



**Some things will only change when we fast and pray.**  
Jesus said... "*this kind does not go out except by prayer and fasting.*" Matthew 17:21

**DATE** \_\_\_\_\_

**FAST:** I am fasting \_\_\_\_\_.

**READ THE BIBLE:** Read today's date in the "One Year Bible" or a passage of your choice.

**□ PRAY:** *According to the pattern of the Lord's Prayer - Matthew 6:9-13*

## **P raise:**

"Our Father in heaven, hallowed be Your name."

## **R**emember the Kingdom of God:

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

## A sk:

*"Give us this day our daily bread."*

## **Yield in Repentance:**

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

## **E**nter into God's Protection:

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

**R**ejoice;

*"For Yours is the kingdom and the power and the glory forever. Amen."*

## JOURNAL/PRAYER REQUESTS