



pray
first

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pray first

Dear Follower of Jesus

Jesus told His disciples, "Apart from me you can do nothing"
John 15:5 (NCV).

Our rallying cry must be "PRAY FIRST". Prayer must be our first response
NOT our last resort.

In every situation we face, whether good or bad we must pray first
before we act. Often we act first and then call on God to bail us out.

Its not enough to just know about prayer. Praying needs to become an
essential part of your daily life. This simple prayer guide and journal will
help you make prayer a part of your
daily life.

So daily we can "PRAY FIRST"

- Before we start our day
- During our days activities
- In every situation
- Before we meet with people
- For those around us who are far from God

Remember that He is able to do the impossible. Jeremiah 32:17 says:

"Sovereign Lord you made the heavens and the earth by your great
power and your outstretched arm. NOTHING IS IMPOSSIBLE FOR YOU."

Keep following Jesus and finding others



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OF PRAYER & FASTING

biblical basis

OF PRAYER & FASTING

Christians are often confused about the purpose and relevance of fasting and prayer. The Bible, however, has much to say about fasting and prayer. There are many Old and New Testament examples of fasting and prayer. For example:

- Moses fasted and prayed: Exodus 24:18 and 34:28
- Nehemiah fasted: Nehemiah 1:4 and 9:1-3
- Joel called a fast: Joel 2:12
- Ezra fasted: Ezra 10:6
- Esther fasted: Esther 4:16
- Paul fasted: 2 Corinthians 11:27
- Anna fasted: Luke 2:37
- Church leaders fasted: Acts 13:2 and 14:23
- Jesus fasted: Luke 4:1-2

1. BIBLICAL FASTING

- 1.1 Biblical fasting is the voluntary act of abstaining from food for a spiritual purpose.
- 1.2 It is a process of humbling ourselves before God and expressing our dependence on Him. We see that fasting and prayer go hand-in-hand throughout the Bible.

2. REASONS FOR FASTING AND PRAYER

2.1 We fast and pray for God's protection and provision.

Ezra 8:21 "I proclaimed a fast for all of us to humble ourselves before our God as we travelled."

(See also Ezra 8:23 & 31.)

Fasting and Prayer is asking God to protect us and provide for us.

2.2 We fast and Pray for God's intervention in our lives.

In 2 Chron 20:1-30 three nations come to attack Judah to destroy them. King Jehoshaphat, the King of Judah, proclaims a fast for the nation and asks God to intervene. God hears their cry and delivers them. 2 Chron 20:15: "Don't be afraid, don't be discouraged for the battle is not yours, but God's."

2.3 We fast and Pray when we face challenges and opposition.

- When faced with the challenge of rebuilding the walls of Jerusalem, Nehemiah turned to God in Fasting and Prayer (Nehemiah 1:4).
- Esther called the people to fast and pray when faced with opposition from Haman (Esther 4:3).

2.4 We fast and Pray for God's anointing on his leaders.

Paul and Barnabas fasted and prayed for the leaders of the churches they planted: Acts 14:23: "Paul and Barnabas also appointed elders in every church. With prayer and fasting, they turned the elders over to the care of the Lord, in whom they had put their trust." Leaders need God's blessing, anointing, and power to lead the church.

2.5 We fast and Pray for special insight and wisdom from God.

Daniel fasted and prayed for 21 days seeking God for revelation and understanding. Daniel 10:1-3 "In the third year of the reign of King Cyrus of Persia, Daniel (also known as Belteshazzar) had another vision. He understood that the vision concerned events certain to happen in the future—times of war and great hardship. When this vision came to me, I, Daniel, had been in mourning for three whole weeks. All that time I had eaten no rich food. No meat or wine crossed my lips, and I used no fragrant lotions until those three weeks had passed."

