

PRAYER & FASTING 2022

SPEAKING GRACE

Prayer 1: I decree and declare that God has great plans for my life and He will fulfill all that He has for me. I will pray about and submit to His plans and will fulfill all that He has for me this year!

Jeremiah 29:11 (NLT) – “For I know the plans I have for you, says the Lord. They are plans for good and not for disaster, to give you a future and a hope.”

Prayer 2: I declare today that I will speak positively about this coming year. The words that come from my mouth will be honoring to the Lord and He will bring me rich fulfillment this year. I will be fulfilled in all that I do!

Psalms 66:12b (NKJV) – “...we went through fire and through water, but You brought us out to rich fulfillment.”

Prayer 3: I decree and declare that I will be fulfilled in my relationships this year. My children, my marriage, my friendships will all bring me fulfillment. I come against every plan of the enemy to disrupt and destroy my God-given relationships with my brothers and sisters in Christ. I will walk in unity and love with those around me.

Ephesians 4:3 (NLT) – “Make every effort to keep yourselves united in the Spirit, binding yourselves together with peace.”

Prayer 4: I declare that this year will be a year of spiritual fulfillment for me and my family. I thank You Lord, that You are leading me and will use my God-given gifts for Your glory. I will focus on what You want me to do and eliminate every distraction that pulls me from the purpose that You have for me.

John 10:10 – “The thief’s purpose is to steal and kill and destroy. My purpose is to give them a rich and satisfying life.”





SPEAKING GRACE

Prayer 1: Lord, I declare that Your grace is abiding in me because You are the grace-giver and nothing is impossible with You. Let me walk in Your grace and truth today as I walk with humility. Not My will, but Yours be done!”

James 4:6 (NLT): And He gives grace generously. As the Scriptures say, ‘God opposes the proud but gives grace to the humble.’”

Prayer 2: Lord, I thank You that Your grace is all I need. You are my only source and I declare that I will look to You for every answer that I need today. In my weakness, You are strong and mighty! Thank You that You are working through me so that Your will can be accomplished – I am Your vessel, Lord.

2 Corinthians 12:9 (NLT) – “Each time He said, ‘My grace is all you need. My power works best in weakness.’ So now I am glad to boast about my weaknesses, so that the power of Christ can work through me.”

Prayer 3: I declare today that I can go boldly before the throne of grace to help me with whatever I need. Thank You Lord, for Your mercy that I always find when I meet with You. You will give me Your help – right on time!

Hebrews 4:16 (NLT) – “So let us come boldly to the throne of our gracious God. There we will receive His mercy, and we will find grace to help us when we need to most.”

Prayer 4: Thank You Lord, for pouring Your favor on my life. I declare that today is Your day, and I will walk through it with Your anointing and Your grace – Your empowering presence that enables me to be who You created me to be and do what You’ve called me to do.

1 Corinthians 15:10 (NLT) – “But whatever I am now, it is all because God poured out His special favor on me – and not without results. For I have worked harder than any of the other apostles; yet it was not I but God who was working through me by His grace.”





HEALTH & WHOLENESS

Prayer 1: I decree & declare that my family will walk in health & healing, according to the Kingdom of God. Because of Christ's finished work on the cross, it is His will that we walk in health all the days of our lives. I love to praise You, Lord, because You are good to me. Let me always remember every good thing that you've done in my life. I thank you that you have forgiven every one of my sins and You have healed every one of my diseases – past, present and future! All means all!

Psalm 103:3-5 (NLT) - "He forgives all my sins & heals all my diseases. He redeems me from death & crowns me with love & tender mercies. He fills my life with good things. My youth is renewed like the eagle's!"

Prayer 2: Lord, I thank you that just as my soul prospers, so my physical body does as well. You desire for me to be in health and have made provision for my healing. I declare Your healing power over my body right now. I thank you and receive Your Divine power as I walk in health every day.

1 Peter 2:24 (NKJV) - "Who Himself bore our sins in His own body on the tree, that we, having died to sins, might live for righteousness - by whose stripes you were healed."

Prayer 3: Father, I declare that I will listen carefully to Your voice and will follow all of Your ways. I will listen to You and follow after You and Your word. I declare that You have set me free from every disease because You are my healer. I praise You because You are faithful when I pay attention to Your word. Let me be faithful to put Your word in my heart every day so that it can bring life to me. I thank you that as I read Your word, Your life is pouring into me and bringing healing to my whole body.



HEALTH & WHOLENESS

Prov. 4:20-22 (TPT) – “Listen carefully, my dear child, to everything that I teach you, & pay attention to all that I have to say. Fill your thoughts with My words until they penetrate deep into your spirit. Then, as you unwrap My words, they will impart true life & radiant health into the very core of your being.”

