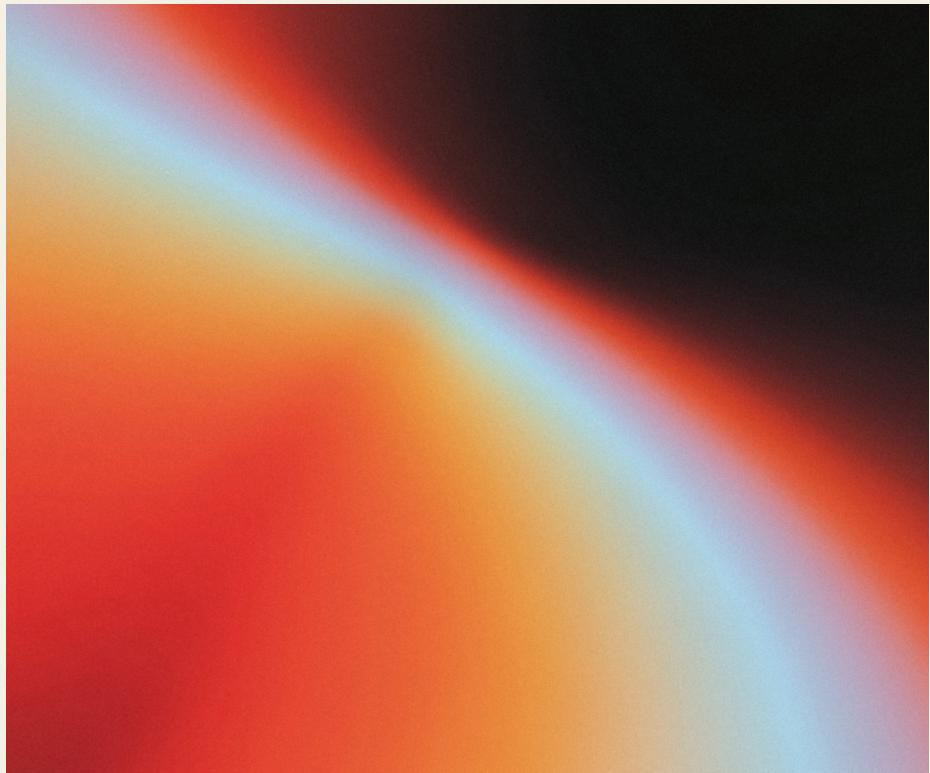


PRAYER & FASTING

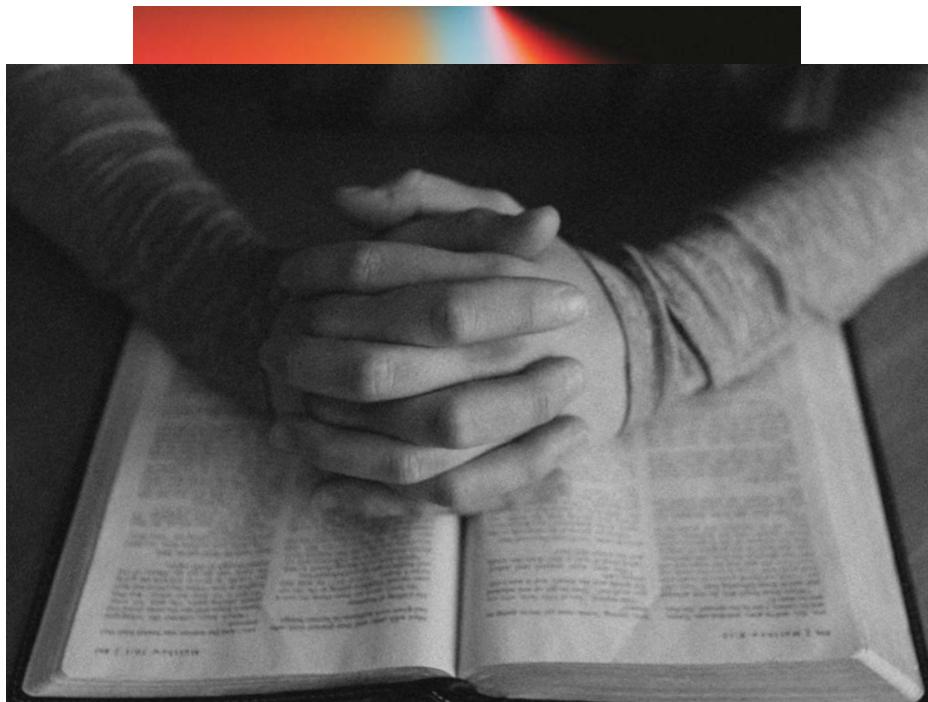
TURN THE BATTLE

PURPOSEFUL

PRAYER



APOSTOLIC PRAYERS



INTRODUCTION

Staying Engaged in Prayer

One powerful way to stay engaged in prayer is through pray-reading—praying the very words of Scripture back to God. The words inspired by the Holy Spirit become the foundation and language of prayer.

The New Testament contains prayers written by the apostles, the spiritual fathers of the faith. These apostolic prayers are a rich place to begin. When prayed, they speak God's own words and thoughts over people and situations, aligning the heart with His will.

Praying these Scriptures connects believers to a 2,000-year legacy of Christians who have lifted the same words to God. This guide is designed to help cultivate a deeper, more focused prayer life through the practice of praying the apostolic prayers.

COLOSSIANS 1:9-11 NIV

[⁹] For this reason, since the day we heard about you, we have not stopped praying for you. We continually ask God to fill you with the knowledge of his will through all the wisdom and understanding that the Spirit gives, [¹⁰] so that you may live a life worthy of the Lord and please him in every way: bearing fruit in every good work, growing in the knowledge of God, [¹¹] being strengthened with all power according to his glorious might so that you may have great endurance and patience,

Lord, may _____ (name person) be filled with the knowledge of your will.

Help _____ to walk worthy of you. At work, at school, at play, every minute of the day.

May _____ please You fully in every word and deed.

Empower _____ to be productive in good works and bear much fruit.

May _____ increase in the knowledge of God

Fill _____ with Your mighty power to endure in faith with joy, even when life is painful.

EPHESIANS 1:17-20 NIV

