

# MZRF COVENANT RENEWAL FASTING

January 25 – 31, 2016

*For the grave cannot praise thee, death cannot celebrate thee: they that go down into the pit cannot hope for thy truth. The living, the living, he shall praise thee, as I do this day...(Therefore) I will ransom them from the power of the grave; I will redeem them from death: O death, I will be thy plagues; O grave, I will be thy destruction: repentance shall be hid from mine eyes (Isaiah 38:18-19 & Hosea 13:14).*

## **Fasting Days and Times:**

Thurs thru Sat 6am – 3pm

## **Assembly Times:**

Mon thru Thurs (Church Prayer-line) 10pm – 11pm

Friday & Saturday 7pm -10pm

Sunday: 9:30am – Noon

## **Examples of the Redeemed From the Grave**

Read and Reflect:

**Day 1:** Hezekiah's sickness and recovery (Isaiah 38)

**Day 2:** Jonathan's great victory (1 Samuel 14:1-46)

**Day 3:** The three Jews who refused to worship the golden image (Daniel 3)

**Day 4:** The death and resurrection of our Lord (Mark 15 & 16)

**Day 5:** The conversion of Saul and the raising of Tabitha (Act 9)

**Day 6:** The raising of the widow's son (Luke 7:11-23)

**Day 7:** The death and the raising of Lazarus (John 11)

## **Suggested Prayer Points**

1. O Lord, I bless and magnify you for keeping me alive and well up to this very day. To you be the glory!
2. Lord, I thank you for ransoming me from the power of the grave in the name of Jesus
3. Lord God I praise you for redeeming me from the spirit of death and hell in the name of Jesus
4. Lord, by the blood of Jesus I reject being numbered among roadway death statistics this year and beyond in the name of Jesus
5. O Lord, whenever there is a natural disaster (hurricane, hail-storm or tornado) may it pass me by in Jesus name
6. O Lord may I never be a patient in any hospital ER this year and beyond, in the name of Jesus
7. Lord Jesus, I declare and decree that 2016 will be the year of symptoms free living for me in the name of Jesus
8. Lord God may US health care system continue to grow without me being part of it in the name of Jesus
9. Powers assigned to attack my health and well-being through evil dreams, be scattered by fire in the name of Jesus.

10. Stubborn evil symptoms that have been tormenting my body, soul and mind, your time is up, cease and disappear now by fire of the Holy Ghost in the name of Jesus
11. You powers assigned to manipulate my blood pressure and blood sugar, I command you to scatter and die now by fire in the name of Jesus.
12. Any unwarranted growth occurring in any I command you to be cut off and die now in the name of Jesus
13. Lord may my immune system fight off the slightest attempt of any sickness or disease trying to invade my body in the name of Jesus
14. You vital organs attacking cells, my body is not your host and receive fire now in the name of Jesus
15. O Lord may any evil wheelchair assigned to me burn to ashes in the name of Jesus
16. Lord God, with all that is within me I refuse and reject to ever be a cancer patient in the name of Jesus
17. Diabetes, by the blood of Jesus I curse you out of my life; you will not come near my dwelling in the name of Jesus
18. Blood-line disease from my father or mother side I root you out of my life permanently by fire, in the name of Jesus
19. O Lord may your spirit always move me to be at the right place and at the right time in the name of Jesus
20. O Lord may 2016 and beyond be my year of divine health and peace of mind in the name of Jesus
21. Lord, Lazarus' sickness was not "unto death", therefore may no sickness take me out in the name of Jesus
22. Lord God, you heal Hezekiah and added to his years may you also heal me and make me whole in the name of Jesus
23. Lord, Shadrach, Meshach and Abednego were immune to fire; may I be immune to disease causing agents in the environment and food supply in the name of Jesus.
24. The Lord of resurrection and life, resurrect and give new life to all that is dead in my body, in the name of Jesus
25. Lord, I believe and thank you for answering these prayers in the mighty name of Jesus. Amen

Please feel free to add more prayer points as the Spirit leads. Also, try to find supporting scriptures for the above prayer points.

No juice or coffee while fasting, water only during fasting hours.

**Fasting without intentional prayers is starvation!!**

Indeed, may this be your healthiest and most peaceful year ever. Happy New Health!!!

Pastor Leon  
MZRF