



THE PRAYER CLOSET

*Transforming Lives Through Intercessory
Prayer and Fasting*

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ISSUE 1

PRAYERWALKING

Prayerwalking is moving your prayer closet or prayer meeting outside the four walls of a building. Many times our prayers wobble between trivial matters of our own selfishness and topics of remote interest. However, prayerwalking focuses believers on the real needs, the real hurts, and the real concerns of their community. As believers prayerwalk, God gives them a heart for people and their needs. It enables believers to intercede with power for people in their cities and communities.

Prayerwalking is defined as "praying on-site with insight." It is an active strategy that calls Christians to identify targeted places and then physically move about those premises to cover them in prayer. It is moving outside the four walls of the church and begin praying on city streets or roads for the people and places around you. When you go on the scene, different sights, smells, and sounds will prompt you to pray in ways that you would probably never think of if you were to pray from a remote location.

There has been an explosion of prayerwalking in the last twenty years. Prayerwalking does not have a father; no one person can be identified as the founder of the movement. One cannot find an original prayerwalker who devised the idea years ago.

There has been a mutual sharing of ideas, but God has apparently authored the idea in the hearts of many of the pioneers who have quietly gone on with the job and have passed the idea on to countless others.

Prayerwalking is just what it sounds like it would be: *praying while walking*. Since there are different kinds of walks and different kinds of prayer, we need to have a sharpened, narrow definition of prayerwalking. As defined earlier, it is praying on-site with insight. This definition reveals that there are three distinct parts to prayerwalking. These three elements are necessary to carrying out a successful and powerful prayerwalk.

The first part of prayerwalking is prayer. It is intercession for people and their needs. While you walk, you call on God to work in and bless the people of a street, a road, a community, or a city. It is the deliberate activity of interceding for others as one walks by their homes or businesses. In prayerwalking, a believer focuses on people and their cities or communities with a specific plan of intercession. The believer calls on God to bless, to save, to change, and to use the people who live in the houses or work in the businesses. Prayerwalking is not occasionally beaming bundles of religious sentimentality toward

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people. It is directed and focused intercession. This is the strength of prayerwalking. It is quality intercession for people. The best praying is always done on purpose and not as casual happenstance. **Quality intercession is not incidental; it is intentional!**

Prayerwalking is on-site prayer. It is simply praying in the very places where you expect your prayers to be answered. One can pray as he or she walks by a building or house. There can be exceptions to this. One can routinely break from walking to take a deliberate stance at special spots or station oneself at elevated viewpoints. This is for the purpose of intentionally praying for a place and the people who are there. Whether walking or stationed at a place, you are praying at the place where you desire and long for God to work and to pour out His abundant blessings. It is going to the place and praying where you hunger for God to send His power and His blessings.

Finally, prayerwalking is praying on-site *with insight*. When people prayerwalk, they do it with their eyes wide open. By seeing the people, their homes, and their businesses, it floods their prayers with significance. The ordinary powers of observation yield tremendous insights about the best focus in prayer. These insights will refine their prayers and will give a more powerful and sharper focus to their prayers. By having this more powerful and sharper focus in prayer, it will lead to more fervent intercession.

The insight of the prayerwalkers may be researched insight. Before going on a prayerwalk, believers can do research about their community or city. They can therefore understand the problems of the area and the hindrances to the gospel in this area. By doing this, they can develop a prayer strategy that will address these problems and these hindrances. This will allow them the opportunity to pray for solutions and for the removal of any obstacle to the spread of the gospel of Jesus Christ.

Insight on how to pray can be given to the prayerwalker as he or she prays through the Scripture. It is crucial that the prayerwalker pray the Scripture as he or she walks. This is due to the person and the work of the Holy Spirit. It is the Holy Spirit who reveals the truth of Scripture and who enables the believer to pray. As a believer prays the Scripture, the Holy Spirit will grant specific guidance in how to pray for individuals and cities or communities. As a believer saturates his life and prayers with the Word of God, the Holy Spirit can and does grant specific promptings to pray for a city or community and its individuals. Praying the Word of God opens your ears to listen to the prayer guidance of the Holy Spirit. This will enable the prayerwalker to pray more specifically and more intensely.

The insights gained through prayerwalking can lead to powerful intercession for a city or a community and its people. These insights will enable the believer to seek God to deal with the problems and the barriers to the gospel so that God can be glorified by the advancement of His kingdom and the transformation of lives in cities and communities. These insights blend together to fortify prayer with a starkly relevant authenticity. It is no longer prayer as usual. This up-close and personal prayer becomes an adventure.

Why Should Christians Practice Prayerwalking?

For most Christians, prayerwalking is a new and rather strange concept. As with anything new, people may be skeptical and wonder why they should consider this practice. There are some vital reasons why you need to consider this practice.

The first reason to consider this practice is because it helps the struggling intercessor.