Prayer 4: I declare that Divine health is a right that I have as a child of the King. I dwell in His Kingdom where there is no sickness or disease. I will take the medicine of the word of God every day so that I will walk in all that He has for me.

3 John 1:2 (AMP) – “Beloved friend, I pray that in every way you may succeed and prosper and be in good health [physically], just as [I know] your soul prospers [spiritually].”

Exodus 23:25 – “So you shall serve the Lord your God, & He will bless your bread & your water. And I will take sickness away from the midst of you.”

Prayer 5: Lord, I thank you for taking our sickness, weakness and pain when You went to the cross. You were crushed for our sins and beaten so I could be made whole. Thank you for wholeness! Thank you that I can be healed because You went to the cross and suffered for me. I declare health and wholeness because of the finished work of the cross. It is done and I am already healed!

Isaiah 53:4-5 (NLT) – “Yet it was our weaknesses He carried; it was our sorrows that weighed him down. And we thought His troubles were a punishment from God, a punishment for His own sins! But He was pierced for our rebellion, crushed for our sins. He was beaten so we could be whole. He was whipped so we could be healed.”

Prayer 6: Lord, I thank you for Your word. Your word is better than life and it brings complete healing and health. I declare that as I read and listen to Your word, life and healing power is flowing through my body. Thank You that You snatch me from the door for death and lead me into complete wholeness!



HEALTH & WHOLENESS

Psalm 107:20 (NLT) – “He sent our His word and healed them, snatching them from the door of death.”

Prayer 7: Lord, I thank you that the enemy is defeated and I am set free from any sickness and pain that would try to invade my body. You are my protection and You are my shield. I will not suffer but will walk in victory and freedom in Jesus’ name.

Deuteronomy 7:15 (NLT) – “And the Lord will protect you from all sickness. He will not let you suffer from the terrible diseases you knew in Egypt, but He will inflict them on all your enemies!”

Prayer 8: Father, I declare that I will listen carefully to Your voice and will follow all of Your ways. Forgive me when other things get in the way of hearing Your voice. I will listen to You and follow after You and Your word. I declare that You have set me free from every disease because You are my healer.

Exodus 15:26 (NLT) – He said, “If you will listen carefully to the voice of the Lord your God and do what is right in His sight, obeying His commands and keeping all His decrees, then I will not make you suffer any of the diseases I sent on the Egyptians; for I am the Lord who heals you.”

Prayer 9: I declare that I am healed and walk in prosperity and true peace. I thank You that You have the power to heal every wound. Nothing is too hard for You! I walk in Your peace today.

Jeremiah 33:6 (NLT) – Nevertheless, the time will come when I will heal Jerusalem’s wounds and give it prosperity and true peace.

Prayer 10: Lord, I thank You that when no one else cares for me, You do. When I feel rejected, You do not reject me. You embrace me with Your love and I receive that love right now. I thank You for complete restoration – Divine health is from You and I receive it in the name of Jesus.





HEALTH & WHOLENESS

Jeremiah 30:17 (AMP) – For I will restore health to you and I will heal your wounds, says the Lord, because they have called you an outcast, saying: “This is Zion; no one seeks her and no one cares for her.”

Prayer 11: Thank you, Lord, that you have rescued me from every sickness and bondage when You hung on the cross. You took on every curse so that I can be free. I thank you for that freedom and I walk in it from this day forth.

Galatians 3:13 (NLT) – But Christ has rescued us from the curse pronounced by the law. When He was hung on the cross, He took upon Himself the curse for our wrongdoing. For it is written in the Scriptures, “Cursed is everyone who is hung on a tree.”

Prayer 12: Lord, I thank You that through the power of Your Spirit, You raised Jesus from the dead. I decree and declare that Jesus dwells within me, bringing life to my body because of Your power and life. I thank You and fully expect You to move in my life as I submit my will to Yours. I speak freedom to every area of my life that is bound. I will see breakthroughs come to pass because I’m trusting and relying on Your Word!

Romans 8:11 (NKJV) – But if the Spirit of Him who raised Jesus from the dead dwells in you, He who raised Christ from the dead will also give life to your mortal bodies through His Spirit who dwells in you.





I WILL WALK IN ABUNDANCE

Prayer 1: I decree & declare that as I commit to being a tither & giver, abundance will flow and the spirit of poverty is broken in my life! As I engage & become consistent in my tithing this year, I will come under an open heaven order of blessings.

Malachi 3:10 (NLT) - “Bring all the tithes into the storehouse so there will be enough food in my Temple. If you do, says the Lord of Heaven’s Armies, I will open the windows of heaven for you. I will pour out a blessing so great you won’t have enough room to take it in! Try it! Put me to the test!”

