

ICF PRAYER & FASTING GUIDE



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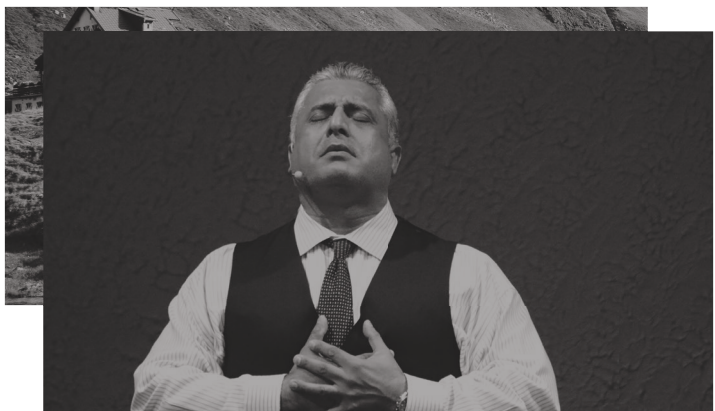
DEAR READER,

Since our inception in 1996 until now, prayer, spiritual warfare, and apostolic ministry have been the DNA of ICF. God has done, and is doing, great and powerful things for ICF because we are a church after His heart - a church of prayer.

Prayer is not something we do to get God to act. Prayer is the avenue in which the Lord wants to communicate and work through His people. It is in this two-way conversation, where we not only talk to Him, but we listen and wait, to hear God speak and minister to us. It is through this avenue that He can take us from the known, tangible, or natural realm, into the unknown and supernatural realm to reveal Himself and His power to us and through us. He will give you the things that you need through prayer. He will even show you what to pray for so that you will be in agreement with Him. This produces a powerful effect in and through our lives and the lives of those around us.

Understanding the necessity of prayer is not enough. In order for it to become a part of our life, it needs to become something we look forward to and are plugged into daily. I'm convinced most people don't enjoy prayer because they have never been taught how to pray. That's where this simple prayer journal can help. Using several prayer models out of the Bible, this guide is designed to bring focus into your time with God. When you discover the joy and power of daily conversation with Him, you'll experience the presence of God that will change your life.

Thomas Kinkade, the renowned painter, wrote this concerning the power of prayer: "The power of prayer is like turning on a light as it illuminates God's purpose for our lives." Let's daily ***Plug into the Power of Prayer!***



“Prayer is more powerful than habits, heredity, and natural tendencies. It can overcome all these. It is more powerful than the forces that hold the planets in place. Prayer, though it comes from the heart of an unlearned child of God, can suspend the laws of the universe, if such be God’s will, just as the sun stood still when Joshua prayed. There is no other power on earth that the enemy of souls hates and fears as he does prayer. We are told that ‘Satan trembles when he sees the weakest saint upon his knees’.”

– M.E. Andross

PRAYER AS A LIFESTYLE

How do we make prayer a part of our everyday life? We can learn from three things that Jesus did, *“And in the morning, rising up a great while before day, he went out, and departed into a solitary place, and there prayed.”* (Mark 1:35)

- **A CERTAIN TIME**

Jesus got up very early in the morning to spend time in prayer. In order for prayer to work, we should do the same. Remember that ‘early’ is not a specific time; it means first. Whatever we ingest into our spirits first in the day will be the filter through which everything else passes. Put God first.

- **A CERTAIN PLACE**

Jesus had a prayer place. Your prayer place needs to be an undistracted environment where you can pray out loud and perhaps have some worship music playing in the background.

- **A CERTAIN PLAN**

Go into your prayer time with a plan. If it changes, that’s fine. When Jesus taught His disciples how to pray, He gave His disciples a prayer outline. We call it the Lord’s Prayer. This outline, along with several other tools, are available in this guide.

“God commits the keys of His Kingdom to those who devote time to prayer.”

– E.M. Bounds

PRAYER IS SIMPLE: PRAISE-REPENT-ASK-YIELD

Prayer is simply conversation with God. It's praising Him and thanking Him. It's asking Him to meet your need or someone else's. It's about committing and yielding things to Him. We need to pray about everything and anything. I also believe that prayer is easier than we think it is. And it can be so much a part of our life that we don't even realize how much we pray – like breathing.

STEP 1: PRAISE

When you begin a prayer in Praise you are approaching God with total respect and honor. We make prayer first and foremost about His Glory, not about us and what we are looking to get from God! It's about God and how great He is.

*"I cried unto him with my mouth, and he was extolled with my tongue."
(Psalm 66:17)*

Our words have power. They are life and death according to Proverbs 18:21. When you open your mouth to praise God, you are shutting the door on the enemy and opening the door to God.

