

## **GUIDELINES FOR THE 40 DAYS FASTING AND PRAYERS (SONS THRIVING)**

Fasting is a powerful spiritual discipline. Through fasting and prayer, the Holy Spirit can transform your life. we are convinced that when God's people fast with a proper Biblical motive-seeking God's face with a broken, repentant, and contrite spirit, God will hear from heaven and heal our lives, our churches, our communities, our nation and world.

This season Fasting and prayer is around the theme "Sons Thriving" —a change in mindsets to accommodate heavens agenda for our nation, our families our lives and the body of Christ is our expectation.

The fast will begin on August 10<sup>th</sup>- September 18<sup>th</sup> 2019 from the hours of 6PM – 6PM daily, you can choose however the time within this period you like to take your fast.

You would most likely have to cut back on food and any other thing that could set as a distraction to the period you would be taking your fast, we would also advise you take lots of water while doing the fast. This 40days fast will run in this manner:

6PM – 6AM DAILY (EATING ONE OR TWO MEALS A DAY)

6PM – 12NOON DAILY (EATING ONE MEAL A DAY)

DANIEL FAST (EATING ONLY FRUITS AND VEGETABLES WITHOUT MEAT)

SUGGESTED FASTS TO BE ADDED TO THE MAIN FAST IS WRITTEN BELOW  
(CHOOSE A COMBINATION OF 3 OR 4)

Negativity Fast

Electronics

TV/Movies

Social Media

Video Games

Snacking

Caffeine

Sugar/Sweets

Fast Food

Salt/Seasonings

Lastly seek medical advice before the fast if you have any existing health conditions.

We are a joyed that you are joining in the fast, we pray you commit till the end and believe God that he will invade your space, the church family and that of our nation during fast

The prayer points have being prepared according to the watches. You can decide to take:

### **DAY 1 (August 10)**

**6:00am- 9:00 am or 6:00pm-9:00pm**

Lord, I come before your Courts. As I stand before you, I honour you as the Great Judge of all and the Judge of all the earth. I thank you for the blood of Jesus that is speaking for me according to Hebrews 12:24. I repent of all sins, transgressions, and iniquities that would allow accusations against me. I thank you that the blood is silencing every voice against me according to Colossians 2:14. All the handwriting of ordinances that would speak against me are now silenced by the blood of Jesus. Thank You that all cases against me in the spirit realm are removed by virtue of who Jesus is and what He has done for me.

**9:00am- 12:00pm or 9:00pm-12:00am**

As I stand before Your Courts, I also present my own case before You. Your word in Isaiah 43:26 declares: Put Me in remembrance; Let us contend together; State your case, that you may be acquitted. Lord, I place you in remembrance of what you wrote about me in my book of destiny. I thank you that I was planned and created with a divine purpose recorded in this book. I bring this purpose to you. I state my case before you. (At this point, begin to present the details of what you presently understand about your destiny.)

**12:00pm- 3:00pm or 12:00am-3:00am**

Lord, I am asking before Your Courts that there would be a fulfilment of all that is written in my book. I repent for any place I have walked contrary to what is in my book. I am now surrendering to you and asking that the purpose of my life recorded in my book would be fulfilled.

I ask for divine favor to come over my life so that the right people will help me. I ask that circumstances would line up to allow what is written in my book to be done. I ask that great doors of opportunity would open so that I might fulfil what is in my book. Lord, I ask this not just so I can be blessed and influential, but so your divine purposes might be accomplished. Lord, I am asking that the passion of your heart would be done through me on this earth.

Let me fulfil what is in my book so the part of your purpose I am to accomplish will happen. Lord, I also come before Your Courts to lay my life down.

**3:00pm- 6:00pm or 3:00am-6:00am**

I choose your desires over my own. According to Your Word in Revelation 12:11, I love not my life to the death. I may not need to die naturally, but I choose to “die” to my own wants and wishes where they conflict with yours. I take up my cross and follow hard after you. Lord, as I do this by your grace, may I obtain before this Court a “good testimony.” As I by faith walk in obedience to you, may I be recognized and remembered in the Courts of Heaven. May I be allowed to present cases before you on behalf of my life and my family. More importantly, Lord, may I be able to present cases for your divine passions to be fulfilled. I lay my life before you and ask for your grace that empowers me to obey. In Jesus’s name, Amen.

**DAY 2 (August 11)**

**6:00am- 9:00 am or 6:00pm-9:00pm**

Lord, I by faith come to stand before Your Courts. Thank You that I have the right to stand in this place. Lord, I come and stand here as one trusting in all that Jesus has done for me. Any condemnation, shame, or guilt resulting from living under the law, I repent of. I can never be good enough myself.

I trust in your goodness for me. Lord, as I stand here, I thank you that the law of the Spirit of Life has set me free from all the condemnation of the law of sin and death. I now live under the freedom of the Spirit but also the restraints of the Spirit as well.

**9:00am- 12:00pm or 9:00pm-12:00am**

I submit myself to the Lordship of Jesus executed through the person of the Holy Spirit. I surrender my life to the “rulership” of the Spirit of God. I ask that any curse brought about through any legalistic attitude in me would now be dismissed. I thank you that its power is broken and its authority to operate against me is now

removed.

**12:00pm- 3:00pm or 12:00am-3:00am**

Thank You, Lord, so much for this. As I yield to the Holy Spirit's governance, I ask that anything in my bloodline that the devil would be using legally against me would be revealed.

I repent for any effort of my own to discover these things through frantic search or paranoia. I trust You, Lord, to reveal these things to me and bring me to maturity. As I come out from under the law and into the freedom of the Spirit, I am open, through whatever means you desire, to receive these revelations.

**3:00pm- 6:00pm or 3:00am-6:00am**

I ask, Lord, that these things might be known through the power of the Holy Spirit. If there is any legal thing working against me in the spirit, please let it be known to me. I trust you, Lord, and the precious Spirit of God to unveil this. In Jesus's holy name, Amen.

**DAY 3 (August 12)**

**6:00am- 9:00 am or 6:00pm-9:00pm**

Lord Jesus, I thank you for all you have done for me on the cross through your resurrection and ascension. Thank You that you are now at the right hand of the Father. You have received from the Father the Holy Spirit and have poured Him out. I now receive from your gracious hand the person of the Holy Spirit and my empowerment to pray. I receive the gift of tongues now in Jesus's name. (By faith, open your mouth and begin to pray in the language of the Spirit. Don't worry about what it sounds like.) I come before You, Lord, who is the Judge of all the earth. As I

stand before Your Courts, I request the right to take my place as a judge in Your Courts.

**9:00am- 12:00pm or 9:00pm-12:00am**

I desire, Lord, to be able to release judgments that will set in order your kingdom's will on the earth. I desire your passion for justice to be seen on the earth. You, Lord, are just in your nature and person. The justness of who you are is the source of our patience. Your Word declares in Revelation 13:10, He who leads into captivity shall go into captivity; he who kills with the sword must be killed with the sword. Here is the patience and the faith of the saints. I thank You, Lord, for your justice. I wait for your justice to be manifested on the earth. This is my patience and faith as one who belongs to you.

**12:00pm- 3:00pm or 12:00am-3:00am**

Thank You so much. As I take my place as a judge, I allow the Holy Spirit to "judge" me and chasten me according to Your Word. I invite and yield myself to the searching of the Spirit. I welcome the Holy Spirit's work to reveal and take out of my life any "log" or "beam" that would not allow me to see clearly as a judge. I ask that any wrong perspective, any wrong idea or concept, or any wrong motive be removed from me. I want to give only righteous judgments before You.

**3:00pm- 6:00pm or 3:00am-6:00am**

As a judge in the spirit realm before You, I ask that I might take my seat. The place You have ordained for me to occupy, I by faith take that place. I ask that any mantle and anointing associated with this seat now come upon me. I ask that I might function in the fear of the Lord as a judge in the realm of the spirit. Thanks so much, Lord, for allowing me to make decrees, issue declarations, release prayers, and present petitions before You. I ask, Lord, that things would come to divine order in the natural as things shift in the spirit with these decrees. Lord, may breakthroughs

come because of you allowing me to function as a judge from the Courts of Heaven. Thank you so much for this honor and privilege. In Jesus's name, so be it!

#### **DAY 4 (AUGUST 13)**

##### **6AM – 9AM OR 6PM – 9PM**

I come before You, Lord, who is the Judge of all the earth. As I stand before Your Courts, I request the right to take my place as a judge in Your Courts. I desire, Lord, to be able to release judgments that will set in order your kingdom's will on the earth. I desire your passion for justice to be seen on the earth. You, Lord, are just in your nature and person. The justness of who you are is the source of our patience. Your Word declares in Revelation 13:10, He who leads into captivity shall go into captivity; he who kills with the sword must be killed with the sword. Here is the patience and the faith of the saints.

##### **9AM – 12NOON OR 9PM – 12AM**

I thank You, Lord, for your justice. I wait for your justice to be manifested on the earth. This is my patience and faith as one who belongs to you. Thank You so much. As I take my place as a judge, I allow the Holy Spirit to "judge" me and chasten me according to Your Word. I invite and yield myself to the searching of the Spirit. I welcome the Holy Spirit's work to reveal and take out of my life any "log" or "beam" that would not allow me to see clearly as a judge. I ask that any wrong perspective, any wrong idea or concept, or any wrong motive be removed from me. I want to give only righteous judgments before you.

