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

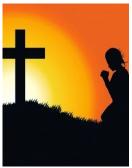
7. Unforgiveness

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"



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

<u>Aim</u>

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