STEP 2: REPENT

*"Repent ye therefore, and be converted, that your sins may be blotted out, when the times of refreshing shall come from the presence of the Lord;"
(Acts 3:19)*

Repentance is properly understood to mean a change of mind - a change of the intention from wanting to sin to not wanting to sin - that results in a change in action. It involves the decision to make a change of behavior and/or attitude about something. Biblically, repentance means to turn from sin with a heartfelt desire to change and not do it again.

"If we confess our sins, he is faithful and just to forgive us our sins, and to cleanse us from all unrighteousness." (1 John 1:9)

First, confession is 'to agree together with.' God already understands and knows all our sin! Confession is when you understand and agree with him that it is sin and that you are no longer making an excuse for it. Confession is admittance!

"If we say that we have no sin, we deceive ourselves, and the truth is not in us." (1 John 1:8)

When we pray, it is good to take time to be quiet before God because He will reveal to us things we don't think of; like the sin that we need to acknowledge. How can I know all the sins lurking in my heart?

"Who can understand his errors? Cleanse thou me from secret faults. Keep back thy servant also from presumptuous sins; let them not have dominion over me: then shall I be upright, and I shall be innocent from the great transgression." (Psalm 19:12-13)

Repentance is 'rethinking your strategy for living in light of the Gospel.' It is taking a new direction that honors God.

Repentance is how you remember who you really are in Christ!

STEP 3: ASK

"Be careful for nothing; but in everything by prayer and supplication with thanksgiving let your requests be made known unto God." (Philippians 4:6)

God wants us to make our request known to him in prayer.

"Let us therefore come boldly unto the throne of grace, that we may obtain mercy, and find grace to help in time of need." (Hebrews 4:16)

Our God is not distant or unapproachable. The veil has been torn so that in Christ we can reverently but, boldly, come to him with anything we need.

“And this is the confidence that we have in him, that, if we ask any thing according to his will, he heareth us: And if we know that he hear us, whatsoever we ask, we know that we have the petitions that we desired of him.” (1 John 5:14-15)

If we truly understood the power of prayer and how important it is, we wouldn't pray just once for something, but all the time. In some ways it's our constant submission that's more important than what we are asking for!

STEP 4: YIELD

“...nevertheless not my will, but thine, be done.” (Luke 22:42)

Prayer is about us recognizing God is in control. Submitting to that control is to ask for things with the understanding and peace that the outcome is His to decide and ultimately what He decides is what is best for His Glory and our Joy!

Have you ever wondered why God doesn't answer your prayers exactly the way you want Him to? As God's children, we don't always know what's best for us. Instead of grumbling about 'unanswered' prayers, we should be thankful God doesn't always answer our prayers the way we think He should.

We need to remember that God's will is not always our will.

When we pray for God's will to be done, we shouldn't be trying to manipulate God into rubber-stamping what we have already decided to do.

To frame the words of our prayers in a 'yielding' language is a way that we submit our desires to Him. In the end it is our way of acknowledging that He will be the one to truly satisfy us anyway.

Yielding means that God can be trusted!

You are able to yield important things to God because you believe that God's will and plan is better than yours. His foresight is further and His love is greater than we have for others and even ourselves. (Read Romans 6:13-23)

“Prayer should be the key in the morning and the lock at night.”

- Charles Spurgeon

THE LORD'S PRAYER

"And it came to pass, that, as he was praying in a certain place, when he ceased, one of his disciples said unto him, Lord, teach us to pray, as John also taught his disciples." (Luke 11:1)

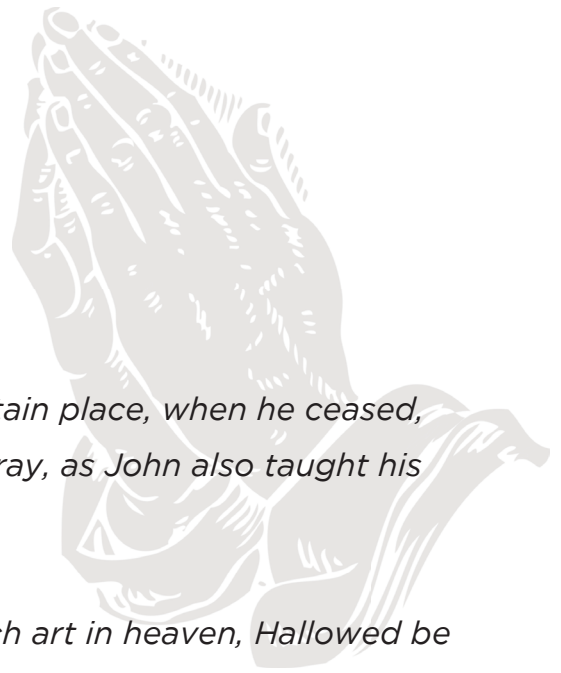
"After this manner therefore pray ye: Our Father which art in heaven, Hallowed be thy name. Thy kingdom come, Thy will be done in earth, as it is in heaven. Give us this day our daily bread. And forgive us our debts, as we forgive our debtors. And lead us not into temptation, but deliver us from evil: For thine is the kingdom, and the power, and the glory, for ever. Amen." (Matthew 6:9-13)

"Our Father which art in heaven..."

