

PRAY FIRST

PRAYER MANUAL



HIGHWAY
GOSPEL CHURCH

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PRAY FIRST

To the amazing Highway family:

Welcome to the Pray First Experience. I am so excited that you have decided to dig deeper into what God would have for you individually, and what God has for us as a church.

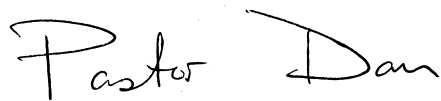
We want to commit ourselves to **Pray First** in every situation. Many times people act first and then want God to bail them out of that situation, but prayer should be our first response, not our last resort.

Understanding the necessity of prayer is not enough. In order for it to become a part of our life, it needs to become something we look forward to doing. I'm convinced most people struggle with prayer because they have never been taught how to pray. That's where this simple prayer manual can help. Using several prayer models out of the Bible and having some guides to make prayer more personal, this booklet is designed to assist you in growing your relationship with God through prayer and Bible reading. When you discover the beauty of daily conversation with Him, you'll experience the presence of God that will change your life.

Once you learn how to pray, prayer can become a part of everyday life.
And then...

- Before the day begins
- Before you go to bed
- Before you go to work or school
- Before you send that text
- Before you eat, drive or travel
- When bad things happen
- Before bad things happen
- In every situation—PRAY FIRST!

Prayer changes everything!

A handwritten signature in black ink that reads "Pastor Dan". The word "Pastor" is written in a cursive script, and "Dan" is written in a more stylized, bold cursive.

Pastor Dan Colantonio

HOW TO USE THIS MANUAL

We don't have to follow a specific formula to talk with God, but practicing different ways to pray can help us find deeper purpose and connection to Him through our prayer time.

This manual is designed to give you several prayer models. You don't have to master all of them at once; you can select a different prayer model each day and spend time working through it at your own pace. You can go in any order you want, and you can even spend a few days on the same model as you become more comfortable with it.

To get started, choose which model you want to use today in prayer. As you pray, focus on the process the model reveals, giving yourself time to pray intentionally. If your mind wanders, use the model to restore your focus.

The goal of using this manual is not to add pressure or overwhelm you. The goal is simply to get comfortable with different biblical models of prayer and for your prayer life to become more natural, effective, and enjoyable. To make your prayer time even more meaningful, you can write notes and prayer requests and play worship music. The important step is committing to regularly entering God's presence through prayer.

The heart of this guide is to help you find a new level of purpose, effectiveness, and enjoyment in your prayer life. While prayer does take commitment and can require discipline to develop into a daily habit, we also want to remember that it's a "get to" not a "got to." It's a privilege to be able to come to God in prayer.

Compiled 2020

The information in this booklet was compiled from different sources:

The Open Network, The GROW Network, Life Point Church, "Fasting" by Jentezen Franklin, and from sermons preached at Highway Gospel Church.



PRAY
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THE LORD'S PRAYER

THE LORDS PRAYER

One day Jesus was praying in a certain place. When He finished, one of his disciples said to him, "Lord, teach us to pray..." (Luke 11:1).

"Our Father in heaven, hallowed be your name, your kingdom come, your will be done on earth as it is in heaven. Give us today our daily bread. Forgive us our debts, as we also have forgiven our debtors. And lead us not into temptation, but deliver us from the evil one, for yours is the kingdom and the power and the glory forever"
(Matthew 6:9-13).

1. CONNECT WITH GOD RELATIONALLY

"Our Father in Heaven"

You have not received a spirit that makes you fearful slaves. Instead, you received God's Spirit when he adopted you as his own children. Now we call him, "Abba, Father"
(Romans 8:15 NLT).

Proclaim your intimate relationship with God, addressing Him lovingly as your Father and thanking Him that you are His child.

