

FIRST THINGS FIRST

A GUIDE TO PRAYER AND FASTING



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As we pray and fast over the course of the next 21 days, please keep in mind that Jesus taught us how to pray.

In Matthew 6:9-13, Jesus tells us:

"In this manner, therefore, pray:

Our Father in heaven, Hallowed be Your name.

Your kingdom come. Your will be done on earth as it is in heaven.

Give us this day our daily bread.

And forgive us our debts, as we forgive our debtors.

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

For Yours is the kingdom and the power and the glory forever.

Amen."

In each of your prayers, remember to follow Jesus' outline.

While we focus on a topic, there is an outline to follow:

- 1- Connect to God
- 2- Worship Him
- 3- Pray His will be done
- 4- Present your needs/wants
- 5- Ask forgiveness and extend forgiveness
- 6- Prepare against Satan's attacks
- 7- Acknowledge His sovereignty

Follow this outline for your daily prayer time:

1- Connect Relationally with God. (Our father)

God is our father and wants us to know that He is. Establish your intimate relationship with Him and thank Him for the relationship you have with Him.

2- Worship His Name. (Hallowed be Your name)

What are His Names?

Righteousness – He makes me clean.

Sanctifier – He has called me and set me apart.

Healer – He heals all my diseases.

Banner of Victory – He has defeated my enemy.

Shepherd – He speaks to me and leads me.

Peace – He is my peace in every storm.

Provider – He supplies all of my needs.

3- Pray His Agenda First. (Your will be done)

God's priorities: saving the lost, guiding those in authority, and His will in us. 4- Depend on Him for Everything. (Give us our daily bread)

Ask God for what you want and need, and then trust Him for the answer.

5- Get your heart right with God and people (Forgive us...)

Ask God to check your heart and your motives. Receive His forgiveness for any area that He brings to mind. Forgive anyone who has offended you in any way.

6- Engage in Spiritual Warfare (Lead us not into temptation)

Take a stand against the enemy and fight the good fight of faith. Every lie that the enemy has told you should be replaced with the truth of God's word.

7- Express Faith in God's Ability. (Yours is the Power and the Glory)

End your prayer time by reminding yourself of God's ability. Return to praise and make your faith declarations.

TYPES OF FASTS

COMPLETE FAST

In this type of fast, you drink on liquids, typically water with light juices as an option.

SELECTIVE FAST

This type of fast involves removing certain elements from your diet. One example of a selective fast is the Daniel Fast where you remove meat, sweets, and bread from your diet, and consume water and juice for fluids and fruits and vegetables for food.

PARTIAL FAST

This type of fast is sometimes called the "Jewish Fast" and involves abstaining from any food in the morning and afternoon. This can either correlate with specific times of the day like 6:00 a.m. and 3:00 p.m., or sunup to sundown.

SOUL FAST

This fast is a great option if you do not have much experience fasting food, have health issues that prevent you from fasting food, or if you wish to refocus certain areas of your life that are out of balance. For example, you might choose to stop using social media or watching television for the duration of the fast. Then carefully bring that element back into your life in healthy doses at the conclusion of the fast.

HOW TO BEGIN A FAST

1. SET YOUR OBJECTIVE

Why are you fasting? Is it for spiritual renewal, guidance, or healing? Are you seeking direction in an area of your life? Ask the Holy Spirit to guide you and clarify what He would like you to focus on during your fast.

2. MAKE YOUR COMMITMENT

Pray about what kind of fast you would like to begin. Jesus implied that all of His followers should fast (Matthew 6:16-18; 9:14,15). For Him it was a matter of when believers would fast, not if they would do it.

3. PREPARE YOURSELF SPIRITUALLY

The very foundation of fasting and prayer is repentance. Unconfessed sin will hinder your prayers. Here are several things you can do to prepare your heart:

Ask God to help you make a comprehensive list of your sins.

Confess every sin that the Holy Spirit calls to your remembrance and accept God's forgiveness (1 John 1:9).

