

JANUARY PRAYER & FASTING

Prayer guide and inspiration.

Thanks for joining us in prayer and fasting today!

Thanks to *Newspring Church* for this prayer guide to help us pray today.

For this reason I am telling you, whatever things you ask for in prayer [in accordance with God's will], believe [with confident trust] that you have received them, and they will be *given* to you. - Mark 11:24 AMP

Read also Luke 11:1-13

If you've ever been intimidated by prayer, you're not alone. We want the peace, power, and confidence that comes from talking to God. But we often don't know where to start or what to say.

Jesus' disciples experienced the same emotions, and in Luke 11, they ask Jesus to teach them to pray. In the verses that follow, Jesus gives us a helpful model for how to talk to God.

Praise God for who He is and what He's done. Repent of where we've fallen short. Ask for what we need. Yield to His will and hear what He has to say. Praise, repent, ask, yield. Or for an easy way to remember it: PRAY.

Praise | Repentance | Ask | Yield

Praise

What do you love about God?

What are some ways God is good at being God?

What are you thankful for today?

Repentance

Is there any area of your life where you're withholding forgiveness?

Is there any area of your life where you need forgiveness?

Is there any area of your life where you're lacking faith or wondering if God really is good? If so, take a few minutes to tell Him how you feel.

Ask

What do you need as you walk into your day?

Is there any area where you lack love, joy, peace, patience, kindness, gentleness, or self-control? This is the time to ask God for what you need.

Yield

What do you need to hear from God today?

Pause for a minute. What do you feel the Spirit saying to you as you sit in stillness?

Praise | Repentance | Ask | Yield