

21 DAYS OF Prayer & Fasting

Prayer Principles

WHY SHOULD WE PRAY

Because God's Word teaches us that we should pray.
Because we love God & want to express that love to Him.
To praise and worship God for who He is.
To repent and confess to God.
To listen to God, to have a conversation with Him.
To give thanks to God.
To draw closer to God.
To petition God for our needs and the needs of others.
To intercede for others.
Against the enemies of God.
For power to resist temptation.

WHAT SHOULD WE PRAY

For your "relationship" and not just your "remedy".
To draw closer to God; not just for "needs".
For spiritual wisdom and knowledge. (Colossians 1:9)
That you may be able to resist temptation. (Mark 14:38)
That Christ may be fully "formed in you". (Galatians 4:19)
That you "do no evil" but "that which is honest". (2 Cor. 13:7)
To be preserved blameless unto the coming of our Lord. (1 Thess. 5:23)
That you would allow God to use you for His glory.

HOW SHOULD WE PRAY

Pray with faith. (Hebrews 11:6)
Pray with clean hands and a pure heart. (Psalm 24:3-4)
Pray heart-felt (fervent) prayers, rather than vain repetitions. (Matt. 6:7)
Pray in sincerity. (Matthew 23:14)
Pray persistently. (Luke 18:1)
Pray for things according to God's will. (Luke 22:42)
Pray boldly before the throne of grace. (Heb. 4:16)
Pray with thanksgiving. (Phil. 4:6)
Pray in the name of Jesus. (John 16:26)

That the gospel would go forth and triumph (evangelism). (2. Thess. 3:1)
For the church, that God would bless, protect, and increase it.
For your leaders - both political and spiritual. (1 Timothy 2:2)
For the welfare and needs of your family and loved ones.
For the welfare and needs of your brothers and sisters in Christ.
That God's people would minister with holy boldness. (Acts 4:30)
That God would vindicate His people who are suffering. (Luke 18:7)
For the lost. (Romans 10:1)
For your enemies and for those who "despitefully use you". (Luke 6:28)

Fasting Principles

- You are not trying to force God to do your will. This is not a hunger strike. We are not fasting and praying that God will perform our will. We are praying and fasting that we may do God's will; that God's will is done on earth as it is in heaven.
- You ARE NOT trying to limit calories. This is a fast, not a weight-loss program.
- You ARE NOT trying to find ways to make fasting easier. This is deliberate self-denial; it should be difficult and a sacrifice.
- You ARE NOT trying to just obey a set of dietary rules. This fast should not be an exercise in legalism.
- This is NOT an effort to improve your health or your eating habits. You may or may not experience health benefits from this fast, but the purpose of this fast is spiritual, not physical.
- You ARE endeavoring to draw closer to God by building up your spiritual man as you deny the desires of your carnal man.
- You ARE engaging in spiritual warfare against powers of darkness and spiritual wickedness in high places.

NOTE: If you have health issues, please speak with your health care professional before undertaking any extended fasting regimen. Fasting is not recommended for young children. If you have significant difficulty with this fast, please seek medical attention immediately.



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