

24 HOUR BIRTHDAY RETREAT PROGRAM

WITH

FASTING

“But they that wait upon the Lord shall renew their strength...” Isaiah 40:31

SYNOPSIS

Reconnect...Realign...Renew

This birthday retreat program is my personal gift to you. A sacred offering from the deepest part of my spiritual journey. It was born from my most recent birthday and linked with the launch of this website (TiVH). It is an intense and intentional prayer program designed to help you:

- Reconnect with God if you've felt distant
- Push further in intimacy if you're already walking with Him
- Realign with His unique purpose and plan for your life

This is not a religious routine, it is a spiritual experience. A soul retreat and a divine reset.

What to Expect:

- **Structured Prayer Points** to guide you through spiritual warfare and surrender
- **Scriptural Anchors** to keep you grounded in truth
- **Moments of Worship** to open your spirit to divine downloads
- **Journaling Prompts** to help you pour out and process
- **Prophetic Declarations** to speak life and victory over your next year

Whether you've been struggling with clarity, direction, burdens, or simply hunger for more of God, this retreat will meet you at your point of need. It is God's invitation to *pause, listen, reflect, and rise again.*

“This is what the Sovereign Lord, the Holy One of Israel, says: ‘In repentance and rest is your salvation, in quietness and trust is your strength...’” – Isaiah 30:15

A Few Things to Remember:

- Let your Bible be your most trusted guide. allow the Word to speak life into you.
- Approach this program with openness. Pour out everything and wait on God in stillness.
- Do not depend on anyone to be the mediator. *God desires to hear directly from you.*
- Adapt this retreat to your personality and make it yours.

My Promise to You:

The testimonies that will follow this retreat will be personal and powerful. But more importantly, *you will find rest, renewal, and a deep calmness for the journey ahead.*

Let this become your yearly tradition and spiritual birthday gift you give yourself.

FOCUS AREAS:

1. Spiritual Upliftment
2. Career/Job Move
3. Total Life Transformation
4. Breaking Limitations
5. Prophetic Next Level Declarations

PLAN OF ACTION TO MAKE THE RETREAT SPIRITUALLY FULFILLING:

Before the Retreat:

- **Prepare Materials:** Bible, journal, anointing oil, worship playlist, candles (optional)
- **Choose Location:** Quiet room, hotel, retreat center, or home altar setup
- **Tell Close Family:** Let them know you're offline for spiritual renewal
- **Prepare Light Meals or Fasting Plan:** Consider a liquid fast or fruits-only if not full fast

During the Retreat:

- **Stay Unplugged:** No social media or calls unless urgent
- **Minimize Distractions:** No browsing, no multitasking

- **Use Worship Music Strategically:** Start sessions with it or during breaks
- **Alternate Between Speaking and Listening:** Practice silent meditative moments

After the Retreat:

- **Document Your Encounters:** Write down visions, insights, dreams
- **Obey Promptings Quickly:** Take steps God lays on your heart
- **Set Monthly Checkpoints:** Evaluate progress on goals from the retreat
- **Create a Circle of Accountability:** Share your vision with 1–2 trusted people, preferably your prayer partner or spouse.
- **Celebrate in Gratitude:** Have a Thanksgiving Moment

RETREAT STRUCTURE & TIMELINES:

Hour 1–2 (12 AM – 2 AM): THANKSGIVING & DEDICATION

- **Activities:** Worship, Gratitude Prayers, Psalm Reading
- **Scripture:** Psalm 103:1-5, Psalm 118:24, 1 Thessalonians 5:18
- **Objective:** Open the retreat with heartfelt thanks and dedicate the new year of your life to God.

Hour 3–5 (2 AM – 5 AM): SPIRITUAL UPLIFTMENT & FIRE

- **Activities:** Deep intercession, praying in the Spirit, fasting declarations
- **Scripture:** Isaiah 40:31, Acts 1:8, Ephesians 3:16-20
- **Objective:** Ignite your spirit man; ask for fresh fire, revival, and hunger for God.

Hour 6–8 (5 AM – 8 AM): PERSONAL TRANSFORMATION

- **Activities:** Repentance, healing, cleansing prayers
- **Scripture:** Romans 12:2, Ezekiel 36:26, 2 Corinthians 5:17
- **Objective:** Total heart renewal, breaking off habits and patterns of the past.

Hour 9–11 (8 AM – 11 AM): NEXT LEVEL DIMENSION (JOB/DESTINY MOVE)

- **Activities:** Prophetic decrees, writing new job/project vision
- **Scripture:** Jeremiah 29:11, Psalm 75:6-7, Isaiah 45:2-3
- **Objective:** Align your next career or business move with divine timing.