^[17] 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. ^[18] I pray that the eyes of your heart may be enlightened in order that you may know the hope to which he has called you, the riches of his glorious inheritance in his holy people, ^[19] and his incomparably great power for us who believe. That power is the same as the mighty strength ^[20] he exerted when he raised Christ from the dead and seated him at his right hand in the heavenly realms,

Glorious Father, would you give the Spirit of wisdom and revelation to

_____.

May _____ know you better, having a greater understanding of the person, works, teaching and mission of Jesus.

Would you open _____'s heart to the hope to which you have called them. May they see the great destiny that you have for them. Open their eyes to the mission field that is around them.

May _____ know true riches of your glorious inheritance in Your Holy people.

Empower _____ with your mighty power, the same power that raised Jesus from the dead. Empower them to overcome temptation, to walk the narrow path and to say no to any worldly passion and desire.

PHILIPPIANS 1:9-11 NIV

^[9] And this is my prayer: that your love may abound more and more in knowledge and depth of insight, ^[10] so that you may be able to discern what is best and may be pure and blameless for the day of Christ, ^[11] filled with the fruit of righteousness that comes through Jesus Christ to the glory and praise of God.

I pray you would give _____ a greater understanding of your love, that your love would abound in _____ heart.

Holy Spirit, tenderise _____ heart so that _____ would abound in love for Jesus and that love would overflow back to others.

Holy Spirit, cause _____ love for others to grow and increase beyond measure.

Would you give _____ discernment and keep _____ pure and spotless so _____ may stand before you spotless on the day of Christ.

Father, would the fruit of righteousness overflow in _____ life and may _____ always bring you praise and glory.

