



PRAYER & FAST TIPS



ON THE FAST DAY

- As a church, we will be fasting daily (Monday-Sunday) from 6:00 AM until 6:00 PM.
- In your focused prayer times, be patient. Wait on God. Don't be in a hurry. Ask God to teach you how to be still and quiet before Him. Meditate on Scripture. Journal your thoughts. Take notes on the things that God is revealing to you during your fast.
- Pray for a closer walk with God.
- Pour your heart out in deep concern for the people you are praying for during this fast and be open for the Lord to bring other people to your mind.
- Pray for the salvation of a family member, friend, or co-worker, even church member.



AN IMPORTANT NOTE IF YOU'RE FASTING FROM FOOD

- If you have chosen to fast from food, be sure to do this wisely. Consult your physician if necessary. Fasting can be either total (abstaining from food and water from 6am -6pm) or partial (abstaining from a meal or a type of food that brings you comfort). If this is your first time, don't swing for the fences. Start small and work your way up over time. Fast from certain meals, or drink fruit juice or light smoothies throughout the day. During a fast from food you may feel weaker than usual, irritable and find difficulty concentrating. You may also get a headache. This is normal, but because of this you also want to abstain from exercise and other strenuous physical activities during your fast. ***If you have a medical condition that requires you to eat before or after taking medication, please substitute fasting from food with fasting from television, talking on the phone, music, or other comforts.



DEALING WITH DISTRACTING HABITS

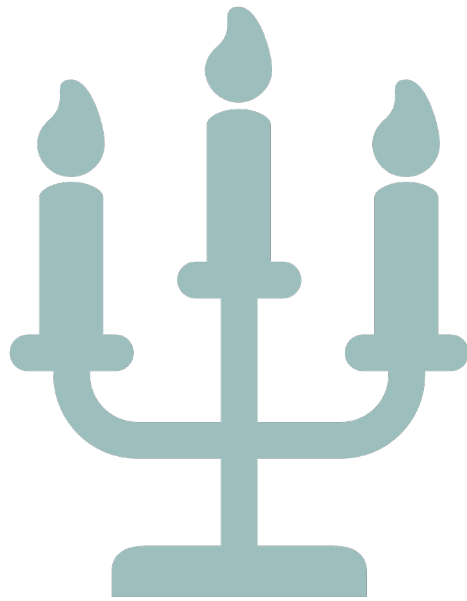
- While one is fasting, distractions should be avoided. Fasting is an ideal time to deal with sinful and unwanted habits in your life. If sinful habits are continued during consecration, it undermines the entire process and hampers spiritual growth. If one is dealing with issues, one should not avoid the fast. Fasting gives one strength to **OVERCOME LONG STANDING ISSUES THAT HAVE FAILED WITH MANY PREVIOUS ATTEMPTS** (Mark 9:29).



PRAYER

Prayer is the most vital part of the Church; it is my belief, prayer is the most important meeting in the Church. Without earnest and effectual prayer, the church is ineffective. These 70 days is a time for us to refocus on our first love, be united as a congregation, and seek God for His empowerment to run this Christian race.

WHY SPEND TIME IN PRAYER?



- “Jesus’ Prayer Life

If Jesus, The Son of God, spent a lot of time in prayer, then we should certainly do the same. Someone once said they pray 3 hours a day because they were too busy not to pray. May this be our resolve, develop a prayer life that’s as natural as breathing.

- Jesus was a busy Man -Mark 1:31-32

- Jesus prayed much -Luke 5:16; Hebrews 5:7

- Luke 4:2; Mark 1:13 40 days and nights fasting in the wilderness

- Mark 1:35 in the morning, rising up a great while before day... and prayed.

- Mat 14:23; Mar 6:46 And when He had sent them away, He departed into a mountain to pray.

- Mark 9:2 Mt. Of transfiguration

- Mk 9:29 this kind

- Matt. 26 :36-41 Gethsemane

- Luke 6:12 And it came to pass in those days, that He went out into a mountain to pray, and continued all night in prayer to God.

- Jesus prayed and then He chose the 12

- Luke 11:1 Lord teach us to pray

- Luke 18:1 And He spake a parable unto them [to this end], that men ought always to pray, and not to faint;”



TYPES OF PRAYER

Paul calls for believers to pray always with "all prayer" (Ephesians 6:18). Another translation of the Bible reads "praying with every kind of prayer" (Goodspeed Translation). This refers to the various types of prayer which include:

- 1) **WORSHIP AND PRAISE:** You enter into God's presence with worship and praise: (Psalms 63:4; 145:2) they that worship Him must worship Him in spirit and in truth. (John 4:23-24)
- 2) **COMMITMENT:** This is prayer committing your life and will to God. It includes prayers of consecration and dedication to God, His work, and His purposes. I Samuel 1:10 -11;
- 3) **PETITION:** Prayers of petition are requests. Requests must be made according to the will of God as revealed in His written Word. Petitions may be at the levels of asking, seeking, or knocking. Supplication is another word for this type of prayer. The word supplication means "beseeching God or strongly appealing to Him in behalf of a need. Isa. 38:2-3
- 4) **CONFESSION AND REPENTANCE:** (Psalm 51; Nehemiah 1:4-11) A prayer of confession is repenting and asking forgiveness for sin: If we confess our sins, He is faithful and just to forgive us our sins and to cleanse us from all unrighteousness. (I John 1:9)
- 5) **LISTENING:** I Kings 19:11-12; I Samuel 3:1-10; Jeremiah 30:2
- 6) **INTERCESSION:** Intercession is prayer for others. An intercessor is one who takes the place of another or pleads another's case. It is upon this type of prayer that many of us are here today.



PETITIONING GOD

How do you petition the Lord?

- 1) Make sure it is properly motivated and that it will glorify the Lord. (John 14:13; James 4:1-3). Do not ask out of sheer selfishness.
- 2) Ask in faith, without doubting. Mtt. 21:21-22; Mk. 5:34; 11:23; Heb. 3:12; James 1:6)
- 3) Ask in accordance with His will; His Word (John 15:7; Ro. 10:8-10; 1 John 3:18-22; 5:14,15) How do we know what God's will is? The Word & The Holy Spirit – Ro. 8:26-27; Isa. 55:8-9; Mtt. 26:39
- 4) Ask in the Name of Jesus -John 14:14; 16:23 Mark 16:17-18; Mtt. 28:18-20
- 5) Be persistent -Luke 18:1-8; Mtt. 7:7-8
- 6) Be specific/ Speak it... What should you ask for? Whatsoever things you desire. Mk. 11:24; John 14:14; Phil. 4:6; Ps. 73:4; Mtt. 26:39

SOME REASONS FOR UNANSWERED PRAYERS

