

Matthew 17:21 Howbeit this kind goeth not out but by prayer and fasting.

Prayer focus: Prayer is the Christian activity of dealing with the improbable and impossible. Fasting augments the power of prayer!

Date:

Adoration: Pray love and admiration toward God. Be as specific as possible.

Confession: Admit honestly and truthfully the details of any sin of heart, mind, and/or actions. Ask God to forgive you.

Thanksgiving: Tell God how much you appreciate everything from the smallest to the largest. Thank Him for the physical and spiritual blessings

Supplication: Ask God to fix your problems and the problems of others. Ask God for the things you need and want.

Matthew 21:22 And all things, whatsoever ye shall ask in prayer, believing, ye shall receive.

Prayer focus: Prayer in faith is powerful! Faith is trusting God according to the word of God. Get your mind lined up with God's mind and AMAZING things will happen!

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adoration confession thanksgiving supplication: the four vertical habits of prayer and praise.