

Selah Fast – February 7, 2017

1. Jesus, what part of my character do you want me to work on?
2. What does change look like in my life? (This is where you get more specific about what that character change would look like. If you are too general, it's hard to see any change and be encouraged. For example, if you want to grow in patience, how do you tell if anything is changing? Something more specific might be that you want to respond to your kids in a quiet, calm voice. That's something you can keep track of!)
3. What will my fast look like? (no food all day, fruit and veggies only, no media all day...)
4. Where am I going to spend extra time with Jesus to do prayer, thanksgiving and reading my Bible? If all we do is give something up it's not really helping. We need to also be feasting on Jesus. So will you get up earlier on this day, give up a nap or quiet time to be with Jesus, give up TV time in the evening to do devo's?

Prayer Strategy

Invite the Jesus to speak to you and show you:

1. What is keeping me from my answer? (doubt, fear, discouragement, sin to confess, lies...) Confess as necessary.
2. Is there any spiritual warfare I need to do that is keeping me from my answer? (sin, doubt, unbelief, condemnation, confusion...) Pray through those things:

“In the name of Jesus, I take authority over the spirit of _____ . I bind you in the name of Jesus and tell you to leave. Go to Jesus to be dealt with as He sees fit.”

3. Ask for 3 key things to focus on in prayer concerning this request.
4. Ask for a verse to pray.
5. Ask for a picture/word or promise.