Seek forgiveness from all whom you have offended, and forgive all who have hurt you (Mark 11:25; Luke 11:4; Luke 17:3,4).

Make restitution as the Holy Spirit leads you.

Ask God to fill you with His Holy Spirit according to His command in Ephesians 5:18 and His promise in 1 John 5:14,15.

Surrender your life fully to Jesus Christ as your Lord and Master; refuse to obey your worldly nature (Romans 12:1,2).

The House

Meditate on the attributes of God, His love, sovereignty, power, wisdom, faithfulness, grace, compassion, and others (Psalm 48:9,10; 103:1-8, 11-13).

Begin your time of fasting and prayer with an expectant heart (Hebrews 11:6).

Do not underestimate spiritual opposition. Satan sometimes intensifies the natural battle between body and spirit (Galatians 5:16,17).

PREPARE YOURSELF PHYSICALLY

Fasting requires reasonable precautions. Consult your physician first, especially if you take prescription medication or have a chronic ailment. Some persons should never fast without professional supervision.

Physical preparation makes the drastic change in your eating routine a little easier so you can turn your full attention to the Lord in prayer.

Do not rush into your fast.

Prepare your body.

Eat smaller meals before starting a fast.

Avoid high-fat and sugary foods.

Eat raw fruit and vegetables for two days before starting a fast.

Day 1
Confession/Repentance

Psalm 32:5: Then I acknowledge my sin to you and did not cover up my iniquity. I said, "I will confess my transgressions to the Lord." And you forgave the guilt of my sin.

Psalm 51:2: Wash away all my iniquity and cleanse me from my sin.

Psalm 51:7: Cleanse me with hyssop, and I will be clean; wash me, and I will be whiter than snow.

Prayer:

Lord Jesus, 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 receive your forgiveness and ask you to cleanse me from all sin. Thank You for redeeming me, cleansing me, justifying me, and sanctifying me in Your blood.

The House

Day 2

Draw Closer to the Lord

Psalm 24:3-4: Who may ascend the mountain of the Lord? Who may stand in his holy place? The one who has clean hands and a pure heart, who does not trust in an idol or swear by a false god.

Prayer:

Thank you for drawing me closer to you each day. I pray that you will make me aware of your presence in my life as I continue on. Though there may be stumbling blocks in my way, I ask that you help me to press onward in pursuing you. Help me to draw closer to you each and every day.

Day 3

Increase Spiritual Hunger

Psalm 51:10-12: Create in me a pure heart, O God, and renew a steadfast spirit within me. Do not cast me from your presence or take your Holy Spirit from me. Restore to me the joy of my salvation and grant me a willing spirit, to sustain me.

Daniel 6:10: Now when Daniel learned that the decree had been published, he went home to his upstairs room where the windows opened toward Jerusalem. Three times a day he got down on his knees and prayed, giving thanks to his God, just as he had done before.

Prayer:

I ask that my my hunger for you would abound. That my awareness of you would increase. That my heart would be consumed with spiritual hunger. That I would seize each moment and be filled.

The House

Day 4

Worship with Whole Heart

Psalm 111:1: Praise the Lord. I will extol the Lord with all my heart in the council of the upright and in the assembly.

Psalm 27:8: My heart says of you, "Seek his face!" Your face, Lord, I will seek.

Prayer:

I praise you Lord with all I am and all I have within me. Let my desires be your desires. Let my heart beat with the pattern of yours. I praise you for who you are.

Day 5

Walking in Wisdom and Revelation

Psalm 43:3: Send me your light and your faithful care, let them lead me; let them bring me to your holy mountain, to the place where you dwell.

Prayer:

Thank you for the promise of wisdom, Lord. I pray that you would guide me and show me where you would lead me. Give me understanding as I meditate on your word. Allow me to see your truths and live accordingly.

The House

Day 6

Walk in Authority

Matthew 18:18-20 Truly, I say to you, whatever you bind on earth shall be bound in heaven, and whatever you loose on earth shall be loosed in heaven. Again I say to you, if two of you agree on earth about anything they ask, it will be done for them by my Father in heaven. For where two or three are gathered in my name, there am I among them.

