and worship and bow down to them, I testify against you today that you will surely be destroyed” (Deut 8:18-19).*

“You have exalted my horn like that of a wild ox; fine oils have been poured upon me. My eyes have seen the defeat of my adversaries; my ears have heard the rout of my wicked foes. The righteous will flourish like a palm tree, they will grow like a cedar of Lebanon; planted in the house of the Lord, they will flourish in the courts of our God. They will still bear fruit in old age, they will stay fresh and green, proclaiming, “The Lord is upright; he is my Rock, and there is no wickedness in him” (Ps 92:10-15).

A Note from General Overseer, Pastor Victor Owusu-Teng

Beloved, obviously God has been faithful to us, since we embark on this spiritual journey. Here we are in week 3, focusing on COVENANT BLESSINGS IN GIVING AND IN PRAYER, as we begin again in our giving in 2024. Two Mighty Weapons Which Destroy The enemy's Strongholds are Prayer And Giving. In the Book of Acts you can read about a man named Cornelius, who learned what happens when mixing praying and giving. The Lord not only answered the prayer of Cornelius but prepared Peter in a vision to come to the man's home and to introduce the message of salvation, healing, and deliverance to the entire Gentile world. Prayer and giving are powerful explosive combinations. TODAY, WHAT WILL YOU PRAY? WHAT WILL YOU GIVE?

"There was a certain man in Caesarea called Cornelius, a centurion of the band called the Italian band, A devout man, and one that feared God with all his house, which gave much alms to the people, and prayed to God always." (ACTS 10:1-2).

"And when he looked on him, he was afraid, and said, "Thy prayers and thine alms are come up for a memorial before God. And now send men to Joppa, and call for one Simon, whose surname is Peter"(Acts 10:4,5).

Day 16: January 23, 2024

PRAY THAT our sacrifices in giving and prayer will bring salvation, healing, and deliverance to our homes and every area of our lives and our world.

Mental health: Praying for deliverance, healing, and restoration. John 8:32; 2 Timothy 1:7

Day 17: January 24, 2024

PRAY FOR Financial breakthrough, establishment of ministries and businesses, innovative inventions and creative ideas that bring streams of income and investment for the Body of Christ.

Financial Issues and Increase: Praying for provision and increase for the glory of God. Matthew 6:27-34; Philippians 4:19-20

Business ideas, expansion, increase & jobs: Prayer the LORD grants us these things for His glory. Deuteronomy 8:17-18; 2 Corinthians 8:8-10.

NOTE: God is Your True Source There is no other. It could be easy to take credit for your prosperity when things are going well. You may think it is your job or the college education that has given you the ability to get wealth. Your intelligence and common sense are not the sources of your supply; God is. During times of need, you can't depend on anything in this world, including your job or education. People who hold several degrees and have worked for corporations for decades have been fired from their jobs, thrown into the job market, and found that their age and experience are not a help but a hindrance. If we forget God in our abundance, we will eventually lose everything.

BIBLE REFERENCE (Deuteronomy 8:17-18)

“Then you say in your heart, ‘My power and the might of my hand have gained me this wealth.’ “And you shall remember the Lord your God, for it is He who gives you the power to get wealth, that He may establish His covenant which He swore to your fathers, as it is this day”

Day 18: January 25, 2024

PRAY AGAINST barrenness and lack in every aspect of your life: family, marriage, children, finances, ministry, profession and business.

Immigration: That the LORD would open doors. Jeremiah 32:26-27; Acts 17:26-28.

Singles looking for spouses: The LORD would lead them to find one another. Eccl. 3:8a; Matthew 7:7-8

Day 19: January 26, 2024

PRAY FOR divine restoration, refreshing, and settlement upon His children according to 1 Peter 5:10, Romans 8:28 and Joel 2: 25,26.

PRAY FOR HEALING: Psalm 41:1-3; Isaiah 53:4-5; Jeremiah 17:4. Praying for the LORD to heal all sicknesses and diseases

NOTE: “But may the God of all grace, who called us to His eternal glory by Christ Jesus, after you have suffered a while, perfect, establish, strengthen, and settle you.” “And we know that all things work together for good to those who love God, to those who are the called according to His purpose.”

“And I will restore to you the years that the locust hath eaten, the canker worm, and the caterpillar, and the palmer worm, my great army which I sent among you.” You shall eat in plenty and be satisfied, And praise the name of the LORD your God, Who has dealt wondrously with you; And My people shall never be put to shame.”

Day 20: January 27, 2024

PRAY FOR divine protection for your life, family, marriage, ministry, business and every part of your life today and forever.

Prayers for families: The LORD would strengthen and fortify marriages and families: Psalm 128; Proverbs 31:10-31; Ephesians 5:25- 6:1-3; Colossians 3:18-20

Day 21: January 28, 2024

PRAY THAT you are protected under God's covenant protection as you sacrifice for Jesus Christ. According to John 8:51, Ezra 8:21-23 & Psalm 91.

Communities, and Nations: Psalm 22:28; 1 Timothy 2:1-7 Praying for safety in our communities, schools, and workplaces, etc.

BIBLE REFERENCE - (Ezra 8:21-23)

"There, by the Ahava Canal, I proclaimed a fast, so that we might humble ourselves before our God and ask him for a safe journey for us and our children, with all our possessions. 22 I was ashamed to ask the king for soldiers and horsemen to protect us from enemies on the road, because we had told the king, "The gracious hand of our God is on everyone who looks to him, but his great anger is against all who forsake him." 23 So we fasted and petitioned our God about this, and he answered our prayer."

BIBLE REFERENCE - (Psalm 91)

"He who dwells in the secret place of the Most High Shall abide under the shadow of the Almighty. I will say of the Lord, "He is my refuge and my fortress; My God, in Him I will trust." Surely He shall deliver you from the snare of the fowler And from the perilous pestilence. He shall cover you with His feathers, And under His wings you shall take refuge; His truth shall be your shield and buckler. You shall not be afraid of the terror by night, Nor of the arrow that flies by day, Nor of the pestilence that walks in darkness, Nor of the destruction that lays waste at noonday. A thousand may fall at your side, And ten thousand at your right hand; But it shall not come near you. Only with your eyes shall you look, And see the reward of the wicked. Because you have made the Lord, who is my refuge, Even the Most High, your dwelling place, No evil shall befall you, Nor shall any plague come near your dwelling; For He shall give His angels

charge over you, To keep you in all your ways. In their hands they shall bear you up, Lest you dash your foot against a stone. You shall tread upon the lion and the cobra, The young lion, and the serpent you shall trample underfoot. "Because he has set his love upon Me, therefore I will deliver him; I will set him on high, because he has known My name. He shall call upon Me, and I will answer him; I will be with him in trouble; I will deliver him and honor him. With long life I will satisfy him And show him My salvation."