

# PRAYER AND FASTING

Spiritual Warfare in the Bible - Volume 8

Jonathan Carl

# CONTENTS

Title Page	
Prayer and fasting	1
Introduction	14
Outline	16
Volume 8: PRAYER AND FASTING	23
What Does the Bible Say About Prayer?	25
A.C.T.S.	28
3 Ways to Prepare for Prayer	29
Best Bible Verses on Prayer	30
Prayer in the Psalms and Proverbs	34
Praying the Psalms	37
Prayers of Endurance	39
Prayers of Protection	42
Top 30 Ways to Pray	45
A 10 Day Prayer for Love from 1 Corinthians 13	49
100 Best Prayer Quotes	51
What Does the Bible Say About Fasting?	60
Top Bible Verses for Fasting	62
Helpful Quotes on Fasting	65
About the Author	68
Honest Book Reviews Needed	70

# PRAYER AND FASTING

## *A Spiritual Warfare in the Bible - Volume 8*

God's Answers about the Battle of the Followers of  
Christ against the Unseen Spiritual Forces of Evil

Dr. Jonathan Carl

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Downloadable resources and helpful study videos  
freely available at: **[www.SpiritualWarfare.blog](http://www.SpiritualWarfare.blog)**

I am so thankful to God for His strength and truth in Jesus!

I love and am so grateful for my amazing wife Brittney and her loving, tireless support. Together we are blessed with some amazing daughters in Sophia, Lydia, Alia, and Mia! Our church family at South Fork has been incredible in their encouragement :) *Thank you all for putting up with my many hours of studying & writing for this work!*

Ephesians 6:10–12 (ESV) “Finally, be strong in the Lord and in the strength of his might. [11] Put on the whole armor of God, that you may be able to stand against the schemes of the devil. [12] For we do not wrestle against flesh and blood, but against the rulers, against the authorities, against the cosmic powers over this present darkness, against the spiritual forces of evil in the heavenly places.”

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than 500 consecutive verses of the ESV Bible or more than one half of any book of the ESV Bible. Accessible online at: [www.esv.org](http://www.esv.org)

[www.SpiritualWarfare.blog](http://www.SpiritualWarfare.blog)



Ephesians 6:10–12 (ESV) “Finally, be strong in the Lord and in the strength of his might. [11] Put on the whole armor of God, that you may be able to stand against the schemes of the devil. [12] For we do not wrestle against flesh and blood, but against the rulers, against the authorities, against the cosmic powers over this present darkness, against the spiritual forces of evil in the heavenly places.”

Life is hard. Life is full of struggles and suffering. We need the reminder that our primary battles are not physical, financial, emotional, or mental, but spiritual. We ultimately are in an ongoing spiritual battle.

What is “spiritual warfare”? Spiritual warfare, based on Ephesians 6:12, is “the battle of the followers of Christ against the unseen spiritual forces of evil.”

This resource is designed to help you find God’s answers about the battle of the followers of Christ against the unseen spiritual forces of evil.

Visit our website to find freedom and victory in your daily battles through Christ’s finished work on the cross. Share our free resources with others to help them as well!

[www.TrustworthyWord.com](http://www.TrustworthyWord.com)

## TRUSTWORTHY WORD

Titus 1:9 “He must hold firm to the trustworthy word as taught, so that he may be able to give instruction in sound doctrine and also to rebuke those who contradict it.” (ESV)

Trustworthy Word was born out of a desire to equip churches with free, downloadable handouts as a resource for biblical teaching on various topics. We wanted to see the people of God think deeply about the Word of God and realize the implications that come about as a result.

One of the great things that we have seen happen though is that members of our church (South Fork Baptist Church in Hodgenville, KY) have begun to use the site as a mobile resource when they are sharing the gospel or having bible-centered conversations.

Trustworthy Word has become a digital filing cabinet where with a few taps of the finger, we can quickly locate helpful resources both for our own spiritual growth and to engage those with whom we are having Christ focused conversations.

Our hope is that you too will find Trustworthy Word as a digital discipleship and evangelism resource you can utilize in moments when you have your phone, tablet,

or computer with you. You may enjoy using some of the free handouts to help guide your small group into a deeper walk with Jesus in Bible study. With just a few clicks we hope you begin to think deeply about the Word of God and see how that impacts your life.

## www.Bible.video - “The Video Bible”

@TheVideoBibleChannel



### Bible.Video

“Until I come, devote yourself to the public reading of Scripture, to exhortation, to teaching.” - 1 Timothy 4:13

Did someone read to you growing up? Did that time impact you? Help you? Grow you? Comfort you?

We feel that reading the Bible visually and audibly to one another is important and helpful too! What a joy it is to see print Bibles reaching the ends of the earth (through amazing groups like the Gideons and The International Bible Society and especially [www.NetBible.com](http://www.NetBible.com)).

How incredible it is that translations are made (Wycliffe) and digitally distributed ([Bible.com](http://Bible.com) and [BibleStudyTools.com](http://BibleStudyTools.com)) all over the world! In the past few decades, audio Bibles have also become numerous and more accessible through wonderful ministries like Faith Comes By Hearing.

Unfortunately, there isn't much of a presence currently of someone visually reading the Bible to another. We hope to help provide this through the “The Video Bible”!

We feel this is a needed resource for evangelism

and discipleship and we pray that it will be extremely effective! The biblical origins of both visually watching someone read and listening simultaneously is important to how we process and respond to the Word.

We hope to have the opportunity to help get complete bible translations free into the ears, eyes, minds, and souls of millions more over the years ahead via video.

[www.Catholic.blog](http://www.Catholic.blog)

The **CATHOLIC BLOG**

[www.catholic.blog](http://www.catholic.blog)

Ephesians 2:8–9 “For by grace you have been saved through faith. And this is not your own doing; it is the gift of God, not a result of works, so that no one may boast.” (ESV)

What does the Catholic Church really believe? Many people have their opinions, experiences, or second-hand information on Catholic beliefs but a true understanding of the Catholic faith is found in its *Catechism of the Catholic Church*.

*The Catholic Blog* simply presents portions of the Catholic Catechism with relevant Bible verses and introspective questions to consider. This free resource will help you on your journey to consider the beliefs and practices of the Roman Catholic Church and examine for yourself, through tough questions, whether The Catechism of the Catholic Church is biblically valid and trustworthy.

*The Catechism of the Catholic Church* is a substantial document of significant history and tradition. If you have yet to read it, I encourage you to read it in its entirety. This guide should be a helpful start and reference! As you consider the “essential and fundamental contents of Catholic doctrine” (CCC, 11), I hope you will be like the Bereans of Acts 17:11 who always put the Bible first to test what they were learning.

The Bereans are described as “noble” after hearing the teaching of the Apostle Paul for two reasons:

1) getting into the Bible with “eagerness”

2) testing the teaching of the Apostle Paul in light of Scriptures to verify his truthfulness.

Similarly, may we evaluate what we see in The Catechism of the Catholic Church in the light of the Bible to “see if these things were so.”

Acts 17:11 “Now these Jews were more noble than those in Thessalonica; they received the word with all eagerness, examining the Scriptures daily to see if these things were so.” (ESV)



**A 3 Part Approach: Here is the approach you will find to this Bible study.**

**1) Interesting highlights and quotes** - Due to the massive volume of writings in The Catechism of the Catholic Church, I have picked quotes from the text that I think you will find most useful and fascinating.

**2) Relevant Scriptures** - Likewise, I selected passages of Scripture that I thought particularly helpful in evaluating and understanding the Catholic teachings. Both The Catechism of the Catholic Church and the Bible passages should be considered in their original context and setting. There are many more possible Catholic teachings and Biblical passages to consider but I hope this is a helpful start to your studies.

**3) Helpful Questions** - I have chosen not to insert opinions and assertions but instead propose tough questions that help us to think critically for ourselves about what we are reading.

My end goal and hope is that we all follow God's directive to us in 2 Corinthians 13:5 to "Examine yourselves, to see whether you are in the faith. Test yourselves. Or do you not realize this about yourselves, that Jesus Christ is in you?—unless indeed you fail to meet the test!" (ESV). May we all have the joy of an eternity in the presence of Jesus!

***Here are the top 10 Catholic questions answered in this book with biblical answers:***

1. What is the Catechism of the Catholic Church?
2. What is Sin According to the Catholic Catechism? Do Different Sins Need Different Sacrifices?
3. Does Salvation Come through Catholic Mass? Does Giving Money to Church Help Us?
4. Is Catholic Baptism Necessary for Salvation? What about Confirmation?
5. Is Catholic Eucharist Necessary for Salvation? What about Penance?

6. Was Mary Always Saved? Did Mary Never Sin? Is Mary the Cause of Salvation? Was Mary a Virgin Her Entire Life? Did Jesus Have Any Brothers? Is It True that Mary Never Died? Did Mary Ascend to Heaven?

7. Are Images of Jesus, Mary, Saints, or Angels Helpful or Harmful? Do Relics & Rosaries have Power?

8. Should We Pray to Mary and Saints? Is it OK to Pray to Angels?

9. Will I Go to Purgatory? Do Indulgences Help Us?

10. Can Marriages Be Annulled? What about Catholic Divorce and Remarriage?

Whether you are Catholic, considering Catholicism, or just curious to understand the Catholic Church better, this Bible study will be a great help to you. Download *A Biblical Study of The Catechism of the Catholic Church* free at [www.Catholic.blog](http://www.Catholic.blog)

# INTRODUCTION

Titus 1:9 “He must hold firm to the trustworthy word as taught, so that he may be able to give instruction in sound doctrine and also to rebuke those who contradict it.” (ESV)

*This book is different than many others that you might read. The vast majority of the content is simply Bible verses and references.* This approach, with lots of bullet points, is intentional in order to help you clearly hear and see God’s truths and not merely human opinion. May this work be a helpful resource for your study of God’s Word. May it help you increase in your love and awe of your Savior. If you aren’t yet a follower of Christ, may the Lord save you through the reading of His Word throughout it!

