



EIGHT *days* FASTING & PRAYER

-PRAYER POINTS ON-

ALL THINGS NEW

NEW BEGINNINGS

KINGDOM LIVING

KINGDOM COME

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PRAYERFIREGLOBAL.ORG

Welcome to the 8 day fast

Fasting from 6am with a minimum of 8 hours

*God is doing new things and we must position ourselves and realign
our spirit to receive the new. As we fast and pray, we believe our
minds will be transformed and empowered with the new. Hearts
revived and healed from old bondages.*

Suggested Foods & tips to help sustain your fast.

No matter how short or long your fast is, these tips will help sustain you.

**Water in the excess of 10 or more cups per day will help reduce fatigue and withdrawals and help you maintain hydration.*

**Vitamins help to maintain your health and immune system in the winter.*

** Break with light meal / fruits. Avoid heavy food after breaking your fast*

** Google some new recipes with the new ingredients you are wanting to use. Or swap e.g., fish and brown rice, fish and sweet potatoes and vegetables etc.*

Foods you may eat if restraining from other foods:

Whole Grains: Brown Rice, Oats, Barley

Turkey, Chicken or Fish, Prawn

Dried Beans, Pinto Beans, Split Peas, Lentils, Black Eyed Peas

Vegetables: Asparagus, Beets, Broccoli, Brussels, Sprouts, Cabbage, Carrots, Cauliflower, Celery, Chili Peppers, Corn, Cucumbers, Eggplant, Kale, Greens, Lettuce, Mushrooms, Okra, Onions, Potatoes, Spinach, Squash, Sweet Potatoes, Tomatoes, Yams,

Seeds, Nuts, Sprouts

Fruit: Apples, Apricots, Bananas, Blackberries, Blueberries, Cantaloupe, Cherries, Cranberries, Figs, Grapefruit, Grapes, Guava, Honeydew Melon, Kiwi, Lemons, Limes, Mangoes, Nectarines, Papayas, Peaches, Pears, Pineapples, Plums, Prunes, Raisins, Raspberries, Strawberries, Tangelos, Tangerines, Watermelon

Liquids: Water, Unsweetened Soy Milk, Herbal Tea, Natural Fruit Juice (without sugar)

Foods you may choose to avoid: Optional

- Meat, Poultry, Fish
- White Rice, Fried Foods
- Foods containing preservatives or additives
- Refined sugar or sugar substitutes

- White flour
- Margarine, shortening, high fat products
- All breads
- Dairy (milk, butter, cheese, yogurt, etc.)
- Junk foods
- Sweets

MERCY OH GOD

Lamentation 3:22-23, Ephesians 2:4 -5, 2 Chron30:9

1. Father transform me by your Mercy.
2. Oh Lord, let your mercy prevail in my life and family.
3. My father and maker, show me your compassion and loving me.
4. Abba, I run under your wings of protection, have mercy upon me.
5. Have mercy upon my eyes oh Lord.
6. Have mercy upon my lips oh Lord.
7. Have mercy upon my ears oh Lord.
8. Have mercy upon my feet.

HEAL OUR HEARTS

2 Corinthians 5:17, Jeremiah 17:14

1. Heal me from brokenness
2. Heal me from hidden traumas keeping me in defeat.
3. Heal my heart from heaviness and disappointment.
4. Restore unto me the joy of me salvation and renew a right spirit in me.
5. I let go of anyone I have not yet forgiven and anyone that has caused me pain knowingly or unknowingly.

IN JESUS NAME. AMEN

STEPS OF BREAKTHROUGH & NEW BEGINNINGS -
EVERY DAY

Micah 2:13, Isaiah 30:21

1. Oh Lord God the breaker!!! I receive the newness of your power to journey this season into my testimonies.
2. My steps will slip.
3. O Lord, let my steps be seasoned with good news and breakthrough
4. Deliver me oh Lord from steps that lead to break-down!
 - I overcome backsliding.
 - I overcome back walking.
 - I overcome backbiters.
 - I overcome backwardness.
 - I overcome backstabbers.
 - I overcome back-entry.
5. I step into my new doors of announcement and connection.
6. I step into new beginnings of positive relationships in all areas of my life.