2. WORSHIP HIS NAME

"hallowed be your name"

The name of the Lord is a strong tower; the righteous man runs into it and is safe.
(Proverbs 18:10 ESV)

God is Righteousness – He makes us clean

God is Sanctifier – He has called us and set us apart

God is Healer – He heals all our diseases

God is Banner of Victory – He defeated our enemies

God is Shepherd – He speaks to us and leads us

God is Peace – He is our peace in every storm

God is Provider – He supplies all of our needs

3. PRAY HIS AGENDA FIRST

“Your Kingdom come. Your will be done on earth as it is in Heaven”

He will always give you all you need from day to day if you will make the Kingdom of God your primary concern. (Luke 12:31 TLB)

Spend time focusing on what God is focused on. His priorities include:

- Saving the lost
- Wisdom and guidance for those in authority
 - parental, spiritual, governmental, work-related
- Accomplishing His purpose in our lives

4. DEPEND ON HIM FOR EVERYTHING

“Give us this day our daily bread”

*I look up to the mountains—does my help come from there?
My help comes from the Lord, who made heaven and earth!
(Psalm 121:1 - 2 NLT)*

Ask God for what you need today. It may help to write down the concerns weighing on your mind or the desires of your heart. You can bring them to God, and trust Him enough to hand them over to Him fully. It may help to open your hands before God to physically show your surrender to Him. Problems can either be ours or God’s; they can’t be both.

5. GET YOUR HEART RIGHT WITH GOD

“Forgive us our debts, as we forgive our debtors”

*If we confess our sins, He is faithful and just and will forgive us our sins
and purify us from all unrighteousness. (1 John 1:9)*

Ask God to check your heart and life and show you areas where you might need to ask for forgiveness from Him. Then, it is your turn to forgive those who have offended you. We can even choose to forgive people in advance. Ask God to forgive you and to help you forgive others.

6. ENGAGE IN SPIRITUAL WARFARE

“And do not lead us into temptation, but deliver us from the evil one”

For our struggle is not against flesh and blood, but against the rulers, against the authorities, against the powers of this dark world and against the spiritual forces of evil in the heavenly realms. (Ephesians 6 : 12)

Spiritual warfare can seem difficult to understand, but the Bible makes it very clear that we have an enemy who is trying to steal from us, kill us, and destroy us. As we pray, we take our stand against the enemy and fight from a place of victory through Jesus as we're empowered by His Holy Spirit. There is power in God's Word, and every lie the enemy has told us can be replaced with God's truth.

By recognizing that the enemy wants to destroy you, you can shed light on his lies and claim God's truth over your life. Ask God to show you any lies you're believing or areas of warfare happening in your life. Ask Him to expose the enemy and to help you understand and receive His truth. Simply speaking the Name of Jesus has great power in the spiritual realm. The Bible tells us in James 4:7 that if we resist the devil, he will flee from us. Through prayer, we can resist him and walk forward in freedom.

7. EXPRESS FAITH IN GOD'S ABILITY

“For yours is the Kingdom and the power and the glory forever.”

Ah, Sovereign LORD, you have made the heavens and the earth by Your great power and outstretched arm. Nothing is too hard for You. (Jeremiah 32 : 17)

Remind yourself of God's limitless power and then return to praising Him and declaring your faith in Him:

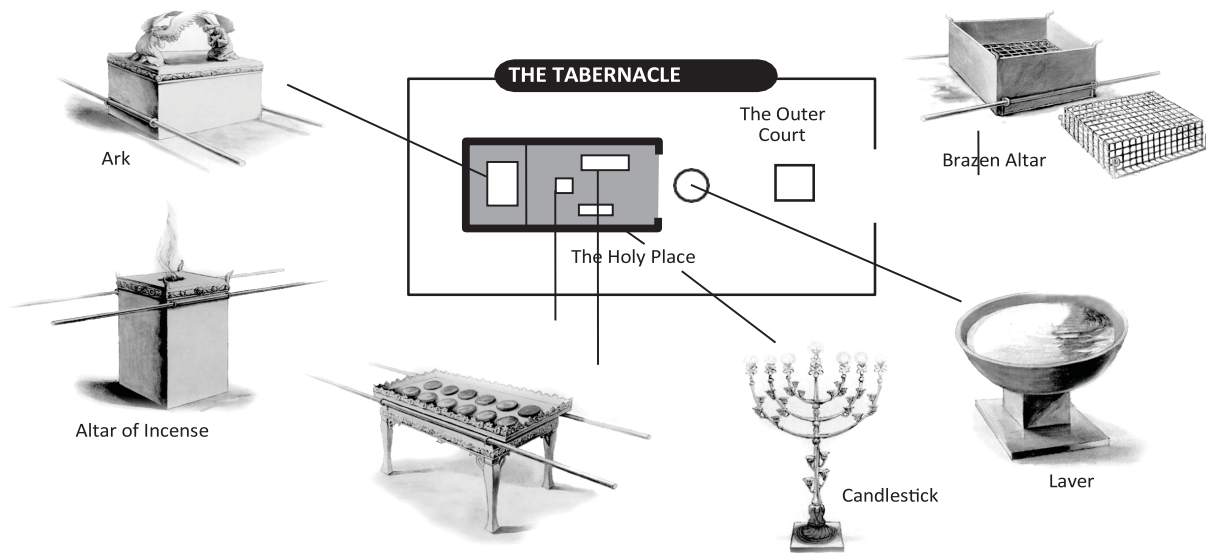
- “Yours is the Kingdom” – all authority belongs to You
- “Yours is the Power” – all mightiness flows from You
- “Yours is the Glory” – Your victory will be complete