I have used these resources in teaching my church, small groups, pastors, seminary students, and doctoral students about the subject of spiritual warfare. The source of these writings has been from my own studies, counseling with church members, and sermons. These subjects have arisen from some of the most important conversations that I have had in pastoral ministry for over a decade. I hope and pray that this work serves as a tool for the Lord to use in helping His children through His Spirit and Word.

Ultimately, I have written this for the Lord. He has grown me so much through the years and I pray that this work is faithful to honor and glorify Him. I have also always told my wife and daughters that I wrote this for them as well. I love them so much and if they were the only ones to read this, then I would count it a success!

I do hope that this is a useful Bible study resource for

many around the world. I have made these chapters, videos, and the book (and other books too) in its entirety, freely downloadable and accessible at [www.SpiritualWarfare.blog](http://www.SpiritualWarfare.blog) and also at [www.TrustworthyWord.com](http://www.TrustworthyWord.com). It has been a joy of mine to see so many souls find Scriptural counsel online at The Spiritual Warfare Blog and Trustworthy Word over the years and I pray that it continues to aid many more until the Lord returns!

In Christ,  
Jonathan Carl

Ephesians 6:17 “take the helmet of salvation,  
and the sword of the Spirit, which is the word of God”

## OUTLINE

Here is a brief outline of the sections of this book and Scriptural reminders of their importance. The links below contain video lectures to help you as well!

This book is a compilation of 10 other books you can find here:

[www.spiritualwarfare.blog/free-books](http://www.spiritualwarfare.blog/free-books) and

[www.amazon.com/author/jonathancarl](http://www.amazon.com/author/jonathancarl)

- *God and Satan: Spiritual Warfare in the Bible*
- *Angels and Demons: Spiritual Warfare in the Bible*
- *Believers & Unbelievers: Spiritual Warfare in the Bible*
- *Heaven, Hell and Salvation: Spiritual Warfare in the Bible*
- *Frequently Asked Questions about Spiritual Warfare in the Bible: God's Answers about the Battle of the Followers of Christ against the Unseen Spiritual Forces of Evil*
- *Putting on God's Armor of Light: Spiritual Warfare in the Bible*
- *Resisting Satan's Schemes: Spiritual Warfare in the Bible*
- *Prayer and Fasting: Spiritual Warfare in the Bible*
- *Biblical Health: Spiritual Warfare in the Bible*
- *Evangelism and Missions: Spiritual Warfare in the Bible*

### 1. God & Satan

[www.spiritualwarfare.blog/god-satan](http://www.spiritualwarfare.blog/god-satan)

Proverbs 1:7 “The fear of the LORD is the beginning of knowledge; fools despise wisdom and instruction.” (ESV)

Ephesians 6:10 “Finally, be strong in the Lord and in the strength of his might.” (ESV)

The story of the Bible is not a story about spiritual warfare. The story of the Bible is the story of God. As we clearly focus on who God is (His names and characteristic) and what He has done (miracles), our enemies and struggles will seem so much smaller. Although God is the Bible's primary focus, He reveals much to us about our chief enemy in Satan. Don't miss out on what God has to tell us about our enemy's names, character, and tactics that we be best prepared to live lives that enjoy and honor our Creator.

### 2. Angels & Demons

[www.spiritualwarfare.blog/angels-demons](http://www.spiritualwarfare.blog/angels-demons)

Colossians 1:16 “For by him all things were created, in heaven and on earth, visible and invisible, whether thrones or dominions or rulers or authorities—all things were created through him and for him.” (ESV)

2 Corinthians 11:14–15 “And no wonder, for even Satan disguises himself as an angel of light. [15] So it is no surprise if his servants, also, disguise themselves as servants of righteousness. Their end will correspond to their deeds.” (ESV)

God's created angels are important in the storyline of history. In Scripture God shares many stories that explain their purposes and abilities. This section will help you to rightly understand the mostly unseen angelic beings, both faithful (angels) and fallen (demons).

### 3. Believers & Unbelievers

[www.spiritualwarfare.blog/believers-unbelievers](http://www.spiritualwarfare.blog/believers-unbelievers)

1 John 3:10 “By this it is evident who are the children of God, and who are the children of the devil: whoever does not practice righteousness is not of God, nor is the one who does not love his brother.” (ESV)

Matthew 12:35 “The good person out of his good treasure brings forth good, and the evil person out of his evil treasure brings forth

evil.” (ESV)

Humanity is divided by those who follow Jesus in faith (Christian believers) and those who follow Satan, the world, and their fleshly sin (unbelievers). It is essential to understand the identities of both groups as well as the evidences of their character and works. There is no neutral ground in this battle of the followers of Christ against the spiritual forces of evil. Here are some truths to help us be aware of who we are and rightly see the world around us with a spiritual understanding.

#### **4. Heaven & Hell and Salvation**

[www.spiritualwarfare.blog/heaven-hell](http://www.spiritualwarfare.blog/heaven-hell)

Romans 10:1 “Brothers, my heart’s desire and prayer to God for them is that they may be saved.” (ESV)

Luke 19:10 “For the Son of Man came to seek and to save the lost.” (ESV)

Matthew 7:21–23 “Not everyone who says to me, ‘Lord, Lord,’ will enter the kingdom of heaven, but the one who does the will of my Father who is in heaven. [22] On that day many will say to me, ‘Lord, Lord, did we not prophesy in your name, and cast out demons in your name, and do many mighty works in your name?’ [23] And then will I declare to them, ‘I never knew you; depart from me, you workers of lawlessness.’” (ESV)

God speaks clearly to us both about eternal life (Heaven) and eternal death (Hell). He wants believers to look forward to being in His presence in Heaven and also wants unbelievers to be warned of the danger of eternal suffering in Hell. Salvation is God’s offer and work through Christ and He has much to tell us in the Scriptures. Here are some truths about Heaven, Hell, and God’s work of salvation.

#### **5. Spiritual Warfare Passages in the Bible**

[www.spiritualwarfare.blog/bible](http://www.spiritualwarfare.blog/bible)

Ephesians 6:12–13 “For we do not wrestle against flesh and blood, but against the rulers, against the authorities, against the cosmic powers over this present darkness, against the spiritual forces of evil in the heavenly places. [13] Therefore take up the whole armor of God, that you may be able to withstand in the evil day, and having done all, to stand firm.” (ESV)

God warns believers about the ongoing battle between His followers and the devil’s followers. He wants us to rightly understand the underlying issues of our struggles that we may daily rely on God’s strength and not our own. Here are some important truths to understand about spiritual warfare.

#### **6. Putting on God’s Armor of Light**

[www.spiritualwarfare.blog/armor](http://www.spiritualwarfare.blog/armor)

Romans 13:12 “The night is far gone; the day is at hand. So then let us cast off the works of darkness and put on the armor of light.” (ESV)

1 Thessalonians 5:8 “But since we belong to the day, let us be sober, having put on the breastplate of faith and love, and for a helmet the hope of salvation.” (ESV)

God calls us to go into battle covered in His armor of light and wielding the “sword of the Spirit, which is the Word of God.” This section will help you to hear God’s commands and wisdom of how to live life in a way that takes into account the reality of our spiritual battles.

#### **7. Resisting Satan’s Schemes**

[www.spiritualwarfare.blog/schemes](http://www.spiritualwarfare.blog/schemes)

Ephesians 6:11 “Put on the whole armor of God, that you may be able to stand against the schemes of the devil.” (ESV)

2 Corinthians 2:11 “so that we would not be outwitted by Satan; for we are not ignorant of his designs.” (ESV)

James 4:7–8 “Submit yourselves therefore to God. Resist the devil, and he will flee from you. Draw near to God, and he will draw near to you. Cleanse your hands, you sinners, and purify your hearts, you double-minded.” (ESV)

God wants us to be informed of our enemy’s strategies and tactics. We have a responsibility and urgent call to resist the attacks of our enemies. In this section we will hear many of the ways God shares of how to resist Satan’s temptations and deception.

### **8. Prayer and Fasting**

[www.spiritualwarfare.blog/prayer](http://www.spiritualwarfare.blog/prayer)

Ephesians 6:18 “praying at all times in the Spirit, with all prayer and supplication. To that end, keep alert with all perseverance, making supplication for all the saints” (ESV)

God cares for us by growing and changing us through our time with Him in prayer and fasting. As we receive God’s Bible truths, we get to respond to Him and ask Him for knowledge, understanding, wisdom, and help in our times of need.

### **9. Biblical Health**

[www.spiritualwarfare.blog/health](http://www.spiritualwarfare.blog/health)

3 John 2–4 “Beloved, I pray that all may go well with you and that you may be in good health, as it goes well with your soul. [3] For I rejoiced greatly when the brothers came and testified to your truth, as indeed you are walking in the truth. [4] I have no greater joy than to hear that my children are walking in the truth.” (ESV)

God speaks to us wholistically through the Scriptures, desiring us to be healthy spiritually but also physically, mentally, emotionally, financially, relationally, and sexually. He wants us to fulfill His purposes for us in our homes, workplaces, churches and wherever we go. This section will help you to evaluate your health, identify strengths and weakness, and walk forward in God’s truths for life.

### **10. Evangelism and Missions**

[www.spiritualwarfare.blog/missions](http://www.spiritualwarfare.blog/missions)

Ephesians 6:18–20 “praying ... also for me, that words may be given to me in opening my mouth boldly to proclaim the mystery of the gospel, [20] for which I am an ambassador in chains, that I may declare it boldly, as I ought to speak.” (ESV)

The Christian life is a life called to love in action. We must be on the offense in sharing the hope of the Gospel news of Jesus Christ. This section will encourage and equip you to tell others about the loving life, death, and resurrection of Jesus Christ.

