



prayer and
fasting

keys to 2018



2018 fasting and prayer
guide

the Lord's prayer

(Matthew 6:9-13 or Luke 11:2-4)

Outline

- Praise and thanksgiving; acknowledge His holiness
- Surrender to His plan for your life
- Ask Him to meet your needs – physical, emotional, and spiritual
- Ask for forgiveness while forgiving others
- Ask for victory over all demonic powers and cleansing from those things in us with propensity to sin
- Praise him again!!

fasting

from the Hebrew word

tswum

which means to cover the
mouth, mouth being shut,
or...abstain from food

reasons to fast

1. Deliverance from bondage
2. During hard times
3. For Revival
4. Break from negative thoughts
5. Major decisions
6. Health / healing
7. For the lost and for nations
8. To help others in need

types of fasts

1. Complete (full) fast – full day, no food
2. Total (dry) fast – no food or drink
3. Partial fast – skip one main meal
4. Half-day – fast until 3pm
5. Daniel fast – abstain from choice foods
6. Private fasts -- personal discipline
7. Corporate fasts – lead by leader of people or the church
8. Different length of fasts – half-day, 1-day, 3-day, 14-day, 21-day, 40-day
9. Other variants

21 days of prayer and fasting

1. Nation (1 Tim. 2:1-2)
2. Discipleship (Matt. 28:19-20)
3. Youth and Children (Acts 2:17)
4. Presence of God in all of our meetings (Ex. 25:8, 2 Chr. 5:11-14)
 - Glorious and refreshing times of worship
 - Deliverance
 - Words of knowledge and prophecy
 - Salvations
 - Baptisms