EPHESIANS 3:14-21 NIV

^[14] For this reason I kneel before the Father, ^[15] from whom every family in heaven and on earth derives its name. ^[16] I pray that out of his glorious riches he may strengthen you with power through his Spirit in your inner being, ^[17] so that Christ may dwell in your hearts through faith. And I pray that you, being rooted and established in love, ^[18] may have power, together with all the Lord's holy people, to grasp how wide and long and high and deep is the love of Christ, ^[19] and to know this love that surpasses knowledge---that you may be filled to the measure of all the fullness of God. ^[20] Now to him who is able to do immeasurably more than all we ask or imagine, according to his power that is at work within us, ^[21] to him be glory in the church and in Christ Jesus throughout all generations, for ever and ever! Amen.

Father, I kneel before you on behalf of _____. Thank you that _____ is under your name. Would you shake any insecurities from them and affirm them in who they are to you.

Strengthen _____ with your power through your Spirit. Would you grant _____ strength in their inner person. Would they be stronger on the inside than the outside.

May you root and establish _____ in your love. Help _____ grasp how wide, long, high, and deep is the love of Christ. May that love overflow back to you and to others.

Do this so that _____ may be filled to the measure of all the fullness of God. Speak to them Father of your love so _____ can position themselves to receive from you. Would _____ root out anything that is stopping this.

Father, you can do immeasurably more than all we ask or imagine. I ask we would see your immeasurably more in the life of _____.

May you be praised among every generation and _____ always sing of your praise.

1 THESSALONIANS 5:23-24 NIV

^[23]Now may the God of peace make you holy in every way, and may your whole spirit and soul and body be kept blameless until our Lord Jesus Christ comes again. ^[24]God will make this happen, for he who calls you is faithful.

Father, I thank you for your peace, would _____ know your peace in a new and fresh way making them holy in every way.

May every part of _____ be kept blameless until the return of Christ. I pray _____ would live in a way that is holy and blameless before you.

Father, I thank you that you are faithful! Would you reveal more of the faithfulness of Christ to _____ and reflect that to the world around them.



ACTS 4: 29-30 NIV

“Now, Lord... “Consider their threats and enable your servants to speak your word with great boldness. ^[30] Stretch out your hand to heal and perform signs and wonders through the name of your holy servant Jesus.”

Father, I ask you to give _____ boldness at this time. May they know the nearness of Holy Spirit and the power that he brings. Give them the boldness to pray for people and share the Gospel.

Through _____ would you stretch out your hand to heal and deliver. When _____ lays hands on the sick, or prays for certain situations would you perform signs and wonders in the name of Jesus.

Thank you in advance for all of the testimonies that will come from _____ 's life.

2 THESSALONIANS 3:1-5 NIV

^[1] Finally, dear brothers and sisters, we ask you to pray for us. Pray that the Lord's message will spread rapidly and be honoured wherever it goes, just as when it came to you. ^[2] Pray, too, that we will be rescued from wicked and evil people, for not everyone is a believer. ^[3] But the Lord is faithful; he will strengthen you and guard you from the evil one. ^[4] And we are confident in the Lord that you are doing and will continue to do the things we commanded you. ^[5] May the Lord lead your hearts into a full understanding and expression of the love of God and the patient endurance that comes from Christ.

Father, we ask for the rapid spread of the Gospel in _____. I pray you would use _____ to boldly share the Gospel wherever they are.

I ask for your protection over _____'s life. Would you rescue them from wicked and evil people and deliver them from the evil one.

Thank you for your faithfulness and I ask that you would strengthen _____.

I ask that _____ would know your delight and they would know that you are pleased with them. May they know your love in new measures by directing _____' heart into God's love.

May _____ know the perseverance and endurance that comes from Christ in this season.