### **11. Frequently Asked Questions (FAQs)**

[www.spiritualwarfare.blog/faqs](http://www.spiritualwarfare.blog/faqs)

1 Peter 3:15 “but in your hearts honor Christ the Lord as holy, always being prepared to make a defense to anyone who asks you for a reason for the hope that is in you; yet do it with gentleness and respect” (ESV)

Colossians 4:5–6 “Walk in wisdom toward outsiders, making the best use of the time. [6] Let your speech always be gracious, seasoned with salt, so that you may know how you ought to answer each person.” (ESV)

Ephesians 4:11–14 “And he gave the apostles, the prophets, the evangelists, the shepherds and teachers, [12] to equip the saints for the work of ministry, for building up the body of Christ, [13] until we all attain to the unity of the faith and of the knowledge of the Son of God, to mature manhood, to the measure of the stature of the fullness of Christ, [14] so that we may no longer be children, tossed to and fro by the waves and carried about by every wind of doctrine, by human cunning, by craftiness in deceitful schemes.” (ESV)

There are many other questions you may have that this book has not yet answered. This section will answer a few of those questions but will also challenge you to think biblically through other questions and scenarios you have already faced or that you

JONATHANCARL

may face in the future.

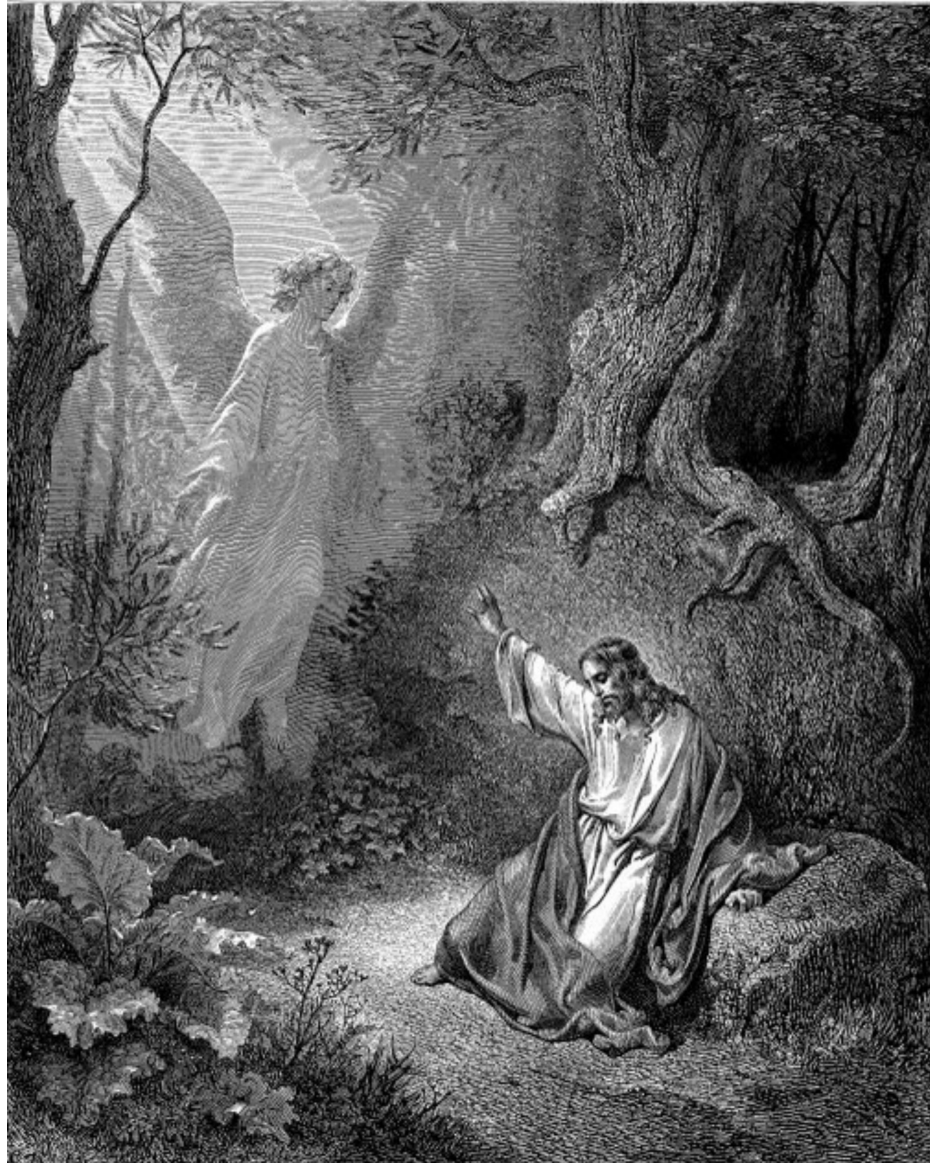
## VOLUME 8: PRAYER AND FASTING

Free Video Lectures @  
[www.spiritualwarfare.blog/  
prayer](http://www.spiritualwarfare.blog/prayer)

Ephesians 6:18 “praying at all times in the Spirit, with all prayer and supplication. To that end, keep alert with all perseverance, making supplication for all the saints” (ESV)

God cares for us by growing and changing us through our time with Him in prayer and fasting. As we receive God’s Bible truths, we get to respond to Him and ask Him for knowledge, understanding, wisdom, and help in our times of need.

"The Agony in the Garden" by Gustave Doré



## WHAT DOES THE BIBLE SAY ABOUT PRAYER?

### 10 Reasons to Pray

1. **Encounter God** - Pray is a meeting to intentionally and humbly communicate with God.
2. **Know God** - Listening and speaking to Jesus enables us to know Him more personally.
3. **Glorify God** - It pleases and honors God when we draw near to Him in prayer.
4. **Experience God's Power** - Prayers of the righteous are answered powerfully.
5. **Understand God's Present Work** - God desires to be related to and enjoyed daily.
6. **Look Forward to God's Future Work** - Submit and yield your future into His hands.
7. **Protect from Satan's Attacks** - We remember our real enemy in Satan, his demons, the world, and our flesh and are reminded that prayer is a spiritual weapon of offense and defense.
8. **Share True Hope with Others** - We evangelistically pray for God's saving work.
9. **Awareness of His Presence** - Failing to pray means ignoring His constant presence with us.
10. **Obedience** - God has commanded and taught us to relate to

Him through prayer.

### **Top Books to Devotionally Guide Your Prayer**

- *Everyday Prayers: 365 Days to a Gospel-Centered Faith* by Scotty Smith
- *Pray for the World* - by Patrick Johnstone
- *The Valley of Vision: A Collection of Puritan Prayers & Devotions* by Arthur Bennett
- *Morning and Evening* - Charles H. Spurgeon
- *The Songs of Jesus: A Year of Daily Devotions in the Psalms* by Timothy & Kathy Keller
- (for comfort, a compilation) *Streams in the Desert* by Mrs. Charles E. Cowman
- (for ladies) *Whispers of Hope: 10 Week of Devotional Prayer* by Beth Moore
- (for ladies) *Praying God's Word Day by Day* by Beth Moore

### **Top 3 Books to Learn About Prayer & How to Pray**

1. *Praying the Bible* by Donald S. Whitney
2. *Prayer: Experiencing Awe and Intimacy with God* by Timothy Keller
3. *George Müller: Delighted in God* by Roger Steer

### **Personal Prayer** (Matthew 6:5-15, ESV)

#### **Prayer is Personal Conversation**

v.5-6 “And when you pray, you must not be like the hypocrites. For they love to stand and pray in the synagogues and at the street corners, that they may be seen by others. Truly, I say to you, they have received their reward. But when you pray, go into your room and shut the door and pray to your Father who is in secret. And

your Father who sees in secret will reward you.”

#### **Prayer is Meaningful Conversation**

v.7-8 “And when you pray, do not heap up empty phrases as the Gentiles do, for they think that they will be heard for their many words. Do not be like them, for your Father knows what you need before you ask him.”

#### **Prayer is God-Focused Conversation**

v.9 Pray then like this: Our Father in heaven, hallowed be your name.

10 Your kingdom come, your will be done, on earth as it is in heaven.

11 Give us this day our daily bread,

12 & forgive us our debts (sins), as we also have forgiven our debtors.

13 And lead us not into temptation, but deliver us from evil.

14-15 For if you forgive others their trespasses, your heavenly Father will also forgive you, but if you do not forgive others their trespasses, neither will your Father forgive your trespasses.