Hour 12–14 (11 AM – 2 PM): WARFARE & BREAKING LIMITATIONS

- **Activities:** Deliverance prayers, breaking generational setbacks, speaking in tongues
- **Scripture:** Obadiah 1:17, Matthew 11:12, 2 Corinthians 10:4
- **Objective:** Dismantle barriers blocking progress, job elevation, or destiny.

Hour 15–17 (2 PM – 5 PM): TOTAL LIFE REDEDICATION & CONVICTION

- **Activities:** Personal communion, fresh covenant dedication
- **Scripture:** Romans 12:1, Galatians 2:20, Psalm 51:10
- **Objective:** Renew commitment to live fully for God in every sphere.

Hour 18–20 (5 PM – 8 PM): VISION MAPPING + LETTER TO SELF

- **Activities:** Writing down clear goals (spiritual, financial, relational, career), vision board, journaling
- **Scripture:** Habakkuk 2:2-3, Proverbs 16:3
- **Objective:** Create clarity, divine structure, and bold targets for your new year.

Hour 21–24 (8 PM – 12 AM): PROPHETIC DECLARATIONS + WORSHIP

- **Activities:** Speaking life, faith decrees, praise session
- **Scripture:** Job 22:28, Numbers 14:28, Mark 11:23
- **Objective:** Seal the retreat in victory and praise, declaring only the counsel of the Lord will stand.

100 PRAYER POINTS

Before anything else, come before God with **gratitude**. Indeed, it is a **privilege to see another birthday**, not by your own power, but by the sheer mercy and grace of God.

Let your heart overflow with thankfulness. Let praise rise from deep within. Every new year of life is a testimony of God's sustaining power and endless compassion. Go down memory lane and mention, one after another other, all the milestones of your life and raise songs of praise and thanks to God.

“Enter His gates with thanksgiving and His courts with praise; give thanks to Him and praise His name.” – Psalm 100:4

SPIRITUAL UPLIFTMENT

1. Lord, rekindle the fire of Your Spirit within me. – *2 Timothy 1:6*
2. Create in me a clean heart and renew a right spirit within me. – *Psalm 51:10*
3. Father, pour water on my thirsty soul and floods on my dry ground. – *Isaiah 44:3*
4. Give me the Spirit of wisdom and revelation in knowing You. – *Ephesians 1:17*
5. Strengthen me with might in my inner man by Your Spirit. – *Ephesians 3:16*
6. Holy Spirit, lead me daily in every decision and action. – *Romans 8:14*
7. O God, You are my God, early will I seek You with all my heart. – *Psalm 63:1*
8. I wait upon You, Lord, renew my strength. – *Isaiah 40:31*
9. Empower me with Holy Ghost fire for effective Christian living. – *Acts 1:8*
10. Help me worship in spirit and in truth. – *John 4:24*
11. Draw me near, O Lord, and purify my heart. – *James 4:8*
12. Let the consuming fire of God burn every chaff in my life. – *Hebrews 12:29*
13. Set my affection on things above, not on earthly things. – *Colossians 3:2*
14. Increase my hunger and thirst for righteousness. – *Matthew 5:6*
15. Let me walk and live by the Spirit. – *Galatians 5:25*
16. That I may know You and the power of Your resurrection. – *Philippians 3:10*
17. As the deer pants for water, so my soul longs after You. – *Psalm 42:1*
18. Let my heart burn again for Your Word. – *Luke 24:32*
19. I will not quench the Spirit in my life. – *1 Thessalonians 5:19*
20. Restore my first love and zeal for You, Lord. – *Revelation 2:4-5*