PRAY
FIRST

TABERNACLE PRAYER

TABERNACLE PRAYER



In the Old Testament, the Tabernacle was the dwelling place of God, built to His specifications, where He would meet His people. As they entered the Tabernacle, they passed through seven stations, following God's instructions, to experience His presence. Today, even though we no longer need the physical Tabernacle to meet with God, these same steps can help us connect with Him. This prayer model will take us through each station of the Tabernacle and use the purpose of each station to guide our prayers.

1. THE OUTER COURT – THANKSGIVING AND PRAISE

The Israelites entered the Tabernacle with thanksgiving and praise, and we start our prayer time the same way.

*Enter His gates with thanksgiving and His courts with praise;
give thanks to Him and praise His name. (Psalm 100:4)*

Spend some time really thinking about all the blessings in your life for which you're thankful. You can write down a list, sing your own song of praise, or just spend quiet moments reflecting on your gratitude and praise toward God.

2. THE BRAZEN ALTAR—THE CROSS OF JESUS

In the Old Testament, everyone had to regularly bring animal sacrifices as payment for their sins. Today, we don't have to do that because Jesus paid for our sins once and for all with His blood on the cross.

Praise the LORD, my soul, and forget not all His benefits— who forgives all your sins and heals all your diseases, who redeems your life from the pit and crowns you with love and compassion, who satisfies your desires with good things so that your youth is renewed like the eagle's. (Psalm 103:2-5)

The cross provides us with five major benefits:

- Salvation - God forgives all my sin
- Healing - God heals all my diseases
- Redemption - God rescues me and restores me
- Transformation - God changes me into His likeness
- Blessing - God provides everything I need

3. THE LAVER—CLEANSING AND PREPARING

The next step in the Tabernacle was a bowl of water where people could wash. Checking your hearts and motives and then surrendering your life to God is an important part of daily prayer. Here are some ways to keep your heart right with God.

I appeal to you therefore, brothers, by the mercies of God, to present your bodies as a living sacrifice, holy and acceptable to God, which is your spiritual worship. (Romans 12:1 ESV)

Because of what Jesus did on the cross, we can confess our sins to Him and receive complete forgiveness and a fresh start. In prayer, humbly and sincerely turn away from your sins and allow God to cleanse and renew you.

Then, surrender your life and every part of yourself to Him.

- Your tongue – to speak good and not evil
- Your eyes – to see God and the needs of others Your ears – to be sensitive to His voice
- Your hands – to do good to others Your feet – to walk in God's ways
- Offer your mind to God (Philippians 4:8; Romans 12:2).
- Ask God to give you the fruit of the Spirit (Galatians 5:22-23).

4. THE CANDLESTICK—THE HOLY SPIRIT

The next piece of the Tabernacle was a seven-branched golden candlestick. The fire represents the Holy Spirit. The fire represents the Holy Spirit and how we are called to be light in the world's darkness.

The Spirit of the LORD will rest on him — the Spirit of wisdom and of understanding, the Spirit of counsel and of might, the Spirit of the knowledge and fear of the LORD.

(Isaiah 11 : 2)

Every day you should invite the presence of the Holy Spirit into your life.

- The Spirit of the Lord
- The Spirit of Wisdom
- The Spirit of Understanding
- The Spirit of Counsel
- The Spirit of Might
- The Spirit of Knowledge
- The Fear of the Lord

5. THE TABLE OF SHEWBREAD—THE WORD OF GOD

In the Tabernacle, a table with twelve loaves of bread represented the importance of reading God's Word for daily sustenance.