ROMANS 15:13 NIV

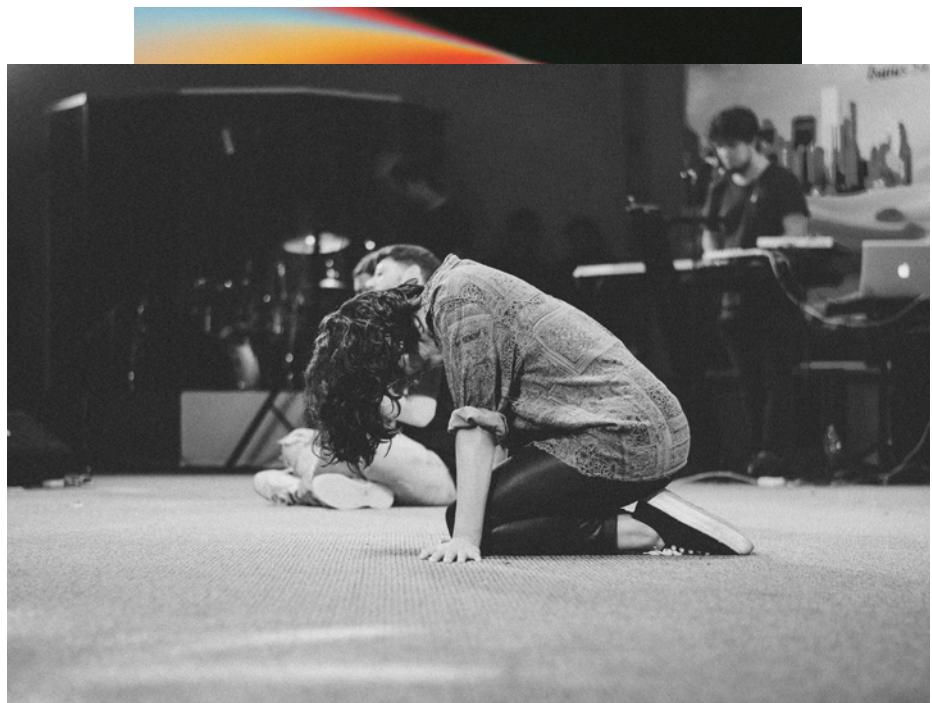
May the God of hope fill you with all joy and peace as you trust in him, so that you may overflow with hope by the power of the Holy Spirit.

Father, would you fill _____ with joy and peace.

Would you help _____ to trust in you so they may overflow with hope by the power of the Holy Spirit.

May _____ have the most hope, so that they may have the most influence.

FASTING



INTRODUCTION

Fasting is about humbling ourselves before God and desiring Him above all else. It is more than giving up food—it is an intentional choice to seek God and draw closer to Him.

Through fasting, attention shifts from satisfying physical desires to focusing on God. It is a way to become more like Jesus and depend more on the Holy Spirit. Fasting also opens the heart for God's work, increases sensitivity to His leading, and helps us hear His voice more clearly.

The Bible gives many examples of fasting, such as Moses (Exodus 24:28) and Jesus (Luke 4:2) who both fasted for forty days. In biblical times, fasting was a common practice among the faithful, including John the Baptist, the Pharisees, and others.

Jesus also taught about fasting in the Sermon on the Mount (Matthew 6:16–18), instructing that it should be done sincerely and without drawing attention.

We hope the next few pages will help as a guide.

BIBLICAL EXAMPLES OF FASTING...

1.

Moses fasted for 40 days before receiving the commandments
(*Deuteronomy 9:9-18*)

2.

Ezra fasted while mourning over sin
(*Ezra 10:6-17*)

3.

Esther fasted for the safety of the Jews
(*Esther 4:15-17*)

4.

Daniel fasted for an answer to prayer
(*Daniel 10:1-3*)

5.

Jesus fasted before his temptation
(*Matthew 4:1-2*)

6.

Paul fasted after his conversion
(*Acts 9:1-9*)

7.

The church leaders in Antioch fasted before sending missionaries
(*Acts 13:1-3*)

WHY DO WE FAST?

