Prayer and Fasting Request Prayer Sheet

1. What are you thankful for from 2020 e.g. answered prayer including from the month of prayer and fasting, etc. If you have trouble remembering, ask Jesus to remind you of the things you haven't thought of that He wants you to be thankful for.

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2. Choose 1 prayer request you are praying and fasting for this month.
   Listening Prayer: Ask Jesus to give you clarity concerning your prayer request, for example:
   - any *questions* related to this prayer request He wants you to ask?
   - any *motive* He wants to align in your asking?
   - any thing He wants to grow in your *character* through praying for this request?
   - Pray through what you receive.

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3. 1 Samuel 1:10-11a, 15b (ESV) [10] She was deeply distressed and prayed to the LORD and wept bitterly. [11] And she vowed a vow and said, "O LORD of hosts, if you will indeed look on the affliction of your servant and remember me and not forget your servant, … but I have been pouring out my soul before the LORD.

   Listening Prayer: Ask Jesus to reveal the measure of *earnestness* and *need* with which you are bringing this prayer request to Him.

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4. Ask Him to show you if you have been praying for this request *half-heartedly* lacking a *desire* or *urgency* for His answer.

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5. If you are praying half-heartedly ask Him to show you *why*. Pray through what you receive, asking Him to *increase your desire and desperation* for His answer.

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6. Psalm 116:12-13 (ESV) 12 What shall I render to the LORD for all his benefits to me? 13 I will lift up the cup of salvation and call on the name of the LORD,

   Petition Prayer: In earnest prayer come to the Sovereign King who loves you and present your prayer request to Him. Don't rush through this as a simple *petition* rather take time to earnestly request His answer to your prayer request. Trust Him, have faith that He loves you, know that He has heard you. Thanksgiving: Thank Jesus that He will speak to you and answer your prayer!

7. Listening Prayer: Ask Jesus to give you a *promise* through His word for the work He is doing in your life through the process of seeking Him through prayer and fasting.

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8. Thank Him for loving you so much that He is answering your prayer request in a way that is best for you. Thank Jesus for the relationship that is being built between you and Him through this journey of prayer.