



PRAYER & FASTING

THE LORD'S PRAYER

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MATTHEW 6:9 “PRAY THEN LIKE THIS:

14 MAY

“OUR FATHER IN HEAVEN, HALLOWED BE YOUR NAME...”

- Through Jesus Christ we have been adopted into God’s family and we now have the privilege to address God, Abba Father. Ephesians 1:5; Romans 8:15; 1 John 3:1. God loves you as much as he loves Jesus, we are co-heirs with Jesus. John 17:23; Romans 8:17.
- Invites intimacy with God and points to His majesty. Thus take some time to reflect that you approach the one and only God with a feeling of awe and intimacy at the same time.
- The Lord’s Prayer is given to teach us primarily to seek God’s face and not His hand. Seeking His hand is to ask Him to “do this” and “do that”. Seeking His face is to honour and worship Him for who He is and His own agenda – God has plans for Himself and His glory and a purpose for each of us.
- This is a God-centred prayer. Reflect on the will of God and His purpose in all creation. Submit to His will, His plans, and His glory.

Read Exodus 3:13-14; Psalm 34:3; Psalm 90:2; Psalm 115:1

15 MAY

“...YOUR KINGDOM COME...”

- Jesus turns our attention to what interests God. Most of us cares about what interests us – our needs, our wants, our concerns; what’s in it for me?. But Jesus makes us focus on God.
- Pray for the ungrieved, unquenched rule of Holy Spirit in your life to seek first God’s Kingdom in our lives and our towns.

16 MAY

“...YOUR WILL BE DONE...”

- God has a will of His own and He wants us to participate in it. This part of the prayer focus on the success of what God has promised in His Word and the execution of all His purposes in the world.
- Pray that the truth of God as revealed in the Bible will be carried out on this earth and all that God has planned for us will be carried out in His time.



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17 MAY

“...ON EARTH AS IT IS IN HEAVEN...”

- The will of God is being done perfectly in heaven, there is no rebellion in heaven.
- Pray that God’s will shall be accomplished on earth without any resistance, that His will in heaven will be mirrored on earth (where we stay, West Coast) without any interference or rebellion.

18 MAY

“...GIVE US THIS DAY OUR DAILY BREAD...”

- God invites us to participate in His care for us, and it is not just food, but care for the whole person.
- Pray for everything that is essential to your well being in life: food, clothing, shelter, emotional strength; clarity of mind; friends & fellowship, skill and equipping for your job; plan properly so you can give generously for His Kingdom purposes.

Read Philippians 4:19; Matthew 6:31-32

19 MAY

“...AND FORGIVE US OUR DEBTS, AS WE ALSO HAVE FORGIVEN OUR DEBTORS...”

- Read Psalm 103:14; 1 John 1:9; Ephesians 4:32. This part of the prayer is really a heart-searching petition and declaration (or promise). This is not a prayer for salvation, but this prayer keeps us from a feeling of self-righteousness. And forgiving others is a grace of the Holy Spirit. When you bless your enemies, you have crossed over into the supernatural and you can only do this by the Holy Spirit.
- Pray and thank God for His saving grace but also for His continuous grace as you ask Holy Spirit to bring unconfessed sins to mind. Forgive those who have wronged you and ask God to bless them, then enjoy fellowship with an ungrieved Holy Spirit (Ephesians 4:30)

20 MAY

“...AND LEAD US NOT INTO TEMPTATION, BUT DELIVER US FROM EVIL, FOR THINE IS THE KINGDOM, AND THE POWER, AND THE GLORY, FOR EVER. AMEN...”

- Our gracious Father wants His children to avoid the unnecessary misery of a needless pitfall, which leads to sin. The best way to avoid sin is to avoid temptation.
- Ask Holy Spirit to lead you as you – Watch and pray so that you will not fall into temptation, the spirit is willing, but the body is weak. (Matthew 26:41)



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