IN JESUS NAME AMEN

I declare the NEW

Revelation 21:5, Isaiah 43:19

1. Thank you, Father for making all things new in me
life and family.
2. Thank you for new Finances/income
3. May new things overtake me and my family
4. May new things overtake the work of my hands.
5. May my name answer to new things.
6. Oh Lord, do new things in me and through me.
7. I perceive and receive the new things God has for me.
8. I walk in the new now.
9. May I establish new things in the earth and my sphere of
influence.
10. Thank you, Father, for new ideas, new insight, new understanding,
new heart, new speech and new character.

IN JESUS NAME

Destroying the enemies of newness

Ezekiel 11:19, Psalm 81:14, Micah 5:9

1. Father, Every stone in me blocking my heart from being new, take it out. In Jesus name.
2. Everything opposing newness in my spirit and heart be removed.
3. Everything fighting new testimonies, new opportunities, new favour, new open doors be destroyed
4. Enemies of my newness, new life, new ventures catch fire in Jesus name.
5. Father ignite your Spirit in me, may I walk in the spirit of sonship.
6. May I walk in newness and newness of mind.
7. I walk in the inheritance of new things, because I am an inheritor of your kingdom.
8. Remove division in my life. Everything obstructing new thinking, new insight, new heart, be understanding in me be destroyed in Jesus name.

IN JESUS NAME AMEN

ALTERS OF LIMITATION!!!

Release me now!

Judges 6:25-28. Matt 15:13

1. My God, my maker! By divine mercies, let every altar of limitation fail today.
2. I break out of ancestral altars limiting me.
3. Lord, let every demonic remote control – Burn by fire.
4. Altars of retrogression – Burn by fire.
5. Altars sponsoring sicknesses – Burn by Fire
6. Altars of Poverty – Burn by fire.
7. Evil Altars Following Me – Burn by Fire
8. Altars of witchcraft – Burn by fire.
9. Altars of decision where my name is or has been called –
Burn by fire.
10. Every blood covenant sponsoring demonic altars in my life
– Override by the Blood of Jesus.

IN JESUS NAME AMEN

RENOUNCIACION AND BREAKING TIES

Romans 10:9

I renounce everything I am in partnership with negatively impacting on my:

- Mind
- Productivity
- Body
- Assignment
- Business
- Finances
- Marriage
- Ministry
- Family

2. I renounce every past tie from previous relationships (friends, lover, leaders etc) blocking me!

3. I renounce & break ties with every unfruitful works of wickedness.

4. I renounce bloodline sins in my life pushing me to fail.

IN JESUS NAME. AMEN

It is my time of MEGA PUSH

Psalm 102:13, Psalm 102:13, Isa 66:9

1. It's my time to birth the signs & wonders carried in my womb of destiny.
2. I will build it! All that God told me to build.
3. Holy Spirit, be my spiritual midwife for the mega push.
4. Nations are coming out of my loins in Jesus' Name!
5. My spheres and nations shall partake of what I am going to birth (build, launch, establish, publish and pioneer) In Jesus name.
6. Every evil nurse and Midwife shall not come close to me.
7. I receive God's supernatural power to push through.
8. I declare that my family push forward, my business push forward, my ministry push forward, my finances push forward.

IN JESUS NAME AMEN

WEALTH & SUPPLUS

Proverbs 13:22, Haggai 2:8, Psalms 112:3, Job 22:24-25

1. I repent from doing things with a mediocrity mindset and where I have been functioning with a poverty mindset.
2. Father give me insight, understanding and wisdom to create and receive surplus and wealth.
3. I position myself for wealth and increase.
4. I will not miss out on the favour and release coming in the next season.
5. The spirit called broke will not be named in my house.
6. The strategies to walk in wealth in this season.
7. Supernatural connection and breakthrough for wealth – uncommon favour to prosper.
8. I receive generational wealth transfer rest upon me.
9. I rip every garment of poverty; I wear the garment of royalty.

I am a partaker of the coming Wealth Transfer!

IN JESUS NAME