##### **12NOON – 3PM OR 12AM – 3AM**

As a judge in the spirit realm before You, I ask that I might take my seat. The place you have ordained for me to occupy, I by faith take that place. I ask that any mantle

and anointing associated with this seat now come upon me. I ask that I might function in the fear of the Lord as a judge in the realm of the spirit. Thanks so much, Lord, for allowing me to make decrees, issue declarations, release prayers, and present petitions before you.

### **3PM – 6PM OR 3AM – 6AM**

I ask, Lord, that things would come to divine order in the natural as things shift in the spirit with these decrees. Lord, may breakthroughs come because of you allowing me to function as a judge from the Courts of Heaven. Thank you so much for this honour and privilege. In Jesus's name, so be it!

### **DAY 5 (AUGUST 14)**

### **6AM – 9AM OR 6PM – 9PM**

Lord, I thank You for all Jesus has done for me. I thank You that I have been repositioned in the realms of the spirit because of Jesus's work on the cross. As I now stand in these dimensions, I by faith ask access to Your Courts. I ask that the doors of the Courts be open for me and that I be granted the right to stand in Your Holy Place. (At this point, visualize in your spirit standing before these doors. Different people see different things, but just begin to "look" here.) Hebrews 5:14 says we begin to learn our spiritual senses by using them. But solid food belongs to those who are of full age, that is, those who by reason of use have their senses exercised to discern both good and evil. (Begin to exercise your "seeing sense." Don't be afraid to "look" and see what you are seeing.) (As the doors open, "step" across the threshold into the Courts. "Look" into the spirit and see what you see. I usually am aware of the Cloud of Witnesses in a balcony type setting. I also see God the Judge. His seat is very high, and I normally can't see His head or face. You may see Jesus. You also may see angels in the Courts. Sometimes, there is an angel keeping record of all that is happening.)

### **9AM – 12NOON OR 9PM – 12AM**

Lord, as I stand before Your Courts, I present myself as a living sacrifice before you according to Romans 12:1. I ask you to examine me and purify me by your blood of any and all defilements. Lord, I want to be holy as I stand here in your presence. Please forgive me of every sin, trespass, and iniquity. I ask that your blood would speak for me as I stand here before you. (Be aware of any words being spoken against you by a demonic force. Should you hear, see, feel, or discern anything being brought against you, begin to repent of it. Ask for the blood of Jesus to speak on your behalf.)

Lord, I acknowledge that which is being spoken against me. I acknowledge these accusations, and I repent for any and all of them. I ask for your blood to speak for me. I am sorry for that of which I am guilty. Would you forgive me and revoke the rights of these who speak against me. Would You by Your blood stand on my behalf and silence every accusation against me. I am sorry for my sin.

### **12PM -3PM OR 12AM – 3AM**

Thank You, Lord Jesus, for all that you have done and do for me. I pray, this case against me be dismissed and removed. (At this point, the Court may allow you to make a request. If so, begin to present your petition before the Court, listening and being sensitive to anything going on in this sphere.) (As you get ready to leave the Court, do not just end it. Be careful to thank the Lord for allowing you time there and also to seal by the blood of Jesus anything that was done.)

### **3PM – 6PM OR 3AM – 6AM**

Lord, thank You so much for allowing me to tread Your Courts. I honor and bless you. I ask that the work done in me would be established. I ask that it be sealed by the blood of Jesus and the power of the Holy Spirit. Thank you so much for allowing me to encounter you and the Courts of Heaven. In Jesus's name. Amen!

## **DAY 6 (AUGUST 15)**

**6AM – 9AM OR 6PM – 9PM**

Lord, as I come into Your Courts, I stand before you. Lord, I thank You that what Jesus did for me on the cross now speaks on my behalf before Your Courts. I repent for my own personal sins and transgressions, but I also bring the iniquity of my bloodline to you. I ask that anything the devil would legally accuse me of would now be revealed.

**9AM – 12NOON OR 9PM – 12AM**

I bring my bloodline to you through my father (name your father) and through my mother (name your mother) all the way back to Adam and Eve. I ask that anything that the devil would legally be bringing against me would be known. I repent of all iniquities I have discerned naturally. (Deal with each issue separately. Go through them one by one, repenting of that which has twisted the bloodline and generations.)

I now ask for the blood of Jesus to speak for me and my bloodline. I ask that any and every legal right of the devil to use these things would now be revoked. Thank You, Lord Jesus, so much for your blood that speaks for me.

**12NOON – 3PM OR 12AM – 3AM**

I repent for any and all iniquities I discern in my bloodline through my father and my mother prophetically. I ask that anything that needs to be exposed in my

bloodline would now be seen. Anything the devil, as my legal opponent, would bring against me, I ask that he be made to show it. (Be sensitive at this stage to anything you see, hear, or feel. Anything that is discerned, whether you know about it naturally or not, repent of it.)

### **3PM -6PM OR 3AM – 6AM**

I also, Lord, thank you for Colossians 2:14 that declares you took away every case against me on the cross. I ask, Lord, that anything known or unknown would be removed. I ask that the right of the devil to legally use this against me is now revoked. Thank you so much for nailing all these things against me to your cross. I receive it and accept it in Jesus's name. Amen.

### **DAY 7 (AUGUST 16)**

### **6AM – 9AM OR 6PM – 9PM**

Lord, as I come to stand before Your Courts, I thank you that I have a book in heaven. Thank You so much that You thought of me before time began and wrote my destiny and purpose in a book in heaven. As I stand before You, I declare in Your Courts, "I want all that is in my book. I want to fulfill my destiny that is connected to your purposes on the earth."

### **9AM -12NOON OR 9PM – 12AM**

Lord, that which you saw concerning me before time began, I ask that this might be "my life." I choose that which you have chosen for me. As I stand before Your Courts, Lord, I lay down my life. As best I can, through the power of Your Spirit

according to Romans 12:1, I present myself as a living sacrifice, holy and acceptable to you. I ask also that according to Ephesians 4:1, I might have a walk worthy of the calling that was determined for me, written in the book in heaven. I also ask, Lord, that any case or accusation the devil would have against me before Your Courts would be silenced by the blood of Jesus.

### **12NOON – 3PM OR 12AM – 3AM**

Lord, I thank you that your blood speaks for me, and I agree with its testimony according to Hebrews 12:24. Lord, I thank you that your blood grants God the legal right to forgive me, remember me, and redeem me to the purpose that is in my book. Just as Peter's destiny and purpose was secured from the Courts of Heaven, so, Lord, I thank you that my destiny is secured as well. Lord, I declare before Your Courts that I am your servant, so please use me. I ask that my life might count for the kingdom of God as it is recorded in the books of destiny in heaven.

### **3PM – 6PM OR 3AM – 6AM**

Lord, I also ask that according to Ephesians 2:10, I might walk and live as your workmanship. I realize, Lord, that your grace makes me your work of art and a display of your splendor and glory. I ask before Your Courts that I would live in the rhythms of your grace. I ask, Lord, that you would take me "out of the grind of life, and put me into your groove." Lord, would you now bring about my empowerment through Your Spirit that from your strength, I could fulfill all that is written in the books of destiny for me. Lord, I desire with great passion to fulfill your will. Please accept my request before you and let all that would resist my petition be revoked. Thank You, Lord, so much for loving me. I look forward with expectation to fulfilling all that is in my book in heaven. In Jesus's name, Amen!

## **DAY 8 (AUGUST 17)**

### **6AM – 9AM OR 6PM – 9PM**

Lord, as I come to stand before Your Courts, I thank you that I have a book written in heaven concerning my destiny and future. I was created and made for a divine purpose. However, Lord, I sense that someone in my blood-line may have made a covenant with devilish powers that has allowed them to hold my book captive. Lord, as I stand before this Court, I am asking for my book back. I want the purpose that you made me for revealed and fulfilled. Lord, as I stand before You, I repent for any and all covenants made with demon powers. Any agreements or covenants my ancestry has made with devilish powers I repent of. Any rights these covenants have given the powers of darkness to take captive my book, I am asking them to be annulled. I am sorry for any personal or generational involvement with demons and powers of darkness. I want nothing to do with them. I only want what is from you. Lord, I say before this Court that I am yours. The blood of Jesus has bought me, and as for me and my house, we shall serve the Lord!

### **9AM – 12NOON OR 9PM – 12AM**

Lord, I also ask that my bloodline and I would be forgiven for any trust in or involvement or interaction with demon powers. I repent, Lord. I ask that the blood of Jesus according to Hebrews 12:24 would now speak on my behalf and undo any and every covenant that would empower demons to hold my book. I now want and decree my book freed.

### **12PM – 3PM OR 12AM – 3AM**

Lord, I also now want to return to these demon powers any claim they have on me. I want nothing of theirs. I only want what comes from you. You alone are my source, strength, and purpose for living. I also, Lord, now dispatch angels to go and recover

my book. Wherever my book might be held captive, I ask for it to be found and retrieved. I say before you that because of the blood of Jesus, every legal right of the devil to hold my book is now revoked and removed. The angels are now empowered and freed to recover my book and bring it to me! (At this time, you should be “looking” in the spirit. You might see, hear, and sense an atmospheric change or other spiritual occurrences. These are the angels moving on your behalf. Keep “looking” and you may see your book being brought back to you.)