CONNECT WITH GOD RELATIONALLY

"For ye have not received the spirit of bondage again to fear; but ye have received the Spirit of adoption, whereby we cry, Abba, Father." (Romans 8:15 KJV)

Establish your intimate relationship with God and thank Him for the relationship you have with Him. He is a loving father. No matter how your natural father's love was to you, you can know beyond a doubt that you have a loving Father!



“...Hallowed be thy Name.”

WORSHIP HIS NAME

God’s name is a place of protection — *“The name of the LORD is a strong tower: the righteous runneth into it, and is safe.” (Proverbs 18:10)*

What are His Names?

- Righteousness – He makes me clean
- Sanctifier – He has called me and set me apart
- Healer – He heals all my diseases
- Banner of Victory – He has defeated my enemy
- Shepherd – He speaks to me and leads me
- Peace – He is my peace in every storm
- Provider – He supplies all of my needs
- Jesus – He saves us and redeems us from all sin

“Thy kingdom come. Thy will be done in earth, as it is in heaven.”

PRAY HIS AGENDA FIRST

When my relationship with God is in order, everything in my life will be in order.

“But seek ye first the kingdom of God, and His righteousness; and all these things shall be added unto you.” (Matthew 6:33)

Priorities:

- Seek His ways
- Seek His kingdom
- Seek His righteousness
- Seek what matters to Him.

“Give us this day our daily bread...”

DEPEND ON HIM FOR EVERYTHING

*“I will lift up mine eyes unto the hills, from whence cometh my help.
My help cometh from the LORD, which made heaven and earth.” (Psalm 121:1-2)*

Ask God for what you want and need and then trust Him for the answer.

“And forgive us our debts, as we forgive our debtors.”

GET YOUR HEART RIGHT WITH GOD AND PEOPLE

*“If we confess our sins, he is faithful and just and will forgive us our sins and
to cleanse us from all unrighteousness.” (1 John 1:9)*

Ask God to check your heart and motives. Release unforgiveness, and bitterness.
Do not hold grudges. Receive His forgiveness for any area that He brings to mind.
Forgive anyone who has offended you in any way.

“And lead us not into temptation, but deliver us from evil:...”

ENGAGE IN SPIRITUAL WARFARE

*“For we wrestle not against flesh and blood, but against principalities, against powers,
against the rulers of the darkness of this world, against spiritual wickedness in
high places.” (Ephesians 6:12)*

Take your stand against the enemy and fight the good fight of faith. The battle begins in the mind. Every lie that the enemy has told you should be replaced with the truth of God's Word.

“For thine is the kingdom, and the power, and the glory forever.”

EXPRESS FAITH IN GOD’S ABILITY

“Ah Lord GOD! behold, thou hast made the heaven and the earth by thy great power and stretched out arm, and there is nothing too hard for thee:” (Jeremiah 32:17).

End your prayer time by reminding yourself of God’s ability. Return to praise and make your faith declarations (Matt. 6:13, I Chron. 29:11):

- “Thine is the Kingdom” – all rule belongs to You
- “Thine is the Power” – all ability and might flows from You
- “Thine is the Glory” – Your victory shall be complete

“Prayer is not learned in a classroom but in the closet.”

– E.M. Bounds

TABERNACLE PRAYER



Praying through the Tabernacle is one of the most powerful ways to pray.

The Tabernacle was the dwelling place of God where He met His people. As they entered the Tabernacle, they passed through seven stations as a protocol to God's presence. Today, these same steps can help us to connect with God and lead us through important elements of prayer.

ONE GATE

There is only one gate and one way to enter and that is through Jesus Christ.

"...I am the door: by me if any man enter in, he shall be saved." (John 10:9)

THE OUTER COURT (Remind)

"Enter into his gates with thanksgiving, and into his courts with praise: be thankful unto him, and bless his name." (Psalm 100:4)

As the people of God entered the Tabernacle, they remembered what God had done. They came in with thanksgiving on their lips. Thanking God for all the blessings in your life is a great way to begin. Every day, think of a fresh reason why you love and appreciate God.

THE BRAZEN ALTAR – THE CROSS OF JESUS (Repentance)

"Bless the LORD, O my soul, and forget not all his benefits: Who forgiveth all thine iniquities; who healeth all thy diseases; Who redeemeth thy life from destruction; who crowneth thee with lovingkindness and tender mercies; Who satisfieth thy mouth with good things; so that thy youth is renewed like the eagle's."

(Psalm 103:2-5)

In the Old Testament, everyone who had committed sin had to bring animal sacrifices. Jesus paid for all your sins once and for all. You simply need to receive the benefits of what Jesus did for you.

