

MZRF MONTHLY FASTING

November 13 – November 17, 2017

O Lord, Create in Me A Pure Heart of Gratitude

(All ye lands) Make a joyful noise unto the Lord, all ye lands. Serve the Lord with gladness: come before his presence with singing. Know ye that the Lord he is God: it is he that hath made us, and not we ourselves; we are his people, and the sheep of his pasture. Enter into his gates with thanksgiving, and into his courts with praise: be thankful unto him, and bless his name. For the Lord is good; his mercy is everlasting; and his truth endureth to all generations (Psalm 100)

Fasting Days and Times:

Mon thru Fri 6am – 3pm

Assembly Times:

Mon thru Thurs (Church Prayer-line) 10pm

Friday: 7pm – 10pm

Sunday: 10am – Noon

Examples of Pure Hearts of Gratitude

Read and Reflect

Day 1: The Shunamite and Elisha appreciates each other (2 Kings 4:18-37)

Day 2: Ruth and Boaz appreciate each other (Ruth 2)

Day 3: David honors Johnathan (2 Samuel 9)

Day 4: David thankfully danced and celebrated the Lord (2 Samuel 6)

Day 5: Naaman returns to thank the Man of God (2 Kings 5)

Suggested Prayer Points for a Pure Heart of Gratitude

1. Lord, I declare, “Thou art worthy, O Lord, to receive glory and honor and power: for thou hast created all things”
2. Lord God may you create in me a pure heart of thankfulness in all things, in the name of Jesus.
3. O Lord, deliver me from the spirit of the wilderness generation of Israelites who always complained or grumbled
4. Lord, today I confess and repent of my tepid or unmindful attitude of ingratitude towards you and my brethren
5. Lord may I always overwhelm my brethren with sincere appreciation for all their efforts and deeds – big or small
6. O Lord, help me to always be on guard against the spirit of ingratitude and hypocrisy of my own heart
7. Lord God, forgive me for the times that I have taken my loved ones for granted, in Jesus name
8. Lord, I thank you for all that I am and for all that I have received from heaven above, in Jesus name
9. Lord may my testimony always bring comfort, strength, hope and salvation to all within and without the household of faith

10. Lord, forgive me for not earnestly thanking you with the same fervor and desperation in which I made my request known to you
11. Lord God, teach me to show deeper appreciation and respect for my pastor that you have used to impact my life and may I never rise up against him, in the name of Jesus
12. Lord, help me to make it my sincere habit to thank you fervently daily for the gift of life and health
13. Lord, I separate myself from the device of ingratitude that Satan uses to draw men and women into his kingdom
14. Lord, give me a mind like Paul and Silas, to pray and praise boldly and loudly in the midst of my affliction.
15. Lord, whenever I am dissatisfied may I first examine my heart and consider my ways, in the name of Jesus
16. O Lord I bless and thank you for all the timely interventions that you have brought in my life, in Jesus name
17. Lord God may you restore any 'bridge that I have or anyone has burned in my life, in the name of Jesus
18. Lord may any hint of ingratitude in me born out of pride be dashed in pieces, in the name of Jesus
19. O Lord may I quickly forgive those who despitefully use me without any show of gratitude, in the name of Jesus
20. O Lord, reveal to me anyone in my life past or present that I truly ought to thank and appreciate, in Jesus name
21. Lord God may I never despise the day or anything of small beginning, in the name of Jesus
22. Lord may our mouths neither be filled with "filthiness, nor foolish talking, nor jesting, which are not convenient: but rather giving of thanks".
23. O Lord, I thank Christ Jesus who "hath enabled me and counting me faithful" to put me into use in the ministry
24. Lord, I am abundantly grateful that you did not give me up unto any of my vile affections, in the name of Jesus
25. Bless the Lord, O my soul and all that is within me bless His holy name for He has done great things in my life these past years, in Jesus name
26. O Lord, thank you for being my Healer, Deliverer, Provider, Redeemer and Comforter, in Jesus' name
27. Lord, thank you for lifting up a standard and destroying the enemy of my soul and health, in the name of Jesus
28. O Lord may you exercise temperance and mercy towards my ingratitude, lest we be separated from you
29. O Lord deliver me from the spirit of always wanting "What is Not" – never pleased nor satisfied, in Jesus name
30. Lord, I can never bless nor thank you enough, for you've done far above all that I could ever imagined or ask for
31. Lord, may I without ceasing remember all those whose "work of faith, labor of love and patience of hope" have been a blessing my life
32. Take glory Father, take glory Son and take glory Holy Ghost now and forever more, Amen

Fasting without intentional prayers is starvation!!

Pastor Leon, MZRF