2.6 We fast and Pray asking God to heal our nation.

- Moses fasted and prayed for mercy for the nation. Deut 9:18-19 "Then, as before, I threw myself down before the Lord for forty days and nights. I ate no bread and drank no water because of the great sin you had committed by doing what the Lord hated, provoking him to anger. I feared that the furious anger of the Lord, which turned him against you, would drive him to destroy you. But again he listened to me."
- Ezra prayed and fasted for the nation's unfaithfulness to God. Ezra 10:6 "Then Ezra left the front of the Temple of God and went to the room of Jehohanan son of Eliashib. He spent the night there without eating or drinking anything. He was still in mourning because of the unfaithfulness of the returned exiles."

3. TYPES OF FASTS IN THE BIBLE

Fasts were either corporate or personal fasts.

3.1 Examples of corporate fasts:

- 1 Sam 7:5-6 - "Samuel said gather all Israel... [and they fasted]."
- Ezra 8:21-23 - "Then I proclaimed a fast...So we all fasted and sought our God."
- Joel 2:15-16 - "Sanctify a fast; call a solemn assembly...Gather the people."

3.2 Examples of personal fasts:

- Daniel 9:3 - "And I set my face unto the Lord God, to seek by prayer... with fasting."
- Luke 2:37 - "And Anna served God with fasting and prayers night and day."

4. DIFFERENT KINDS OF FASTS

The Bible talks about various kinds of fasts. We will look at two.

4.1 The absolute fast (normal fast).

This is when a person refrains from all food for a period of time (this is not going without water). The length of the fast is voluntary (as God leads the person). These are examples of absolute fasts: Esther fasted three days and nights, while David fasted for seven days. Moses fasted for 40 days, Jesus fasted for 40 days.

For many, a fast could be one or two days of a week. A day's fast would be not eating from sunset of one day to sunset of the next day. Leviticus 23:32 - "This day of rest will begin at sundown on the ninth day of the month and extend until sundown on the tenth day."

4.2 A partial fast.

This is when you omit certain foods from your diet, like going without tea, coffee, lunch, supper and / or chocolate (lekkergoed) for a period of time.

Daniel 10:2-3 - Daniel went on a three week (21 day) fast: "I ate no choice food, no meat or wine touched my lips."

Daniel 1:12 - "They only ate vegetables and water."

WHAT IS VERY IMPORTANT TO REMEMBER WHEN FASTING?

A fast is motivated by a spiritual concern or a spiritual struggle in your personal life or the lives of others. A fast is when God calls His people to seek Him in earnest prayer and to align our lives to Him.

During times of Fasting and Prayer we are seeking God for breakthrough. Periods of fasting and prayer are often the birthplace of God empowering His people.

JESUS' TEACHING ON GIVING, PRAYING AND FASTING

In Matthew 6 Jesus gave His disciples three specific duties that they should do as believers. This was a blueprint for victory and blessing. He promises that those who follow the pattern will be rewarded. When we do these three things, He will reward us!

These three things are:

1. Giving

Matt 6:4 - "Give your gifts in private, and your Father, who sees everything, will reward you."

2. Praying

Matt 6:6 - "But when you pray, go away by yourself, shut the door behind you, and pray...Then your Father, who sees everything, will reward you."

3. Fasting

Matt 6:18 - "and your Father who sees what is done in secret will reward you."

God rewards Giving, Praying and Fasting and Prayer.

HOW TO PREPARE FOR A FAST

Here are some basic thoughts to consider when you enter in a fast.

START WITH A CLEAR GOAL

Be specific about the reason why you are fasting. Consider the following:

- Do you need direction, breakthrough in family or finance?
- Do you need guidance?
- Are you seeking a deeper walk with God?
- Do you need God's intervention in a situation?
- How long will you fast?
- How much time you will you commit to daily prayer?