### **3PM – 6PM OR 3AM – 6AM**

Lord, I thank you and receive my book for me and even my family line. Any and every book that belongs to me and that has been dedicated to my ancestry, I now receive. (Sometimes people “see” more than one book coming to them. Each of us has our own book. I have found, however, that the book for those in our family lines can be recovered as well. Also, if there are those who died prematurely and were unable to fulfill what was in their book, these books may also be retrieved. There are unfinished purposes within the family line that need to be stewarded into fullness.) Lord, I thank you for the recovery and securing of my book. I receive it and dedicate myself to fulfilling all that was written about me before time began. I receive the grace that has already been given to me according to Second Timothy 1:9. Lord, let your grace abound in me and through me to fulfill all you wrote in my book. Lord, I love you and thank You for this. In Jesus’s name, Amen!

### **DAY 9 (AUGUST 18)**

#### **6AM – 9AM OR 6PM – 9PM**

Lord, as I come before Your Courts, I present myself before you. I thank you for all that Jesus has done for me that allows me to stand in this Holy Place. I declare from this place that You, Lord, are my Lord and King. I surrender to you all that I am. Thank you so much for loving me.

I thank You, Lord, for the book in heaven that is written about me. I thank you that I now possess this book. I ask now that this book would be opened and the revelation of your purpose for my life would now come to me. I ask that anything that would cause my book to be shut and cause me confusion, frustration, and lack of detailed knowledge of my purpose be revoked and removed.

### **9AM – 12NOON OR 9PM – 12AM**

I approach Your Courts with deep intercession. Just as Jesus was heard according to Hebrews 5:7 because of His fear of God, which manifested through tears of prayer and supplication, please let me be heard. I position myself before you and ask that my tears and cries be used by heaven to open the book concerning my destiny and future. Lord, would you allow heaven to regard my tears and intercession for the opening of my book. Just as John wept for the book to be opened in Revelation chapter 5, so I intercede with passion for my book to be open.

### **12NOON – 3PM OR 12AM – 3AM**

Lord, I am desperate for your will to be done in my life. I want only your purpose accomplished. Lord, as I see my book opened, I now come and stand before you to present from this opened book a case for my destiny to be fulfilled. According to Your purpose for me, I ask that it might manifest on the earth. Lord, I ask that you might be glorified and that your purpose would be done. (Any detailed understanding you have concerning your destiny and purpose you should present before the Lord here.)

### **3PM – 6PM OR 3AM – 6AM**

Lord, I lay aside anything that is of my own desires and not yours. Should what I want interfere with your intent, I lay it before you. I say with Jesus according to Hebrews 5:7, "I come, O God, it is written of me in the volume of the book to do

your will!” Your will, Lord, is my passion. Please allow your desires and purposes be fulfilled in me as they are written in the volume of the book in heaven. I love You, Lord, and lay my life before You in Your Courts. In Jesus’s name, Amen!

### **DAY 10 (AUGUST 19)**

**6AM – 9AM OR 6PM – 9PM**

**Pray and ask the Holy Spirit to lead you into all truth.** Do *not* become introspective—intentionally trying to find everything wrong with your life through this process. This is the counterfeit of genuine conviction. God is a loving Father who takes us from glory to glory. If He were to reveal every single area of our lives that needed adjustment all at once, we would be overwhelmed and feel defeated. The adversary will attempt to try and move you in this direction, so be vigilant and on guard during this process.

**Condemnation** comes from the devil and will always leave you feeling overwhelmed, overcome, and disempowered. The fruit of condemnation is hopelessness.

**Conviction** comes from the Spirit of God and is accompanied by the hope of victory. While the Holy Spirit will reveal to you areas of your life that are under the influence of darkness, He will come with the power and strategy to give you victory, thus filling you with hope.

**9AM – 12NOON OR 9PM – 12AM**

Ask the Lord to open the courts of Heaven for you. We do not demand or command this—this is a privilege that God the Judge extends to us out of His mercy. Now, ask the Holy Spirit to shine His light of conviction onto the following areas:

- a. **Sin:** areas where you have missed the mark.
- b. **Transgression:** areas where you stepped across a line; activity against God.
- c. **Iniquity:** sin that is in the bloodline.

### **12PM – 3PM OR 12AM – 3AM**

For **sin and transgression**, simply repent for these things. Rather than providing a comprehensive list here, ask the Holy Spirit to convict you of these items so you can repent of them, turn away from these snares of the enemy, and take further steps toward fulfilling your destiny.

- a. Repent for areas where you have missed the mark of the Lord.
- b. Repent for areas where you did the right things for the *wrong reasons*.
- c. Repent for impure motives and thoughts.
- d. Repent for actions and deeds that are contrary to the will of God.

### **3PM – 6PM OR 3AM – 6AM**

For iniquity—which is sin in the bloodline—you will need to deal with this slightly differently. In a future session, you will receive instruction on how to break and dissolve curses that have landed upon you and are hijacking your destiny. For right now, ask the Holy Spirit to start making these bloodline sins known to you. And

remember, refuse to allow condemnation or fear to enter into this process. This is a sign that the enemy is trying to interfere because he is threatened by your freedom.

### **DAY 11 (AUGUST 20)**

#### **6AM – 9AM OR 6PM -9PM**

Father, right now I ask you to open my ears to hear your prophetic word. Right now, I come against any hindrance that is preventing me from hearing your freshly spoken word. I recognize that it is your will for all believers to prophesy and hear prophetically. This includes me!

#### **9AM – 12NOON OR 9PM – 12AM**

Lord, I repent for giving my ear-gates and eye-gates to anything unclean. I repent for dismissing your voice speaking to me through signs, symbols, pictures, or unusual occurrences.

#### **12PM – 3PM OR 12AM – 3AM**

I repent for making declarations or confessions, actually saying things like, “I am not a prophet” or “I don’t hear God that way” or “I don’t have visions and dreams.” On the basis of your Word, the very signs of Holy Spirit outpouring are the prophetic, dreams, and visions. These were not limited to a specific group of Christians—they are available to all who have received the Holy Spirit.

#### **3PM – 6PM OR 3AM – 6AM**

I have the Holy Spirit, so I have access to the prophetic voice of God!

Open my eyes and ears that I might see and hear You, Lord!

**DAY 12 (AUGUST 21)**

**6AM – 9AM OR 6PM – 9PM**

I delight to do your will, O my God, and your law is within my heart (Psalm 40:8). God, I recognize that your law is written on the tablet of heart. In fact, Your Word says that eternity is written on my heart.

Everything that you have purposed for me to do, to accomplish, and to fulfill has been written on the scroll of my heart.

**9AM – 12NOON OR 9PM – 12AM**

I repent for embracing anything in my life that has hindered or even extinguished the ability to dream. I repent for placing boundaries and barriers around my dreams, only conceiving of things that I can accomplish in my own ability or strength.

**12NOON – 3PM OR 12AM – 3AM**

Connect me, Holy Spirit, with the dreams that only Christ in me can bring to pass! Even now, Holy Spirit, I ask you to release a fresh flow of dreams in the night and visions in the day. Help me to take the limitations off my imagination.

**3PM – 6PM OR 3AM – 6AM**

If I have been afraid of venturing into the realm of imagination, right now I place my imagination and dream life under the sanctifying influence of the Holy Spirit. Release me from any fear of dreaming, and I ask you to connect me with the very purposes you've written on my heart through the conduit of dreaming.

**DAY 13 (AUGUST 22)**

**6AM – 9AM OR 6PM – 9PM**

Ask the Holy Spirit to lead you through the process of identifying curses that might have landed upon your life. Invite the Holy Spirit to protect you from condemnation from the enemy, as this tends to shut down the process of people evaluating possible open doors to curses. (They give up because they are overwhelmed by the accuser's condemnation.)

### **9AM – 12NOON OR 9PM – 12AM**

Refuse the temptation for intense introspection. Only focus on what the Holy Spirit reveals and highlights to you. Remember, the reason God would make any of these curses known to you is *not* to make you feel bad about them but to give you the ability to repent for these things and renounce their tormenting influence over your life. God reveals curses to you because He wants to break their hold over you. He wants you to execute the judgment of the cross against these curses. Begin to pray through the list. Reviewing the different classifications of curses that were introduced in this session, begin to pray through them and ask the Holy Spirit to highlight anything that needs to be addressed—in your life or as the result of previous generational iniquities.

### **12PM – 3PM OR 12AM – 3AM**

Holy Spirit, shine your freeing light of conviction on any area of my life/my history where innocent bloodshed has been committed. Father, I repent for and renounce any innocent bloodshed that has been committed through my family line (name, specifically, anything the Holy Spirit brings to your attention and call it out).

I execute the verdict of the cross over this right now in Jesus' Name in the place of prayer. I declare that Jesus became a curse on Calvary so I would not have to live under the torment and tyranny of curses in my life.

**3PM – 6PM OR 3AM – 6AM**

Right now, because of His blood and because of the legal verdicts rendered at the atonement, I ask that any curses that have landed upon my life because of innocent bloodshed be broken in the Name of Jesus. Thank You, Lord! I rebuke and cancel any assignment of premature death in the name of Jesus! Who the Son sets free is free indeed! I receive your freedom, right now, and thank You that all the tormenting effects are broken. Thank You, Holy Spirit, that books of destiny are being retrieved and opened right now!

**DAY 14 (AUGUST 23)**

**6AM – 9AM OR 6PM- 9PM**

Holy Spirit, shine your freeing light of conviction on any area of my life/my history where there has been a major act of disobedience committed to your voice. Father, I repent for and renounce my disobedience to your voice (name, specifically, anything the Holy Spirit brings to your attention and call it out). I also repent for and renounce disobedience to your voice committed by previous generations.