Prayer 2: I declare that I am blessed to be a blessing. I thank the Lord that it is His will that I prosper, because He will use me to be a blessing to everyone who comes into my path. My family is blessed, my children are blessed, my home is blessed!

Gen. 12:2 (NKJV) - “I will make you a great nation; I will bless you & make your name great; & you shall be a blessing. I will bless those who bless you, & I will curse him who curses you; & in you all the families of the earth shall be blessed.”

Prayer 3: I declare that as I serve the interests of the Kingdom with my resources this year, I will see increase take place in my life. I decree that Faith Temple will see increase this year and we will see wealth come into our hands to advance the Kingdom of God!

Psalms 115:12-14 - “The Lord has been mindful of us; He will bless us; He will bless the house of Israel; He will bless the house of Aaron. He will bless those who fear the Lord, both small & great. May the Lord give you increase more & more, you & your children.”

Prayer 4: I decree & declare that I will walk in greater abundance this year. More & more blessings will overtake me because I obey the voice of the Lord. Every spirit of lack is broken in my life and I am walking in a season of breakthrough!

Duet. 28:2 (NKJV) - “And all these blessings will come upon you & overtake you, because you obey the voice of the Lord your God.”





DESTINY & PURPOSE

Prayer 1: I declare that I walk in the principles of God's Word, and God is leading me into all that He has for my life. Every promise that He has given me will be fulfilled. The plans that He has for my life are good!

Jer. 29:11-13 (NLT) - "For I know the plans I have for you, says the Lord. They are plans for good & not for disaster, to give you a future & a hope. In those days when you pray, I will listen. If you look for Me wholeheartedly, you will find Me."

Prayer 2: I decree & declare that no weapon formed against me shall prosper, and every word that rises up against me, I will condemn. I am a warrior in the Kingdom of God & I will take my place!

Isaiah 54:17 (NLT) - "But in that coming day no weapon turned against you will succeed. You will silence every voice raised up to accuse you. These benefits are enjoyed by the servants of the Lord; their vindication will come from me. I, the Lord, have spoken!"

Prayer 3: The Lord is protecting everything that concerns me, and He watches over me & my family. I declare that I will see His goodness & fulfill all the days that He has for me.

Psalms 138:8 (AMP) - "The Lord will accomplish that which concerns me; Your [unwavering] lovingkindness, O Lord, endures forever—Do not abandon the works of Your own hands."

(NKJV) - "The LORD will perfect that which concerns me; Your mercy, O LORD, endures forever; do not forsake the works of Your hands."

Prayer 4: I decree & declare that 2020 is a year of the Lord accomplishing His will in my life. I surrender to Your purposes, Lord, for I know that You have good things in store. I speak breakthroughs, abundance, wholeness & joy!

Psalms 84:11-12 - "For the Lord God is our sun & our shield. He gives us grace & glory. The Lord will withhold no good thing from those who do what is right. O Lord of Heaven's Armies, what joy for those who trust in You."



THE ANOINTING

Prayer 1: I thank You, Lord, that You have given me Your anointing. I will keep the anointing of Your Spirit burning in me continually. I declare that I am a lamp of pure gold. The oil of Your Spirit is full in me and my light will never go out.

Leviticus 24:1-2,4 (NLT) – “The LORD said to Moses, Command the people of Israel to bring you oil of pressed olives for the light, to keep the lamps burning continually...Aaron and the priests must tend the lamps on the pure gold lampstand continually in the LORD’s presence.”

Prayer 2: I decree and declare that I am anointed. God Himself has empowered me to be victorious in every situation that I will face. His Spirit is within me and is a burden-removing, yoke-destroying power. From today onward, regardless of what I see, feel, hear or even think, I recognize right now that His power is within me and I will act according to His will.

1 Samuel 16:13 (NLT) – “So as David stood there among his brothers, Samuel took the flask of olive oil he had brought and anointed David with the oil. And the Spirit of the LORD came powerfully upon David from that day on. Then Samuel returned to Ramah.”

Prayer 3: I decree and declare that like Jesus, the Spirit of the Lord is on me and He has anointed me with burden-removing, yoke-destroying power. I declare that I will preach good news to the poor, declaring freedom from poverty. I will announce deliverance to every captive and recovery of sight to the blind. I declare that the Lord will use me to deliver those who are oppressed and wounded by the trials of life. I will proclaim to everyone that the day of grace has come – that God is ready to receive them into His family and show them His continual favor.

Luke 4:18,19 (NLT) – “The Spirit of the Lord is upon me, for He has anointed me to bring Good News to the poor. He has sent me to proclaim that captives will be released, that the blind will see, that the oppressed will be set free, and that the time of the LORD’s favor has come.”





THE ANOINTING

Prayer 4: I declare that people are drawn to the Holy Spirit who is within me, and I will be an avenue of God's healing power for them. Unclean spirits of every kind must flee as power goes forth from me to meet their needs.