- Developing spiritual strength, including resisting temptation - we learn to say no to temptation. Fasting helps us to develop self-control, as we put God above anything else we may be desiring. Ultimately when we fast, we are in a place where we want God more than anything else.
- Humbling ourselves before God. It means we are acknowledging our need for Him, and recognising that God has to be most important in our life, that He has first place in our lives.
- Enhancing prayer. Fasting helps us to take intentional time with God and draw closer to him. As we grow in our relationship with him, we can hear what he is saying to us. In that time of fasting, God can reveal things to us.
- Humbling ourselves and drawing close to God when we fast is an invitation to the Holy Spirit to change us to become more like Jesus. We all know we need to be changed in our inner being; by fasting we are choosing voluntary weakness to give God more control in our lives.



TYPES OF FASTING



COMPLETE FAST

This is a water only fast, where you abstain from food. This can be very difficult physically. When doing a complete fast, it is important to make sure that you drink plenty of water, get rest and spend time in prayer.



LIQUID FAST

This is abstaining from food but having liquids such as smoothies or fresh fruit juices—and of course, drinking lots of water throughout the day! For many people, it is an ideal way to cleanse the body and mind and reset eating habits.



PARTIAL FAST

When you restrict when or what you eat e.g. only eating one meal a day at lunch or choosing types of food to fast from. The Daniel fast is an example of a partial fast, this is based on one of the prophets in the Bible, Daniel, who did a fast abstaining from meats, sweets and bread but still ate whole, plant-based foods and water.

TYPES OF FASTING



SUPERNATURAL OR ABSOLUTE FAST

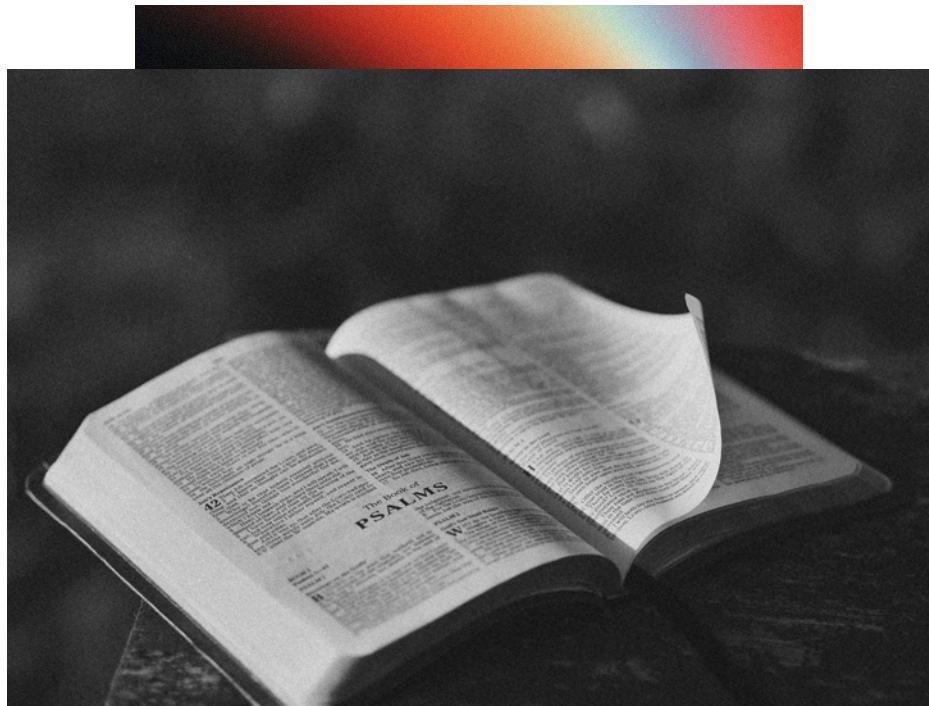
This is where no water or food is consumed. This is very rare and normally only lasts for a short period of time. Most would recommend that people shouldn't go without water when fasting. There are only a few examples of absolute fasts in the Bible, one example is in Jonah.