Keep this Book of the Law always on your lips; meditate on it day and night, so that you may be careful to do everything written in it. Then you will be prosperous and successful. (Joshua 1 : 8)

God's Word is an incredible gift and a powerful tool, and it has great relevance and impact in our prayer life. Here is how you can incorporate God's Word into your prayer time:

- Take time to read and think about the Word
- Claim God's many great promises for your life and the world around you
- Ask Him for fresh revelation of His Word
- Ask Him for a Word to help you as you go throughout your day

6. THE ALTAR OF INCENSE—WORSHIP

A small altar of burning incense stood at the entrance to the Holy of Holies, where God's presence dwelled. The people of God entered God's presence as they worshipped His Names. This altar represents worship and the pleasure it gives God when we worship Him.

*The name of the LORD is a strong tower; the righteous run to it and are safe.
(Proverbs 18 : 10 NLT)*

God is My Righteousness – Jeremiah 23:6

God is My Sanctifier – Leviticus 20:7-8

God is My Healer – Exodus 15:26

God is My Provider – Genesis 22:14

God is My Banner of Victory – Exodus 17:15

God is My Peace – Judges 6:24

God is My Shepherd – Psalm 23:1

God is Always There – Ezekiel 48:35

7. THE ARK OF THE COVENANT—INTERCESSION

The final place in the Tabernacle was the place where God's presence dwelt. It was there that the priest interceded on behalf of the people. In the New Testament, you and I are all called priests and instructed to intercede for others.

I urge, then, first of all, that requests, prayers, intercession and thanksgiving be made for everyone—for kings and all those in authority, that we may live peaceful and quiet lives in all godliness and holiness. This is good, and pleases God our Savior, who wants all men to be saved and to come to a knowledge of the truth (1 Timothy 2:1-4).

- Those in authority - leaders in church, government, family, and workplace
- Your family - both immediate and extended family members
- Your church - pastors, Small Group leaders, members, and missionaries
- Your community - people in your city, nation, and world
- Your relationships - friends, co-workers, acquaintances
- Your needs



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WARFARE PRAYERS

WARFARE PRAYERS

Prayer is not only communion with God; it is also confrontation with the enemy. When Jesus was on the earth, He came face-to-face with the devil when He was tempted in the wilderness (see Matthew 4 and Luke 4), and every time the enemy tried to tempt Him, Jesus responded with a reference from the Bible. He used the Sword of Truth to defend Himself from the enemy's attacks. Consider that in these exchanges, Jesus didn't confront the devil as God. He confronted the devil as a man with the Word of God. We should do the same thing.

These spiritual warfare prayers and verses are examples we can use and adapt to our specific situations when we or someone we know is under attack from the devil.

Put on the full armor of God so that you can take your stand against the devil's schemes. For our struggle is not against flesh and blood, but against the rulers, against the authorities, against the powers of this dark world and against the spiritual forces of evil in the heavenly realms. Therefore put on the full armor of God, so that when the day of evil comes, you may be able to stand your ground, and after you have done everything, to stand. Stand firm then with the belt of truth buckled around your waist, with the breastplate of righteousness in place, and with your feet fitted with the readiness that comes from the Gospel of peace. In addition to all this, take up the shield of faith, with which you can extinguish all the flaming arrows of the evil one. Take the helmet of salvation and the sword of the Spirit, which is the Word of God. And pray in the Spirit on all occasions with all kinds of prayers and requests. With this in mind, be alert and always keep on praying for all the Lord's people.

EPHESIANS 6 : 11 - 18

THE ARMOR OF GOD

(Based on Ephesians 6:13-17)

"Thank You, Lord, for my salvation. I receive it in a new and fresh way from You, and I declare that nothing can separate me from the love of Christ and the place I have in Your Kingdom. I wear Your righteousness today against all condemnation and corruption. Cover me with Your holiness and purity—defend me from all attacks against my heart. Lord, I put on the belt of truth. I choose a lifestyle of honesty and integrity. Expose the lies I have believed, and show me Your truth today. I choose to live for the Gospel in every moment. Show me where You are working and lead me to it. Give me strength to walk daily with You. I believe that You are powerful against every lie and attack of the enemy and I receive and claim your power in my life. Nothing is coming today that can overcome me because You are with me. Holy Spirit, show me the truths of the Word of God that I will need to counter the traps of the enemy. Bring those Scriptures to mind today. Finally, Holy Spirit, I agree to walk in step with You in everything as my spirit communes with You in prayer throughout the day."