PREPARE SPIRITUALLY FOR THE FAST

- Confess your sins to God – 1 John 1:9.
- Ask God to reveal areas of weakness.
- Forgive all who have offended you – Mark 11:25 and Luke 11:4.
- Ask forgiveness of others you've offended or hurt.
- Surrender your life fully. Romans 12: 1-2

DECIDE ON THE TYPE OF FAST

As you decide on the type of fast, remember that this is between you and God and that fasting is voluntary. The length of your fast could be from one meal, one day or as many days you feel God is speaking to you about: some fast for 3 days, 7 days, 21 days, or 40 days.

ABSOLUTE FAST No food, only water or liquids.	PARTIAL FAST When you abstain from certain foods, i.e. sweets, meat, etc.
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WHAT TO EXPECT WHEN YOU FAST

- Your body will eliminate toxins.
- You will have headaches and hunger pains.
- You will be tempted more then ever. (Luke 4)

WHAT TO DO DURING A FAST

- Set aside more time to pray and read God's word.
- Drink lots of water.
- Pray for the focus areas provided to you for the day.

**God will honour your commitment to seek Him through Fasting and Prayer.
Seek your fast as a commitment to see break-through.
Expect a miracle.**



lifestyle
prayer

lifestyle prayer

How do we make prayer a part of our everyday life? We can learn from three things that Jesus did...

Very early in the morning, while it was still dark, Jesus got up, left the house and went off to a solitary place, where he prayed (Mark 1:35).

- A CERTAIN TIME

Jesus got up very early in the morning to spend time with His Heavenly Father. In order for prayer to work, we should do the same. Make a daily appointment with God and keep it.

- 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 booklet.



the
lord's
prayer

the lord's prayer

One day Jesus was praying in a certain place. When He finished, one of his disciples said to him, "Lord, teach us to pray..." (Luke 11:1).

"Our Father in heaven, hallowed be your name, your kingdom come, your will be done on earth as it is in heaven. Give us today our daily bread. Forgive us our debts, as we also have forgiven our debtors. And lead us not into temptation, but deliver us from the evil one, for yours is the kingdom and the power and the glory forever" (Matthew 6:9-13)

"Our Father in heaven..."

1. CONNECT WITH GOD RELATIONALLY

You have not received a spirit that makes you fearful slaves. Instead, you received God's Spirit when he adopted you as his own children. Now we call him, "Abba, Father" (Romans 8:15 NLT).

God loves for us to call Him our Father. Establish your intimate relationship with Him and thank Him for the relationship you have with Him.

"...Hallowed be Your Name..."

2. WORSHIP HIS NAME

God's name is a place of protection—the righteous can run there and be safe (Proverbs 18:10 MSG).

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

***“...Your Kingdom come, Your will be done
on earth as it is in heaven...”***

3. PRAY HIS AGENDA FIRST

He will always give you all you need from day to day if you will make the Kingdom of God your primary concern (Luke 12:31 TLB).

God's priorities:

Saving the Lost

Guiding those in authority – parental, spiritual, governmental,
workplace

His will in us

“...Give us this day our daily bread...”

4. DEPEND ON HIM FOR EVERYTHING

I look up to the mountains—does my help come from there? My help comes from the Lord, who made heaven and earth! (Psalm 121:1-2 NLT).

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

“...Forgive us our debts as we forgive our debtors...”

5. 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 purify us from all unrighteousness (1 John 1:9).

Ask God to check your heart and motives. Receive His forgiveness for any area that He brings to mind. Forgive anyone who has offended you in any way. You can even forgive people in advance.

***“...And do not lead us into temptation but
deliver us from the evil one...”***

6. ENGAGE IN SPIRITUAL WARFARE

For our struggle is not against flesh and blood, but against the rulers, against the authorities, against the powers of this dark world and against the spiritual forces of evil in the heavenly realms (Ephesians 6.12).

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

"...For yours is the Kingdom and the Power and the Glory forever."

7. EXPRESS FAITH IN GOD'S ABILITY

"Ah, Sovereign LORD, you have made the heavens and the earth by your great power and outstretched arm. Nothing is too hard for you" (Jeremiah 32.17).