NEXT LEVEL OPPORTUNITIES / JOB MOVE

1. Father, announce me like David and position me for destiny. – *1 Samuel 16:12-13*
2. I break free from every stagnation at this mountain. – *Deuteronomy 1:6*
3. Open doors before me that no man can shut. – *Revelation 3:8*
4. Promote me in Your time, O Lord, and lift me by Your hand. – *Psalms 75:6-7*
5. Go before me and make every crooked path straight. – *Isaiah 45:2-3*
6. Let favor speak for me like it did for Joseph. – *Genesis 39:3-4*
7. Cause my excellence to stand me before kings. – *Proverbs 22:29*
8. Align my time with divine favor and opportunity. – *Ecclesiastes 9:11*
9. Establish the work of my hands with Your beauty. – *Psalms 90:17*
10. Give me the wisdom and capacity to lead like Jeroboam. – *1 Kings 11:28*
11. Cause me to have an excellent spirit at work. – *Daniel 6:3*
12. Let my light arise and shine in the marketplace. – *Isaiah 60:1*
13. Not by might or power but by Your Spirit shall I advance. – *Zechariah 4:6*
14. Give me authority to root out and build in my sphere. – *Jeremiah 1:10*
15. Let me sow and reap a hundredfold even in famine. – *Genesis 26:12-13*
16. Position me as a light and influence in my industry. – *Matthew 5:14-16*
17. Direct my path in this new season. – *Proverbs 3:5-6*
18. Place the key of breakthrough and access in my hand. – *Isaiah 22:22*
19. Prepare a table before me in the presence of my competitors. – *Psalms 23:5*
20. Enlarge my territory, O Lord, like Jabez. – *1 Chronicles 4:10*

TOTAL TRANSFORMATION

1. Transform me by the renewing of my mind. – *Romans 12:2*
2. Give me a new heart and put a new spirit within me. – *Ezekiel 36:26*
3. I am a new creature in Christ, old things are passed away. – *2 Corinthians 5:17*
4. Work in me to will and do of Your good pleasure. – *Philippians 2:13*
5. Let Christ live in me and through me daily. – *Galatians 2:20*
6. Search me, O God, and lead me in the way everlasting. – *Psalms 139:23-24*
7. Make me a doer of the Word, not just a hearer. – *James 1:22*
8. Prune every part of my life to bear more fruit. – *John 15:2*

9. Let Your grace continue to transform me into purpose. – *1 Corinthians 15:10*
10. Let Your grace teach me to deny ungodliness. – *Titus 2:11-12*
11. Cleanse me from all unrighteousness. – *1 John 1:9*
12. By the Spirit, put to death every deed of the flesh. – *Romans 8:13*
13. Do a new thing in my life, Lord. – *Isaiah 43:19*
14. Help me lay aside every weight and sin. – *Hebrews 12:1*
15. Purge me to be a vessel unto honor. – *2 Timothy 2:21*
16. Renew me daily in the image of Christ. – *Colossians 3:9-10*
17. Let the words of my mouth and thoughts be acceptable to You. – *Psalms 19:14*
18. Let the fruits of the Spirit be evident in me. – *Galatians 5:22-23*
19. Guard my heart with diligence from corrupt seeds. – *Proverbs 4:23*
20. I walk daily in the freedom Christ has given me. – *John 8:36*

BREAKING LIMITATIONS

1. Let every burden and yoke over my life be destroyed. – *Isaiah 10:27*
2. Let me possess my possessions by Your power. – *Obadiah 1:17*
3. I take my next level by violent faith. – *Matthew 11:12*
4. Break strongholds limiting my growth. – *2 Corinthians 10:4*
5. By You, Lord, I leap over walls and barriers. – *Psalms 18:29*
6. Redeem me from every ancestral curse. – *Galatians 3:13*
7. No weapon formed against me shall prosper. – *Isaiah 54:17*
8. There shall be no enchantment against my destiny. – *Numbers 23:23*
9. I escape every trap of limitation. – *Psalms 124:7*
10. Heal me and restore my peace and destiny. – *Jeremiah 30:17*
11. Break open every gate of resistance before me. – *Micah 2:13*
12. Let chains fall off my hands and destiny. – *Acts 12:7*
13. You are the lifter of my head, raise me above reproach. – *Psalms 3:3*
14. Disappoint the devices of every wicked plot. – *Job 5:12*
15. Contend with them that contend with my rising. – *Isaiah 49:24-25*
16. Make me the head and not the tail. – *Deuteronomy 28:13*
17. Lift my head above my enemies round about. – *Psalms 27:6*
18. Destroy the horns scattering my progress. – *Zechariah 1:21*
19. Fight my battles and give me peace. – *Exodus 14:14*
20. If God is for me, nothing can stand against me. – *Romans 8:31*

