

Healing for the Spirit, Mind and Body

WEEK 1 – WEEK OF PRAYER & PREPARATION

DAY 1 - DEDICATION/REDEDICATION OF YOUR LIFE TO THE LORD

Daily Bible Scripture Readings for prayer:

6:00 a.m. - 1 Kings 8:22-61

12:00 p.m. - Romans 10:9-10, 2 Corinthians 5:7

9:00 p.m. – 1 Corinthians 3:16

The first step to having your prayers heard and answered is to dedicate yourself to the One who answers all prayers. Today signifies a fresh start to a new beginning. Say these prayers out loud. During your time of prayer thank God for rebuilding the broken places in your life and for making all things new.

SALVATION PRAYER

Father, I come to You in the Name of Jesus. Your Word says, 'Whosoever shall call on the name of the Lord shall be saved' (Acts 2:21). I am calling on You. I pray and ask Jesus to come into my heart and be Lord over my life according to Romans 10:9-10: 'If thou shalt confess with thy mouth the Lord Jesus, and shalt believe in thine heart that God has raised him from the dead, thou shalt be saved. For with the heart man believeth unto righteousness; and with the mouth confession is made unto salvation.' I do that now. I confess that Jesus is Lord, and I believe in my heart that God raised Him from the dead. I am now reborn. I am a Christian—a child of Almighty God and I am saved. I dedicate my spirit, my mind, my soul and my body to You, and I ask you for a fresh anointing upon my whole life. Father through this time of prayer and fasting, I ask that You rebuild me again, from the ground up. Thank you for accepting me and giving me the assurance of eternal life. In Jesus Name. Amen

REDEDICATION PRAYER

Father in the name of Jesus, your Word says if we confess our sins, you are faithful and just to forgive our sins and cleanse us from all unrighteousness (1 John 1:9). I confess my sins, and I thank you for your forgiveness and for cleansing me. Father, I desire a closer walk with the Lord. Your Word says if I draw closer to the Lord He will draw closer to me (James 4:8). Father, You said in Your Word that I am your sacred temple, 1 Corinthians 3:16. You created me to be a living, walking, breathing sanctuary that houses Your very presence. I rededicate my spirit, my mind, my soul and my body back to You, and I ask you for a fresh anointing upon my whole life. Father through this time of prayer and fasting, I ask that You rebuild me again, from the ground up. I thank You for the Blood of Jesus, which continually cleanse me from all unrighteousness! Thank You Lord God for allowing me to rededicate my life back to you, In Jesus Name. Amen!

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DAY 2 – FORGIVE ALL WHO HAVE OFFENDED YOU

As you start your new beginning, God commands that in return, we forgive others and show grace as we have been shown. Forgiving someone who has deeply hurt us, can be one of the hardest things we face in life. The pain and hurt others cause us is real and great. But, the pain of living with bitterness and unforgiveness poisons your soul and leads to physical health challenges and can eventually destroy you. When we forgive others, we are not saying what they did was OK, but we are releasing them to God and letting go of its poisonous hold on us.

Daily Bible Scripture Readings for prayer:

6:00 a.m. – Matthew 6:14-15, Psalms 32:3
12:00 p.m. – Colossians 3:13, Ezekiel 36:26
9:00 p.m. – Ephesians 4:31-32

Father, I thank you for your gift of forgiveness. It was through your Son, Jesus that You showed me the highest form of forgiveness. Jesus loved me enough to go through the most unimaginable pain to compassionately show me how to forgive. You said that before You forgive me, that I must forgive others. Help me to always demonstrate unconditional love, even to those who have offended me. Today, I call my offenders out by name _____ (mention the names of those who have offended you and what they did to cause you pain).

Lord, I trust You to heal every hurt and painful experience that I've gone through. In Jesus's name, from the depths of my soul, I forgive _____ (mention the names of the offenders). Help me to see those who have offended me through Jesus' eyes. As He forgave, help me to forgive.

According to Ephesians 4:31-32, I release _____ and let go of all bitterness, rage and anger, fighting and gossip, along with every form of evil burning in my heart. I believe and thank You that You have given me a new heart Ezekiel 36:26. I am kind and compassionate to _____, forgiving them, just as in Christ Jesus forgave me. I don't seek revenge, for vengeance belongs to You and You will repay according to the wrong that has been committed against me, Romans 12:19. The devil will not use unforgiveness as a stronghold to keep me from moving forward. I shut every door that has been opened as a result of unforgiveness and command it to be shut forever. Any evil or wicked thought that has been planted as a seed in my soul, I say that it dies at the root. Through the power of the Holy Spirit, I can take any ungodly thoughts captive and make them obedient to Christ. (2 Cor. 10:5)

As I embark on this journey of prayer and fasting to rebuild my life with You, I am walking into a new level of freedom because I choose to forgive. Father, I ask that you continually strengthen me in the days ahead. I praise You for the work You are doing in my life, and for honoring and answering my prayers.

