

# *Outpost*

## PRAAYER AND FASTING GUIDE



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“Continue steadfastly in prayer, being watchful in it with thanksgiving.” [Colossians 4:2]

“Is not this the fast that I choose: to loose the bonds of the wickedness, to undo the straps of the yoke, to let the oppressed go free and to break every yoke?” [Isaiah 58:6]

This week for fasting try and skip 1 meal and spend that time focusing on the Lord, drawing close to Him!

- 1 Pray for God for fresh starts.  
(Lamentations 3:23)
- 2 Pray for Christ's return.  
(Revelation 22:20)
- 3 Prayer for peace in the world.  
(Hebrews 13:20-21)
- 4 Praise God for the peace He offers the believer.  
(Ephesians 2:13-18)
- 5 Pray for the Holy Spirit's counsel.  
(Ephesians 3:14-19)
- 6 Praise God for his power.  
(1 Timothy 1:17)

This week fast through 2 meals. Again drawing close to the Lord during those times of hunger.

- 7 Pray for the Regeneration Ministry at Outpost.  
(2 Corinthians 5:17-18)
- 8 Thank God He chose you.  
(Ephesians 1:5)
- 9 Repent of your sins.  
(Psalm 51:10)
- 10 Thank God for his written word.  
(Matthew 4:4)
- 11 Thank Jesus for reconciling you to God.  
(Colossians 1:20)
- 12 Thank God for the indwelling Holy Spirit.  
(Galatians 5:16-24)
- 13 Praise God for meeting your needs.  
(Matthew 6:25-33)

This week fast for the ministries of Outpost: Students, Kids, Regen, Men and Women's, Closet, etc.

- 14 Pray for your family who knows Christ.  
(1 John 4:20-21)
- 15 Pray for your church family.  
(Ephesians 6:18)
- 16 Pray for your community group.  
(James 5:16)

- 17 Pray for our students and kids ministry at Outpost.  
(Matthew 19:14)

- 18 Pray for those who have discipled you in the past.  
(Acts 20:36-37)

- 19 Pray for those who you are discipling now.  
(1 Timothy 1:2)

- 20 Praise God for the body of Christ here on earth.  
(1 Corinthians 12:12-13)

This week try fasting for a whole day, dedicating the day to praising the Lord for who He is and what He has done.

- 21 Pray for your family who does not yet believe in Jesus.  
(Mark 3:31-35)

- 22 Pray for your unbelieving coworkers.  
(1 Timothy 2:1-4)

- 23 Pray for revival in Cody and the Big Horn Basin.  
(2 Chronicles 7:14)

- 24 Pray for the Closet ministry at Outpost.  
(Deuteronomy 14:29)

- 25 Pray for those around the world that haven't heard.  
(Romans 10:14-15)

- 26 Praise God for what He is doing at Outpost!  
(Acts 9:31)

- 27 Praise Jesus: He died to redeem mankind.  
(Galatians 4:4-5)

This week pick 1-2 days of whole day fasting, specifically praying for a non-believer to know Christ.

- 28 Pray to be used by God in a mighty way.  
(Ephesians 2:10)

- 29 Pray for a steadfast faith.  
(1 Corinthians 15:58)

- 30 Praise God for the Holy Spirit's power to change you.  
(Acts 1:8)

- 31 Pray for boldness to share the gospel.  
(Matthew 28:19)