

prayer & fasting

7 Day Liberty Church FAST

**Starting 1 Week from Today**

*This week*

**This Week - Spiritual Goals**

*Handout*



Getting  
**STRONGER**  
in your

DAILY  
PRAYER  
TIME

*one step at a time*





## Activities

- Meals
- Bathroom
- Driving
- Exercise & Stretching
- Yard work
- House work
- Pillow Massager

Mouth

Psalm 81:10

*I am the LORD your  
God, who brought  
you up out of Egypt.*

**Open Wide**  
**your Mouth &**  
**I will FILL it.**

1. **Armor of God**
2. **Tongues**
3. **Worship**
4. **Quoting**



By Faith – / **Release**, / **Trust**, / **Receive**, / **Claim**, / **DRINK**

LET YOUR FAITH  
BE LIKE A SHIELD,  
AND YOU WILL BE ABLE TO STOP  
ALL THE FLAMING ARROWS  
OF THE EVIL ONE.

EPHESIANS 6:16



Bled Olin

1 Pt. 1:5 who are **Kept** by the **Power** of God through **Faith**

Works vs. Sensing God's Presence

1 Cor. 16:13 **Stand Firm** in the **Faith**;  
be courageous; be **Strong**



Mark 11:24 Therefore I tell you, whatever you ask for in prayer, **Believe** that you have **Received** it, and it will be **Yours**. **IMP.**  
**Faith**

Heb. 11:1 Now faith is **Confidence** in what we **Hope** for and assurance about what we do not see.

Heb. 11:6 And without faith it is **Impossible** to **Please God**, because anyone who comes to him must believe that he exists and that he rewards those who earnestly seek him.

faith

**Belt** → *John 14:17, 15:26, 16:13* - Spirit of **TRUTH**

**Breastplate** → *Rom. 8:15* - Spirit of **Sonship**

**Shoes** → *1 Thess. 5:23* - the God of **Peace**

**Shield** → *2 Cor. 4:13* - Spirit of **Faith**

**Helmet** → *Heb. 9:14* - **Eternal Spirit**

**Sword** → *Rev. 19:10* - Spirit of **Prophecy**

Greatest Power

By Faith – / **Release**, / **Trust**, / **Receive**, / **Claim**, /



A person is shown from the chest up, pulling open a dark suit jacket with both hands. Underneath, a white t-shirt is visible, featuring a printed Bible verse in red and black text. The background is a plain, light-colored wall.

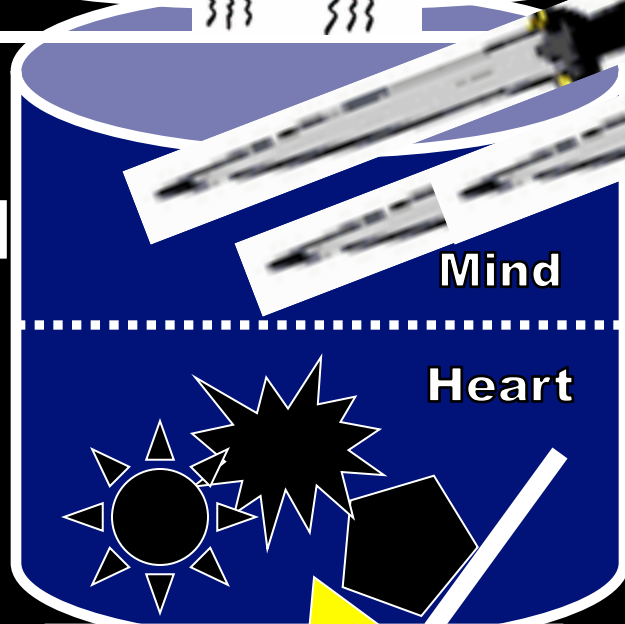
**YOUR WORD I HAVE  
HIDDEN IN MY HEART,  
THAT I MIGHT NOT SIN AGAINST YOU!**

PSALM 119:11, NKJV

**Body**



**Soul**



**Mind**

**Heart**

*Conscious*

.....

*Sub-  
conscious*

**Spirit**

***Holy  
Spirit***



**WHAT** is praying in tongues?

**“A PHYSICAL Function**  
that draws upon the  
**Holy Spirit**  
in your **SPIRIT”**

II Cor. 10, His Voice, Concl.



Getting  
**STRONGER**  
in your

DAILY  
PRAYER  
TIME

*one step at a time*

**10** years – **20** steps

# 1 Minute - **DEBRIEF**

- Your ***Favorite*** pt. or what ***Helped*** you
- ***Prayers***



**Seekers**

**&**

**Salvation**



***Pastor Johns***  
***Personal testimony 2 cds***