OTHER FASTS

Fasting also doesn't necessarily have to be food, you can fast other items too. This can be very useful, especially if fasting things that take up a lot of time and distracts you from God e.g social media or news. Fasting is about drawing closer to God; it helps us to connect with God.

PRAYING THE PSALMS



INTRODUCTION

A great way to pray is by praying the Psalms. The Psalms are a collection of poetic and lyrical expressions of human emotions and experiences.

Composed by various authors, including King David, these sacred songs and prayers cover a wide range of themes such as praise, thanksgiving, lamentation, repentance, and wisdom. The Psalms offer solace, guidance, and a means to connect with God, inviting readers to engage with their own innermost thoughts and feelings, while ultimately pointing towards a deep relationship with God.

The Psalms are honest and personal. They were written by people, like you and me, in times of excitement and joy, sorrow and loss, and sin and repentance. They are a unique way to connect with God.

This booklet is designed to help you begin your journey in praying the Psalms. In fact, years after I started praying this way, I still find using this guide helpful and effective.

You will see the prayer written, line by line, and then the Biblical reference. In the gaps, you can say/write a person's name or a city. It may even be your own name! You can use this guide in your personal time or in a public setting; both work well.

I know that as you pray these prayers and move from watching to engaging, you will also find it life-giving and exciting!

PRAY LINE BY LINE

You can pray line by line or verse by verse. In one sense, it is praying back to God His work. For example, one of the most well-known Psalms is Psalm 23.

'The LORD is my shepherd, I lack nothing.' (Psalm 23:1 NIV)

Amazing, right! We can easily pray this verse. I would pray something like: **'Lord, You are my Shepherd. Thank you that you guide me, you direct me, you lead me and you provide for me.'**

Simple! Alternatively, you can pray the exact words of a Psalm.

'You, God, are my God, earnestly I seek you; I thirst for you, my whole being longs for you, in a dry and parched land where there is no water.' (Psalm 63:1 NIV)

You can easily make this your own prayer. Praying the Psalms enables us to praise God in new and fresh ways, expressing gratitude to Him, declaring His character over our lives and certain situations and much more.



SINGING THE PSALMS

Did you know that the Psalms were written to be sung? I love engaging with the Psalms in this way.

I will turn on some soaking worship music (a quick YouTube search of soaking worship music will bring lots of options), then take a Psalm, verse by verse, and sing it to my own tune. Obviously, I make sure the windows are shut and my wife is not listening, but I have found this really enriches my prayer time!

PRAYER TEMPLATE

Here is a further example of praying from Psalm 23 (my comments are in italics). As you can see, we don't need long sentences, sometimes just a few phrases are sufficient.

Psalm 23

'He makes me lie down in green pastures, he leads me beside quiet waters.' (Psalm 23:2 NIV)

Thank you, Father, for the promise of peace beside quiet waters. Thank you that you lead me to that place.

'He refreshes my soul. He guides me along the right paths for his name's sake.' (Psalm 23:3 NIV)

Thank you, Jesus, that you refresh me. Would you refresh me today and guide my steps on the right path.

'Even though I walk through the darkest valley, I will fear no evil, for you are with me; your rod and your staff, they comfort me.' (Psalm 23:4 NIV)

Thank you that you are with me in every step I take, in the high seasons and the low seasons. May I know your nearness in this season and comfort me.

PRAYING THE PSALMS

These are the first 4 verses of Psalm 23. Why not pray through the final 2 verses, writing your prayer in the lines provided and starting your journey of praying the Psalms. I know that your prayer life will be enriched through this.

Psalm 23:5 NIV

'You prepare a table before me in the presence of my enemies. You anoint my head with oil; my cup overflows.'

Psalm 23:6 NIV

'Surely your goodness and love will follow me all the days of my life, and I will dwell in the house of the LORD forever.'



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