**9AM – 12NOON OR 9PM – 12AM**

I execute the verdict of the cross over this right now in Jesus' Name in the place of prayer. I declare that Jesus became a curse on Calvary so I would not have to live under the torment and tyranny of curses in my life. I reverse diminished return for my labor, in the Name of Jesus. Where there was lack, I declare increase because the curse has been reversed!

**12PM – 3PM OR 12AM – 3AM**

Right now, because of His blood and because of the legal verdicts rendered at the atonement, I ask that any curses that have landed upon my life because of disobedience to your voice be broken in the Name of Jesus. Thank You, Lord!

**3PM – 6PM OR 3AM – 6AM**

Who the Son sets free is free indeed! I receive your freedom, right now, and thank You that all of the tormenting effects are broken. Thank You, Holy Spirit, that books of destiny are being retrieved and opened right now!

**DAY 15 (AUGUST 24)**

**6AM – 9AM OR 6PM – 9PM**

Holy Spirit, shine your freeing light of conviction on any area of my life/my history where I have broken a covenant or others in my family history have broken covenants (perhaps one of the most significant is marriage/divorce). Father, I repent for and renounce any covenants that I have broken (name, specifically, anything the Holy Spirit brings to your attention and call it out). I also repent for and renounce covenants broken by previous generations.

**9AM – 12NOON OR 9PM – 12AM**

I execute the verdict of the cross over this right now in Jesus' Name in the place of prayer. I declare that Jesus became a curse on Calvary so I would not have to live under the torment and tyranny of curses in my life. I repent for marriages that ended in divorce (either your own or those of previous family members). Thank You, Father, that you are the restorer of the breach. You make all things new, right now, and I ask for the work of the cross to cleanse my bloodline of the effects of broken covenants.

**12PM – 3PM OR 12AM – 3AM**

Right now, because of Jesus' blood and because of the legal verdicts rendered at the atonement, I ask that any curses that have landed upon my life because of broken covenants be broken in the Name of Jesus. Thank You, Lord!

**3PM – 6PM OR 3AM – 6AM**

Who the Son sets free is free indeed! I receive your freedom, right now, and thank You that all of the tormenting effects are broken. Thank You, Holy Spirit, that books of destiny are being retrieved and opened right now!

**DAY 16 (AUGUST 25)**

**6AM – 9AM OR 6PM – 9PM**

Holy Spirit, shine your freeing light of conviction on any area of my life/my history where I have participated in sexual sin or others in my family history have participated in sexual sin. Father, I repent for and renounce any sexual sins that I have committed directly (name, specifically, anything the Holy Spirit brings to your attention and call it out). I also repent for and renounce sexual sins committed by previous generations (name, specifically, anything the Holy Spirit brings to your attention and call it out).

**9AM – 12NOON OR 9PM – 12AM**

I execute the verdict of the cross over this right now in Jesus' Name in the place of prayer. I declare that Jesus became a curse on Calvary so I would not have to live under the torment and tyranny of curses in my life. I repent for fornication—sexual sins that took place before marriage (premarital sex and sexual acts, pornography, sexual fantasy/imaginings, books, movies, etc.).

**12PM – 3PM OR 12AM – 3AM**

I repent for adultery—sexual sins that took place in my marriage (sexual affairs, emotional affairs, pornography, etc.). I repent for sexual thoughts and words—fantasies, lustful imaginations, and crude joking/conversation.

**3PM – 6PM OR 3AM – 6AM**

Right now, because of Jesus' blood and because of the legal verdicts rendered at the atonement, I ask that any curses that have landed upon my life because of sexual immorality and sexual sin be broken in the Name of Jesus. Thank You, Lord! Who the Son sets free is free indeed! I receive your freedom, right now, and thank You that all of the tormenting effects are broken. Thank You, Holy Spirit, that books of destiny are being retrieved and opened right now!

**DAY 17 (AUGUST 26)**

**6AM – 9AM OR 6PM – 9PM**

Holy Spirit, shine your freeing light of conviction on any area of my life/my history where evil has been returned for good.

Father, I repent for and renounce any evil that has been returned for good that has been committed through my family line (name, specifically, anything the Holy Spirit brings to your attention and call it out).

**9AM – 12NOON OR 9PM – 12AM**

I execute the verdict of the cross over this right now in Jesus' Name in the place of prayer. I declare that Jesus became a curse on Calvary so I would not have to live under the torment and tyranny of curses in my life.

**12PM – 3PM OR 12AM – 3AM**

Right now, because of His blood and because of the legal verdicts rendered at the atonement, I ask that any curses that have landed upon my life because of returning evil for good be broken in the Name of Jesus. Thank You, Lord!

**3PM – 6PM OR 3AM – 6AM**

Who the Son sets free is free indeed! I receive your freedom, right now, and thank You that all the tormenting effects are broken. Thank You, Holy Spirit, that books of destiny are being retrieved and opened right now!

**DAY 18 (AUGUST 27)**

**6AM – 9AM OR 6PM – 9PM**

Holy Spirit, shine your freeing light of conviction on any area of my life/my history where I have used authority to abuse others.

Father, I repent for and renounce any abuse of authority that has been committed through my family line (name, specifically, anything the Holy Spirit brings to your attention and call it out).

I execute the verdict of the cross over this right now in Jesus' Name in the place of prayer. I declare that Jesus became a curse on Calvary so I would not have to live under the torment and tyranny of curses in my life.

**9AM – 12NOON OR 9PM – 12AM**

I repent for using authority to manipulate others to do what I want them to do. I repent for using authority to control others. I repent for using authority to spiritually manipulate other people. I repent for the sin of witchcraft that is authority abuse.

**12PM – 3PM OR 12AM – 3AM**

I renounce the controlling spirit of Jezebel and break its hold over my life and previous generations. Right now, because of His blood and because of the legal

verdicts rendered at the atonement, I ask that any curses that have landed upon my life because of abuse of authority be broken in the Name of Jesus. Thank You, Lord!

**3PM – 6PM OR 3AM – 6AM**

Who the Son sets free is free indeed! I receive your freedom, right now, and thank You that all the tormenting effects are broken. Thank You, Holy Spirit, that books of destiny are being retrieved and opened right now!

**DAY 19 (AUGUST 28)**

**6AM – 9AM OR 6PM – 9PM**

Holy Spirit, shine your freeing light of conviction on any area of my life/my history where I have experienced abuse by an authority figure (spiritual, teacher, parent, etc.). Thank You, Lord for desiring to break the power and effects of trauma in my life—trauma that opens doors to demonic torment.

**9AM – 12NOON OR 9PM – 12AM**

Father, I repent for and break off the effects of any abuse I have suffered because of authority figures in my life or abuse that previous generations have suffered at the hands of authority figures (name, specifically, anything the Holy Spirit brings to your attention and call it out). I execute the verdict of the cross over this right now in Jesus' Name in the place of prayer. I declare that Jesus became a curse on Calvary so I would not have to live under the torment and tyranny of curses in my life.

**12PM – 3PM OR 12AM – 3AM**

I repent for unforgiveness and bitterness—my own and that harbored by previous generations.

I release my abusers now in the Name of Jesus. As an act of the will, empowered by the Holy Spirit, I set them free from my judgment and my unforgiveness.

**3PM – 6PM OR 3AM – 6AM**

I break off the effects of abuse and I rebuke the spirit of trauma in the name of Jesus. I break off the effects that memories of abuse have caused in my life, which have given open doors to demonic torment. Right now, because of His blood and because of the legal verdicts rendered at the atonement, I ask that any curses that have landed upon my life because of abuse be broken in the Name of Jesus. Thank You, Lord! Who the Son sets free is free indeed! I receive your freedom, right now, and thank You that all the tormenting effects are broken. Thank You, Holy Spirit, that books of destiny are being retrieved and opened right now!

**DAY 20 (AUGUST 29)**

**6AM – 9AM OR 6PM – 9PM**

Holy Spirit, shine your freeing light of conviction on any area of my life/my history where I have not been submissive to authority (godly authority, governmental authority, parental authority, etc.) Father, I repent for and renounce any resistance to godly authority that has been committed through my family line (name, specifically, anything the Holy Spirit brings to your attention and call it out).

**9AM – 12NOON OR 9PM – 12AM**

I execute the verdict of the cross over this right now in Jesus' Name in the place of prayer. I declare that Jesus became a curse on Calvary so I would not have to live under the torment and tyranny of curses in my life. I repent for rebelling against governmental authority.

### **3PM – 6PM OR 3AM – 6AM**

I repent for rebelling against godly authority. I repent for rebelling against parental authority. I acknowledge that the spirit of rebellion is like the spirit of witchcraft, so I break its hold over me right now in the Name of Jesus.

In the place of prayer, I go into former generations and break alignment with past rebellion. Rebellion stops here and now—it ends today. I repent for it. I renounce it. I break its power over me and future generation. Right now, because of His blood and because of the legal verdicts rendered at the atonement, I ask that any curses that have landed upon my life because of rebellion be broken in the Name of Jesus. Thank You, Lord! Who the Son sets free is free indeed! I receive your freedom, right now, and thank You that all the tormenting effects are broken. Thank You, Holy Spirit, that books of destiny are being retrieved and opened right now!

### **DAY 21 (AUGUST 30)**

#### **6AM – 9AM OR 6PM – 9PM**

Holy Spirit, shine your freeing light of conviction on any area of my life/my history where I have received or released word curses. Father, I repent for and renounce any word curses that I have received or released (name, specifically, anything the Holy Spirit brings to your attention and call it out). I execute the verdict of the cross over this right now in Jesus' Name in the place of prayer. I declare that Jesus became a curse on Calvary so I would not have to live under the torment and tyranny of curses in my life.

