

7 DAYS OF PRAYER AND FASTING

JANUARY 8TH - JANUARY 14TH



MOUNTZION

New Growth

7-Days of Prayer and Fasting

Beginning 7:00 am, January 8, 2024-Ending noon, January 14, 2024

Duration of Fast: fruits and vegetables only, salads (with oil & vinegar dressing only) and water only.

Day 1: FAITH

Scripture:

Romans 1:17 NIV

For in the gospel the righteousness of God is revealed—a righteousness that is by faith from first to last, just as it is written: “The righteous will live by faith.”

Prayer:

Father, we thank You for the grace to grow in faith. Thank You for making faith available to us at the cross.

Father, as we yield to Your word, the gospel of Jesus Christ, we know that by faith all things are possible. As we grow in faith, thank You that Your righteousness is being revealed to us. We know that recognition of our righteousness and our ability to walk upright before You is based upon the faith we have in You. Father, just as it is written that Your word and will for our lives is revealed according to our faith, we say thank You in advance for our growth spurt in faith.

Thank You that we are not tossed to and fro with every wind and doctrine. Thank You that we are rooted and built up in You, established in the faith, whereas we have been taught, always abounding there in thanksgiving, according to Colossians 2:7. And God, because we're rooted, we thank You for new growth.

Thank You that our leaves shall not wither. Thank You for a season where our faith is overtaking doubt and unbelief. Father, thank You, that our faith knows no limits. Our faith pushes and grows beyond our current borders, our faith fertilizes our grounds, our faith ferments our walk in You and we are poured out like new wine. Our faith speaks to every mountain and commands it to move. So, we thank You that this is the season for substance, of our now faith. In Jesus Name. Amen.

Declaration:

I DECREE AND I DECLARE, my faith is growing. This is a season where I will walk by faith and not by sight. The shield of faith covers my every move and will quench every fiery dart of the enemy. I

will advance into new ideas, new business ventures, new money, new relationships, new strategies, and new places. Furthermore, I take on new assignments and sit in new seats. I am walking in a season of now faith and the word of God for my life. It shall not return void, but it shall accomplish everything it has been set out to do.

Day 2: FOCUS

Scripture:

2 Corinthians 10:5 (NLT)

"Casting down arguments and every high thing that exalts itself against the knowledge of God, bringing every thought into captivity to the obedience of Christ,"

Prayer:

Father, today I thank You for who You are. I worship You, I glorify You, I exalt You above all, and I set my affections on You! Today, I ask that You help me to GROW in my focus. Strengthen me against every distraction on assignment to rob me of my peace, my joy, my success, and my destiny. Lord Jesus, make my mind obedient to Your intentions for my life. In Jesus name, Amen!

Declaration:

I DECREE AND I DECLARE that my focus is my weapon! My focus conquers every scheme, plot, goal, and motive of the enemy. Where I am weak, I call myself strong. I receive my heightened focus! I will be more consistent than I've ever been. I will accomplish everything God desires that I accomplish, and I will gain a greater capacity to obey God!

Day 3: FAMILY

Scripture:

Psalms 103:17-18 (NIV)

*¹⁷But from everlasting to everlasting the LORD's love is with those who fear him,
and his righteousness with their children's children—*

¹⁸with those who keep his covenant and remember to obey his precepts.

Prayer

Heavenly Father, You are my source and strength. There is no one like You in all the earth. With You, I can do all things. You are my Lord and my Savior. My trust is in You. My family is in Your hands. Your love surrounds us and brings us peace. You have proven to be faithful. I intercede now for my family. I speak against all attacks and demonic strategies. I command every wicked imagination to come under the order of Jesus Christ. By Your power, oh God, healing and favor will be our portion. Your eye watches over us day and night. Angelic assistance will bring comfort to every task we face. Thank You, Lord, for the spirit of forgiveness that will overtake us. Because of You, all of our needs are met, and we walk in divine abundance.

This is the year my family will experience new growth. By Your grace, this is our turnaround year. Everything that was meant for evil will turn for our good. Everything that was meant to take us under will usher us into our new place of destiny. In Your name, our faith, strength, and influence are growing. With Your strength, nothing will be able to stop what You have started in us. My bloodline is blessed. In Jesus precious name. Amen.

Declaration:

I DECREE AND I DECLARE my family will experience super natural unexplainable growth this year. The favor of the Lord is on our lives. The Word of God declares that we are the righteousness of God, and; therefore, no weapon formed against us shall be able to prosper. God is doing a new thing in my bloodline. We will follow and seek wisdom from the Word of God. A new vine, filled with healing, grace, and forgiveness; is now springing up in us. Miracles will happen and we will give the glory to Jesus Christ. Unsaved loved ones will find the deep love of God and will accept Jesus as their Savior. The devil is defeated, and we have the victory. We can do all things because Yahweh is fighting for us.

Day 4: FITNESS

Scripture:

1 Corinthians 6:19-20/NIV

Do You not know that Your bodies are temples of the Holy Spirit, who is in You, whom You have received from God? You are not Your own; You were bought at a price. Therefore, honor God with Your bodies.