- Salvation – God forgives all my sin
- Healing – God heals all my diseases
- Redemption – God rescues me from every attack
- Transformation – God gives me a new life
- Provision – God provides everything I need

THE LAVER – CLEANSING AND PREPARING (Baptism)

“I beseech you therefore, brethren, by the mercies of God, that ye present your bodies a living sacrifice, holy, acceptable unto God, which is your reasonable service.” (Romans 12:1)

The next step in the Tabernacle was a bowl of water where people could wash. Not only did they wash, but also the laver was made from bronze mirrors.

Checking your hearts and motives and then surrendering your life to God is an important part of daily prayer. Here are some ways to keep your heart right with God:

- Repent from any sin
- Offer your body to God
 - Your tongue – to speak good and not evil
 - Your eyes – to see God and the needs of others
 - Your ears – to be sensitive to His voice
 - Your hands – to do good to others
 - Your feet – to walk in God’s ways
- Offer your mind to God (Philippians 4:8, Romans 12:2)
- Ask God to give you the Fruit of the Spirit (Galatians 5:22-23).

THE HOLY PLACE (Reveal)

THE CANDLESTICK - THE HOLY SPIRIT

“And the spirit of the LORD shall rest upon him, the spirit of wisdom and understanding, the spirit of counsel and might, the spirit of knowledge and of the fear of the LORD;” (Isaiah 11:2)

The next piece of furniture in the Tabernacle was a seven-branched golden candlestick. The fire represents the Holy Spirit of God.

- The Seven Spirits of the Lord
 - The Spirit of the Lord
 - The Spirit of Wisdom
 - The Spirit of Understanding
 - The Spirit of Counsel
 - The Spirit of Might
 - The Spirit of Knowledge
 - The Fear of the Lord
- Spiritual gifts (1 Corinthians 12:8-10).

THE TABLE OF SHEWBREAD - THE WORD OF GOD

“This book of the law shall not depart out of thy mouth; but thou shalt meditate therein day and night, that thou mayest observe to do according to all that is written therein: for then thou shalt make thy way prosperous, and then thou shalt have good success.” (Joshua 1:8).

A table with twelve loaves of bread represents the importance of reading God's Word for daily sustenance. With this in mind, here are ways to nourish your soul:

- Read God's Word
- Claim His many great promises in His Word
- Ask for fresh revelation of the Word
- Take time to read and meditate on the Word
- Apply the Word to your life.

THE ALTAR OF INCENSE – WORSHIP

"The name of the LORD is a strong tower; the righteous runneth into it and are safe."
(Proverbs 18:10)

A small altar of burning incense stood at the entrance to the Holy of Holies, where God's presence dwelt. This altar represents worship. The people of God literally entered God's presence worshipping the Names of God, including:

- God is My Righteousness – Jeremiah 23:6
- God is My Sanctifier – Leviticus 20:7-8
- God is My Healer – Exodus 15:26
- God is My Provider – Genesis 22:14
- God is My Banner of Victory – Exodus 17:15
- God is My Peace – Judges 6:24
- God is My Shepherd – Psalm 23:1
- God is Always There – Ezekiel 48:35.

THE HOLY OF HOLIES (Release)

THE ARK OF THE COVENANT – INTERCESSION

“I exhort therefore, that, first of all, supplications, prayers, intercessions, and giving of thanks, be made for all men; For kings, and for all that are in authority; that we may lead a quiet and peaceable life in all godliness and honesty. For this is good and acceptable in the sight of God our Saviour; Who will have all men to be saved, and to come unto the knowledge of the truth.” (1 Timothy 2:1-4)

The final place in the Tabernacle was the place where God’s presence dwelt. It was there that the priest interceded on behalf of the people. In the New Testament, you and I are all called priests, and are instructed to intercede for others:

- Those in Authority – spiritual, civil, family, and workplace
- My Family
- My Church – Bishop, Pastor, Pastoral staff, Directors, Leaders, Life Group, Members, and Vision/Mission
- My City, Nation, and World
- My Needs.

“The one concern of the devil is to keep Christians from praying. He fears nothing from prayerless studies, prayerless work and prayerless religion. He laughs at our toil, mocks at our wisdom, but he trembles when we pray.”

– Samuel Chadwick

WARFARE PRAYERS

Prayer is not only communion with God; it is confrontation with the enemy. These prayers are very helpful in spiritual warfare.