THE WEAPONS OF WARFARE

(Based on 2 Corinthians 10:4-5)

“Father, Your Word says that no weapon formed against me shall prosper (Isaiah 54:17).

Therefore I declare that no weapon formed against me prospers this day or any day to come in Jesus’ name. Your Word says that trouble will not arise a second time (Nahum 1:9). Therefore I declare that Satan cannot make trouble for me again, in this manner, as he did in the past in Jesus’ name. I declare all of these prayers accomplished and brought to pass by trusting you through faith and expectation in the name of Jesus.

Lord Jesus, I confess to You all of my sins this day, yesterday and every day past. I repent and renounce them, those known and unknown, those of omission and commission, in what I have done and in what I have failed to do. I lay down at Your feet all of the sins of the flesh, the tongue, and of the heart, and all unholy thoughts and actions. Thank You, Lord, for shedding Your precious blood for me.

This day and each and every day I ask for protection over my spouse; each of my children; our immediate family members, relatives, friends, and acquaintances; and lastly for myself. I also ask today for protection during all of our travels; for our provision, finances, possessions, health, safety, and welfare. I put all of these things under the covering of Your precious blood and declare that Satan cannot touch them, on this day or any day to come.

I stand on Your Word. The enemy is driven out from before me, above me, around me, and below me; from my home, workplace, church and its ministries, children, and loved ones; from my works and labors, land, and my presence. I declare that he is not able to stand against me, and his works are taken captive and destroyed. No weapon formed against me will prosper, for the Spirit of the Lord shall raise a standard against them. I declare all of these things accomplished by Your Word.

Jesus, my Lord, I give You thanksgiving, praise, glory, honor and worship for Your righteousness and holiness given to me by Your Word on my behalf.”

PROTECTION PRAYER

(based on 2 Corinthians 6:14-7:1, 10:3-5; Romans 12:1, 2)

“Heavenly Father, I bow in worship and praise before You. I cover myself with the blood of the Lord Jesus Christ as my protection. I surrender myself completely and unreservedly in every area of my life to You. I take a stand against all the workings of Satan that would hinder me in my prayer life. I address myself only to the true and living God and refuse any involvement of Satan in my prayer. Satan, I command you in the name of the Lord Jesus Christ, to leave my presence with all your demons. I bring the blood of the Lord Jesus Christ between us. I resist all the endeavors of Satan and his wicked spirits to rob me of the will of God. I choose to be transformed by the renewing of my mind. I pull down every thought that exalts itself against the knowledge of Christ and loose into myself a sound mind, the mind of Christ.”

GENERAL CONFESSION PRAYER

(based on Romans 10:10; James 5:16; I John 1:7-9, 3:8)

“Lord Jesus Christ, I believe that You are the Son of God. You are the Messiah, come in the flesh to destroy the works of the devil. You died on the cross for my sins and rose again the third day from the dead. I now confess all my sins and repent. I ask You to forgive me and cleanse me now from all sin. Thank You for redeeming me, cleansing me, justifying me, and sanctifying me in Your blood.”

FORGIVENESS PRAYER

(based on Matthew 6:14, 15; Leviticus 19:18)

“Lord, I have a confession to make. I have not loved, but have resented certain people and have unforgiveness in my heart. I call upon You, Lord, to help me forgive them. I do now forgive (name them). I also forgive and accept myself in the name of Jesus Christ.”

PRIDE PRAYER

(based on Proverbs 11:2, 16:18, 26:12; 1 Timothy 3:6)

“Father, I come to You in the name of the Lord Jesus Christ. I know pride is an abomination to You. I renounce anything that would cause me to have pride in my heart in dealing with other people. I renounce these and turn away from them. I humble myself before You and come to You as a little child.”

Study Proverbs 6:16-19 and remember that fasting is a means by which a person humbles himself before the Lord.

GENERATIONAL BONDAGE PRAYER

(based on Exodus 20:4-6, 34:7; Numbers 14:18)

“In the name of the Lord Jesus Christ, I now renounce, break, and loose myself from all bondages or bonds of physical or mental illness upon me, my family or family line as the result of parents or any other ancestors. I thank You, Lord, for setting me free.”