Prayer:

Holy Father, I thank You that I am a CrossFit believer. I thank You for preparing me and causing me to be fit to help You bear the cross. Thank You that my body and my temple are fit for godliness. Thank You that I am now walking in the grace to be fit for my divine purpose. Lord, I know sickness and disease will try to claim and lay hold to my earthly body, but I know with Your stripes, we are healed, for the Glory of God. Father, I realize every time You heal us or shield us from sickness, it's for Your glory and for our growth God, the stripes You bear on Your body, failed to decay at death, and were made whole when You rose from the dead. That's why we can boldly declare that our bodies are whole and fit for the Master's use. We know the earthly body can take a beating but because You endured the ultimate beating, we can stand in victory knowing we are fit for the kingdom. Thank You that my body is an instrument to be played in Your kingdom. My organs, pressures, ligaments, joints, and muscles are harmonious and fit to be used by You. Thank You that my circulatory system, my digestive system, my endocrine system, and my respiratory system are in full cooperation with Your Word and will for my life. I speak strength now to that immune system that has been compromised making it difficult for someone to fight off sickness and disease. Father, we interrupt the plans and attacks of viral infections, abnormal cells, masses, and growths. We interrupt aneurysms, edema, gout, cysts, fibroids and polyps. Thank You that everything concerning me is in

alignment with what You did on the cross. Everything concerning me is growing for Your glory. My habits and tendencies are fit, my thought processes are fit, my speech is fit, my ability to understand and comprehend is fit, and my leadership skills are fit, in Jesus name. Amen.

Declaration:

I DECLARE AND I DECLARE, I will honor God with my mind, body and spirit.

I declare my mind is fit and has the capacity to handle the pressure of my assignment because I cast all of my cares at the feet of Jesus. My body is fit and strong to carry out the plans of God in the earth. My spirit is fit and aborts carnality so that I can accept and receive from the Lord. I am in tune with the things of God. My actions and responses are fit because I am fully equipped with the whole amour of God to withstand the wiles of the enemy. I am fit to receive the desires of my heart because my ways are committed to the Lord. I am fit for good success because I meditate on the Word of God and I will not fail to do according to all that is written. I am fit to grow because I am and will remain planted by the rivers of waters and I will not be moved. My fruit shall spring forth in its season and I bear fruit that shall remain. The fruit I bear will never run out. In Jesus name. Amen.

Day 5: FINANCES

Scripture:

Malachi 3:10-11 NIV

Bring the whole tithe into the storehouse, that there may be food in my house. Test me in this," says the LORD Almighty, "and see if I will not throw open the floodgates of heaven and pour out so much blessing that there will not be room enough to store it. I will prevent pests from devouring your crops, and the vines in your fields will not drop their fruit before it is ripe," says the LORD Almighty.

Prayer:

Gracious and Almighty God, I thank You for financial growth. Thank You for a growth that will produce a financial freedom for me. Through this freedom, Your Kingdom is funded and our storehouses are full. Thank You, that I am growing in my knowledge of finances and the work of my hands are blessed because I surrender my financial affairs to Your will. Thank You for the mentality to "give because we get to and not because we have to". I am a cheerful giver. Holy Spirit help me to understand the financial mysteries that will grow my finances. Give me the courage to ask those questions about money and finances that I wouldn't normally ask because of fear. Make me to be financially competent. Lead and guide me into how, where, and when to invest according to Your Word. I declare that I will not be ignorant concerning finances. I thank You for touching the heart of those who are already experiencing financial freedom. Turn their hearts toward those who have not yet gained an understanding about finances. Thank You for financial miracles in this season that will eliminate debt for the people of God. God give us wisdom on how to steward our finances well. We will not be wasteful with our finances but we will make wise choices. I pray now for a growth that breaks barriers. Barriers that have stagnated the people of God. Thank You that there is a lifting in financial inequality in the

workplaces. Father, I tear down those barriers that cause Your faithful and skillful servants to be underpaid. According to Proverbs 22:29, those who are skillful in their work will serve before kings; they will not serve before officials of low rank. So I tear down workplace salary gaps that discriminate and we thank You for financial growth and increase, in Jesus name. Amen.

Declaration:

I DECREE AND I DECLARE, financial loopholes are opening in the spirit. I will gain knowledge wisdom and access on how to multiply money. My household shall never know lack as we walk in the principles of the Word of God. Poor mentalities and poor mindsets are overturned, now and I take authority over the "just enough" spirit. The power to get wealth is activated for me and those connected to me. God's Word says the rich rule over the poor, and the borrower is slave to the lender. Therefore, I declare, I am a lender and not a borrower and the earth shall yield forth **its** increase and my barns and barrels are overflowing.

DAY 6: FELLOWSHIP

Scripture:

1 John 1:7 (NIV)

⁷But if we walk in the light, as he is in the light, we have fellowship with one another, and the blood of Jesus, his Son, purifies us from all sin.