THE ARMOR OF GOD

“Put on the whole armour of God, that ye may be able to stand against the wiles of the devil. For we wrestle not against flesh and blood, but against principalities, against powers, against the rulers of the darkness of this world, against spiritual wickedness in high places. Wherefore take unto you the whole armour of God, that ye may be able to withstand in the evil day, and having done all, to stand. Stand therefore, having your loins girt about with truth, and having on the breastplate of righteousness; And your feet shod with the preparation of the gospel of peace; Above all, taking the shield of faith, wherewith ye shall be able to quench all the fiery darts of the wicked. And take the helmet of salvation, and the sword of the Spirit, which is the word of God: Praying always with all prayer and supplication in the Spirit, and watching thereunto with all perseverance and supplication for all saints;”
(Ephesians 6:11-18)

PRAYER

I thank you Lord for my salvation. I put on the helmet of salvation today and declare that no weapon can separate me from the love of Christ and the place I have in Your kingdom. I wear Your righteousness today against all condemnation and corruption. Cover me with Your holiness and purity—defend me from all assaults against my heart. Lord, I put on the belt of truth. Let every situation and circumstance in my life be run through Your truth and not my truth.

I choose a lifestyle of honesty and integrity. Expose the lies I have believed, and show me the truths I need today. I choose to live for the Gospel in every moment. Show me where You are working and lead me to it. Give me strength to walk daily with You. I believe that You are powerful against every lie and assault of the enemy. You have good in store for me. Nothing is coming today that can overcome me because You are with me. Show me the truths of Your Word that I will need to counter the traps of the enemy. Bring those Scriptures to mind today. Finally, I agree to walk in step with You in everything as my spirit communes with You in prayer throughout the day.

THE WEAPONS OF WARFARE

“For the weapons of our warfare are not carnal, but mighty through God to the pulling down of strong holds;) Casting down imaginations, and every high thing that exalteth itself against the knowledge of God, and bringing into captivity every thought to the obedience of Christ;” (2 Corinthians 10:4-5)

Daily Prayer:

Father, Your Word says that no weapon formed against me shall prosper (Isaiah 54:17). Therefore, I declare that no weapon formed against me prospers this day or any day to come in Jesus’ name. Your Word says that trouble will not arise a second time (Nahum 1:9). Therefore, I declare that Satan cannot make trouble for me again in this manner, as he did in the past, in Jesus’ name. I declare all of these prayers accomplished and brought to pass by trusting you through faith and expectation in the name of Jesus.

Lord Jesus, I confess to You all of my sins this day, yesterday and every day past. I repent and renounce them, those known and unknown, those of omission and commission, in what I have done and in what I have failed to do.

I lay down at Your feet all of the sins of the flesh, the tongue, and of the heart, and all unholy thoughts and actions. Thank You Lord, for shedding Your precious blood for me. I stand on Your Word.

The enemy is driven out from before me, above me, around me, and below me: from my home, workplace, church and its ministries, children and loved ones, from my works and labors, land, and my presence. I declare that he is not able to stand against me, and his works are taken captive and destroyed. No weapon formed against me will prosper, for the Spirit of the Lord shall raise a standard against them. I declare all of these things accomplished by Your Word. Jesus, my Lord, I give You thanksgiving, praise, glory, honor, and worship for Your righteousness and holiness given to me by Your Word on my behalf.

Apostolic Warfare Prayer (excerpt by David Shatwell)

This day, in the Name of the Lord, Jesus Christ, I loose the fear of the Lord to dwell upon every person in my family, my church, and my community. I declare that the favor and blessing of The Almighty God will be upon me, my family, and my church family. It will happen today in the Name of Jesus. Lord Jesus, this day, I cover myself and my family (other things personal like self, health, finances). I cover them this day with a Covering of the Spirit, of the Blood, of Prayer, and of the Shield of Faith. Lord Jesus, I cover everything that You have placed in my hands. I cover everything on all these properties. I cover everything and every person who will come on to these properties with the Covering of the Spirit, of the Blood, of Prayer, and of the Shield of Faith. I cover the church and all of the church members. Everyone coming to and connected with the church with a Covering of the Spirit, of the Blood, of Prayer, and of the Shield of Faith.

I pray for the Leaders of my community, city, state, and leaders of our Nation, and for the leaders around the world. Lord Jesus, this day, I'm asking You to give them wisdom, knowledge and understanding. Give them a heart of peace and not a heart of war.

I pray for my Bishop and his family. I pray for Pastor and his family. I pray for the Pastoral Staff of ICF, leadership of my church, every department, every member, adult, youth, and child. I cover them with the Covering of the Spirit, of the Blood, of Prayer, and of the Shield of Faith. Lord Jesus, this day I bind every principality, every power, every ruler of the darkness of this world and every spiritual wickedness in high places in my community and city. I bind these things by the Authority and by the Power of the Name of the Lord Jesus Christ.

Luke 11:21 says, *"When a strong man armed keepeth his palace, his goods are in peace: But when a stronger than he shall come upon him, and overcome him, he taketh from him all his armour wherein he trusted, and divideth his spoils."* Lord Jesus, this day, I bind the strongman of my city, my county, and my state. By the Authority and Power of the Name of the Lord Jesus Christ, I loose the goods and the souls of his house to come into the Kingdom of God by the Authority and Name of the Lord Jesus Christ and His Word.