End your prayer time by reminding yourself of God's ability. Return to praise and make your faith declarations.

"Yours is the Kingdom" – all rule belongs to You

"Yours is the Power" – all mightiness flows from You

"Yours is the Glory" – Your victory shall be complete



prayer
&
scripture
devotional

prayer & scripture devotional

This is a great prayer outline mixed with Scripture readings. Simply walk through the outline while you look up the passages of Scripture.

1. THANKSGIVING AND PRAISE - PRESENT YOURSELF TO GOD (MARK 12:30)

Think of a fresh reason to thank Him (Psalm 100:4, 118:24).
Present your body in worship (Romans 12:1; Psalm 63:3-4) by:

*Kneeling before Him as your Lord
Lifting your hands to Him as your Source
Standing in praise before Him as your King
Clapping your hands with rejoicing
Dancing with joy as a child
Bowing your head in humility*

Sing a new song to Him (Psalm 96:1-2; Colossians 3:16).
Invite Holy Spirit assisted praise (Jude 20; 1 Corinthians 14:15).

2. CONFESSION AND CLEANSING - PRESENT YOUR HEART TO GOD (PROVERBS 4:23)

Ask God to search your heart (Psalm 139:23-24) for:

*Sin - receive cleansing and righteousness
Selfishness - receive holiness and sanctification
Stress - receive life and power
Sickness - receive healing and strength*

Remember the danger of self-deception (Jeremiah 17:9; 1 John 1:6-10).
Set a monitor on your mouth and heart (Psalm 19:14, 49:3).
Ask God to help you keep His purposes and goals in view
(Psalm 90:12; Philippians 3:13-14).

3. ORDER AND OBEDIENCE – PRESENT YOUR DAY TO GOD (PSALM 37:5)

Present the day's details (Psalm 37:4-5, 31:14-15; Deuteronomy 33:25):

*Choose the fear of the Lord.
Commit your works to God.*

Indicate your dependence upon God (Proverbs 3:5-7; Psalm 131:1-3).
Request specific direction for actions and decisions (Psalm 25:4-5; Isaiah 30:21).

Choose to obey God's explicit instructions (Matthew 6:11, 7:7-8).

*In the Word of God
By choosing to do His will*



watfate
prayers

warfare prayers

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

Put on the full armor of God so that you can take your stand against the devil's schemes. For our struggle is not against flesh and blood, but against the rulers, against the authorities, against the powers of this dark world and against the spiritual forces of evil in the heavenly realms. Therefore put on the full armor of God, so that when the day of evil comes, you may be able to stand your ground, and after you have done everything, to stand. Stand firm then with the belt of truth buckled around your waist, with the breastplate of righteousness in place, and with your feet fitted with the readiness that comes from the Gospel of peace. In addition to all this, take up the shield of faith, with which you can extinguish all the flaming arrows of the evil one. Take the helmet of salvation and the sword of the Spirit, which is the Word of God. And pray in the Spirit on all occasions with all kinds of prayers and requests.

With this in mind, be alert and always keep on praying for all the Lord's people (Ephesians 6:11-18).

THE ARMOR OF GOD (based on Ephesians 6:13-17)

"Thank You, Lord, for my salvation. I receive it in a new and fresh way from You and I declare that nothing 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. 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. Holy Spirit, show me the truths of the Word of God that I will need to counter the traps of the enemy. Bring those Scriptures to mind today. Finally, Holy Spirit, 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 (based on 2 Corinthians 10:4-5)

“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.”