## A.C.T.S.

*Spend time praying over each of these areas*

### **Adoration** (of God)

“Our Father in heaven, hallowed be your name.” (Matthew 6:9 ESV)

### **Confession** (of sins)

“and forgive us our debts, as we also have forgiven our debtors.” (Matthew 6:12 ESV)

### **Thanksgiving** (for His work)

“Your kingdom come, your will be done, on earth as it is in heaven.” (Matthew 6:10 ESV)

### **Supplication**

(how can you ask God to help you or others)

“Give us this day our daily bread” (Matthew 6:11 ESV)

“And lead us not into temptation, but deliver us from evil.” (Matthew 6:13 ESV)

## 3 WAYS TO PREPARE FOR PRAYER

**1. Make Your Focus God-ward** “And when you pray, you must not be like the hypocrites. For they love to stand and pray in the synagogues and at the street corners, that they may be seen by others. Truly, I say to you, they have received their reward. [6] But when you pray, go into your room and shut the door and pray to your Father who is in secret. And your Father who sees in secret will reward you.” (Matthew 6:5-6 ESV)

**2. Ask Genuinely and Significantly** “And when you pray, do not heap up empty phrases as the Gentiles do, for they think that they will be heard for their many words. [8] Do not be like them, for your Father knows what you need before you ask him.” (Matthew 6:7-8 ESV)

**3. Sincerely Show Mercy & Grace to Others** “For if you forgive others their trespasses, your heavenly Father will also forgive you, [15] but if you do not forgive others their trespasses, neither will your Father forgive your trespasses.” (Matthew 6:14-15)

## BEST BIBLE VERSES ON PRAYER

There are 650 prayers listed in the Bible...check them out at:  
[www.gospelpedlar.com/articles/Christian%20Life/Prayer.pdf](http://www.gospelpedlar.com/articles/Christian%20Life/Prayer.pdf)

### Here are some favorites:

- (James 5:13-18) Is anyone among you suffering? Let him pray. Is anyone cheerful? Let him sing praise. [14] Is anyone among you sick? Let him call for the elders of the church, and let them pray over him, anointing him with oil in the name of the Lord. [15] And the prayer of faith will save the one who is sick, and the Lord will raise him up. And if he has committed sins, he will be forgiven. [16] Therefore, confess your sins to one another and pray for one another, that you may be healed. The prayer of a righteous person has great power as it is working. [17] Elijah was a man with a nature like ours, and he prayed fervently that it might not rain, and for three years and six months it did not rain on the earth. [18] Then he prayed again, and heaven gave rain, & the earth bore its fruit.
- (Philippians 4:4-7) Rejoice in the Lord always; again I will say, rejoice. [5] Let your reasonableness be known to everyone. The Lord is at hand; [6] do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. [7] And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus.
- (Proverbs 28:9) If one turns away his ear from hearing the law,

even his prayer is an abomination.

- (1 Thessalonians 5:16-18) Rejoice always, [17] pray without ceasing, [18] give thanks in all circumstances; for this is the will of God in Christ Jesus for you.
- (Psalm 55:16-17) But I call to God, and the LORD will save me. [17] Evening and morning and at noon I utter my complaint and moan, and he hears my voice.
- (Luke 18:1-8) And he told them a parable to the effect that they ought always to pray and not lose heart. [2] He said, "In a certain city there was a judge who neither feared God nor respected man. [3] And there was a widow in that city who kept coming to him and saying, 'Give me justice against my adversary.' [4] For a while he refused, but afterward he said to himself, 'Though I neither fear God nor respect man, [5] yet because this widow keeps bothering me, I will give her justice, so that she will not beat me down by her continual coming.'" [6] And the Lord said, "Hear what the unrighteous judge says. [7] And will not God give justice to his elect, who cry to him day and night? Will he delay long over them? [8] I tell you, he will give justice to them speedily. Nevertheless, when the Son of Man comes, will he find faith on earth?"
- (James 4:1-4) What causes quarrels and what causes fights among you? Is it not this, that your passions are at war within you? [2] You desire and do not have, so you murder. You covet and cannot obtain, so you fight and quarrel. You do not have, because you do not ask. [3] You ask and do not receive, because you ask wrongly, to spend it on your passions. [4] You adulterous people! Do you not know that friendship with the world is enmity with God? Therefore whoever wishes to be a friend of the world makes himself an enemy of God.
- (1 John 5:14-15) And this is the confidence that we have toward him, that if we ask anything according to his will he hears us. [15] And if we know that he hears us in whatever we ask, we know that we have the requests that we have asked of him.
- (Ephesians 6:18-20) praying at all times in the Spirit,

with all prayer and supplication. To that end keep alert with all perseverance, making supplication for all the saints, [19] and also for me, that words may be given to me in opening my mouth boldly to proclaim the mystery of the gospel, [20] for which I am an ambassador in chains, that I may declare it boldly, as I ought to speak.

- (Romans 8:26-27) Likewise the Spirit helps us in our weakness. For we do not know what to pray for as we ought, but the Spirit himself intercedes for us with groanings too deep for words. [27] And he who searches hearts knows what is the mind of the Spirit, because the Spirit intercedes for the saints according to the will of God.
- **(Matthew 6:5-15) The “Lord’s Prayer”:** And when you pray, you must not be like the hypocrites. For they love to stand and pray in the synagogues and at the street corners, that they may be seen by others. Truly, I say to you, they have received their reward. [6] But when you pray, go into your room and shut the door and pray to your Father who is in secret. And your Father who sees in secret will reward you. [7] “And when you pray, do not heap up empty phrases as the Gentiles do, for they think that they will be heard for their many words. [8] Do not be like them, for your Father knows what you need before you ask him. [9] Pray then like this: “Our Father in heaven, hallowed be your name. [10] Your kingdom come, your will be done, on earth as it is in heaven. [11] Give us this day our daily bread, [12] and forgive us our debts, as we also have forgiven our debtors. [13] And lead us not into temptation, but deliver us from evil. [14] For if you forgive others their trespasses, your heavenly Father will also forgive you, [15] but if you do not forgive others their trespasses, neither will your Father forgive your trespasses.
- **(John 17) Jesus’ Prayer to His Father - The “High Priestly Prayer”:** When Jesus had spoken these words, he lifted up his eyes to heaven, and said, “Father, the hour has come; glorify your Son that the Son may glorify you ... [9] I am praying for them. I am not praying for the world but for those whom you

have given me, for they are yours. [11] ... Holy Father, keep them in your name, which you have given me, that they may be one, even as we are one. ... [15] I do not ask that you take them out of the world, but that you keep them from the evil one. ... [17] Sanctify them in the truth; your word is truth. ... [20] “I do not ask for these only, but also for those who will believe in me through their word, [21] that they may all be one, just as you, Father, are in me, and I in you, that they also may be in us, so that the world may believe that you have sent me. ... [24] Father, I desire that they also, whom you have given me, may be with me where I am, to see my glory that you have given me because you loved me before the foundation of the world. ... [26] I made known to them your name, and I will continue to make it known, that the love with which you have loved me may be in them, and I in them.”

# PRAYER IN THE PSALMS AND PROVERBS

**A.C.T.S.** - A helpful acronym to remember how to pray!

## **ADORATION (of God)**

**Humble Yourself** - The reward for humility and fear of the LORD is riches and honor and life. (Proverbs 22:4)

- One's pride will bring him low, but he who is lowly in spirit will obtain honor. (Proverbs 29:23)

**Respect the Lord** - The fear of the LORD is instruction in wisdom, and humility comes before honor. (Proverbs 15:33)

- Blessed is the one who fears the LORD always, but whoever hardens his heart will fall into calamity. (Proverbs 28:14)

## **CONFESSION (of sin)**

**Turn Your Lips** - Whoever conceals his transgressions will not prosper, but he who confesses and forsakes them will obtain mercy. - Proverbs 28:13

**Turn Your Lives** - Be not wise in your own eyes; fear the LORD, and turn away from evil. [8] It will be healing to your flesh and refreshment to your bones. (Proverbs 3:7-8)

- One who is wise is cautious and turns away from evil, but a fool is reckless and careless. (Proverbs 14:16)

- The highway of the upright turns aside from evil; whoever guards his way preserves his life. (Proverbs 16:17)

## **THANKSGIVING (to God)**

**Recognize the Source** - For the LORD gives wisdom; from his mouth come knowledge and understanding; (Proverbs 2:6)

**Rest in the Source** - Trust in the LORD with all your heart, and do not lean on your own understanding, [6] In all your ways acknowledge him, and he will make straight your paths. (Proverbs 3:5-6)

- My son, do not despise the LORD's discipline or be weary of his reproof, [12] for the LORD reproves him whom he loves, as a father the son in whom he delights. (Proverbs 3:11-12)

**Respond to the Source** - Honor the LORD with your wealth and with the firstfruits of all your produce (Proverbs 3:9)

## **SUPPLICATION (asking)**

**Seek Him** - Evil men do not understand justice, but those who seek the LORD understand it completely. (Proverbs 28:5)

- Many seek the face of a ruler, but it is from the LORD that a man gets justice. (Proverbs 29:26)

**Speak to Him** - The LORD is far from the wicked, but he hears the prayer of the righteous. (Proverbs 15:29)

**Make Godly Requests** Two things I ask of you; deny them not to me before I die [8] Remove far from me falsehood and lying; give me neither poverty nor riches; feed me with the food that is needful for me. (Proverbs 30:7-8)

**Seek His Favor** - A good man obtains favor from the LORD (Proverbs 12:2)

**Seek His Answers** - The plans of the heart belong to man, but the answer of the tongue is from the LORD. (Proverbs 16:1)

## What should guide our prayers?

**Pray According to His Voice** “If one turns away his ear from hearing the law, even his prayer is an abomination.” (Proverbs 28:9 ESV)

- “I write these things to you who believe in the name of the Son of God that you may know that you have eternal life. And this is the confidence that we have toward him, that if we ask anything according to his will he hears us. And if we know that he hears us in whatever we ask, we know that we have the requests that we have asked of him.” (1 John 5:13-15)

**Pray According to His Character** “The sacrifice of the wicked is an abomination to the LORD, but the prayer of the upright is acceptable to him.” (Proverbs 15:8)

- “Truly, truly, I say to you, whatever you ask of the Father in my name, he will give it to you.” (John 16:23)

**Pray According to His Relationship** “The LORD is far from the wicked, but he hears the prayer of the righteous.” (Proverbs 15:29)

- “And whatever you ask in prayer, you will receive, if you have faith.” (Matthew 21:22)
- “and whatever we ask we receive from him, because we keep his commandments and do what pleases him.” (1 John 3:22)

# PRAYING THE PSALMS

Donald Whitney (Praying the Bible by Donald S. Whitney) has shared an outstanding method of using the Psalms as a guide and format for our prayers. There are 150 Psalms, with around 30 days per month, which provides about 5 Psalms/Day to Choose To discover which daily Psalms you might consider praying through, take the day of the week and add in increments of 30. For instance, on January 7th you would have Psalm 7, 37, 67, 97, and 127 to choose from (Day of the Week + 30). Skim over those five Psalms until you discover one in which your heart resonates for that particular day. Then read a verse at a time, pausing to reflect and pray over and according to that particular truth to God.