Luke 6:18,19 (NKJV) – “As well as those who were tormented with unclean spirits, and they were healed. And the whole multitude sought to touch Him, for power went out from Him and healed them all.”

Prayer 5: I decree and declare that as a result of being baptized with the Holy Spirit, I have received power and miraculous ability to become a living witness that demonstrates God's presence with me to my city, my country and the uttermost parts of the earth.

Acts 1:8 (NKJV) – “But you shall receive power when the Holy Spirit has come upon you; and you shall be witnesses to Me in Jerusalem, and in all Judea and Samaria, and to the end of the earth.”

Prayer 6: I declare today that all of the miracle-working power that flows through my life is not my own. It is the power of God working in and through me that enables me to do all things. I speak, not by my own strength, but by His strength.

Acts 3:12 (AMP) – “And Peter, seeing it, answered the people, You men of Israel, why are you so surprised and wondering at this? Why do you keep staring at us, as though by our power or piety we had made this man walk?”





THE ANOINTING

Prayer 7: I decree that I am in Christ and it is the commission that He gave me to do, to continue His work on this earth. I have been anointed by the Father with strength, ability and power through the Holy Spirit and in Jesus' name. It is my duty to go about doing good and healing all who are oppressed of the devil, for I know that the Lord is with me.

Acts 10:38 (AMP) – “How God anointed and consecrated Jesus of Nazareth with the Spirit and with strength and ability and power; how he went about doing good and, in particular, curing all who were harassed and oppressed by [the power of] the devil, for God was with Him.”

Prayer 8: I decree and declare that God does unusual and extraordinary things by my hands! Because of His anointing with me, the power of the Holy Spirit is released to others.

Acts 19:11,12 (NLT) – “God gave Paul the power to perform unusual miracles. When handkerchiefs or aprons that had merely touched his skin were placed on sick people, they were healed of their diseases, and evil spirits were expelled.”





FAITH DECLARATIONS

Prayer 1: I decree & declare that I walk by faith & I will see through the eyes of faith. I thank You, Lord, that You will show me every day how to see through Your eyes – things that look impossible will be possible by faith!

Heb.11:1 (TPT) – “Now faith brings our hopes into reality & becomes the foundation needed to acquire the things we long for. It is all the evidence required to prove what is still unseen.”

Prayer 2: I declare that my words will line up with the words of faith because of Christ who lives in me. His words will become my words! I decree that as I speak, the atmosphere of my home, my job, and everywhere I go will change, because of the creative words of faith!

Heb.11:3 (TPT) – “Faith empowers us to see that the universe was created & beautifully coordinated by the power of God’s words! He spoke & the invisible realm gave birth to all that is seen!”

Prayer 3: I decree & declare that I will not waver in believing the promises that God has for my life. A spirit of faith rests on me as I pray, and I will call things that are not as though they were because I am fully convinced that God is able!

Romans 4:20-21 (NLT) – “Abraham never wavered in believing God’s promise. In fact, his faith grew stronger, and in this he brought glory to God. He was fully convinced that God was able to do whatever He promises.”

Prayer 4: I decree & declare that the faith in my heart will continue to grow because I will read the word & it will produce all the faith that I need. I will trust God’s word and will do all that it says!

Psalms 33:4 (TPT) - “For God’s word is something to sing about! He is true to His promises, His word can be trusted, & everything He does is reliable & right!”





FAITH DECLARATIONS

Prayer 5: I decree & declare that I will see miracles, signs & wonders take place as I speak things into existence. I cancel every doubt & declare that I believe, therefore I will receive!

Psalm 57:7 – “My heart is confident in You, O God; my heart is confident. No wonder I can sing Your praises!”

Prayer 6: I declare that by faith, I will speak to mountains & they will move. I will speak to dry places, & rivers will flow! I will see the purposes of God be fulfilled in every circumstance because I serve the God of miracles!

Romans 8:28 (AMP) – “And we know [with great confidence] that God [who is deeply concerned about us] causes all things to work together [as a plan] for good for those who love God, to those who are called according to His plan & purpose.”

Prayer 7: I decree and declare that the Holy Spirit is breathing fresh faith into my spirit. I will speak by faith and see by faith because I will see through the eyes of faith! The Spirit of the Lord is enabling me to grow every day and see my faith grow so that I will anticipate miracles in my life.

Job 33:4 (NKJV) – “The Spirit of God has made me, and the breath of the Almighty gives me life.”

Prayer 8: I declare today that as I read the Word of God, faith will arise in my heart. I thank You Lord, for breathing fresh faith into my heart as I read and speak what Your words say. Faith will grow as I pray Your words of life!

Romans 10:17 (NKJV) – “So then faith comes by hearing, and hearing by the word of God.”