PURPOSE & MISSION

1. Reveal to me what You ordained for me before birth. – *Jeremiah 1:5*
2. Let Your counsel prevail over every plan. – *Proverbs 19:21*
3. Order my steps into divine relevance. – *Psalms 37:23*
4. Stir up every dormant gift within me. – *Romans 11:29*
5. Use me, Lord, for Your purpose. – *Isaiah 6:8*
6. Give me clarity to write and run with the vision. – *Habakkuk 2:2*
7. Help me walk in the good works prepared for me. – *Ephesians 2:10*
8. Cause me to show forth Your praise. – *1 Peter 2:9*
9. Empower me to work while it is day. – *John 9:4*
10. Make me a nation builder despite my small beginning. – *Isaiah 60:22*
11. Grace to finish well and strong. – *2 Timothy 4:7*
12. Let me run to obtain my divine crown. – *1 Corinthians 9:24*
13. Let my life glorify You through visible good works. – *Matthew 5:16*
14. Make me a blessing to my generation. – *Genesis 12:2*
15. Let my calling deliver healing to others. – *Luke 4:18*
16. Let me do exploits through divine knowledge. – *Daniel 11:32*
17. I press toward the high calling of God. – *Philippians 3:14*
18. Help me to fulfill my ministry. – *Colossians 4:17*
19. I bear fruit that remains. – *John 15:16*
20. Let me serve Your purpose in my generation. – *Acts 13:36*

100 BIBLICAL DECLARATIONS AND CONFESSIONS

SECTION 1: VICTORY IN CHRIST

1. I am more than a conqueror through Christ who loves me. (*Romans 8:37*)
2. I triumph always in Christ Jesus and spread His fragrance. (*2 Corinthians 2:14*)
3. I have overcome the world, for greater is He that is in me. (*1 John 4:4*)
4. No weapon formed against me shall prosper. (*Isaiah 54:17*)
5. I live under divine covering and angelic protection. (*Psalms 91:11*)
6. I am seated with Christ far above all powers and dominions. (*Ephesians 2:6*)
7. I walk in the authority of Christ and trample on serpents. (*Luke 10:19*)
8. My sins are forgiven, and I walk in righteousness. (*1 John 1:9*)
9. I stand strong in the full armor of God. (*Ephesians 6:11-13*)
10. I have peace that passes understanding through Christ. (*Philippians 4:7*)
11. I am God's beloved, called, chosen, and appointed. (*John 15:16*)
12. I carry the resurrection power of Christ. (*Romans 8:11*)
13. The blood of Jesus speaks better things for me. (*Hebrews 12:24*)
14. I am the righteousness of God in Christ. (*2 Corinthians 5:21*)
15. I have bold access to the throne of grace. (*Hebrews 4:16*)
16. I reign in life through Jesus Christ. (*Romans 5:17*)
17. My name is written in the Lamb's Book of Life. (*Revelation 21:27*)
18. I am redeemed from every curse and walk in blessings. (*Galatians 3:13-14*)
19. I am a partaker of the divine nature. (*2 Peter 1:4*)
20. Nothing can separate me from the love of God. (*Romans 8:39*)

SECTION 2: NEXT LEVEL DECLARATIONS

21. I break every limit and move forward into greatness. (*Deuteronomy 1:6-7*)
22. My light is shining brighter and brighter each day. (*Proverbs 4:18*)
23. I step into divine visibility and influence. (*Matthew 5:14*)
24. My destiny helpers locate me and favor me. (*Genesis 39:21*)
25. I walk into prepared places and divine promotions. (*Psalms 75:6-7*)
26. The works of my hands are blessed. (*Deuteronomy 28:12*)
27. I am the head and not the tail; I rise above. (*Deuteronomy 28:13*)
28. I step into doors that no man can shut. (*Revelation 3:8*)
29. I move from surviving to thriving. (*Isaiah 60:1-2*)
30. I enjoy unusual access and favor in high places. (*Esther 2:17*)

- 31.I possess the gates of influence and economy. (*Genesis 22:17*)
- 32.My name carries divine recommendation. (*1 Samuel 16:18*)
- 33.My next season is blessed with good news. (*Proverbs 25:25*)
- 34.I receive divine strategy for advancement. (*Genesis 41:39-41*)
- 35.I recover wasted years and lost opportunities. (*Joel 2:25*)
- 36.The anointing of relevance rests on me. (*Daniel 6:3*)
- 37.I am remembered for promotion and upliftment. (*Genesis 41:9-14*)
- 38.My testimonies are undeniable. (*Psalms 126:1-3*)
- 39.I transition into my next level with speed and power. (*1 Kings 18:46*)
- 40.I operate with excellence and distinction. (*Proverbs 22:29*)