Prayer:

Thank you that because you died and rose again I can now walk in the power of your Holy Spirit, and that whatever I pray in accordance with your will shall be done. Give me strength to pray as you would have me to pray, and eyes to see about what I should pray.

Day 7

Be Filled with Power and Purpose

Romans 15:13: 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.

Prayer:

I know you have purpose for my life, and I take comfort in knowing that. My joy comes in knowing that as I draw close to you, you draw closer to me. Empower me to live with the understanding of the purpose you have for me.

The House

Day 8

Serving God within the Body of Christ

Joshua 24:15: As for me and my household, we will serve the Lord.

Prayer:

As I draw closer in my understanding of who I am in you, use me in the house of the Lord. Allow me to use my gifts to serve you and your family in order to bring others closer to you. Help me discover my purpose not only in life but within the body of Christ.

Day 9

Fresh Outpouring of the Holy Spirit

Romans 8:5: For those who live according to the flesh set their minds on the things of the flesh, but those who live according to the Spirit, the things of the Spirit. For to be carnally minded is death, but to be spiritually minded is life and peace.

Prayer:

Thank you for giving me strength through your Spirit to live as you would have me to. Please allow me to have fresh ears to hear what you have to say. Guide my feet to follow where you lead.

The House

Day 10

Unity/Restored Relationships

Proverbs 19:11 A person's wisdom yields patience; it is to one's glory to overlook an offense.

Ephesians 4:30-32 And do not grieve the Holy Spirit of God, with whom you were sealed for the day of redemption. Get rid of all bitterness, rage and anger, brawling and slander, along with every form of malice. Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you.

Romans 12:10 Be devoted to one another in love. Honor one another above yourselves.

Prayer:

I know you have called me to forgive and create unity within your family. I pray that you would help me to forgive just as you have forgiven me. Give me wisdom to see where I have caused offense, and allow me to mend any broken relationships. Thank you for your grace which far exceeds any I deserve.

Day 11

Salvation for Others

John 14:6 Jesus answered, "I am the way and the truth and the life. No one comes to the Father except through me."

Prayer:

(Make this a personal prayer for someone you know.)

I pray for _____ to come to know you. I know you have called _____ and want to have relationship with him/her. Please help him/her to realize your love and grace in a real way. As it is your will that he/she knows you, I pray it be done.

Day 12

Discover Purpose in the Family of God

Psalm 138:8 The Lord will fulfill his purpose for me; your steadfast love, O Lord, endures forever. Do not forsake the work of your hands.

Psalm 57:2 I cry out to God Most High, to God who fulfills his purpose for me.

Prayer:

Lord, I surrender my life to you. I want to do something, to make something happen, all on my own strength, but I know without you I can do nothing. I know my life is not my own, it is yours to work through me. Lord, I am grateful for this life you've given me. You've blessed me with different gifts and talents.

Day 13

Produce the Fruit of the Spirit

Galatians 5:22: But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness and self-control.

1 Corinthians 13:4: Love is patient, love is kind. It does not envy, it does not boast, it is not proud.

Prayer:

Lord, I ask that Your peace and joy would grow within me. No matter what difficulties I may encounter in life, teach me to be patient and kind in all my dealings with others and manifest the goodness and grace in me that only comes from You. However hard times may become I pray that I may be gentle and self-controlled in my actions and attitudes.

Day 14

Revival in Our Community

Zechariah 1:1-6

verse 3-Therefore tell the people: This is what the Lord Almighty says: 'Return to me,' declares the Lord Almighty, 'and I will return to you,' says the Lord Almighty.

Prayer:

I pray for the hearts of the people in my community, that they would be turned toward you. Revive our hunger for you and your word. Revive our desire to know your will. As you have promised to return to us, Lord draw us near to you that we might experience a refreshing of your Spirit.

