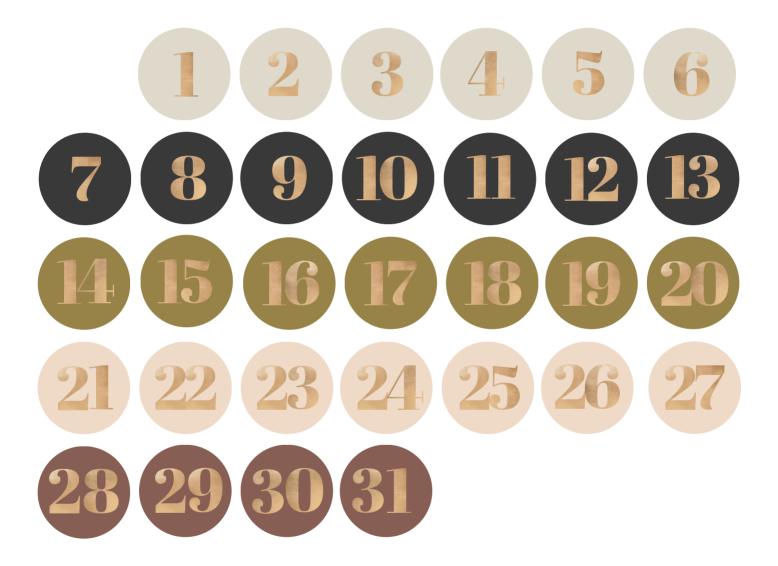
PRAYER AND FASTING GUIDE



"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 tha time focusing on the Lord, drawing lose to Him!

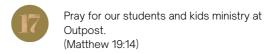
- Pray for God for fresh starts. (Lamentations 3:23)
- Pray for Christ's return. (Revelation 22:20)
- Prayer for peace in the world. (Hebrews 13:20-21)
- Praise God for the peace He offers the believer.
 (Ephesians 2:13-18)
- Pray for the Holy Spirit's counsel. (Ephesians 3:14-19)
- Praise God for his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

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

- Pray for the Regeneration Ministry at Outpost. (2 Corinthians 5:17-18)
- Thank God He chose you. (Ephesians 1:5)
- Repent of your sins. (Psalm 51:10)
- Thank God for his written word. (Matthew 4:4)
- Thank Jesus for reconciling you to God. (Colossians 1:20)
- Thank God for the indwelling Holy Spirit. (Galatians 5:16-24)
- 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.

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



- Pray for those who have discipled you in the past. (Acts 20:36-37)
- Pray for those who you are discipling now. (1 Timothy 1:2)
- 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 hs done.

- Pray for your family who does not yet believe in Jesus.
 (Mark 3:31-35)
- Pray for your unbelieving coworkers. (1 Timothy 2:1-4)
- Pray for revival in Cody and the Big Horn Basin. (2 Chronicles 7:14)
- Pray for the Closet ministry at Outpost. (Deuteronomy 14:29)
- Pray for those around the world that haven't heard.
 (Romans 10:14-15)
- Praise God for what He is doing at Outpost! (Acts 9:31)
- 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.

- Pray to be used by God in a mighty way. (Ephesians 2:10)
- Pray for a steadfast faith. (1 Corinthians 15:58)
- Praise God for the Holy Spirit's power to change you.
 (Acts 1:8)
- Pray for boldness to share the gospel. (Matthew 28:19)