#### **9AM – 12NOON OR 9PM – 12AM**

Right now, I undo every word curse that has been brought against me or that I have released over others. I repent for every place where I have released a word curse over someone. Father, I forgive those who have released word curses over me—or over my family/ previous generations. *I speak off the word curses that have landed upon me.*

### **12PM – 3PM OR 12AM – 3AM**

Right now, declare the opposite of the curses that have been released over you. For every curse, declare the blessing of God. Declare reversal. Declare that what was placed upon you through a curse is broken through the power of blessing. I declare that I let what's written in my book of destiny define me, not word curses from others.

### **3PM – 6PM OR 3AM – 6AM**

Right now, because of His blood and because of the legal verdicts rendered at the atonement, I ask that any curses that have landed upon my life because of word curses be broken in the Name of Jesus. Thank You, Lord! Who the Son sets free is free indeed! I receive your freedom, right now, and thank You that all the tormenting effects are broken. Thank You, Holy Spirit, that books of destiny are being retrieved and opened right now!

## **DAY 22 (AUGUST 31)**

**SONS THRIVE BY INTIMATE RELATIONSHIP WITH GOD**

**6:00am- 9:00 am or 6:00pm-9:00pm**

**Scriptures for meditation**

**Psalms 50:23 Psalm 18:2 Psalm 27:4**

1. Thank the father for the gift of life today and for the breath that sustains life
2. Pray the lord to be in total and complete control of your life today. Pray that the Lord will reveal to you any area you believe a lie in your heart and help you replace them with truth today.

3. Pray that you will be taken into a deeper, more meaningful relationship with God, and that you will grow in faith and hear his voice within your soul.
4. Lord I repent of my lack of focus on you I choose this day to drop any form of distractions, I choose to behold your word

**9:00am- 12:00pm or 9:00pm-12:00am**

### **Scriptures for meditation**

**Psalm 118:29 Psalm 63:1**

1. Lord, I pray that you would open my heart that I might be fully alive to my true identity in you. Give me clear revelation to see myself the way you see me.
2. I declare that the stamp of God's approval is upon me today I shine as light, no condemnation, guilt or shame shall come near me.
3. I need your involvement in every detail of my life. I choose today to come near to you, to talk with you as a good friend, to share my heart, my desires, my remorse, and my pain.
4. Walk with me Father and take me to new levels where I can experience an outpouring of your love and mercy. I hunger and thirst for the things of You

**12:00pm- 3:00pm or 12:00am-3:00am**

### **Scriptures for meditation**

**Psalm 19:7-10 Psalm 119:105**

1. Thank God for His grace, mercy, protection and provision over your life; bless His name for all He has done for you and your family.
2. I praise you for your acts of power and greatness, I praise you with every breath you have given me.
3. Lord I ask for a greater measure of revelation and insight of the spirit to grow in knowledge of God

4. Lord set me free of the thoughts that consume my mind which cause may jealousy and envy to arise. Substitute the negativity and cruelty within my heart with

**3:00pm- 6:00pm or 3:00am-6:00am**

**Scriptures for meditation**

**Ephesians 1:17 Deuteronomy 29:29**

1. Open my eyes lord to recognize the helping hands of favor you have sent around me.
2. Father we pray for our eyes to be opened for understanding to the systems of heaven so they can be established in our nation
3. Lord, let your government increase in my life today let me see clearly your plans for me.

**DAY 23 (SEPTEMBER 1)**

**SONS THRIVE BY WISDOM AND REVELATION**

**6:00am- 9:00 am or 6:00pm-9:00pm**

**Scriptures for meditation**

**Psalms 16:11 Jeremiah 29:13**

1. We pray wisdom to be released to the body of Christ in our nation and for unity and spiritual growth
2. Pray the father to give illumination and revelation to our church family in every sphere of influence they represent in the society
3. We ask for more of God's revelation and power at work in the church; pray for heavenly encounters and testimonies in this season

**9:00am- 12:00pm or 9:00pm-12:00am**

## **Scriptures for meditation**

**Isaiah 57:15 Psalm 139:7**

1. We pray for your kingdom to come and you will be done, invade the spaces of darkness in our nation
2. Father, I bring the needs of our government before you and ask you to bless our nation through wise and godly leaders. I magnify the Name of Jesus and declare that you are Lord over this nation.

## **SONS THRIVE WITH JOY AND PEACE**

**12:00pm- 3:00pm or 12:00am-3:00am**

## **Scriptures for meditation**

**Isaiah 65 18-19 John 17: 13 Romans 12:12 Nehemiah 8:10**

1. Lord thank you for the joy and peace that reigns in our hearts as we rest and abide in the Lord Jesus Christ. Keep me abiding in your love day by day so that your joy in my life may be full
2. Lord infuse me with joy that supernatural strength will be available to me to do exploits in this season
3. We pray for the church family to increase in joy and peace and that we may overflow with hope by the power of the Holy Spirit

**3:00pm- 6:00pm or 3:00am-6:00am**

## **Scriptures for meditation**

**Psalm 16:111 Peter 8:9 Romans 15:14,**

1. Lord I ask that you fill everyone in the church family with joy and hope in area I am losing grip of my dreams
2. Father flood the heart of our leaders with perfect peace that passes understanding and may I be immersed in Your joy, knowing that the joy of the Lord is my strength for today and my bright hope for tomorrow

**Day 24 (SEPTEMBER 2)**

**SONS THRIVE IN HONOR AND INTERCESSION FOR ONE ANOTHER**

**6:00am- 9:00 am or 6:00pm-9:00pm**

**Scriptures for meditation**

**Exodus 20:12 Matt 10 v 40-42**

1. Thank you father for your forgiveness love and grace you've offered through the gift of new life in you.
2. Father, I purge myself of everything displeasing to you. I want to be a vessel fitted, ready, filled and useful for the glory of God. I make myself available to you, fit and ready for any good work. I offer myself fully to you spirit, mind and body, make me a vessel of honour today
3. Lord Help me to be quick to forgive as soon as hurt comes my way and to be able walk away from offense

**9:00am- 12:00pm or 9:00pm-12:00am**

## **Scriptures for meditation**

**Romans 12:10 1Timothy 5:1**

1. I lift up my family, fellow believers, my government and my business to you. Show me through your word how to honour others and live honorably.
2. Lord I pray that my life would be filled and overflowing with the power of your love today so I can make a difference in the marketplace and bring honour to you.

**12:00pm- 3:00pm or 12:00am-3:00am**

## **Scriptures for meditation**

**Genesis 3:8 2 Samuel 6:2 John 14:16**

1. Pray that more people will begin to catch a revelation for intercession in our church family who will intercede for the soul of our Nation.
2. Pray for a greater measure of the gifts of revelation upon the church family
3. Pray for governmental leaders to have dreams from God like those described in the Bible during the times of Joseph and Daniel.

**3:00pm- 6:00pm or 3:00am-6:00am**

## **Scriptures for meditation**

**Exodus 33:14 John 15:9**

1. We pray in this season that Jesus shall be the desire of our nation, flood our city with your presence
2. I declare that I receive the spirit of wisdom and revelation and I am walking in my kingdom inheritance

## **DAY 25 (SEPTEMBER 3)**

### **SONS THRIVE BY RISK AND FAITH IN GOD'S ABILITY**

**6:00am- 9:00 am or 6:00pm-9:00pm**

#### **Scriptures for meditation**

**Psalm 1:1-3 Matt 10 v 40-4**

1. Thank the Lord for the grace to continue walking in faith; ask the Holy Spirit for the faith to face all your fears and challenges with courage this year.
2. Ask the Lord for the grace to stay committed to His word as you wait upon Him; declare that in the face of opposition, your faith will not waver.
3. Declare that by faith, every mountain before you moves and every valley is filled to the glory of God

**9:00am- 12:00pm or 9:00pm-12:00am**

#### **Scriptures for meditation**

**I Peter 2:1-3 Psalm 34:17-18**

1. Lord I am asking before your courts that there would be a fulfillment of all that is written in my book. I repent in any place I have walked contrary to what is in my book.
2. I take up my cross and follow hard after you lord I do this by your grace may I obtain before this court a good testimony as I by faith walk in obedience towards you

**12:00pm- 3:00pm or 12:00am-3:00am**

#### **Scriptures for meditation**

**Psalm 2:4 Judges 19:6**

1. Lord I ask that flood my heart with testimonies of your goodness again as I worship your name
2. Pray for the joy of salvation to meet the lost in your family, workplace and community
3. We pray that gladness and rejoicing will be in our nation continually, we pray that Nigeria will be called Joy and her peoples called gladness.

**3:00pm- 6:00pm or 3:00am-6:00am**

**Scriptures for meditation**

**Psalms 42:5 Proverbs 15:15**

1. I declare that today to be the best day of my life spiritually emotionally relationally and financially cause the joy of the lord is my strength
2. I declare that I am steadfast of mind and God keeps me daily flowing with joy and perfect peace because I trust in Him

**DAY 26 (SEPTEMBER 4)**

**SONS THRIVE BY LOVE AND CONNECTION**

**6:00am- 9:00 am or 6:00pm-9:00pm**

**Scriptures for meditation**

**Hebrews 10:24-25 Ephesians 4:2-3**

1. Father, we pray today that as our leaders work together to find solutions to difficult problems, we ask that you guide them to speak respectfully and with

humility to one another. We pray that the love of Christ will show up as they interact with and be an advocate for their constituents and others.