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DAY 3 – CONFESS FORGIVENESS OF YOUR OWN SINS

According to the scriptures, everyone who is a Born Again Christian must commit to a spiritual practice of praying and confessing our sins to God, 1 John 1:7-9. If you keep sin hidden in your heart and don't confess it before the Lord, He is not going to be able to come and give you forgiveness. It is only when we pour out your sincere confession before Him that we find that He forgives the iniquity of our sin. When we are cleansed before Him, we can go directly to the throne of grace in confidence knowing that our prayers will be answered. If we are holding onto our sin, then we will find that our sin is blocking us from a righteous God.

Daily Bible Scripture Readings for prayer:

6:00 a.m. – 1 John 1:7-10

12:00 p.m. – Proverbs 28:13, Psalms 32:5

9:00 p.m. – Isaiah 1:18

Heavenly Father, I come humbly, but boldly before Your throne of grace today confessing and asking for the forgiveness of my sins. As You have given grace to forgive others, help me to forgive myself. In my sin, I quenched and grieved the Holy Spirit.

I confess my worship of money, sex, and my reputation or _____ (be specific).

I confess every time that I have participated in _____ (be specific).

I confess my betrayal of trust in this relationship _____ (be specific).

I confess my lust for food, money, sex _____ that has drawn me into sin.

I confess my sin of unbelief, trusting in what I can see and not trusting You.

I confess my jealousy of _____ (name of specific person) for their _____ (blessing). I know that grieves You because I have overlooked or devalued the gifts You have given me. Thank You for (my gifts) and I bless _____ (name of person) with even more gifts from You.

I confess my anger when _____ (be specific). Please show me what I am afraid of so that I can confess my fear/unbelief.

I confess my fear of _____ (be specific). Please show me where it came from so that I can remove the root.

Father, As I have made these confessions, I ask you to wash me in the Blood of Jesus so that my life which was stained as scarlet, can become as white as wool, 1 Isaiah 1:18. Transform my thoughts and let me understand how marvelously You made me. I am fearfully and wonderfully made in your image. As my mind is renewed with your Word, my habits begin to change, Romans 12:1-2. Thank you for answering my prayers. As you have forgiven me, I forgive myself and I am set free in Jesus' name. Amen.

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DAY 4 – PUTTING ON THE WHOLE ARMOR OF GOD

The Bible tells us we are in a war, and our adversary, Satan the devil, has a mission to destroy Christians. The apostle Paul warns us to beware of Satan's devices and tactics, 2 Corinthians 2:11. The most effective way to defend ourselves from stealthy and deadly attacks is by putting on the whole armor of God as Paul outlines in Ephesians 6:10-20. Paul drew a powerful comparison between a soldier's armor and the spiritual armor of God.

Daily Bible Scripture Readings for prayer:

6:00 a.m. – Ephesians 6:10-18

12:00 p.m. – 2 Corinthians 10:3-5

9:00 p.m. – 1 Thessalonians 5:8

Dear God, today I put on the full armor to guard my life against attack. I put on the belt of truth to protect against lies and deception. I put on the breastplate of righteousness to protect my heart from the temptations I battle. I put the gospel of peace on my feet, so that I am equipped and ready to take your light wherever You send me today. I choose to walk in the peace and freedom of the Holy Spirit and will not be overcome with fear and anxious thoughts. I put on the shield of faith that will extinguish all the darts and threats hurled my way by the enemy. I believe in Your power to protect me and choose to trust in You. I put on the helmet of salvation, which covers my mind and thoughts, reminding me that I am Your child, forgiven, set free and saved by the grace of Christ Jesus. I put on the sword of the Spirit, Your very Word. Teach me to use my sword skillfully in battle, for it has the power to demolish every stronghold. Your Word is alive, active, and sharper than any double-edged sword. As I enter this time of prayer and fasting, let me pray with my understanding and also in the Spirit. Let my spirit speak mysteries that I cannot fathom naturally that result in breakthrough in my spirit, mind and body. Forgive me God for the times that I've gone out to the battlefield unprepared, too busy to care, fighting and wrestling in my own strength.

Holy Spirit I ask You to help me to remember to put on the full Armor of God every day so that I will be equipped with all that I need, ready to stand firm in this world, St. John 14:26. I am confident in knowing that You answer my prayers and that you are constantly working on my behalf. By Your power, you are shielding, protecting, strengthening, exposing deeds of darkness, revealing what needs to be known, covering me from the cruel attacks I face even when I'm unaware. In Jesus' name I pray. Amen.