2 Corinthians 10:4 says, *"For the weapons of our warfare are not carnal, but mighty through God to the pulling down of strongholds;"* Lord Jesus, this day, I take down, dismember, and cast to the ground the stronghold of fear, anxiety, and panic attacks. I cast them down and tell them to stay down by the Authority and Power of the Name of the Lord Jesus Christ.

This day, in the Name of the Lord Jesus Christ, I bind the stronghold of poverty and welfare mentality and I, in return, do loose a spirit and attitude of progressiveness. I loose that in my church. I do it in the Name, and by the Authority of the Lord Jesus Christ.

I bind the stronghold of addiction (drugs, alcohol, tobacco, gambling, immorality), and _____ (name of areas). I bind it in the Name of Jesus. I bind every stronghold of lust, perversion, pornography, dishonesty, greed, jealousy, and envy. I bind the strongholds of tradition and false doctrine and cast it down. I bind these things, and by the Authority of the Word of God and the Power of Jesus Name, I throw them down in the Name of Jesus. I loose the opposite of that to rule and reign in my life, my family, my church, and my community, in the Name of Jesus Christ. Thank you, Jesus! This is done today. In Jesus Name!

“Prayer breaks all bars, dissolves all chains, opens all prisons, and widens all straits by which God’s saints have been held.”

- E. M. Bounds



BREAKING STRONGHOLDS

The scripture says that we “...wrestle... against principalities, against powers, against the rulers of the darkness of this world, against spiritual wickedness in high places.” (Ephesians 6:12)

Satan’s goal is to “steal...and destroy” (John 10:10). Satan and his demons seek territory to establish strongholds in which they may dominate and hold captive. Satanic forces search for people, cities, and nations in which they are not resisted and where they may flourish. ‘Strongholds’ are anything that has a ‘strong’ influence or grip, persistent oppression, obsessions, hindrances or harassment.

Getting to the Root of the Problem

Satan’s primary strategy is to disguise his activities so that it appears that someone or something else is to blame. He wants us to get our attention on the natural things and ‘wrestle’ with them, so that our battle will be directed against the ‘symptoms’ instead of the ‘real source.’ You can fight with the symptoms, but until you deal with the source and bind the ‘strong man,’ you will not have victory. (Ephesians 6:12)

Binding the Strong Man

Jesus said in order to overturn the works of Satan, we must bind him first.

“Or else how can one enter into a strong man’s house, and spoil his goods, except he first bind the strong man? and then he will spoil his house.” (Matt. 12:29)

In order to neutralize the enemy, we must go directly to the source and bind up the enemy so that his hands are tied. Then we’ll be able to take back what he’s stolen, spoil his plans, and make our ministry effective.

God has given His church the power and authority, and equipped us to overcome Satan's power.

"For the weapons of our warfare are not carnal, but mighty through God to the pulling down of strong holds;" (2 Corinthians 10:4)

How to Break Strongholds and keep them Broken!

1. AUTHORITY -- Every believer has power and authority over Satan and his forces as a child of God. Exercising authority in the name of Jesus, the blood of Jesus, your personal testimony will expel satanic influence. (Read Ephesians 1:18-19, Mark 16:17, just to name a couple)

2. INTERCESSION -- Come together with other believers to pray and intercede against strongholds until you get results. There is intensified power in the gathering of more believers. Prayer with fasting intensifies faith, and faith will break strongholds. (Read Matthew 17:19-21)

3. DISPLACEMENT -- Establish the presence of God. Where Satan has been commanded to leave, fill it up with God's presence. Satan doesn't want to hang around where people are lifting up Jesus in worship, in singing, and in prayer. The presence of the Lord displaces the enemy. (Read 2 Corinthians 6:14)

4. RESISTANCE -- Submit yourselves and draw close to God. Resist the devil and he will flee. Satan runs from submitted, yielded Christians. (Read James 4:7)

5. OCCUPATION -- Satan wants to move you out of your place. Give no place to the devil. Stand in your authority. Let righteousness be the standard rule and behavior. Provide no pocket of rebellion, corruption or immorality where Satan can find refuge to build his influence or strength. (Read Ephesians 4:27)

6. FORTIFICATION -- Clothe yourself with God's armor. Daily put on the full array of God's spiritual equipment so you can maintain battle-ready status. With the armor on, you will be ready to resist any satanic assault, and will be ready to engage the strongholds in others. (Ephesians 6:10-17).

“The prayer power has never been tried to its full capacity. If we want to see mighty wonders of divine power and grace wrought in the place of weakness, failure and disappointment, let us answer God’s standing challenge, Call unto me, and I will answer thee, and show thee great and mighty things which thou knowest not!”

- *J. Hudson Taylor*

FASTING

Fasting is a principle of power. It changes lives.