Take a few minutes and try praying  
personally through Psalm 7.

## Psalm 7

**REFUGE** [1] O LORD my God, in you do I take refuge; save me from all my pursuers and deliver me, [2] lest like a lion they tear my soul apart, rending it in pieces, with none to deliver.

**DISCIPLINE** [3] O LORD my God, if I have done this, if there is wrong in my hands, [4] if I have repaid my friend with evil or plundered my enemy without cause, [5] let the enemy pursue my soul and overtake it, and let him trample my life to the ground and lay my glory in the dust. Selah

**PROTECTION** [6] Arise, O LORD, in your anger; lift yourself up against the fury of my enemies; awake for me; you have appointed a judgment. [7] Let the assembly of the peoples be gathered about

JONATHANCARL

you; over it return on high.

**RIGHTEOUSNESS** [8] The LORD judges the peoples; judge me, O LORD, according to my righteousness and according to the integrity that is in me.

**JUSTICE** [9] Oh, let the evil of the wicked come to an end, and may you establish the righteous—you who test the minds and hearts, O righteous God!

**PLEASING OR DISPLEASING GOD** [10] My shield is with God, who saves the upright in heart. [11] God is a righteous judge, and a God who feels indignation every day.

**WRATH** [12] If a man does not repent, God will whet his sword; he has bent and readied his bow; [13] he has prepared for him his deadly weapons, making his arrows fiery shafts.

**THE WICKED** [14] Behold, the wicked man conceives evil and is pregnant with mischief and gives birth to lies. [15] He makes a pit, digging it out, and falls into the hole that he has made. [16] His mischief returns upon his own head, and on his own skull his violence descends.

**PRAISE** [17] I will give to the LORD the thanks due to his righteousness, and I will sing praise to the name of the LORD, the Most High.

## PRAYERS OF ENDURANCE

(Psalm 69 ESV)

### **No Situation Is Hopeless: Run To God!**

[1] Save me, O God! For the waters have come up to my neck. [2] I sink in deep mire, where there is no foothold; I have come into deep waters, and the flood sweeps over me. [3] I am weary with my crying out; my throat is parched. My eyes grow dim with waiting for my God. [4] More in number than the hairs of my head are those who hate me without cause; mighty are those who would destroy me, those who attack me with lies. What I did not steal must I now restore?

### **Confess Your Sin**

[5] O God, you know my folly; the wrongs I have done are not hidden from you. [6] Let not those who hope in you be put to shame through me, O Lord GOD of hosts; let not those who seek you be brought to dishonor through me, O God of Israel. [7] For it is for your sake that I have borne reproach, that dishonor has covered my face. [8] I have become a stranger to my brothers, an alien to my mother's sons.

### **Messengers Are Often Attacked For Their Message: Stay Humble But Zealous**

[9] For zeal for your house has consumed me, and the reproaches of those who reproach you have fallen on me. [10] When I wept and humbled my soul with fasting, it became my reproach. [11] When I made sackcloth my clothing, I became a byword to them. [12] I am the talk of those who sit in the gate, and the drunkards make songs about me.

## **God Is Aware, Able, And Good: Never Doubt**

[13] But as for me, my prayer is to you, O LORD. At an acceptable time, O God, in the abundance of your steadfast love answer me in your saving faithfulness. [14] Deliver me from sinking in the mire; let me be delivered from my enemies and from the deep waters. [15] Let not the flood sweep over me, or the deep swallow me up, or the pit close its mouth over me.

## **Seek His Presence In Your Loneliness**

[16] Answer me, O LORD, for your steadfast love is good; according to your abundant mercy, turn to me. [17] Hide not your face from your servant; for I am in distress; make haste to answer me. [18] Draw near to my soul, redeem me; ransom me because of my enemies! [19] You know my reproach, and my shame and my dishonor; my foes are all known to you. [20] Reproaches have broken my heart, so that I am in despair. I looked for pity, but there was none, and for comforters, but I found none. [21] They gave me poison for food, and for my thirst they gave me sour wine to drink.

## **Seek And Trust God's Just Vengeance And Punishment**

[22] Let their own table before them become a snare; and when they are at peace, let it become a trap. [23] Let their eyes be darkened, so that they cannot see, and make their loins tremble continually. [24] Pour out your indignation upon them, and let your burning anger overtake them. [25]

May their camp be a desolation; let no one dwell in their tents. [26] For they persecute him whom you have struck down, and they recount the pain of those you have wounded. [27] Add to them punishment upon punishment; may they have no acquittal from you. [28] Let them be blotted out of the book of the living; let them not be enrolled among the righteous.

## **Trust His Salvation Plan: Now & Future**

[29] But I am afflicted and in pain; let your salvation, O God, set me on high! [30] I will praise the name of God with a song; I will magnify him with thanksgiving. [31] This will please the LORD more than an ox or a bull with horns and hoofs. [32] When the humble see it they will be glad; you who seek God, let your hearts revive. [33] For the LORD hears the needy and does not despise his own people who are prisoners. [34] Let heaven and earth praise him, the seas and everything that moves in them. [35] For God will save Zion and build up the cities of Judah, and people shall dwell there and possess it; [36] the offspring of his servants shall inherit it, and those who love his name shall dwell in it.

# PRAYERS OF PROTECTION

(Psalm 31)

## Admit You Need Outside Help!

[1] In you, O LORD, do I take refuge; let me never be put to shame; in your righteousness deliver me! [2] Incline your ear to me; rescue me speedily! Be a rock of refuge for me, a strong fortress to save me!

## Praise Your Protector

[3] For you are my rock and my fortress; and for your name's sake you lead me and guide me; [4] you take me out of the net they have hidden for me, for you are my refuge. [5] Into your hand I commit my spirit; you have redeemed me, O LORD, faithful God.

## Recognize Your Enemies & Increase In Your Love Of God

[6] I hate those who pay regard to worthless idols, but I trust in the LORD. [7] I will rejoice and be glad in your steadfast love, because you have seen my affliction; you have known the distress of my soul, [8] and you have not delivered me into the hand of the enemy; you have set my feet in a broad place.

## Be Transparent With The Depth Of Your Need!

[9] Be gracious to me, O LORD, for I am in distress; my eye is wasted from grief; my soul and my body also. [10] For my life is spent with sorrow, and my years with sighing; my strength fails because of my iniquity, and my bones waste away. [11] Because of all my adversaries I have become a reproach, especially to my neighbors, and an object of dread to my acquaintances; those who see me in the street flee from me. [12] I have been forgotten like one who is dead; I have become like a broken vessel.

## Regardless Of Your Circumstances, Trust In The Lord!

[13] For I hear the whispering of many—terror on every side!—as they scheme together against me, as they plot to take my life. [14] But I trust in you, O LORD; I say, “You are my God.” [15] My times are in your hand; rescue me from the hand of my enemies and from my persecutors! [16] Make your face shine on your servant; save me in your steadfast love!

## Ask Specifically For Help

[17] O LORD, let me not be put to shame, for I call upon you; let the wicked be put to shame; let them go silently to Sheol. [18] Let the lying lips be mute, which speak insolently against the righteous in pride and contempt.

## Thank God Profusely And Specifically



JONATHANCARL

[19] Oh, how abundant is your goodness, which you have stored up for those who fear you and worked for those who take refuge in you, in the sight of the children of mankind! [20] In the cover of your presence you hide them from the plots of men; you store them in your shelter from the strife of tongues. [21] Blessed be the LORD, for he has wondrously shown his steadfast love to me when I was in a besieged city. [22] I had said in my alarm, "I am cut off from your sight." But you heard the voice of my pleas for mercy when I cried to you for help.

## Never Forget That God Is In Control

[23] Love the LORD, all you his saints! The LORD preserves the faithful but abundantly repays the one who acts in pride. [24] Be strong, and let your heart take courage, all you who wait for the LORD!

## TOP 30 WAYS TO PRAY

*Here are some suggestions and ideas for ways to pray!*

1. ACTS: Spend time praying over each of these areas: Adoration (of God), Confession (of sins), Thanksgiving (for His work), Supplication (how can you ask God to help you or others)
2. Pick a Psalm and pray through it, reflecting how you might be feeling and thinking in a similar way or situation (150 Psalms, ~30 days/month, 5 psalms to choose from per day)
3. Pray over the names of God. Reflect on who He is and adore Him (from *God Is* by Ken Hemphill): Alpha (beginning), Omega (end), Our Advocate, the Almighty, the Author & Finisher, the Beloved Son, the Bread of Life, the Bright Morning Star, Captain of our Salvation, the Chief Shepherd, the Cornerstone, Our Creator, Our Counselor, Our Deliverer, the Door, the Faithful Witness, Everlasting Father, the First Begotten, the Good Shepherd, the Great High Priest, the Holy Child, the Head of the Church, the Great I AM, Immanuel, Jesus, the Just One, the Life, the Lamb of God, the Light of the World, the Lion of Judah, the Lord of All, the Lord of Glory, Our Master, the Man of Sorrows, Our Mediator, the Messiah, the Mighty God, Our Redeemer, the Prince of Peace, Our Rock, the Resurrection & the Life, Our Savior, the Rose of Sharon, the Son of God, the Son of Man, the True Light, the True Vine, the Truth, Wonderful, the Word of God, & the Way

4. Pray the Lord's Prayer (Matthew 6:5-15)
5. Remain in silence – reflect on who the Lord is and how the Lord is working upon your life
6. Pray for Missionaries – International, across North America, & Military chaplains

Use *Pray for the World* by Patrick Johnstone as a guide!