Day 15
Church Leaders

Prayer:

Father, I pray that the Spirit of the Lord, the spirit of wisdom and understanding, the spirit of counsel and might and the spirit of knowledge will rest upon our Pastors and all of the leadership of The House. I pray that as Your Spirit rests upon them that You will make them of quick understanding. Bring blessings into their lives and continually guide and protect them. Thank you for your calling on their lives and the work that you are doing through them.

Day 16
Local Authorities

Prayer:

Thank you for our local authorities, those who dedicate their lives to our community. I thank you for our policemen, firemen, teachers, and others who spend their lives in service to others. I ask that you bless them for their dedication to serving others. Keep them safe within your protection.

Day 17
State Government

Prayer:

Thank you for the state of Oklahoma and its leaders. Thank you that you have given us a place where we can appoint them and have representation. I ask that you continue to guide our governor and congress, that you will give wisdom as it is needed. And I ask that as they seek you, you will provide for us. Hold we Oklahomans in your hand and see us through these trying times. Thank you for your continued provision.

The House

Day 18

Federal Government

Psalm 33:12 Blessed is the nation whose God is the Lord, the people he chose for his inheritance.

Prayer:

Thank you that I live in a country where I am free to pray, free to worship, and free to live for you. While all does not always seem right, I appreciate that I live in a country whose government allows me these freedoms still. I pray that you would guide our leaders. Give them wisdom to do what is best for our country. Stir their hearts toward you, Father.

Day 19

President and His Staff

Romans 13:1-3 Let everyone be subject to the governing authorities, for there is no authority except that which God has established. The authorities that exist have been established by God. Consequently, whoever rebels against the authority is rebelling against what God has instituted, and those who do so will bring judgment on themselves. For rulers hold no terror for those who do right, but for those who do wrong. Do you want to be free from fear of the one in authority? Then do what is right and you will be commended.

1 Timothy 2:1-2 I urge, then, first of all, that petitions, prayers, intercession and thanksgiving be made for all people— for kings and all those in authority, that we may live peaceful and quiet lives in all godliness and holiness.

Prayer:

Thank you, Father, for the leadership of our country. I pray that you will guide President Trump and his staff in a closer relationship with you, that your will would be that which they seek. Turn their hearts and ears toward your word. I pray for unity within the leadership of our country, that we would stand undivided. Thank you for your guidance and blessing in our leadership.

The House

Day 20

Glorify God in All We Do

1 Corinthians 10:31 So, whether you eat or drink, or whatever you do, do all to the glory of God.

Prayer:

As I come near to the end of my fast, I thank you for this time of drawing closer to you. I thank you that I have been able to talk with you and listen to your will. I pray that as I continue in my walk with you, I will bring glory to you in all I do. Let my life be a reflection of who you are. Allow my character to be as yours is that others might see you in me, and in seeing me draw near to you. Thank you for this time of glorifying you and help me to continue pursuing you in all I do.

Day 21
Stay the Course

Psalm 119: 1-8 (MSG) You're blessed when you stay on course, walking steadily on the road revealed by God. You're blessed when you follow His directions, doing your best to find Him. That's right—you don't go off on your own; you walk straight along the road He set. You, God, prescribed the right way to live; now You expect us to live it. Oh, that my steps might be steady, keeping to the course You set; then I'd never have any regrets in comparing my life with Your counsel. I thank You for speaking straight from Your heart; I learn the pattern of Your righteous ways. I'm going to do what You tell me to do; don't ever walk off and leave me."

James 1: 22 Do not merely listen to the word, and so deceive yourselves. Do what it says.

Matthew 7:24 Therefore everyone who hears these words of mine and puts them into practice is like a wise man who built his house on the rock.

The House

Prayer:

Thank you, Heavenly Father, for this time I have had in growing in my relationship with you. As you have shown me your will for my life and your desire for me to remain on course, I ask that you give me strength to do so. Thank you for your continued blessings in my life and your provision in all I need. I pray that no unforgiveness would remain in my heart, but that my actions would continue to bring unity to your body. I glorify your name for all you are; for all you are to me. Thank you for being my Father and loving me no matter what comes.