A Victorious Lifestyle:

A Lifestyle of Prayer

Overview: All things are possible to him who believes, if you pray, fast and are patient.

A. Prayer Comes After Covenant

1. Abraham's covenant.	Gen 17:1-3,10
2. God answered Abraham's prayers.	Gen 18:17-19,23,24,32
3. The New Covenant (Testament).	1 Cor 11:25
4. Your covenant.	James 4:8; Rom 6:4; Gal 2:20; Rev 3:20

B. Awake To Prayer

1. Awake, thou that sleepest.	Eph 5:14
2. Awake, put on thy strength.	Isa 52:1-2

C. Start Your Day with Prayer

1. Give us this day our daily bread.	Matt 6:11
2. But deliver us from evil.	Matt 6:13
3. I will fear no evil.	Psa 23:4
4. No evil shall befall me.	Psa 91:10

D. Pray Lest You Be Tempted

1. And lead us not into temptation.	Matt 6:13
2. Lead me in the paths of righteousness.	Psa 23:3
3. The Lord will be with you in trouble.	Psa 91:15
4. Pray that you enter not into temptation.	Matt 26:41; Luke 22:40,46
5. Pray lest your faith fail.	Luke 22:31,32
6. Pray that you may be accounted worthy.	Luke 21:36

E. Pray That You May Receive

1. They have not because they ask not.	James 4:2
2. In every thing, by prayer let your request ….	Phil 4:6
3. That your joy may be full.	John 15:7,11
4. Ask, believe, behave, announce (ABBA).	Mark 11:24; Rev 12:11
5. Having done all, stand.	Eph 6:13
6. Hold fast to the profession of your faith.	Heb 10:23

©July 2004 version 2015

A Victorious Lifestyle:

A Lifestyle of Fasting

Definition: Fasting is giving up something with prayer, for the benefit of drawing closer to God and/or receiving the manifestation of the prayer. This is to be differentiated from medical fasting, natural fasting (detoxing) and dieting.

Overview: All things are possible to him who believes, if you pray, fast and are patient.

A. Fasting is no more optional than is prayer

1. Old Covenant.	Leviticus; Jer 36:6
2. Sabbath.	Deut 5:12; Ex 20:8-11; Lev 23:32
3. New Covenant	
a) Fast after the bridegroom leaves.	Mark 2:18-20
b) When you fast (Not "if").	Matt 6:17; Luke 2:37; 2 Cor 6:5; Acts 13:2
c) This type goes only by prayer and fasting.	Matt 17:21; Mark 9:29
d) Abstain from sex when you fast.	1 Cor 7:5

B. Benefits of Fasting

1. Humility.	Psa 35:13; Psa 69:10; Lev 23:27-32
a) The Lord will teach you His way.	Psa 25:9 Amp
b) The Lord will give you grace.	Jam 4:6
c) The Lord will exalt you.	1 Pet 5:6-8
d) Wealth, honor and life are yours.	Prov 22:4
e) The devil must flee.	Jam 4:7
2. Loosing the bands of wickedness.	Isa 58:6
3. Undo the heavy burdens.	Isa 58:6
4. Break every yoke.	Isa 58:6
5. Health.	Isa 58:8
6. Answered prayer.	Isa 58:9
7. Revelation and guidance.	Isa 58:11; Mark 8:3
8. With the Sabbath, wealth and riches.	Isa 58:14
9. Spiritual power and authority.	Matt 17:19-21
10. Resting your body.	Gen 2:2; Ex 20:8; Lev 23:27-32

C. Types of Fasts

1. Spiritual Re-examination (1day).	
a) Humble soul with fasting.	Psa 35:13
b) Afflict your soul with fasting.	Psa 69:10; Lev 23:27-32
c) Fasting day.	Jer 36:6
2. Crisis (3 days).	Esther 4:16; Acts 9:9
3. Revelation (3 weeks).	Dan 10:2,3,14
4. Victory in prayer (1 day).	Ezra 8:21-23; Judges 20:18-28
5. Lifting of judgment (1 day?).	1 Kings 21:27-29
6. Healing (3 days).	Matt 15:29-32
7. Dominion and Power (40 days - Supernatural).	Moses (Ex 24:12,18); Elijah (1 Kings 19:8,15) Jesus (Matt 4:2; Luke 4:1,2)

©July 2004 version 2015

A Victorious Lifestyle:

Foundational Daily Prayers

A. Morning Prayer

Heavenly Father, in the Name of Jesus, I am not aware of any sins since the last time I asked you for forgiveness, so right now I am asking you to forgive me for all my unknown sins (1 John 1:9). In the Name of Jesus, I receive forgiveness for all my sins and I renounce all the devils and evil spirits behind these sins. In the Name of Jesus, I ask the Holy Spirit to fall afresh on me.

In the Name of Jesus, I bind satan and all his devils and evil spirits this day from me and all that concerns me. In the Name of Jesus, this day I loose into my life and into all that concerns me, the will of my Heavenly Father, the powers of Heaven and the angels of God. (Matt 18:18)

B. Foundational Prayers

Pray these daily or twice daily for yourself and family members. Pray aloud and personalize it (i.e., place the family names wherever the prayer uses the word "you"). Always address your prayers to your Heavenly Father in the Name of Jesus.