MARRIAGE PRAYER

(based on Ephesians 4:25-30)

“Thank You, God, for loving us, and for creating marriage to be an illustration of Your love for us here on earth. Help me, God, to love my spouse (call them by name) the way You love me. Help me to listen to my spouse, give honor, and put my spouse before myself. Protect us physically, mentally, emotionally, and spiritually. We ask You to build greater unity between us, make us stronger as a couple, more devoted to one another and to You. Use us God, build us up to be an example of what Godly marriage can look like. Use us together to do more than we could ever do apart. We ask for greater influence and more impact on the people around us. We ask you to work through us in the lives of our friends, family, and even those far away. Fill us with Your Holy Spirit and move through us to bring those far from You closer, so that they can have an encounter with the Living God, who seeks and saves the lost, and who sets us free and gives us purpose.

We choose as a couple to love You first, God. We put our relationship with You before anything and everything else. We confess our need for You. Thank You for bringing us together. We choose to love one another today and every day. Thank You for our marriage. We ask You to bless it, build it, and be present in it always.”

HEALING PRAYER

(based on 1 Peter 2:24; Psalm 103:2-5; Luke 1:37)

“Father, in the Name of Jesus, I come before You asking for healing (name yourself or someone you are praying to experience healing). My hope is in You as our healer.

I believe You are able to do this. Your name is Jehovah Rapha, the God who heals, and I believe every knee will bow to You including the name of (name disease or disorder). Thank You, Jesus, for dying on the cross so that we can receive healing. You say that You forgive our sins and heal our diseases, and I praise You for this. Thank You that the spirit that raised Jesus from the dead lives in us. I stand in faith believing for healing for (yourself or someone you’re praying for). Nothing is impossible for You, God! Give us peace and direction as You work in our lives. In Jesus Name, Amen.”



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PERSONAL PRAYER TARGETS

PERSONAL PRAYER TARGETS

I urge, then, first of all, that requests, prayers, intercession and thanksgiving be made for everyone—for kings and all those in authority, that we may live peaceful and quiet lives in all godliness and holiness. This is good, and pleases God our Savior, who wants all men to be saved and to come to a knowledge of the truth
(1 Timothy 2:1-4).

Pray for those in authority and those under our authority.

MY GOVERNMENT

Prime Minister _____

Members of Parliament _____

Provincial Leaders _____

City Mayor & Councillors _____

MY FAMILY

Parents Siblings _____

Spouse Children _____

Extended family _____

MY CHURCH

Pastor & Staff _____

Small group leader Small group members _____

MY LIFE

Employer _____

Co-workers _____

Employees _____

Teachers/Professors _____

THOSE I INFLUENCE

Close Friends _____

THOSE WHO NEED GOD _____

FIND YOUR FOUR (Pray for Your Four)

1. _____

2. _____

3. _____

4. _____

HOW TO PRAY FOR THOSE WHO DO NOT YET KNOW JESUS

1. PRAY THAT THE FATHER WOULD DRAW THEM TO JESUS.

No one can come to me unless the Father who sent me draws him (John 6:44).

2. BIND THE SPIRIT THAT BLINDS THEIR MINDS.

The god of this age has blinded the minds of unbelievers, so that they cannot see the light of the gospel of the glory of Christ, who is the image of God (2 Corinthians 4:4).

3. LOOSE THE SPIRIT OF ADOPTION (SONSHIP).

For you did not receive a spirit that makes you a slave again to fear, but you received the Spirit of sonship. And by him we cry, "Abba, Father" (Romans 8:15).

4. PRAY THAT OTHER BELIEVERS WILL CROSS THEIR PATHS AND ENTER INTO POSITIVE RELATIONSHIPS WITH THEM.

Ask the Lord of the harvest, therefore, to send out workers into his harvest field (Matthew 9:38).

5. LOOSE THE SPIRIT OF WISDOM AND REVELATION ON THEM SO THEY MAY KNOW GOD BETTER.

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 (Ephesians 1:17).



**PRAY
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**S O A P METHOD
OF DEVOTIONS**

THE SOAP METHOD OF BIBLE STUDY

How can you experience a deeper intimacy with Jesus in the midst of your busy life? The SOAP method of Bible study provides some tips that may help you spend inspirational time with God.

