

## HINDRANCES IN RECEIVING ANSWERS TO OUR PRAYERS

1. Not knowing the power of prayer  
James 4:7
2. Lack of praise  
Philippians 4:4-7
3. Not giving tithes & offerings  
Luke 6:38
4. Disobedience  
Psalm 119:1-11
5. Pride  
Proverbs 18:10-15
6. Doubting  
James 1:5-8
7. Unforgiveness  
Matthew 6:8-15
8. Sin  
Proverbs 28:13-14
9. Treating spouse improperly  
I Peter 3:7



**“If My people who are called by My name will humble themselves, and pray and seek My face, and turn from their wicked ways, then will I hear from heaven, and will forgive their sin and heal their land”  
2 Chronicles 7:14**

## Five Reasons For Fasting

- 1. Fasting helps us to grow spiritually and overcome sin.***
- 2. Fasting empowers our intercession and petitioning.***
- 3. Fasting prepares us for spiritual warfare.***
- 4. Fasting is an obedience to God’s call.***
- 5. Fasting is a response to a crisis in our lives.***



**God being my strength, and grace being my basis, I commit myself to this fast for God’s glory.**

**Sign** \_\_\_\_\_

**Date** \_\_\_\_\_

WORD TABERNACLE  
CHURCH  
MONTH OF PRAYER  
AND  
FASTING

**FOR SPIRITUAL GROWTH**

**“STRONGER”  
“DEEPER”  
“HIGHER”**

2020

PRAYER AND  
FASTING

January 1st-31st

*Then I set my face  
toward the Lord God  
to make request by  
prayer and  
supplication,  
with fasting...  
Daniel 9:3*

## PRAYER AND FASTING



Prayer Focus and Scriptures for  
each day of the week for the  
Month of January

### **Monday**

**Revival—Ephesians 6:10-18**

### **Tuesday**

**Wisdom—Proverbs 9:10-12**

### **Wednesday**

**Protection—Psalm 91**

### **Thursday**

**Healing—Isaiah 53:4-6; 10-12**

### **Friday**

**Purity—Psalm 51:10-13**

### **Saturday**

**Deliverance—Isaiah 58:6-9**

### **Sunday**

**Forgiveness—Psalm 32**

***Keep a journal as the Holy Spirit speaks.***

## Preparing for the Fast

### Aim

Seek Personal Spiritual Growth

### Vow

I will delight myself in the Lord so that  
my desires becomes what He wants.

Psalm 37:4

### Bible Basis

“I beseech you therefore,  
brethren, by the mercies of God, that  
you present your bodies a living  
sacrifice, holy, acceptable to God,  
which is your reasonable service. And  
do not conform to this world, but be  
transformed by the renewing of your  
mind, that you may prove what is that  
good and acceptable and  
perfect will of God.”

Romans 12:1-2

### Bible Promise

“Then you shall call, and the Lord will  
answer; You shall cry, and He will say,  
”Here I am.”...Isaiah 58:9

## Prescription for the Fast

***Abstain from  
8:00pm-8:00am (Only)***

1. No TV, Radio, and Media  
(YouTube may be used for  
Spiritual Development at this  
time. Listen to preaching or  
gospel music only. Use Bible  
to read scriptures instead of  
cell phone.)
2. No Sodas
3. No Desserts
4. Limit social Cell Phone use  
between 8:00 pm—8:00 am
5. No Food (Unless taking  
medication)
6. Drink water only
7. Keep a journal as the Holy Spirit  
speaks.

### ***Thrive***

***Faith—Read A Book on  
Prayer***

***Family—Set Aside A Special  
Time Each Day to  
Pray for Family***

***Finance—No Purchases  
Unless necessary***

***Fitness—Exercise 3 Times  
Per Week***