PROTECTION PRAYER (based on 2 Corinthians 6:14-7:1, 10:3-5; Romans 12:1-2)

“Heavenly Father, I bow in worship and praise before You. I cover myself with the blood of the Lord Jesus Christ as my protection. I surrender myself completely and unreservedly in every area of my life to You. I submit myself only to the true and living God and refuse any involvement of the enemy in my life. I choose to be transformed by the renewing of my mind. I pull down every thought that exalts itself against the knowledge of Christ. I pray and thank you for a sound mind, the mind of Christ. Today and every day I ask for protection over my spouse; each of my children; our immediate family members, relatives, friends, acquaintances and myself. I also ask today for protection during all of our travels;

for our provision, finances, possessions, health, safety, and welfare. I put all of these things under the covering of Your precious blood and declare that Satan cannot touch them, on this day or any day to come.”

GENERAL CONFESSION PRAYER (based on Romans 10:10; James 5:16; 1 John 1:7-9, 3:8)

“Lord Jesus, I believe that You are the Son of God. You are the Messiah, come in the flesh to destroy the works of the devil. You died on the cross for my sins and rose again the third day from the dead. I now confess all my sins and repent. I receive your forgiveness and ask you to cleanse me from all sin. Thank You for redeeming me, cleansing me, justifying me, and sanctifying me in Your blood.”

FORGIVENESS PRAYER (based on Matthew 6:14-15; Leviticus 19:18)

“Lord, I have a confession to make. I have not loved, but have resented certain people and have unforgiveness in my heart. I call upon You, Lord, to help me forgive them. I do now forgive (name them). I also forgive and accept myself in the name of Jesus Christ.”

PRIDE PRAYER (based on Proverbs 11:2, 16:18, 26:12; 1 Timothy 3:6)

“Father, I come to You in the name of the Lord Jesus Christ. I know pride is an abomination to You. I renounce anything that would cause me to have pride in my heart in dealing with other people. I renounce these and turn away from them. I humble myself before You and come to You as a little child.”

Study Proverbs 6:16-19 and remember that fasting is a means by which a person humbles himself before the Lord.

GENERATIONAL BONDAGE PRAYER (based on Exodus 20:4-6, 34:7; Numbers 14:18)

“In the name of the Lord Jesus Christ, I now renounce, break, and loose myself from all bondages or bonds of physical or mental illness upon me, my family or family line as the result of parents or any other ancestors. I thank You, Lord, for setting me free.”



personal
prayer
targets

personal prayer targets

I urge, then, first of all, that requests, prayers, intercession and thanksgiving be made for everyone—for kings and all those in authority, that we may live peaceful and quiet lives in all godliness and holiness. This is good, and pleases God our Savior, who wants all men to be saved and to come to a knowledge of the truth (1 Timothy 2:1-4).

OUR GOVERNMENT

President _____

National leaders _____

State leaders _____

City leaders _____

MY FAMILY

Spouse _____

Children _____

Parents _____

Siblings _____

Extended Family _____

MY CHURCH

Pastors and staff _____

Life group leaders _____

Life group members _____

Vision 2020 leadership strategy _____

Vision 2020 strategic initiatives (*next generation, worship experiences and culture*)

MY LIFE

Employer _____

Co-workers _____

Employees _____

Teachers/Professors _____

1. PRAY THAT THE FATHER WOULD DRAW THEM TO JESUS

No one can come to me unless the Father who sent me draws him (John 6:44).

2. BIND THE SPIRIT THAT BLINDS THEIR MINDS

The god of this age has blinded the minds of unbelievers, so that they cannot see the light of the gospel of the glory of Christ, who is the image of God (2 Corinthians 4:4).

3. LOOSE THE SPIRIT OF ADOPTION (SONSHIP)

For you did not receive a spirit that makes you a slave again to fear, but you received the Spirit of sonship. And by him we cry, "Abba, Father" (Romans 8:15).

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

Ask the Lord of the harvest, therefore, to send out workers into his harvest field (Matthew 9:38).

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

I keep asking that the God of our Lord Jesus Christ, the glorious Father, may give you the Spirit of wisdom and revelation, so that you may know him better (Ephesians 1:17).