Fasting and prayer is one of the most powerful spiritual combinations on earth. True fasting brings humility and alignment with God. It breaks the power of flesh and demons. It kills unbelief and brings answers to prayer when nothing else works.

It has been said that prayer is not preparation for the battle – prayer IS the battle. And of all the things we can do to enhance the power and focus of prayer, **fasting** is doubtless the most potent.

WHAT IS FASTING?

Fasting is not merely going without food for a period of time. That is called dieting. Biblical fasting is giving up specific foods and drink for a specified number of days for a spiritual purpose. Fasting means ‘to afflict the soul.’ (Hebrew word: ‘TSOM’)

Prayer knocks, Fasting Obtains!

Fasting, Prayer, and Reading God’s Word go hand in hand. When you fast, also pray for God’s purpose and plan for your life to be revealed. Fast and pray about every major decision in your life. Simply put, fasting is a way to conquer the physical, and open the door to the supernatural in your life. Fasting is denying your flesh. When you deny your body, you feed your spirit and grow closer to the Lord.

WHY FAST?

In Matthew 6, Jesus gave us specific direction on how to live as a child of God. That pattern addressed three specific duties of a Christian: giving, praying and fasting. Jesus said, “When you give,” “when you pray,” “when you fast.” He made it clear that fasting, like giving and praying, was a normal part of Christian life.

When all three disciplines—giving, praying and fasting—are at work in your life, you release the complete power of God. It's much like the lesson Jesus taught in Mark 4:80. When you pray, you release the thirty-fold return. Praying and giving releases sixty-fold blessing. But when you pray, give and fast, you will see a hundred-fold return! Ecclesiastes 4:12 speaks about the threefold cord is not easily broken. Matthew 17:20 goes further and says, *"...and nothing shall be impossible unto you."* There are some things in your life that will not be broken without fasting. Fasting moves us, not God. Fasting is a spiritual weapon.

HOW DO I FAST?

Before beginning a fast, write down a plan and make a verbal commitment to the Lord. When you approach it with determination, you'll be less likely to waiver in weak moments. You may be surprised to find that fasting is not as daunting as you may think. But if you do find it to be a battle, do not lose heart, God knows your weaknesses. His fasting principles allow you the flexibility to take care of your job and duties while still making a sacrifice to honor Him.

For example, if you choose to go on a 21-day fast, you may want to begin with a full fast for 1-3 days, then continue with a Daniel Fast or some other type of partial fast for the remainder of the 21 days. No matter which fast you decide on, you must always remember to drink lots of water. If you have health issues, you do not want to harm your body. Your body is a temple of the Holy Ghost (1 Corinthians 6:19-20).

You may want to consult a doctor before you do certain types of fasts.

VARIOUS TYPES OF FASTS

ABSOLUTE FAST: No food or water. The body cannot sustain for more than 3 days without water and 5 days without food. More than 3 days must be a supernatural call of God.

NORMAL FAST: Drink only liquids – especially water. On this type of fast you may also take in clear broth and 100 percent fruit or vegetable juices in order to maintain your strength.

You establish the number of days for your fast in your prayer time. Be sure to consult your pastor and your doctor.

PARTIAL FAST: There are many options for partial fasts. Below are just a few for you to select from.

>> Daniel fast: The most frequently used example of a partial fast, found in Daniel, chapter 10, the Daniel Fast is a fast from meats, sweets, breads and any drink, except water, for a specific time period (Daniel 10:2-3). The easiest way to think of this fast is you should eat vegetables, fruits and drink only water. Be sure to consult your doctor, especially if you have any medical condition, pregnant, or breastfeeding.

>> Other types of partial fasts:

- Give up one item of certain food or drink, media, etc
- Fast for a specific number of days
- Fast from sunup to sundown.

CORPORATE FAST

CORPORATE FAST is Scriptural: A Corporate fast is a joint fast of believers for a specific purpose that can yield powerful results. Although this fast involves others, it is also very much a 'private and personal experience.' Esther called all of her people to fast for protection against danger (Esther 4:16). Samuel declared a fast for national revival. (1 Samuel 7)

Remember:

- When the Lord calls you to a fast, He is preparing you for what is ahead
- Fasting turns your priorities more vertical and more in line with God's desires.
What you put first will order the rest

- Anytime you fast it is a hunger strike against hell!
- When you fast and pray, you sharpen the Word of God in your mouth
- Fasting will help you identify areas of hidden sin in your life
- Fasting is an essential means of sanctifying yourself
- There is a prophetic release on the church that fasts continuously for 40 days!
- Be accountable to your Pastoral authority if you are going on a long fast.