7. Pray over the 10 commandments and ask for forgiveness of those you have broken (Exodus 20)
8. Journal out (write) down a prayer
9. Write your sins on a dry erase board or a paper. Pray for forgiveness and then destroy the writing.
10. Pray out loud.
11. Pray for five of your friends by name.
12. Pray for students and senior adults in your church by name.
13. Pray for a non-believer by name. Pray for a struggling Christian by name.
14. Pray for the leaders of our church: Staff. Lay leadership. Sunday School teachers. Volunteers.
15. Pray for five members of your family by name.
16. Pray for opportunities to witness and for love, boldness, wisdom, and courage to do so.
17. Pray for increased growth in your own spiritual walk with Christ: Bible Reading, Prayer, Worship, Stewardship, Service, etc.
18. Thank God because we are: the salt of the earth, the light of the world, witnesses of the Gospel, branches in God's vine, friends of Jesus, called by Christ, Saints of God, justified before God, walking in newness of life, in the Spirit, Sons of God, more than conquerors, one body, strong for the weak, filled with God's goodness, not spiritually lacking, in Christ Jesus, God's field and building, God's temple, the Members of Christ, known by

God, the Aroma of Christ, given over to death, protected from Fear of Death, a new creation, ambassadors for Christ, strong when we are weak, crucified with Christ, heirs with Christ, sons and not slaves, not under the law, sealed with the Holy Spirit, created to do good, fellow citizens with the Saints, Christ's household, not quitters, protected by God's power, God's people, blessed when we are cursed, called God's children, from God (from *We Are* by Ken Hemphill)

19. Pray for strength and ways of escape with certain struggles and temptations you are dealing with. Pray for Satan to remain far from you.
20. Prayer walk: Walk around and pray for the areas and people you see.
21. Pray for specific needs/concerns of others.
22. Pray for your future spouse, children, or grandchildren (if the Lord wills).
23. Randomly open your Bible and pray over the Scripture you read. Reflect how you may have experienced or are experiencing similar things.
24. Pray freely as you feel led use a devotional book to guide you (try *Everyday Prayers: 365 Days to a Gospel-Centered Faith* by Scotty Smith).
25. Pray an ancient prayer of a Puritan (try a book called: *The Valley of Vision: A Collection of Puritan Prayers & Devotions* by Arthur Bennett)
26. Pray through a church prayer sheet. Pray in a group over each other's needs/requests & as you feel led.
27. Pray sitting (2 Sam 7:18), standing (Mark 11:25), kneeling (Chronicles 6:13; Daniel 6:10; Luke 22:41; Acts 7:60, 9:40, 20:36, 21:5; Ephesians 3:14), with your face to the ground (Matthew 26:39; Mark 14:35), and with hands lifted up (1 Timothy 2:8).
28. Pray as you watch the news. As you are sitting in

class. As you are driving a car (eyes open). Let your surroundings guide and instruct your prayer.

29. Pray when you receive news by email, text message, phone calls, or Facebook.
30. Read Luke 18:1-8. Pray for a situation that you've "lost heart" over?

## A 10 DAY PRAYER FOR LOVE FROM 1 CORINTHIANS 13

Remember Valentine's Day?

As kids, Valentine's Day was a time of nervousness and excitement as we exchanged and received cards and gifts in secret. As adults, Valentine's Day can be a helpful reminder to be more intentional in how we love one another. *One of the most famous passages on love is found in 1 Corinthians 13. Read it closely then let it guide your responsive prayer back to God.*

1 Corinthians 13:4-7 "Love is patient and kind; love does not envy or boast; it is not arrogant or rude. It does not insist on its own way; it is not irritable or resentful; it does not rejoice at wrongdoing, but rejoices with the truth. Love bears all things, believes all things, hopes all things, endures all things." (ESV)

**Who Is God Calling You to Love Better?** Is it your spouse, child, parent, relative, neighbor, coworker, or friend. Pick one person now and use their name to fill in the blanks below as you pray to Jesus. Will you pray for them for 10 days like Jeremiah prayed in seeking God's voice (Jeremiah 42:7)?

- Lord, help me to love \_\_\_\_\_ patiently.
- Lord, help me to show love to \_\_\_\_\_ with my kind words and actions.
- Lord, help me to demonstrate love towards \_\_\_\_\_ by being

JONATHANCARL

more content in my situation in life.

- Lord, help me to speak lovingly to \_\_\_\_\_ with my praise and encouragement.
- Lord, help me to demonstrate more humility towards \_\_\_\_\_ by thinking more of them as more important than myself.
- Lord, help me to be more gentle towards \_\_\_\_\_ in my actions and responses.
- Lord, help me to make selfless choices that prioritize \_\_\_\_\_'s needs above my own.
- Lord, help me to be less demanding and more easy-going towards \_\_\_\_\_.
- Lord, help me to let go of my past hurts and be more forgiving towards \_\_\_\_\_.
- Lord, help me to be righteous in my actions towards \_\_\_\_\_.
- Lord, help me to read, hear, know, and speak your truth into \_\_\_\_\_'s life.
- Lord, help me to show mercy towards \_\_\_\_\_ and to protect them from their enemies in this world.
- Lord, help me to give grace to \_\_\_\_\_ and to be a faithful presence in their life.
- Lord, help me to be positive and optimistic in my relationship with \_\_\_\_\_.
- Lord, help me to love \_\_\_\_\_ well until the day I die.

Now let's not just pray about love. Let's practice it. Will you love \_\_\_\_\_ better in the year ahead?

## 100 BEST PRAYER QUOTES

1. "Some people pray just to pray and some people pray to know God." Andrew Murray
2. "Some people think God does not like to be troubled with our constant coming and asking. The way to trouble God is not to come at all." D.L. Moody
3. "There is a mighty lot of difference between saying prayers and praying." John G. Lake
4. "You may pray for an hour and still not pray. You may meet God for a moment and then be in touch with Him all day." Fredrik Wisloff
5. "I have so much to do that I spend several hours in prayer before I am able to do it." John Wesley
6. "I have been driven many times to my knees by the overwhelming conviction that I had absolutely no other place to go." Abraham Lincoln
7. "Always respond to every impulse to pray. The impulse to pray may come when you are reading or when you are battling with a text. I would make an absolute law of this – always obey such an impulse." Martyn Lloyd-Jones
8. "Wishing will never be a substitute for prayer." Ed Cole
9. "Is prayer your steering wheel or your spare tire?" Corrie Ten Boom
10. "Pray often, for prayer is a shield to the soul, a sacrifice to God, and a scourge for Satan." John Bunyan
11. "Of all the duties enjoined by Christianity none is more essential and yet more neglected than prayer." François

Fénelon

12. "When a Christian shuns fellowship with other Christians, the devil smiles. When he stops studying the Bible, the devil laughs. When he stops praying, the devil shouts for joy." Corrie Ten Boom
13. "When I pray, coincidences happen, and when I don't pray, they don't." William Temple
14. "Pray, and let God worry." Martin Luther
15. "Do not pray for easy lives. Pray to be stronger men. Do not pray for tasks equal to your powers, pray for powers equal to your task." Phillips Brooks
16. "God's answers are wiser than our prayers." –Unknown
17. "Prayer in its highest form is agonizing soul sweat." Leonard Ravenhill
18. "Let the fires go out in the boiler room of the church and the place will still look smart and clean, but it will be cold. The Prayer Room is the boiler room for its spiritual life." Leonard Ravenhill
19. "The Church has not yet touched the fringe of the possibilities of intercessory prayer. Her largest victories will be witnessed when individual Christians everywhere come to recognize their priesthood unto God and day by day give themselves unto prayer." John R. Mott
20. "I must secure more time for private devotions. I have been living far too public for me. The shortening of devotions starves the soul, it grows lean and faint. I have been keeping too late hours." William Wilberforce
21. "I have held many things in my hands, and have lost them all; but whatever I have placed in God's hands, that I still possess." Martin Luther
22. "If you read history you will find out that the Christians who did most for the present world were precisely those who thought most of the next." C.S. Lewis
23. "He that loves the Word and the purity of its precepts cannot turn traitor." William Gurnall

24. "My main ambition in life is to be on the devil's most wanted list." Leonard Ravenhill
25. "Satan always rocks our cradle when we sleep at our devotions." Joseph Hall
26. "The Scriptures were not given to increase our knowledge but to change our lives." D.L. Moody
27. "The vigour of our spiritual life will be in exact proportion to the place held by the Bible in our life and thoughts." George Mueller
28. "The best of it is, God is with us." John Wesley
29. "Little of the Word with little prayer is death to the spiritual life. Much of the Word with little prayer gives a sickly life. Much prayer with little of the Word gives more life, but without steadfastness. A full measure of the Word and prayer each day gives healthy and powerful life." Andrew Murray
30. "Our ordinary views of prayer are not found in the New Testament. We look upon prayer as a means for getting something for ourselves; the Bible idea of prayer is that we may get to know God Himself." Oswald Chambers
31. "If you are sick, fast and pray; if the language is hard to learn, fast and pray; if the people will not hear you, fast and pray, if you have nothing to eat, fast and pray." Frederick Franson
32. "Men may spurn our appeals, reject our message, oppose our arguments, despise our persons; but they are helpless against our prayers." J. Sidlow Baxter
33. "Notice, we never pray for folks we gossip about, and we never gossip about the folk for whom we pray! For prayer is a great deterrent." Leonard Ravenhill
34. "God never gives us discernment in order that we may criticize, but that we may intercede." Oswald Chambers
35. "There is nothing that makes us love a man so much as praying for him." William Law
36. "A servant of the Lord stands bodily before men, but mentally he is knocking at the gates of heaven with

