



# Prayer & Fasting

# PRAYER GUIDE

## **LUKE 11:1-4 (NKJV):**

**1. Adoration (Thanksgiving & Praise):** Our prayer life begins with “Thanksgiving & Praise” for who God is and all that He has done. This is what the Bible calls “Ministering to the Lord” – ascribing worth and declaring our devotion to Him alone.

Take a moment to meditate on God’s holiness and honor Him through praise.

**<sup>2</sup> So He said to them, “When you pray, say:  
Our Father in heaven, hallowed (holy) be Your name.**

**2. Intercession (Prayer for Others):** Pray and ask the Holy Spirit to reveal places or people that are in need of God’s intervention. Intercession is simply an invitation for God to intervene in the affairs of humanity (i.e., Israel, Global Missions, the Church, Next Generation or people you know that have a need).

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

**3. Supplication (Personal Prayer):** This word depicts the idea of a person who has need in some area of their life and pleads strongly (crying out to God) for needs to be met.

**<sup>3</sup> Give us day by day our daily bread.**

**4. Repentance & Forgiveness:** Ask the Lord to search your heart and reveal any places where you have sinned, or if there is any root of unforgiveness/bitterness you may be carrying towards others. Pray and ask God to forgive you and release forgiveness towards those who have wronged you.

**<sup>4</sup> And forgive us our sins,  
For we also forgive everyone who is indebted to us.**

**5. Protection (Spiritual Warfare):** Pray for safety, and declare that “no weapon formed against you [or your family] will be able to prosper” in Jesus’ name.

**And do not lead us into temptation,  
But deliver us from the evil one.”**

**Scan this QR code to see additional prayer resources, and a video on how to use this card!**