Prayer:

Heavenly Father, thank You for Your love. Your love is better than life. In You, we find refuge and strength. You are a very present help in the time of trouble. There is nothing too hard for You. You are excellent in all Your ways. I will bless Your name no matter what the circumstance. You are worth all my praise and adoration. I seek Your will to be done in every relationship that I associate myself with. If it is not Your will, break the ties. I love You more than I love it. If it does not bring glory to Your name, I willingly lay it aside. I want You to be glorified in my circles of influence. Let the light of Heaven shine down on me, and let me grow in my understanding. I want to think like You. I want to see like You. Let the mind that was in Christ Jesus be also in me. Furthermore, be glorified in my church. Thank You for planting me in a fellowship of believers that hold me accountable to the ways of the Kingdom. This is the year I grow in my commitment to my church, my ministry, and my purpose. I speak against all distractions and evil influences. I am an overcomer in Christ Jesus. Amen.

Declaration:

I DECREE AND I DECLARE my relationships and fellowships will glorify the name of Jesus. I will experience new growth so that my circle of influence will be pleasing to God. Every relationship and fellowship that is not producing Kingdom results must be cut off. In this season, everything connected to me must produce and be connected to the true vine. I am operating under a new grace in which I can do more with less. And because I am connected to Jesus Christ, my less will become more. Furthermore, my commitment to my local church will experience new growth.

This is the year my “Yes” will unlock a new path to my destiny. The mercy of God is on my life, and I cannot be stopped.

Day 7: FUTURE

Scripture:

Jeremiah 29:11 (NIV)

For I know the plans I have for you,” declares the LORD, “plans to prosper You and not to harm you, plans to give you hope and a future.”

Prayer:

Father, today I thank You for Your faithfulness! I welcome You into every aspect of my life. I beseech You to go before me and everyone connected to me! Thank You for ordering my steps. Thank You for not just giving me hope, but a future as well. Set me free from every delay, every form of bondage, or any ungodly attachments that are prohibiting me from having access to my God ordained destiny. May the power of the Holy Spirit guide me into every promise and every blessing designed for me to possess. May every obstacle, hindrance, and stronghold be broken by the power of God! I dispatch the peace of God to go before me, the joy of the Lord to go before me, the provision of the Lord to go before me, the protection of the Lord to go before me, and the favor of the Lord to go before me now! In Jesus name, Amen!

Declaration:

I DECREE AND I DECLARE that the future of my faith, my family, my focus, my fitness, my finances, and my fellowship are secured by way of the blood and the strong name of Jesus Christ. Every enemy is already defeated, every battle is already won, and everything I stand in need of is already done! The future designed for everything and everyone concerning me is blessed! My latter is greater than my former!

New Era Fast & Challenge2024

Focus: New Growth 4 New Era

Embracing the VISION God has for our lives as our own. So we can GROW into who He has called us to be.

7 Day Challenge

Get a journal, write out how the fast is making You feel every day and why. Let this help You discover the strengths and weaknesses You have when it comes to Your faith. Also write out a prayer for Yourself, Your loved ones and friends every day of the fast.
(At least take up an entire page)

No Secular Music for 7 days (Take this time to find Christian music You like)
No Social Media Days 4-7

Day 1: GROWING as God's Creation

Scripture- Genesis 1:27

Daily Declarations & Affirmations

Today I embrace the vision God has for my life!
I was created on purpose, and I will fulfill that purpose!
I am not an accident, I am not a waste of time, I am God's creation!

Day2: GROWING to be SET APART

Scripture- Jeremiah 1:4-8

Daily Declarations & Affirmations

Today I acknowledge and embrace that God can use me at any age!
Because God has set me apart, I choose to be a trendsetter and record breaker!
Everyone I meet will see God in me!

Day 3: GROWING as a TEMPLE

Scripture 1 Corinthians 6:19-20

Daily Declarations & Affirmations

Today I embrace that God is serious about me, therefore I choose to be serious about
living for Him!

My body, my mind, soul, and entire life belongs to God!
God will get the Glory out of my life, for the rest of my life!

Day 4: GROWING as God's MASTERPIECE

Scripture- Ephesians 2:10

Daily Declarations & Affirmations

Today I embrace my identity in Christ, and I refuse to let anything or anyone make me believe I am anything less than a child of God.

I will do amazing things in my life that will impact many, and glorify Christ.

I will receive, act on, and accomplish everything God has prepared for me!

Day 5: GROWING in WISDOM

Scripture- 1 Kings 3:5-13

Daily Declarations & Affirmations

Today I Acknowledge that wisdom is greater than material things!

I think differently! I see differently! I Move Differently!

I am not just smart, I am wise!

I will not just have man's wisdom, But I embrace the Wisdom of God!

Day 6: GROWING in UNDERSTANDING

Scripture- Ephesians 1:18

Daily Declarations & Affirmations

Today I command my heart to be free from anything keeping it from being a space for God to thrive.

Daily I choose to pursue more clarity on all God has called me to do in my life!

I am growing in understanding when it comes to my life and walk with Christ!

Day 7: GROWING in FOCUS

Scripture- Philippians 4:8

Daily Declarations & Affirmations

Today I dismiss all negative thinking and anything that makes me want to do less than or feel less than.

I speak truth and purity over my thoughts!

I command the goodness of God to take over my mind right now, that I may grow, focus, and conquer every obstacle and difficulty!