Psalm 23, 91
Ephesians 1:17-23
Ephesians 3:14-21
Colossians 1:9-11

C. Forgiving Others

1) If you have the slightest doubt that you may have been offended, forgive the person: Heavenly Father, in the Name of Jesus, I forgive _____ (or every person) who has offended me and I pray blessings on him or her.
2) If the memory of a previous offense comes to mind, treat the memory as a sin, pray:
Heavenly Father, I have already forgiven this person, so this memory is a temptation from the enemy and I confess it as a sin and renounce the devils and spirits behind it.

D. Affirmations

1) Highly Recommended
   - In the Name of Jesus, I have the mind of Christ (1 Cor 2:16). Do 20-100 times per day.
   - In the Name of Jesus, God has made the words of my mouth and the meditations of my heart pleasing to Him (Psa 19:14). Do 20-100 times per day.
2) Optional
   - I (or my _____) have been healed by the stripes of Jesus (1 Peter 2:24).
   - My God supplies all my need according to His riches in glory through Christ Jesus (Phil 4:19).

Suggestion: These prayers help only if you do them, so make several copies of this sheet and place them in easily accessible places.

©July 2004 version 2015

A Victorious Lifestyle:

Foundational Daily Prayers

E. Morning Prayer

Heavenly Father, in the Name of Jesus, I am not aware of any sins since the last time I asked you for forgiveness, so right now I am asking you to forgive me for all my unknown sins (1 John 1:9). In the Name of Jesus, I receive forgiveness for all my sins and I renounce all the devils and evil spirits behind these sins. In the Name of Jesus, I ask the Holy Spirit to fall afresh on me.

In the Name of Jesus, I bind satan and all his devils and evil spirits this day from me and all that concerns me. In the Name of Jesus, this day I loose into my life and into all that concerns me, the will of my Heavenly Father, the powers of Heaven and the angels of God. (Matt 18:18)

F. Foundational Prayers

Pray these daily or twice daily for yourself and family members. Pray aloud and personalize it (i.e., place the family names wherever the prayer uses the word "you"). Always address your prayers to your Heavenly Father in the Name of Jesus.

Psalm 23, 91
Ephesians 1:17-23
Ephesians 3:14-21
Colossians 1:9-11

G. Forgiving Others

1) If you have the slightest doubt that you may have been offended, forgive the person: Heavenly Father, in the Name of Jesus, I forgive ---------- (or every person) who has offended me and I pray blessings on himr.
2) If the memory of a previous offense comes to mind, treat the memory as a sin, pray:
Heavenly Father, I have already forgiven this person, so this memory is a temptation from the enemy and I confess it as a sin and renounce the devils and spirits behind it.

H. Affirmations

1) Highly Recommended
   - In the Name of Jesus, I have the mind of Christ (1 Cor 2:16). Do 20-100 times per day.
   - In the Name of Jesus, God has made the words of my mouth and the meditations of my heart pleasing to Him (Ps 19:14). Do 20-100 times per day.
2) Optional
   - I (or my _____) have been healed by the stripes of Jesus (1 Peter 2:24).
   - My God supplies all my need according to His riches in glory through Christ Jesus (Phil 4:19).

Suggestion: These prayers help only if you do them, so make several copies of this sheet and place them in easily accessible places.

©July 2004 version 2015

A Victorious Lifestyle:

Introduction to
Spiritual Warfare for Your Family

Foundational Prayers

- Remember to confess your sins before you get started.
- Pray these daily or twice daily for yourself and family members. Pray aloud and personalize it (i.e., place the family names wherever the prayer uses the word "you"). Always address your prayers to your Heavenly Father in the Name of Jesus.
  Psalm 23, 91
  Ephesians 1:17-23
  Ephesians 3:14-21
- Pray these often, using multiple affirmations (perhaps 10-50 times per day).
  Acts 16:31 I have called upon the Name of the Lord, so in the Name of Jesus, I and my household have been saved.
  Luke 10:2 In the Name of Jesus, God is sending laborers of the Harvest to minister the Gospel to my family.
  Note: Before you start daily prayers of affirmation, using Luke 10:2, pray once to God, "In the Name of Jesus, Lord of the harvest, please send laborers of the harvest this very day to minister the gospel."

<u>Warfare Prayers</u>

- Assume the subject's name is John. Pray the following aloud several times per day.
  In the Name of Jesus (NOJ), I forgive John of all his sins and I cover him with the Blood of Jesus. (John 20:23)
  (If he is born again) In the Name of Jesus, I pray that the Spirit of God will fall fresh upon him and I speak the peace of God upon him.
  In the Name of Jesus, I establish a hedge of protection around him and his home; and I bind every demon and evil spirit within this hedge of protection **and shut them up for a season.**
  In the Name of Jesus, I pray that the Holy Spirit will open John's ears so that he has hearing ears and will soften his heart so that he can hear and understand the Gospel of Jesus Christ.
  In the Name of Jesus, every time the Gospel of Jesus Christ is presented to John, at that time, I bind all religious spirits and demons and I shut them up and they remain silent for the duration of that ministry.
  In the Name of Jesus, I bind Satan from trying to hinder these prayers and in the Name of Jesus, I loose the Powers of Heaven to execute and enforce these prayers. Amen.

©July 2004 version 2015