2. I pray, for our president, the vice president, all the Cabinet and the chief justice and associate justices of the Supreme Court to be bathed in the spirit of love and to walk in heavenly honour as they do the jobs

**9:00am- 12:00pm or 9:00pm-12:00am**

### **Scriptures for meditation**

**Proverbs 13:20 John 15:13**

1. Father I pray for the body of Christ that we no longer walk in strife and envy but to walk in love and respect for each other.
2. I declare that I honour God with my wealth and riches
3. I declare that by his grace I am walking in love in my relationships

**12:00pm- 3:00pm or 12:00am-3:00am**

### **Scriptures for meditation**

**Isaiah 58:11 John 16:13**

1. Celebrate the Lord for the gift of life and for all the wondrous works He has done for you; pray that as you wait on Him today, your lines will fall in pleasant places.
2. Lord as I yield to the Holy Spirit's governance I ask that anything in my bloodline that would be used legally in your court against me be revealed.

**3:00pm- 6:00pm or 3:00am-6:00am**

### **Scriptures for meditation**

**Isaiah 30:21 Ephesians 3:16**

1. I declare right now that double-mindedness or lack of enthusiasm about my activities that I have today is ended from my life.
2. I declare that Gods kingdom will advance mightily everywhere in our nation
3. I declare that I walk in boldness and supernatural courage I speak the gospel of Christ to others with wisdom

### **DAY 27 (SEPTEMBER 5)**

#### **SONS THRIVE BY PROPHETIC DECLARATIONS**

**6:00am- 9:00 am or 6:00pm-9:00pm**

##### **Scriptures for meditation**

##### **1 Peter 3:10 Proverbs 15:4**

1. I declare I am being strengthened with all power according to His might. I have great endurance and patience
2. I walk in a manner worthy of the Lord, pleasing Him in all respects. I bear fruit in every good work and I am increasing in the knowledge of God
3. I declare that my community and my nation are satisfied with the goodness of God

**9:00am- 12:00pm or 9:00pm-12:00am**

### **Scriptures for meditation**

**Romans 8:28 Proverbs 15:281**

1. I declare that God loads me daily with benefits. He is my salvation
2. I declare that I meditate on God's word day and night. I am successful and prosperous
3. I declare that God makes all grace abound toward our nation so that we always have all sufficiency and abundance

**12:00pm- 3:00pm or 12:00am-3:00am**

### **Scriptures for meditation**

**Proverbs 16:9 Psalm 32:8**

1. I declare that this is the day the lord has made and am rejoicing for my heart is open to hidden truths.
2. I declare that our church family is increasing in the knowledge of God therefore we are impacting others in the market place

**3:00pm- 6:00pm or 3:00am-6:00am**

### **Scriptures for meditation**

**Ephesians 4:29, Proverbs 15:4**

1. I declare that God's kingdom will advance mightily everywhere I go and in everything I do.
2. I declare that every imagination and every high thought that exalts itself above the knowledge of God is cast down.
3. I declare that I am led by the spirit of God. I am filled with the knowledge of God's will in all spiritual wisdom and understanding
4. I declare I have the mind of Christ, I have the spirit of power and sound mind.

**DAY 28 (SEPTEMBER 6)**

**SONS THRIVE BY OBEDIENCE**

**6:00am- 9:00 am or 6:00pm-9:00pm**

**Scriptures for meditation**

**Isaiah 46:10 Timothy 2v1-3**

1. Lord I thank you for the opportunity to come before you I bless you for counting enabling me experience your grace and mercy today.
2. Lord, I pray that you would unlock my heart that I might be fully alive to my true identity in you. Give me clear revelation to see myself the way you see me. Help me to stand in your truth against all enemy attacks and guard my heart with all vigilance

**9:00am- 12:00pm or 9:00pm-12:00am**

**Scriptures for meditation**

**Romans 13:1-7 Psalm 22:28**

1. I pray, in the Name of the Lord Jesus, for our president, the vice president, all the Cabinet and the chief justice and associate justices of the Supreme Court to receive the wisdom of God, to act in obedience to that wisdom and for the power of God to flow in their lives.
2. I pray for the members of the Senate and the House of Representatives to find your peace and direction, and for these men and women to act and lead according to your Word. A house divided against itself cannot stand, therefore, I pray for them to be unified in righteousness for the sake of the nation.
3. I pray for your protection to cover all our law enforcement officers and the men and women of the military. I ask for godly counsel and wisdom for judges

across this land. In the Name of Jesus, I pray that you and your kingdom of righteousness be manifested in the hearts of all those who are in authority in any way.

**12:00pm- 3:00pm or 12:00am-3:00am**

### **Scriptures for meditation**

**Isaiah 54:4 2Timothy 1:7**

1. Lord I ask that you help me recognise my gifts and abilities and pray for wisdom to remain faithful in your service.
2. Give me personal insights on how to raise those you have set before me to lead
3. Lord I declare that God has not given me a spirit of fear. He gives me power, love, and self-discipline.

**3:00pm- 6:00pm or 3:00am-6:00am**

### **Scriptures for meditation**

**John 16:13 Joshua1:9**

1. I declare that as I gain insight from the lord I will be fruitful in the core areas of my business and every investment into my business today will yield profits in Jesus' name.
2. Intercede for all believers in the church struggling to find a place to serve with their gifts and abilities; pray that God will grant them favour and opportunities to serve Him

## **DAY 29 (SEPTEMBER 7)**

### **SONS THRIVE BY COMMITMENT TO GOD'S PRESENCE**

**6:00am- 9:00 am or 6:00pm-9:00pm**

#### **Scriptures for meditation**

**Isaiah 46:10 Timothy 2v1-3**

1. Thank you Father that no matter where our hearts are you are always reaching out to love us unconditionally! You are the ultimate example of love and we are so grateful for that!
2. I ask that your Holy Spirit sanctify us individually and as a couple, for the joy of working together to glorify you and your church.

**9:00am- 12:00pm or 9:00pm-12:00am**

#### **Scriptures for meditation**

**Romans 13:1-7 Psalm 22:28**

1. Lord, show us the path to service, heal any fractures in our relationship now or in the future, and build a hedge of protection around us
2. Lord bring us closer together as a church family, emotionally and spiritually for the good of those whose lives we touch, and for the greater good of humankind.
3. Lord, help us to come to you moment by moment, day by day, and surrender all our difficulties to you. Fill us with your wisdom and understanding as we sift through the many strains and disagreements we face.

**12:00pm- 3:00pm or 12:00am-3:00am**

**Scriptures for meditation**

**James 3:17 Timothy 2v1-3**

1. Lord deepen the bond of fellowship within the body of Christ and may our hearts be knit together in love – in Christ Jesus. Forgive us for the times when our fleshly natures has broken or damaged the precious relationship we have with each other
2. Pray for God's love to abound in your heart resulting in discernment and righteousness.

**3:00pm- 6:00pm or 3:00am-6:00am**

**Scriptures for meditation**

**Proverbs 3:13 Philippians1:9**

1. Father, open our spiritual eyes in our church family that we may see what is our inheritance in you and the glory of my calling.
2. Father, cause the light of your work in our lives to shine to all that your name alone will be glorified in Jesus perfect name. Amen
3. Lord we pray that this season will be a period of more bonding and fellowship in the church family

**DAY 30 (SEPTEMBER 8)**

**SONS THRIVE BY SERVICE**

**6:00am- 9:00 am or 6:00pm-9:00pm**

**Scriptures for meditation**

**James 3:17 Daniel 5:14**

1. Pray to be equipped and prepared to receive the fullness of God's destiny for the church.
2. Pray to know God's will to be fruitful in ministry and strengthened by intimacy with God.

**9:00am- 12:00pm or 9:00pm-12:00am**

**Scriptures for meditation**

**Proverbs 3:13 Philippians 1:9**

1. Pray for intimacy with Father God that will lead to service in the market place.
2. Pray and ask the Holy Spirit to baptise you with fresh fire so you can serve others where you find yourself.
3. Thank God for the joy He has bestowed upon the church family this year; declare that the joy of the Lord will strengthen and keep us from evil.

**12:00pm- 3:00pm or 12:00am-3:00am**

**Scriptures for meditation**

**John 14:26 1 John 2:6**

1. Pray and ask the Lord for strength to resist temptation.
2. Pray for God's love to abound in your heart resulting in discernment and righteousness.
3. Father, in the name of Jesus, mold my life to be like that of your son Jesus Christ, let my being be conformed to his being.

**3:00pm- 6:00pm or 3:00am-6:00am**

**Scriptures for meditation**

**1 Corinthians 10:13 Philippians 1:9-11**

4. Pray for the unity of the body of Christ in your Nation.
5. Father, in the name of Jesus, show me your glory, and let your presence overflow over the church in our nation.

**DAY 31 (SEPTEMBER 9)**

**SONS THRIVE BY GENEROSITY**

**6:00am- 9:00 am or 6:00pm-9:00pm**

**Scriptures for meditation**

**Hebrews 6:1-3 Proverbs 21:15**

1. We pray for our government officials as they weigh the pros and cons of each constituent's request. Give them wisdom on how to best represent everyone. Father, we also ask that you give our leaders courage so that even when it's hard, they would continue to boldly represent their constituents' needs and those of the most vulnerable
2. I desire your passion for justice to be seen in our nation. Lord, are just in your nature and person.