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DAY 5 – STRENGTH FOR PRAYER & FASTING

The spiritual disciplines of prayer and fasting are not a fad or new approaches. In fact, when practiced together, they operate as one of God's divine strategies to experience an empowerment that can only come from God. Through this prayer, ask God for the strength to successfully begin and end this time of prayer and fasting successfully.

Daily Bible Scripture Readings for prayer:

6:00 a.m. – Daniel 10:10-12

12:00 p.m. – Joshua 1:7-9

9:00 p.m. – Matthew 4:1-11

Father, just as your servant Daniel and so many others dedicated themselves to a set time of prayer and fasting, I do likewise. Help me Lord and endow me with the strength to begin and end this spiritual journey successfully. I humble myself before You and present my spirit, soul and body to You as a living sacrifice, Romans 12:1. Help me to withstand the temptation to eat pleasant bread, food and drinks during this appointed time. I ask that You grace me with Your power to have good success as I seek Your face, Joshua 1:7-9. I discipline myself through prayer and fasting and bring my entire body under Your full control, I Corinthians 9:27. As I eat the food and water as prescribed in the Bible, my body will respond successfully and my spirit, soul and body will come into divine alignment. I cancel any assignment that the enemy sends to distract, tempt or derail me from achieving the plans that You have for my life, Jeremiah 29:11. As I set myself apart, I commit to hide Your Word in my heart so that I do not to sin against you, Psalms 119:11. I experience every spiritual and earthly blessing that comes as a result of prayer and fasting as revealed in Daniel 1: 17-21 and Isaiah 58. The end of this journey will serve as the catalyst to launch me into a new beginning in You.

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DAY 6 – THANKSGIVING & PRAISE

Conditioning our hearts to be thankful yields many wonderful things. It lets God know that we are appreciative of His many blessings which can oftentimes be taken for granted. Thanksgiving and praise, helps to keep our hearts humble and frees us from bitterness, arrogance and depression. Living in a state of thanksgiving and praise guards our hearts from reflecting on what we don't have and reminds us of our need for God.

Daily Bible Scripture Readings for prayer:

6:00 a.m. – I Thessalonians 5:18, I Timothy 4:4-5

12:00 p.m. – Psalms 100:4

9:00 p.m. – 1 Chronicles 16:34, Psalms 150

Father in the name of Jesus, I bow before you and thank you for Your amazing power at work in my life. There is none like You and I thank You for Your goodness and blessings flowing in my life. You are Lord of all and I worship You. Thank you for Your great love and care. Thank you for Your sacrifice so that I can experience total and complete freedom in every area of my life. I thank You for renewing my spirit and filling me with your peace and joy. I thank You for being the most important person in my life! I love You and need You, this day and every day. I give you praise and thanks, for You alone are worthy! In Jesus' Name, Amen.

PRAYING PSALMS OF PRAISE & THANKSGIVING. PSALMS 121 THROUGH PSALMS 150

The book of Psalms is a poetic book of songs written King David and other psalmists. Psalms is filled with countless subjects such as hope, the coming of Christ, forgiveness, thanksgiving, depression, love, warfare, pride, happiness and many more. An excellent spiritual practice to learn how to pray is to pray through the Psalms. Just read the Psalms slowly and thoughtfully, not so much focusing on the intellectual understanding, but pray them from the heart. Psalms 121-150 both contain expressions of thanksgiving and praise. Choose two or three chapters and personalize them to give praise and thanks to God.

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DAY 7 – RELYING ON THE POWER OF THE HOLY SPIRIT

6:00 a.m. – Zechariah 4:6, Romans 8:1-6

12:00 p.m. – Luke 1:34-35

9:00 p.m. – Acts 2:1-5

To be successful in prayer and fasting, you must totally trust and rely on the strength of the Holy Spirit. If you attempt to go forward in prayers and fasting in your own strength, you will find it to be impossible. Relying on the Holy Spirit makes what seems impossible possible. Receiving the Holy Spirit has nothing to do with initial feelings or what happens on the outside. God's Word said that if you asked, you would receive. There are many people who receive the Baptism in the Holy Spirit and do not pray in tongues right away. If you would like to receive the baptism of the Holy Spirit to prepare you for divine alignment in spirit, soul and body pray this prayer out loud.

Dear Heavenly Father, I come to You in the Name of Jesus, and I desire to be baptized with Your Holy Spirit with the evidence of speaking in other tongues. Your Word says that I can have it, and I believe what You have said. I receive this gift by faith in Jesus' Name. I thank You Father that I am baptized with the Holy Spirit with the evidence of speaking in other tongues. Fill my spirit, soul and body with your power Holy Spirit. Holy Spirit, I need you to lead and guide me during this time of prayer and fasting. Come upon me and fill me to overflowing. I thank you for answering my prayer and meeting my desire to be filled so that I can fulfill my divine destiny in Jesus' name. Amen.