You will need a Bible, a pencil, a notebook and about 15 minutes. Once you make this a habit, it will become a part of your life. Before you know it, you will be digging into God's truth for yourself.

The SOAP acronym will help you remember the steps that you will take to study the Bible for yourself.

The SOAP method of Bible study is not simply reading the Bible and then going on your merry way. It helps you interact with God's word so that you can discover life principles and truths for your daily walk with the Lord.

Using your journal, on the top of the page write the date in the top right corner. Then take time to mark each of the following section as you proceed through the four steps. I suggest that you use the letter designation in a circle.

S – Scripture

The "S" stands for Scripture. You need to write out the Scriptures in your notebook. If you read a large passage of Scripture, just write out the verses that spoke to you.

O – Observation

The "O" stands for observation. This step encourages you to interact with the Scriptures that you have written out in your notebook. What do you see? What stands out? What didn't you notice before? Is there repetition, comparison or contrast? During this step you basically ask yourself: what do I see and what does it mean?

A – Application

The "A" stands for application. This step encourages you to make God's word personal in your life. What is God saying to me today? How can I apply what I have just read to my walk with the Lord? Do I need to make changes? Do I need to take an action?

P – Prayer

The "P" stands for prayer. This step involves asking God to work in your life concerning the truths you've just discovered in your Bible reading. Someone said, "Prayer is the seed (the Scripture you just studied) that falls on the good soil in your heart so that it will take root and produce fruit in your life."

Example of The SOAP Method of Bible Study

S (Scripture): "I can do all things through Christ who strengthens me" ~Philippians 4:13

O (Observation): There is nothing that I can't do with Christ living in me, because He gives me strength for anything that comes my way.

A (Application): Yesterday I was really doubting being able to accomplish the huge project I was working on, but I need to remember that the Word of God does not lie, and it says that I can do ALL things through Christ, and that means *ALL things*, even my project!

P (Prayer): "Lord please forgive me for relying on my own strength when trying to accomplish things. Ultimately I know that when I depend on myself I will be let down, and short circuit your strength and power working in me. Help me to remember this verse when I'm tempted to doubt my abilities, and help me to rely upon your strength. Help me to remember that you promised that I can do anything with your help! In Jesus Name, Amen."



PRAY
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FASTING

FASTING

Simply stated, “fasting” is refraining from food for a spiritual purpose.

(Jentezen Franklin)

It is NOT just going without food for a period of time, that would be a diet, or a hunger strike, but that is not fasting.

Fasting is suppose to be a normal part of a relationship with God.

When you eliminate food from your diet for a number of days, your spirit becomes uncluttered by the things of the world and you become sensitive to the things of God

- Fasting brings you a heightened awareness of God’s presence
- It will bring you to a new level of faith
- Fasting keeps you sensitive to His Spirit, enabling you to live holy

Prayer and Fasting is about becoming spiritually focused to align ourselves with God’s will.

Why does fasting work?

Because we are triune beings. We are made up of a spirit, a soul and a body.

We are the only part of God’s creation originally formed in His image. When we are saved, our spirit man is made alive and perfect. Our spirit man is the part of us that lives forever. Our spirit is inside the other two part (soul and body). The soul is our mind, will and emotions.

Our soul and body are constantly at war with our spirit.

²² For in my inner being I delight in God’s law; ²³ but I see another law at work in me, waging war against the law of my mind and making me a prisoner of the law of sin at work within me. Romans 7:22–23 (NIV)

Fasting moves us more quickly to a spirit-led life because not only does it build up our spirit man, but it will starve the other two at the same time. In fasting we weaken our flesh and strengthen our spirit.

If we fast without praying we are simply starving ourselves. There is no spiritual value in that. We want to be sure we are building up our spiritual man. Fasting is not penance to get God to be impressed with us. That is religion. Fasting is simply denying our flesh so that our spirit man can have communion with God.

HOW TO FAST

Substitute your carnal appetite with a spiritual exercise. Pray and listen to worship music. Listen to a good teaching, read the Word, worship, or confess the Word.

Don't let what you eat or do not eat become the focus of your fast. Your focus should be on drawing closer to God. Remember, this is a time to disconnect enough from your regular patterns and habits in order to connect more closely with God.

IMPORTANT NOTE: If you are taking medication or have a medical condition, please consult your doctor before going on any fast.