**9:00am- 12:00pm or 9:00pm-12:00am**

**Scriptures for meditation**

**Romans 13:1 Daniel 2:21 10:13**

1. Pray for the release of the Holy Spirit's power to come upon our church family unto mature holiness.
3. Pray for the salvation of the lost in your family, workplace and community.
4. Pray for the word to increase by the release of God's power to win unbelievers to Jesus.

**12:00pm- 3:00pm or 12:00am-3:00am**

**Scriptures for meditation**

**Psalm 5:12 Matthew 5:15-16**

1. Pray that God would open a door of evangelism through releasing His power on the word.
2. Pray that the mercy of God will speak for our nation.
3. Thank God for His favour upon your career and business; declare that you will flourish and be a thousand times more in all your endeavors.

**3:00pm- 6:00pm or 3:00am-6:00am**

**Scriptures for meditation**

**Luke 10:2 Psalm 86:15**

1. Thank God for His blessings over the work of your hands; declare that you have entered into your season of divine provision and abundance.
2. Declare that the Lord will make you fruitful in your core areas of business; pray that every investment into your business will yield profits in Jesus' name.
3. Celebrate the Lord for His good plans for the church family; thank Him for delivering the church family from evil and giving you victory over every limitation.

## **DAY 32 (SEPTEMBER 10)**

**6:00am- 9:00 am or 6:00pm-9:00pm**

### **Scriptures for meditation**

#### **Matthew 22:37, 1 Thessalonians 5:18**

1. Dedicate your entire family to God today and ask Him to set them apart unto Himself; pray that your family will experience a supernatural turnaround in Jesus' name.
2. Ask God to renew the minds, thoughts and ideas of every member of your family from worldly and temporary things and set them on eternal and godly things that bring Him honour.

**9:00am- 12:00pm or 9:00pm-12:00am**

### **Scriptures for meditation**

#### **1Thessalonians 5:23 Romans 12:1**

1. Ask the Lord to consecrate the church and lead her in righteousness and purity; pray that every believer will desire to live a holy and acceptable life unto Him.
2. Lord we thank you for your love over our nation and pray that you will stir up peace of our country's polity.
3. We glorify you for all the blessings you have prepared for our nation as we lift our voices today; declare that every plot of chaos, war and disaster will not prosper in Jesus' name

**12:00pm- 3:00pm or 12:00am-3:00am**

### **Scriptures for meditation**

**2 Chronicles 29:31-33 Ephesians 4:7**

1. Surrender the work of your hands to the Lord and dedicate to Him every office space and equipment you use in executing your tasks.
2. Receive God's grace and wisdom to positively influence decisions and persuasions in the marketplace.
3. Ask the Lord to connect you to your destiny helpers and partners who will help you grow in productivity in your career or business.

**3:00pm- 6:00pm or 3:00am-6:00am**

### **Scriptures for meditation**

**Acts 1:8 Psalm 4:3**

1. Pray for a massive outpouring of the Holy Spirit into the body of Christ and ask God to renew the hearts and minds of every believer across the nation.
2. Pray for the righteousness of God to be exalted over all the nations of the world as we dedicate them to Him today.
3. Thank God for a nationwide consecration as we commit every town, city, and region to Him; pray that people will have divine encounters as they go about their daily lives.

**DAY 33 (SEPTEMBER 11)**

**SONS THRIVE BY THE SPIRIT**

**6:00am- 9:00 am or 6:00pm-9:00pm**

### **Scriptures for meditation**

**Rom 10:1-4 Psalm 133:1-3**

1. Lord by your mercy I ask that you open the courts of Heaven to me shine His light of conviction on any areas where I have missed the mark or areas where you stepped across a line; or an activity against God that is in the bloodline.
2. I Intercede for every member of my family today and ask the Lord to anoint them with the Holy Spirit and with power to do His will.
3. I Pray and ask that you fill each member of my family with strength to accomplish His purpose in their lives.

**9:00am- 12:00pm or 9:00pm-12:00am**

**Scriptures for meditation**

**Proverbs 21:15 Amos 5:24**

1. Lord I ask for a massive outpouring of your anointing upon the church;
2. I declare that the body of Christ will grow mightily and prevail over every work of the devil
3. Ask the Lord to anoint the leaders in your country with wisdom to deal with every social, economic and political issue that hinders national development.

**12:00pm- 3:00pm or 12:00am-3:00am**

**Scriptures for meditation**

**Isaiah 60:1 Jeremiah 29:11**

1. I Commit the nation to the Lord and ask Him to raise leaders anointed with unique gifts and skills to drive economic development.
2. Lord we ask that you clothe our nation with power from on high and anoint us for victory in Jesus' name

3. Lord I ask for wisdom to be productive and committed in my sphere of influence and as I continue today I ask that you help me build my work and business on Christ the solid rock.

**3:00pm- 6:00pm or 3:00am-6:00am**

**Scriptures for meditation**

**Isaiah 43:19 Isaiah 54:17**

1. Declare that your trust will remain in the Lord alone; ask Him to guide you in your career and business to escape partnerships which will bring losses.
2. Pray that the Lord will help you to go about your business with godly principles and wisdom, and not with worldly wisdom.

**DAY 34 (SEPTEMBER 12)**

**SONS THRIVE BY THE RIGHT CONFESSIONS**

**6:00am- 9:00 am or 6:00pm-9:00pm**

**Scriptures for meditation**

**1 Corinthians 2:16 Proverbs 3:5-6**

1. I declare I am who God says I am and not what others or my experiences say I am
2. I declare my future is being transformed now as my mind is renewed daily
3. I declare and choose to believe the truth of God's word therefore hope increases in my life.

**9:00am- 12:00pm or 9:00pm-12:00am**

**Scriptures for meditation**

**Romans 8:14 Colossians 1:9**

1. I declare today that I will pay attention to the instructions of wisdom to me
2. I declare that I am a person of unlimited creativity within me is an endless abundance of creativity and energy
3. I declare I am increasing in favour today. I have favour with God and men.

**12:00pm- 3:00pm or 12:00am-3:00am**

**Scriptures for meditation**

**1 Corinthians 15:58 Psalm 56:3-4**

1. Father we praise you today for our nation today and ask for your peace
2. We pray that the Holy Spirit will saturate the body of Christ in our nation and cause believers to hold fast to the gospel in Jesus' name.
3. Pray that Christian missionaries in our nation will remain committed to their work and that the Lord will deliver them from afflictions, persecutions and tribulations.

**3:00pm- 6:00pm or 3:00am-6:00am**

**Scriptures for meditation**

**Psalm 25:9-10 James 1:5-6**

1. Pray that the name of the Lord shall be lifted up in every continent of the world;
2. Ask the Lord to release his Spirit of favour in areas where Christianity is being persecuted.
3. Dear Holy Spirit, I ask you to release a fresh flow of dreams in the night and visions in the day. Help me to take the limitations off my imagination.

**DAY 35 (SEPTEMBER 13)**

## **SONS THRIVE BY INSTRUCTIONS**

**6:00am- 9:00 am or 6:00pm-9:00pm**

### **Scriptures for meditation**

**Romans 12:2 Psalm 25:4-5**

1. Ask Him to establish your feet in the path of righteousness, to live by His principles in integrity and in faith.
2. Pray that as you wait on the Lord today, you will grow in faith and confidence in His word.
3. Father, in the name of Jesus, renew thy Holy Spirit in me, help me to be spiritually sensitive to the direction of the Holy Spirit.

**9:00am- 12:00pm or 9:00pm-12:00am**

### **Scriptures for meditation**

**Psalm 23:3 Isaiah 40:31**

1. Father today, I receive grace to become an instrument unto honour help me to proclaim the gospel.
2. Father, in the name of Jesus, sanctify me by the knowledge of your word, let your word mould, transform, build me for thy word is truth.

**12:00pm- 3:00pm or 12:00am-3:00am**

### **Scriptures for meditation**

**Matt 18:20 Revelations 21:3**

1. Bless the Lord for His abiding presence in your life and declare that His praises shall continually be in your mouth.
2. Praise the Lord for strengthening you to overcome all the trials and tribulations in your life; thank Him for preserving you through the stormy and valley moments.

3. Celebrate the Lord for all the wondrous things He is about to do in your family; declare that His presence will overshadow every member of your family.

**3:00pm- 6:00pm or 3:00am-6:00am**

**Scriptures for meditation**

**Genesis 28:15 1 John 4:16**

1. Thank God for the opportunity to daily come before Him as a family; affirm that God's love will bind your family together and give you peace even in the midst of storms.
2. Thank God for the opportunity to come before Him as a Church in fasting and prayer; declare that the Holy Spirit will stir the hearts of many unto total consecration and devotion to God. Thank God for His mighty hand upon all the nations of the world; declare that He will reign in the affairs of governments and establish His will in all corridors of power.

**DAY 36 (SEPTEMBER 14)**

**SONS THRIVE BY KNOWLEDGE**

**6:00am- 9:00 am or 6:00pm-9:00pm**

**Scriptures for meditation**

**Proverbs 2:6 Palm 19:2 Proverbs 18:15 Proverbs 15:4**

1. Pray that the knowledge you receive as you seek the Lord, through His word, fellowship, listening to others and as you go through the day; will bring a level of freedom for yourself, your family, the church and nation.
2. Pray that the goodness and beauty of God's light will be seen in you, in your family and in the church of Christ this week.