Benefits of Fasting:

1. Fasting looses the bands of wickedness – Isa. 58:6, Judges 19:21-48 (addictions, sins, oppression, depression)
2. Fasting breaks generational curses – Mt. 17:20
3. Breaks besetting sins – sinning is no longer done by will power, you have become a slave to it. – Mt. 17:21
4. Fasting breaks poverty – Joel 2:14,15
5. Fasting brings healing – Isa. 58:8 (slows down the aging process, helps your skin, irregular menstrual cycles, circulation, help heal arthritis, regenerates the mind, lowers blood pressure, cholesterol, and allergies)
6. Fasting solves problems: financial, physical, spiritual – Isa. 58:6, Ezra 8
7. Fasting brings intimacy – 1 Sam. 7:6, Rom. 5:1
8. Fasting brings revelation – Acts 9:8,18, Daniel 10:10-13, Isa 58:6
9. Fasting brings power – Luke 4:-1-2
10. Fasting discerns and helps you find a spouse – Gen. 24
11. Fasting helps you know the will of God – Acts 13
12. Fasting releases ministry gifts – Acts 9
13. Fasting protects you from the enemy – Esther 4
14. Fasting brings salvation to your household – Acts 10
15. Fasting breaks the spirit of grief and heaviness – 1 Sam. 1, 2 Sam. 12

16. Fasting brings breakthrough – 2 Chron. 20:3
17. Fasting prepares you for new anointing – Mk. 2:22 (new wine in new wineskins)
18. Fasting intensifies the worship of God - Acts 13:1-3.

There are some things you are trying to change in your life that will only change through fasting.

Things to do when you are preparing to fast:

1. Plan your fast
2. Consider your schedule and set realistic goals
3. Have a purpose for your fast and write it down
4. Tell only the people you must
5. Wean yourself off caffeine
6. Disconnect from media and worldly distractions
7. Disconnect from people (Facebook, unnecessary emails or phone calls, or visiting)
8. Beware of your emotions (toxins are coming out – physically and spiritually)
9. Be still and focus on God
10. Keep motivated: if you mess up, start again.

“Fasting and prayer lead men and women into a God-consciousness that opens up the supernatural realm. Fasting and prayer will bring you into the seventh dimension which is love, and that is where all the gifts operate. This can only be attained through obeying the words of Jesus, *“...this kind can come forth by nothing, but by prayer and fasting.”* (Mark 9:29)

- T.W. Barnes

PERSONAL PRAYER TARGETS

"I exhort therefore, that, first of all, supplications, prayers, intercessions, and giving of thanks, be made for all men; For kings, and for all that are in authority; that we may lead a quiet and peaceable life in all godliness and honesty.

For this is good and acceptable in the sight of God our Saviour; Who will have all men to be saved, and to come unto the knowledge of the truth."

(1 Timothy 2:1-4)

Pray for those in authority and those under your authority:

MY GOVERNMENT

- President
- National leaders
- State leaders
- City leaders

MY FAMILY

- Spouse
- Children
- Parents
- Siblings
- Extended family

MY CHURCH

- Bishop & Family
- Lead Pastor & Family
- Pastoral Staff
- Life Group Leaders
- Department Leaders
- Marriages & Families
- Every Member & Guest

MY LIFE

- Employer
- Co-workers
- Employees
- Teachers/Professors
- Neighbors
- Those I influence every day

THOSE WHO NEED GOD

PRAY THAT THEY BE DRAWN TO JESUS

“No man can come to me, except the Father which hath sent me draw him: and I will raise him up at the last day.” (John 6:44)

BIND THE SPIRIT THAT BLINDS THEIR MINDS

“In whom the god of this world hath blinded the minds of them which believe not, lest the light of the glorious gospel of Christ, who is the image of God, should shine unto them.” (2 Corinthians 4:4)

LOOSE THE SPIRIT OF ADOPTION (SONSHIP)

“For ye have not received the spirit of bondage again to fear; but ye have received the Spirit of adoption, whereby we cry, Abba, Father.” (Romans 8:15)

PRAY THAT OTHER BELIEVERS WILL CROSS THEIR PATHS AND ENTER INTO POSITIVE RELATIONSHIPS WITH THEM

“Pray ye therefore the Lord of the harvest, that he will send forth labourers into his harvest.” (Matthew 9:38)

**LOOSE THE SPIRIT OF WISDOM AND REVELATION ON THEM SO THEY MAY
KNOW GOD BETTER**

“That the God of our Lord Jesus Christ, the Father of glory, may give unto you the spirit of wisdom and revelation in the knowledge of him:” (Ephesians 1:17)

“Hell’s greatest fear is the prayer that God’s people pray because he knows
God hears and answers prayer.”

– Vicki Gonzalez



PRAYER JOURNAL

Prayer Request - My Needs

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

Date Requested

Date Answered

“Therefore I say unto you, What things soever ye desire, when ye pray, believe that ye receive them, and ye shall have them.” (Mark 11:24)

[illegible]

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

- M.E. Andross



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