prayer." John Climacus

37. "Rich is the person who has a praying friend." Janice Hughes
38. "It is necessary to rouse the heart to pray, otherwise it will become quite dry. The attributes of prayer must be: love of God, sincerity, and simplicity." John of Kronstadt
39. "The true spirit of prayer is no other than God's own Spirit dwelling in the hearts of the saints. And as this spirit comes from God, so doth it naturally tend to God in holy breathings and pantings. It naturally leads to God, to converse with him by prayer." Jonathan Edwards
40. "Accustom yourself gradually to carry Prayer into all your daily occupation -- speak, act, work in peace, as if you were in prayer, as indeed you ought to be." François Fénelon
41. "Whether we think of or speak to God; whether we act or suffer for him; all is prayer when we have no other object than his love, and the desire of pleasing him." John Wesley
42. "God does not stand afar off as I struggle to speak. He cares enough to listen with more than casual attention. He translates my scrubby words and hears what is truly inside. He hears my sighs and uncertain gropings as fine prose." Timothy Jones
43. "In prayer it is better to have a heart without words than words without a heart." John Bunyan
44. "Prayer is not so much an act as it is an attitude—an attitude of dependency, dependency upon God." Arthur W. Pink
45. "There is not in the world a kind of life more sweet and delightful than that of a continual conversation with God." Brother Lawrence
46. "Prayer does not fit us for the greater work, prayer is the greater work." Oswald Chambers
47. "The Church used to be a lifeboat rescuing the perishing. Now she is a cruise ship recruiting the promising."

Leonard Ravenhill

48. "The only reason we don't have revival is because we are willing to live without it!" Leonard Ravenhill
49. "A sinning man stops praying, a praying man stops sinning" Leonard Ravenhill
50. "If weak in prayer, we are weak everywhere." Leonard Ravenhill

#### **E.M. Bounds Quotes on Prayer**

51. "Private place and plenty of time are the life of prayer." E.M. Bounds
52. "Prayer is the language of a man burdened with a sense of need." E.M. Bounds
53. "Prayer is the greatest of all forces, because it honors God and brings him into active aid." E.M. Bounds
54. "Nothing is clearer than that prayer has its only worth and significance in the great fact that God hears and answers prayer." E.M. Bounds
55. "The story of every great Christian achievement is the history of answered prayer." E.M. Bounds
56. "Trust receives what prayer acquires. So, what prayer needs, at all times, is abiding and abundant trust." E.M. Bounds
57. "Public prayers are of little worth unless they are founded on or followed up by private praying." E.M. Bounds
58. "To be too busy with God's work to commune with God is the highway to backsliding." E.M. Bounds
59. "The goal of prayer is the ear of God." E.M. Bounds
60. "Jesus taught that perseverance is the essential element in prayer." E.M. Bounds
61. "Talking to men for God is a great thing, but talking to God for men is greater still." E.M. Bounds
62. "A holy life does not live in the closet, but it cannot live without the closet." E.M. Bounds

63. "He only can truly pray who is all aglow for holiness, for God, and for heaven." E.M. Bounds
64. "Heaven is too busy to listen to half-hearted prayers or to respond to pop-calls." E.M. Bounds
65. "Holy living is essential preparation for prayer." E.M. Bounds
66. "He who is too busy to pray will be too busy to live a holy life. Satan had rather we let the grass grow on the path to our prayer chamber than anything else." E.M. Bounds
67. "It is necessary to iterate and reiterate that prayer, as a mere habit, as a performance gone through by routine or in a professional way, is a dead and rotten thing." E.M. Bounds
68. "It is only when the whole heart is gripped with the passion of prayer that the life-giving fire descends, for none but the earnest man gets access to the ear of God." E.M. Bounds
69. "No learning can make up for the failure to pray. No earnestness, no diligence, no study, no gifts will supply its lack." E.M. Bounds
70. "Prayer should not be regarded as a duty which must be performed, but rather as a privilege to be enjoyed, a rare delight that is always revealing some new beauty." E.M. Bounds
71. "Prayer succeeds when all else fails." E.M. Bounds
72. "The greatest benefactor this age could have is the man who will bring the teachers and the church back to prayer." E.M. Bounds
73. "Prayer makes a godly man, and puts within him the mind of Christ, the mind of humility, of self-surrender, of service, of pity, and of prayer. If we really pray, we will become more like God, or else we will quit praying." E.M. Bounds
74. "Sainthood's piety is made, refined, perfected, by prayer. The gospel moves with slow and timid pace when the saints are not at their prayers early and late and long."

- E.M. Bounds
75. "What the Church needs to-day is not more machinery or better, not new organizations or more and novel methods, but men whom the Holy Ghost can use - men of prayer, men mighty in prayer." E.M. Bounds
76. "Prayer is not learned in a classroom but in the closet." E.M. Bounds
77. "Talking to men for God is a great thing, but talking to God for men is greater still." E.M. Bounds
78. "True prayer must be aflame. Christian life and character need to be all on fire." E.M. Bounds
79. "Giving thanks is the very life of prayer." E.M. Bounds
80. "No erudition, no purity of diction, no width of mental outlook, no flowers of eloquence, no grace of person can atone for lack of fire. Prayer ascends by fire. Flame gives prayer access as well as wings, acceptance as well as energy. There is no incense without fire; no prayer without flame." E.M. Bounds
81. "The men who have done the most for God in this world have been early on their knees. He who fritters away the early morning, its opportunity and freshness, in other pursuits than seeking God will make poor headway seeking Him the rest of the day. If God is not first in our thoughts and efforts in the morning, He will be in the last place the remainder of the day." E.M. Bounds
82. "We can do nothing without prayer. All things can be done by importunate prayer. It surmounts or removes all obstacles, overcomes every resisting force and gains its ends in the face of invincible hindrances." E.M. Bounds
83. "God draws mightily near to the praying soul." E.M. Bounds
84. "You know the value of prayer: it is precious beyond all price." E.M. Bounds
85. "The little estimate we put on prayer is evident from the little time we give to it." E.M. Bounds

86. "Without devotion prayer is an empty form, a vain round of words." E.M. Bounds
87. "God cannot help hearing the prayer of an obedient child." E.M. Bounds
88. "PRAYER, praise and thanksgiving all go in company." E.M. Bounds
89. "To see God, to know God, and to live for God-these form the objective of all true praying." E.M. Bounds
90. "Pray without ceasing; continue in prayer; continuing instant in prayer; in everything by prayer, let your request be made known unto God; pray always, pray and not faint; men should pray everywhere; praying always, with all prayer and supplication." E.M. Bounds
91. "He who would pray, must obey. He who would get anything out of his prayers, must be in perfect harmony with God. Prayer puts into those who sincerely pray a spirit of obedience, for the spirit of disobedience is not of God and belongs not to God's praying hosts." E.M. Bounds
92. "An obedient life is a great help to prayer. In fact, an obedient life is a necessity to prayer, to the sort which accomplishes things. The absence of an obedient life makes prayer an empty performance, a mere misnomer. A penitent sinner seeks pardon and salvation and has an answer to his prayers even with a life stained and debauched with sin. But God's royal intercessors come before him with royal lives. Holy living promotes holy praying. God's intercessors "lift up holy hands," the symbols of righteous, obedient lives." E.M. Bounds
93. "Four things let us ever keep in mind: God hears prayer, God heeds prayer, God answers prayer, and God delivers by prayer." E.M. Bounds
94. "Enthusiasm is more active than faith, though enthusiasm cannot remove mountains nor call into action any of the omnipotent forces which faith can command. Activity is often at the expense of more solid,

- useful elements, and generally to the total neglect of prayer. To be too busy with God's work to commune with God, to be busy with doing church work without taking time to talk to God about His work, is the highway to backsliding, and many people have walked therein to the hurt of their immortal souls." E.M. Bounds
95. "Wise is he in the day of trouble who knows his true source of strength and who fails not to pray." E.M. Bounds
  96. "God's acquaintance is not made hurriedly." E.M. Bounds
  97. "God does not bestow His gifts on the casual or hasty comers and goers. Much with God alone is the secret of knowing Him and of influence with Him." E.M. Bounds
  98. "Prayer is God's plan to supply man's great and continuous need with God's great and continuous abundance." E.M. Bounds
  99. "Life growing in its purity and devotion will be a more prayerful life." E.M. Bounds
  100. "Prayer breaks all bars, dissolves all chains, opens all prisons, and widens all straits by which God's saints have been held." E.M. Bounds



## WHAT DOES THE BIBLE SAY ABOUT FASTING?

*(Ezra 8:21-23, ESV) Then I proclaimed a fast there, at the river Ahava, that we might humble ourselves before our God, to seek from him a safe journey for ourselves, our children, and all our goods. 22 For I was ashamed to ask the king for a band of soldiers and horsemen to protect us against the enemy on our way, since we had told the king, "The hand of our God is for good on all who seek him, and the power of his wrath is against all who forsake him." 23 So we fasted and implored our God for this, and he listened to our entreaty.*

### 10 Reasons To Fast

From *Spiritual Disciplines for the Christian Life* by Donald Whitney

1. **Strengthen Prayer**
2. **Seek God's Guidance**
3. **Express Grief**
4. **Seek Deliverance or Protection**
5. **Express Repentance or Return to God**
6. **Humble Oneself Before God**
7. **Express Concern for the Work of God**
8. **Minister to the Needs of Others**