**9:00am- 12:00pm or 9:00pm-12:00am**

**Scriptures for meditation**

**Proverbs 2:6 Psalm 19:2**

1. Pray that as the light of God shines out of your life those who do not know Him will desire to know Him, praise and revere Him.
2. Lord we thank you for the opportunity to serve with gifts and abilities we ask for favour and open doors to be productive and a blessing to many.
3. We pray against every temptation or negative influences in the marketplace that has the ability to corrupt and derail one from living a life of integrity and service to God.

**12:00pm- 3:00pm or 12:00am-3:00am**

**Scriptures for meditation**

**1 Peter 1:12, 1Sam 12:24**

1. Thank God for counting you worthy to serve Him with all your heart and soul.
2. Lord help us to discover new areas of service in our church family and community;
3. I declare that I will rise to a position of honour, dignity and influence for kingdom purpose in Jesus' name.

**3:00pm- 6:00pm or 3:00am-6:00am**

**Scriptures for meditation**

**Hebrew 6:10, Gal 5:13**

1. Father I ask for the spirit of wisdom and better revelation in the knowledge of you, help me to have a rich understanding of who you are
2. Father, in the name of Jesus, let the zeal of your kingdom fall upon me heavily and make me a tool for thy kingdom expansion

**DAY 37 (SEPTEMBER 15)**

**SONS THRIVE BY GOOD BELIEFS**

**6:00am- 9:00 am or 6:00pm-9:00pm**

**Scriptures for meditation**

**Philippians 4:19, Romans 6:11; 2 Peter 1:4 Psalm 103:1-3, Isaiah 53:5**

1. I can adapt well to diverse situations and people
2. As I live in God, my love grows more perfect. I can face Him with confidence on the Day of Judgment because I live like Jesus here in this world
3. I receive an abundance of grace and the gift of righteousness. I reign in life through Jesus Christ

**9:00am- 12:00pm or 9:00pm-12:00am**

**Scriptures for meditation**

**I John 4:17, Romans 5:17, James 5:16b,**

1. My prayers are powerfully effective and God richly supplies all my needs
2. I am dead to sin and alive to live supernaturally
3. I walk in ever-increasing health as the days go

**12:00pm- 3:00pm or 12:00am-3:00am**

**Scriptures for meditation**

**Colossian1:12-14 Acts 16:30-31**

1. I live under supernatural protection

2. Like Jesus, I prosper in all my relationships
3. I consistently bring God encounters to other people

**3:00pm- 6:00pm or 3:00am-6:00am**

**Scriptures for meditation**

**Psalm 91 Luke 2:52 Mark 16:17-18**

1. Through Jesus, I am 100% loved and worthy to receive all of God's blessings
2. Each of my family members is wonderfully blessed and radically loves Jesus
3. I uproariously laugh when I hear a lie from the devil

**DAY 38 (SEPTEMBER 16)**

**6am- 9am or 6pm – 9pm**

**SONS THRIVE BY SEEKING GOD'S TRUTH**

**Scriptures for meditation**

**Proverbs 4:6-7 1 Corinthians 6:17**

1. I pray for your protection to cover all our law enforcement officers and the men and women of the military. I ask for godly counsel and wisdom for judges across this land. In the Name of Jesus, I pray that you and your kingdom of righteousness be manifested in the hearts of all those who are in authority in any way.

2. Lord, I pray that you would unlock my heart that I might be fully alive to my true identity in you. Give me clear revelation to see myself the way you see me. Help me to stand in your truth against all enemy attacks and guard my heart with all vigilance

**9am – 12noon or 9pm – 12am**

**Scriptures for meditation**

**Ephesians 1:5**

1. Lord I thank you for the opportunity to come before you I bless you for counting enabling me experience your grace and mercy today.
2. I Commit myself to you and ask that to search me completely, lord I pray that you reveal all areas I am believing a lie in my heart to me today.
3. Lord clothe me with compassion, kindness, humility, gentleness and patience to bear with others and help me forgive quickly any grievance against me

**12pm – 3pm or 12am – 3am**

**Scriptures for meditation**

**Colossians 2:9-10**

1. Father I pray for the body of Christ that you grant us to be like minded toward one another, according to Christ Jesus, that we may be one mind and one voice.
2. Lord I pray for more doors be opened for evangelism in this season for the body of Christ.

3. Lord we ask for help to come to every local congregation in the nation not to fall short of the promise of entering the rest of God, and that the word that is heard will be mixed with faith profiting everyone

**3am – 6am or 3pm -6pm**

**Scriptures for meditation**

**Hebrews 4:1-2, Job 3:7, Isaiah 55:12-13.**

1. Father we pray that the voice of peace, rejoicing, singing, and joy will be heard this season in every field of endeavor, and that the voice of depression, gloom, sadness will be drowned out completely:
2. Lord I thank you for your Love and compassion for mankind that moved Him to come and die for us on the cross, and rise again on the third day, victorious over death, hell, and the grave. Pray and appropriate the benefits of the cross and of the resurrection.
3. Pray for illumination and knowledge where there has been ignorance of His purposes for your life, for the church and nation.

**DAY 39 (SEPTEMBER 17)**

**SONS THRIVE BY GOD’S COUNSEL**

**6am – 9am or 6pm – 9pm**

**Scriptures for meditation**

**Proverbs 1:7 Proverbs 3:7**

1. Lord I bless you for your grace and mercy and I thank you for the opportunity to come before you today.

2. Lord, I pray that you would open up my heart that help me fully see Give me clear picture of myself today. Let me live out the script you have for me today
3. We pray, for the executive arm of government in our nation to receive the wisdom of God today, to act in line with the wisdom and power of God

**9am – 12noon or 9pm -12am**

### **Scriptures for meditation**

**James 1:5 Psalm 37:30**

1. I ask for godly counsel and wisdom for judges across this land. In the Name of Jesus, I pray that you and your kingdom of righteousness be manifested in the hearts of all those who are in authority in any way
2. I pray for the members of the Senate and the House of Representatives to find your peace and direction, and for these men and women to act and lead according to your Word.
3. I pray for your protection and direction to cover all our law enforcement officers and the men and women of the military.

**12noon – 3pm or 12am – 3am**

### **Scriptures for meditation**

**Matthew 19:19 1 Peter 2:17 Romans 12:10 1**

1. Thank you father for your forgiveness love and grace you've offered through the gift of new life in you.
2. Lord I pray that my life would be filled and overflowing with the power of your love today so I can make a difference in the marketplace and bring honour to you

3. Lord Help me to be quick to forgive as soon as hurt comes my way and to be able walk away from offense

**3pm – 6pm or 3am – 6am**

**Scriptures for meditation**

**Thessalonians 5:13, Jeremiah 33:3, Proverbs 14:29**

4. Father, I purge myself of everything displeasing to you. I want to be a vessel fitted, ready, filled and useful for the glory of God. I make myself available to you, fit and ready for any good work. I offer myself fully to you spirit, mind and body, make me a vessel of honour today
5. I lift up my family, fellow believers, my government and my business to you. Show me through your word how to honour others and live honorably.

**DAY 40 (SEPTEMBER 18)**

**SONS THRIVE BY LIVING VICTORIOUS**

**6am – 9am or 6pm – 9pm**

**Scriptures for meditation**

**2chronicles 5:13, 2 Cor 4:15,**

1. Surrender the work of your hands to the Lord and dedicate to Him every office space and equipment you use in executing your tasks.
2. Receive God's grace and wisdom to positively influence decisions and persuasions in the marketplace.
3. Ask the Lord to connect you to your destiny helpers and partners who will help you grow in productivity in your career or business.

4. Pray for a massive outpouring of the Holy Spirit into the body of Christ and ask God to renew the hearts and minds of every believer across the nation.

**9am – 12noon or 9pm – 12am**

**Scriptures for meditation**

**Psalms 150:1-3, Psalm 35 v 27-28**

1. Pray for the righteousness of God to be exalted over all the nations of the world as we dedicate them to Him today.
2. Thank God for a nationwide consecration as we commit every town, city, and region to Him; pray that people will have divine encounters as they go about their daily lives.
3. Lord grant me understanding, to accomplish, and to fulfill what has been written concerning me.
4. I repent for embracing anything in my life that has hindered or even extinguished the ability to dream.

**12pm -3pm or 12am – 3am**

**Scriptures for meditation**

**2 Cor 9:11 Neh 12:46-47 Psalm 9:1 Phil 4:6-7**

1. I repent for placing boundaries and barriers around my dreams, only conceiving of things that I can accomplish in my own ability or strength. Connect me, Holy Spirit, with the dreams that only Christ in me can bring to pass!
2. Even now, Holy Spirit, I ask you to release a fresh flow of dreams in the night and visions in the day. Help me to take the limitations off my imagination.

3. Lord today release me from any fear of dreaming, and I ask you to connect me with the very purposes you've written on my heart through the conduit of dreaming.

**3pm – 6pm or 3am – 6am**

**Scriptures for meditation**

**2 Cor 9:11 Neh 12v46-47**

1. Celebrate the Lord for His good plans for you and your family; thank Him for delivering your family from evil and giving you victory over every limitation.
2. Thank God for the joy He has bestowed upon you and your family this year of upgrade; declare that the joy of the Lord will strengthen and keep you continually.
3. Praise the Lord for all the miracles, signs and wonders He has prepared for the
4. We thank God for His love over our country and pray that He will continue to establish peace in our nation
5. Glorify God for all the blessings He has prepared for the nation in this season we declare that every plot of chaos, war and disaster will not prosper in Jesus' name.