



Prayer-Fasting

"The Key to Spiritual Breakthrough"

www.pray-fast.org

April 23, 2009 (6 Weeks to Pentecost Sunday - May 31, 2009)

As You Begin A Fast...

Thanks for making a commitment to begin the biblical practice of fasting. Jesus is our example in fasting. He taught us, "**A student is not above his teacher, but everyone who is fully trained will be like his teacher**" (Luke 6:40). During your fast remember that next to prayer and the Lord's presence, WATER is your best friend. When fasting from all food, try to drink at least one gallon a day. Water flushes all of the toxins out of your system and it also "drowns" your hunger pangs...

Here's a simple prayer to pray when beginning...

Father, today I am going to fast for Your glory and for the purpose of positioning myself to better hear Your voice (1 [Samuel 3:10](#)). I want to humble my soul in Your presence and quiet my flesh and my humanity so I can tune into Your Spirit's voice ([Psalm 35:13](#)). I want to discipline myself for the purpose of godliness (1 [Timothy 4:7](#)). I need Your help today. I need You to sustain Me today. I need You to remind Me of the warnings and promises of Matthew 6 today.

Do not let me fast with any desire of showing off or impressing others with my so-called "spirituality". Keep me strong today. Help me to drink lots of water. Help me to not just go without eating ... but help me to really take extra time to pray today, Lord. . I am praying for a breakthrough in.....I love you, Lord! [Prayer and fasting is the key to spiritual breakthrough.](#)