### 9. Overcome Temptation & Dedicate Yourself to God

### 10. Express Love and Worship to God

## 7 Ways To Fast

- **Normal Fast** – fasting from all food, not from water  
Jesus' temptation (Matthew 4:1-11)
- **Partial Fast** – limitation of your diet  
(Daniel 1:12 – vegetables to eat and water to drink)  
(Matthew 3:4 - John the Baptist - locusts & wild honey)
- **Absolute Fast** – fasting from all food and all water  
(Ezra 8:21-23, Esther 4:12-16, Paul - Acts 9:9, David - 2 Samuel 12:15-23)
- **Supernatural Fast** – requires God's intervention to survive  
Moses (Deuteronomy 9:9), Elijah (1 Kings 19:8)
- **Private Fast** - in a way not to be noticed (Matthew 6:16-18)
- **Congregational Fast** – united focus (Joel 2:15-16, Acts 13:2)
- **Other than food** - "a voluntary denial of a normal function for the sake of intense spiritual activity" - Richard Foster  
Fasting from sex within marriage for more focus on prayer (1 Corinthians 7:3-5)

### Helpful Resources for Learning More about Fasting

- *Spiritual Disciplines for the Christian Life* by Donald Whitney
- *A Hunger for God* by John Piper - Freely available at [www.desiringgod.org/books/a-hunger-for-god](http://www.desiringgod.org/books/a-hunger-for-god)
- "Crossway Interview with John Piper on *A Hunger for God*" - [www.desiringgod.org/interviews/crossway-books-interview-with-john-piper-on-a-hunger-for-god](http://www.desiringgod.org/interviews/crossway-books-interview-with-john-piper-on-a-hunger-for-god)

## TOP BIBLE VERSES FOR FASTING

“Then I proclaimed a fast there, at the river Ahava, that we might humble ourselves before our God, to seek from him a safe journey for ourselves, our children, and all our goods. 22 For I was ashamed to ask the king for a band of soldiers and horsemen to protect us against the enemy on our way, since we had told the king, “The hand of our God is for good on all who seek him, and the power of his wrath is against all who forsake him.” 23 So we fasted and implored our God for this, and he listened to our entreaty.” (Ezra 8:21-23, ESV)

Then the disciples of John came to him, saying, “Why do we and the Pharisees fast, but your disciples do not fast?” [15] And Jesus said to them, “Can the wedding guests mourn as long as the bridegroom is with them? The days will come when the bridegroom is taken away from them, and then they will fast. [16] No one puts a piece of unshrunk cloth on an old garment, for the patch tears away from the garment, and a worse tear is made. [17] Neither is new wine put into old wineskins. If it is, the skins burst and the wine is spilled and the skins are destroyed. But new wine is put into fresh wineskins, and so both are preserved.” (Matthew 9:14-17 ESV)

“And when you fast, do not look gloomy like the hypocrites, for they disfigure their faces that their fasting may be seen by others. Truly, I say to you, they have received their reward. [17]

But when you fast, anoint your head and wash your face, [18] that your fasting may not be seen by others but by your Father who is in secret. And your Father who sees in secret will reward you.” (Matthew 6:16-18 ESV)

“Now there were in the church at Antioch prophets and teachers, Barnabas, Simeon who was called Niger, Lucius of Cyrene, Manaen a lifelong friend of Herod the tetrarch, and Saul. [2] While they were worshiping the Lord and fasting, the Holy Spirit said, ‘Set apart for me Barnabas and Saul for the work to which I have called them.’ [3] Then after fasting and praying they laid their hands on them and sent them off.” (Acts 13:1-3 ESV)

“And when they had appointed elders for them in every church, with prayer and fasting they committed them to the Lord in whom they had believed.” (Acts 14:23 ESV)

“Then Jesus was led up by the Spirit into the wilderness to be tempted by the devil. [2] And after fasting forty days and forty nights, he was hungry. [3] And the tempter came and said to him, ‘If you are the Son of God, command these stones to become loaves of bread.’ [4] But he answered, ‘It is written, ‘Man shall not live by bread alone, but by every word that comes from the mouth of God.’” (Matthew 4:1-4 ESV)

“Jesus said to them, ‘I am the bread of life; whoever comes to me shall not hunger, and whoever believes in me shall never thirst.’” (John 6:35 ESV)

“You will seek me and find me, when you seek me with all your heart.” (Jeremiah 29:13 ESV)

“Food will not commend us to God. We are no worse off if we do not eat, and no better off if we do.” (1 Corinthians 8:8 ESV)

“He also told this parable to some who trusted in themselves that they were righteous, and treated others with contempt: [10] ‘Two men went up into the temple to pray, one a Pharisee and the other a tax collector. [11] The Pharisee, standing by himself, prayed

thus: 'God, I thank you that I am not like other men, extortioners, unjust, adulterers, or even like this tax collector. [12] I fast twice a week; I give tithes of all that I get.' [13] But the tax collector, standing far off, would not even lift up his eyes to heaven, but beat his breast, saying, 'God, be merciful to me, a sinner!' [14] I tell you, this man went down to his house justified, rather than the other. For everyone who exalts himself will be humbled, but the one who humbles himself will be exalted.'" (Luke 18:9-14 ESV)

"For many, of whom I have often told you and now tell you even with tears, walk as enemies of the cross of Christ. [19] Their end is destruction, their god is their belly, and they glory in their shame, with minds set on earthly things. [20] But our citizenship is in heaven, and from it we await a Savior, the Lord Jesus Christ, [21] who will transform our lowly body to be like his glorious body, by the power that enables him even to subject all things to himself." (Philippians 3:18-21 ESV)

"Now the Spirit expressly says that in later times some will depart from the faith by devoting themselves to deceitful spirits and teachings of demons, [2] through the insincerity of liars whose consciences are seared, [3] who forbid marriage and require abstinence from foods that God created to be received with thanksgiving by those who believe and know the truth. [4] For everything created by God is good, and nothing is to be rejected if it is received with thanksgiving, [5] for it is made holy by the word of God and prayer." (1 Timothy 4:1-5 ESV)

## HELPFUL QUOTES ON FASTING

- "Prayer is reaching out after the unseen; fasting is letting go of all that is seen and temporal. Fasting helps express, deepen, confirm the resolution that we are ready to sacrifice anything, even ourselves to attain what we seek for the kingdom of God." Andrew Murray
- "In Shansi I found Chinese Christians who were accustomed to spend time in fasting and prayer. They recognized that this fasting, which so many dislike, which requires faith in God, since it makes one feel weak and poorly, is really a Divinely appointed means of grace. Perhaps the greatest hindrance to our work is our own imagined strength; and in fasting we learn what poor, weak creatures we are - dependent on a meal of meat for the little strength which we are so apt to lean upon." Hudson Taylor
- "Bear up the hands that hang down, by faith and prayer; support the tottering knees. Have you any days of fasting and prayer? Storm the throne of grace and persevere therein, and mercy will come down." John Wesley
- "We are a culture of abundance that indulges and abuses—fasting is a means of God's grace to embrace someone greater than our appetites." Keyan Soltani
- "I would entreat the people of God to be very cautious how they give heed to such things. I have seen 'em fail in very many instances; and know by experience that impressions being made with great power, and upon the minds of true saints, yea, eminent saints; and presently after, yea, in the midst

of, extraordinary exercises of grace and sweet communion with God, and attended with texts of scripture strongly impressed on the mind, are no sure signs of their being revelations from heaven: for I have known such impressions to fail, and prove vain by the event, in some instances attended with all these circumstances." Jonathan Edwards (*Distinguishing Marks of a Work of the Spirit of God*, p. 282.)

### John Piper Quotes on Fasting

- "Fasting helps cultivate that spiritual hunger by forcing the hunger issue on us and making us ask if we really do hunger for God." John Piper
- "Christian fasting, at its root, is the hunger of a homesickness for God" John Piper
- "Therefore there is a distinctive Christian fasting. It is always both contentment in the already and dissatisfaction in the not yet." John Piper
- "We fast because we're hungry for God's Word and God's Spirit in our lives." John Piper
- "We fast because we long for God's glory to resound in the church and God's praise to resound among the nations." John Piper
- "We fast because we yearn for God's Son to return and God's kingdom to come." John Piper
- "Ultimately we fast simply because we want God more than we want anything this world has to offer us." John Piper
- "If you are not fasting, it is perhaps because you do not feel any fervent longings for God's power in your life." John Piper
- "Fasting is an offering of emptiness to show where fullness can be found. It is a sacrifice of need and hunger." John Piper
- "And fasting sets us onto God for satisfaction and off of food." John Piper

SECTION 9: BIBLICAL HEALTH

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## www.spiritualwarfare.blog/ health

3 John 2–4 "Beloved, I pray that all may go well with you and that you may be in good health, as it goes well with your soul. [3] For I rejoiced greatly when the brothers came and testified to your truth, as indeed you are walking in the truth. [4] I have no greater joy than to hear that my children are walking in the truth." (ESV)

God speaks to us wholistically through the Scriptures, desiring us to be healthy spiritually but also physically, mentally, emotionally, financially, relationally, and sexually. He wants us to fulfill His purposes for us in our homes, workplaces, churches and wherever we go. This section will help you to evaluate your health, identify strengths and weakness, and walk forward in God's truths for life.

# ABOUT THE AUTHOR

Dr. Jonathan Carl



Jonathan Carl grew up in the great state of Texas as the oldest of six kids. He graduated from the United States Military Academy at West Point and served in the U.S. Army as a tanker with a combat tour in Iraq in the early 2000s. He had the joy of journeying to Kentucky where he met and married his wonderful wife, Brittney. Several years later he became the lead pastor at South Fork Baptist Church where he has served for over a decade. He enjoyed the opportunities to study and earn his Master of Divinity and Doctor of Philosophy degrees in Evangelism & Missions from the Southern Baptist Theological Seminary. Jonathan & Brittney have four daughters (Sophia, Lydia, Alia & Mia) with whom they enjoy spending every spare

minute they can.



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In Christ, Jonathan Carl

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