1. START WITH WHERE YOU ARE

We are all in different places in our walk with God. Likewise your job, daily schedule and health conditions will place demands on your energy. Just start where you are. Start somewhere if you have never fasted before.

Remember, the goal is to draw nearer to God.

2. SET YOUR OBJECTIVE

Why are you fasting?

For spiritual renewal, for healing, for resolution to a problem, for help to handle a situation. Know why you are fasting will help with your prayer time during the fast.

3. MAKE YOUR COMMITMENT

What type of fast are you doing? (Absolute, Normal or Partial) How long are you doing it? How much time will you give over to prayer and the Word?

Making these commitments ahead of time will help sustain your fast when physical temptations and life's pressures tempt you to abandon it.

4. PREPARE YOURSELF SPIRITUALLY

Ask God to show you anything that is blocking the flow of his presence in your life. Confess any sin Holy Spirit shows you, and respond the way God leads you. Have an expectant heart. Know that the enemy will want to attack you, be ready.

5. KNOW WHAT TO EXPECT

There are certain physical things that will happen as you fast (especially more than one day). You may find that you are a little more irritable, especially at first. You may find yourself impatient, cranky or anxious.

Expect physical discomforts, especially about day 2 or 3. Hunger pains, dizziness, the “blahs”. You may experience headaches, because of the withdrawal from caffeine and sugar. You may feel a little more tired during these first days, until your body adjusts.

In a longer fast, usually day 2 and or 3 are the hardest days, don’t give up, push through.

Avoid chewing gum and mints, (even if you have bad breath) as they stimulate the digestive action in your stomach.

6. WHAT YOU SHOULD DO

When you fast, you should avoid all drinks that are caffeinated or have sugar. Water is really the best drink, and plenty of it. The more you drink, it will help you with your hunger pains. If you need a little more energy, pure fruit juices are good. Any acid juices (ie. tomato, orange) should be mixed 50/50 with water. You can even have clear broth.

You may need to limit your physical activity, especially in the first few days of the fast. Of course, a Daniel type fast would allow you to eat veggies and drink water, this is usually an extended fast.

You may want to limit your TV input for a few reasons. There are many food commercials, ads that will make you hungry. You are on a Spiritual discipline, and many things on TV can cloud your openness to the Holy Spirit.

Please Note: If you are taking medication or have a medical condition, please consult your doctor before going on any fast.

You will not move forward without sacrifice.

You can not do things the way you have always done them, and expect different outcomes. To see new things, you have to do new things. Maybe fasting is a new thing for you, if so, then Just Do It!

Additional Notes on Fasting can be found on our website (www.HighwayGospel.ca).

Go to the “Resources” menu and click on “Prayer & Fasting”.

You can download or print “7 Basic Steps to Prayer and Fasting”.

DAILY BIBLE READING GUIDES

Not only is prayer a necessary aspect to the life of a Jesus follower, so is the need to read the Bible regularly. There are many “guides” that you can use to help you read the Bible. Find one that you like, and just use it. Here are a few possibilities...

YouVersion

This is a digital platform that can be used on your smart phone, tablet or computer. There are hundreds of devotional/Bible reading plans. Set up a free account and away you go, (we also provide Sunday Sermon notes through YouVersion’s Event category).

Our Daily Bread

What began as a booklet has grown to an online presence. You can have booklets sent to your home or you can find them online at www.odb.org.

Bible Gateway

Go to www.biblegateway.com to set up a free account. You will be able to have devotionals sent to your email every day.

Daily Hope with Rick Warren

You can have Pastor Rick Warren’s daily devotionals email to you. Just go to ww.PastorRick.com to set this up.

Foundations—The Bible (Book)

With Foundations, you can read through the key, foundational passages of the Bible in one year, while still having the flexibility of reading 5 days per week. Along with supplementary devotional content each day, you can experience the miracle of reading and responding to God’s Word.

Foundations—New Testament (Book)

In Foundations: New Testament, the study will lead individuals through the 27 divinely inspired books of the New Testament in one year, while still offering the flexibility of reading only five days each week.

Daily Bible Reading Plans Available on our website

The Highway website (www.HighwayGospel.ca) has a Resource tab. There, you will find a few reading plans that will help you track your daily Bible reading. You can download these plans and use them. If you need us to print one for you, please contact the office.



PRAY FIRST

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