SECTION 3: TOTAL TRANSFORMATION DECLARATIONS

- 41.I am being transformed into the image of Christ daily. (*2 Corinthians 3:18*)
- 42.My mind is renewed and aligned with God's will. (*Romans 12:2*)
- 43.I put off the old man and walk in newness of life. (*Colossians 3:9-10*)
- 44.I am a new creature; all things are become new. (*2 Corinthians 5:17*)
- 45.My life displays the fruits of the Spirit. (*Galatians 5:22-23*)
- 46.I walk in holiness, humility, and truth. (*Micah 6:8*)
- 47.I am crucified with Christ and live by His faith. (*Galatians 2:20*)
- 48.The power of sin is broken in my life. (*Romans 6:14*)
- 49.I bear fruit every season. (*Psalms 1:3*)
- 50.I am a vessel of honor, set apart for God's use. (*2 Timothy 2:21*)
- 51.I live by grace, not by effort. (*1 Corinthians 15:10*)
- 52.My heart is clean; my motives are pure. (*Psalms 51:10*)
- 53.I walk in the light of the Lord. (*1 John 1:7*)
- 54.The joy of the Lord is my strength. (*Nehemiah 8:10*)
- 55.I overcome temptation by the Word and Spirit. (*Matthew 4:4*)
- 56.My life glorifies God in word and action. (*Matthew 5:16*)
- 57.My heart is full of gratitude and peace. (*Colossians 3:15*)
- 58.I have dominion over every fleshly desire. (*1 Corinthians 9:27*)
- 59.I am healed, whole, and restored. (*Jeremiah 30:17*)
- 60.I rise from ashes into beauty. (*Isaiah 61:3*)

SECTION 4: FAMILY, FINANCE & FAVOR DECLARATIONS

61. My household is blessed and protected. (*Psalm 128:1-4*)
62. The covenant of peace is upon my family. (*Isaiah 54:10*)
63. My children and generations are mighty. (*Psalm 112:1-2*)
64. Wealth and riches dwell in my house. (*Psalm 112:3*)
65. I enjoy divine provision and financial flow. (*Philippians 4:19*)
66. The devourer is rebuked for my sake. (*Malachi 3:10-11*)
67. I attract divine connections and helpers. (*1 Samuel 18:1*)
68. I lend to nations and never borrow in desperation. (*Deuteronomy 28:12*)
69. I receive creative ideas and business breakthroughs. (*Isaiah 48:17*)
70. I am a wise steward of God's resources. (*Matthew 25:21*)
71. My favor is increasing daily. (*Luke 2:52*)
72. I walk in undeniable open heavens. (*Ezekiel 1:1*)
73. Every embargo on my resources is lifted. (*Isaiah 45:2-3*)
74. I live in abundance, not in lack. (*John 10:10*)
75. My barns are full and my vats overflow. (*Proverbs 3:9-10*)
76. The hand of the diligent (me) makes rich. (*Proverbs 10:4*)
77. My name is mentioned in places of honor. (*Esther 6:1-3*)
78. I am surrounded with favor like a shield. (*Psalm 5:12*)
79. I have the spirit of multiplication and increase. (*Genesis 1:28*)
80. What I carry brings increase to others. (*Genesis 30:27*)

SECTION 5: PURPOSE, MISSION & DESTINY DECLARATIONS

81. I am born for a divine purpose. (*Jeremiah 1:5*)
82. I walk boldly in the calling of God for my life. (*2 Timothy 1:9*)
83. I will not die but live to declare the works of the Lord. (*Psalm 118:17*)
84. I am a blessing to nations. (*Genesis 12:2-3*)
85. I finish my course with joy and power. (*Acts 20:24*)
86. My gifts make room for me. (*Proverbs 18:16*)
87. I walk in prophetic accuracy and divine steps. (*Proverbs 16:9*)
88. My voice is amplified in my generation. (*Isaiah 58:1*)
89. I align with God's divine calendar for my life. (*Ecclesiastes 3:1*)
90. I run with vision and purpose. (*Habakkuk 2:2-3*)
91. I fulfill destiny and complete my assignment. (*Colossians 4:17*)
92. I am a solution, not a problem. (*Matthew 5:13*)
93. I rise to take territories for God. (*Joshua 1:3*)

- 94. I do exploits by the knowledge of my God. (*Daniel 11:32*)
- 95. I live as an ambassador of Christ. (*2 Corinthians 5:20*)
- 96. I am a repairer of broken walls and restorer of streets. (*Isaiah 58:12*)
- 97. I operate with kingdom intelligence and grace. (*Daniel 1:17*)
- 98. I receive grace to multiply results. (*2 Corinthians 9:8*)
- 99. My destiny shines as the brightness of the firmament. (*Daniel 12:3*)
- 100. I serve God's purpose in my generation. (*Acts 13:36*)

Treasures in Earthen Vessels