For most believers, prayer can be difficult and at times boring. And, let's face it, most prayer meetings in churches are boring. They consist of people using and repeating the same phrases and clichés that they have always used. Prayerwalking can stimulate new ways to pray. It stirs believers to pray in fresh and new ways. It can bring new life and power to the believer's prayer closet. It can bring new life and power to the church prayer meeting. It can refresh a church's prayer ministry. It is not a replacement for prayer meeting or any other responsibility of the believers. Yet, it can be a catalyst for stirring believers to gather in homes and church buildings to pursue focused and fervent intercession.

Prayerwalking can give you a heart for the lost and hurting people around you. As you walk down roads and streets or station yourself at points, you come to realize that the people you are praying for are not just names on a prayer list. You discover that these people are lost, enslaved by sin and headed for an eternity in hell. You begin to realize the pain and the heartache of people who are suffering in your neighborhood, your community, or your city. This can motivate you to intercede with intensity. You can no longer go down a prayer list simply calling out names and asking God to bless them. This creates a heart in you for lost and hurting people. It creates a longing to stand in the gap for them.

This practice can also show you needs and opportunities that you've never seen before in your city or community. Many of our prayers concern only our own interests. In church prayer meetings, the focus of the praying is primarily for the members and their loved ones and activities of that church. Our vision is turned inward rather than outward. Our praying has simply become focused on ourselves and the people that we know and that need prayer. Prayerwalking will provide the opportunity to see the needs of a lost and hurting community or

city. It will reveal opportunities to minister that have been hidden from our eyes by self-interest and selfishness.

Prayerwalking will mobilize and energize believers to evangelize and minister to people. It will create the desire to evangelize and minister because people have a tendency to pursue what they have prayed for. Added to this, people tend to be involved with what they have seen. These factors motivate believers to reach and minister to those for whom they have prayed. Prayerwalking is not an end in itself. It leads to all types of ministry, not the least of which is evangelism and prayer.

Why Is Prayerwalking So Powerful?

Prayerwalking is not a technique that has been devised in order to get results. It is not a gimmick to get God to hear you. You may be wondering, "God can hear me when I am praying in my living room or in my church. Why should I walk all over the place muttering prayers?"

God does hear and answer our prayers. These are truths that are hard to grasp, but, at the same time, are wonderfully true. God is at work when we pray. This is true regardless of where a person prays, whether at home, in a church, on a city street, or walking around or standing in front of a building. Yet, it must be remembered that God helps us to pray. God guides our prayers. This is just as remarkable a truth as the fact that God hears and answers our prayers. Prayerwalking is one of God's tools that can be used to gain guidance and help in prayer. You need to think of prayerwalking as a simple help and guide to prayer. Prayerwalking helps your intercession in three ways.

First, prayerwalking helps you to focus your faith. As you walk through a city or community, you begin to see specific needs.

Your mind and heart become saturated with the opportunities that are around you. As these things happen, you begin to call on God and believe God for the salvation, healing, deliverance, and blessing of people. You start believing God for specific blessings in the lives of those around you. You are put in a position where you trust God for specific blessings for specific people. You can no longer say, "Lord bless our city" or "Lord, bless our community." Your faith is focused to believe God for blessings in the lives of people in your community or city. You see the need and you are motivated to trust God for the blessing. When you draw close to who you are praying for, it strengthens your faith to plead with and believe God for what is needed in their lives. This focused, strengthened faith is crucial to receiving an answer from the Lord. The Word of God states in **James 1:6-7**, "But let him ask in faith, with no doubting, for he who doubts is like a wave of the sea driven and tossed by the wind. For let not that man suppose that he will receive anything from the Lord."

Prayerwalking also helps you in agreeing in prayer. Power in prayer does not come through loud cries or eloquence. It comes when believers join together in agreement in prayer concerning a burden. As you prayerwalk, you can join others in specific intercession for people and their needs, agreeing that God's power and blessing has to be released into this situation. Agreeing in prayer is the desperate and united plea of believers who have been joined together by a common burden. It is the plea that the power of Jesus Christ, who is in their midst, might flow into and bring change in the situation (**Matthew 18:19-20**). Believers join in agreement and faith, pleading that the power of Jesus Christ will bring about the necessary changes. It is the desperate dependence on Jesus Christ to transform lives and situations, being expressed in prayer and faith.

Focusing on the same subject can be tough while sitting in a circle in a room. Yet, when you walk a street or road or stand in front of a building, you are confronted by the needs. You come to a clear understanding of what is needed. You see the problem with clearer vision. For this reason, it becomes easier to share the same concern and the same level of intensity. Prayerwalking can give sharper focus and intensity to the agreement of believers in prayer.

Prayerwalking is powerful because it can guide you in your prayers. You will begin to see needs and opportunities that are around you. This will enable you to make razor-sharp requests of the Lord. You will be praying for specific families with names and faces. This will grant more power and certainty to your prayers. As you walk your perception is heightened and your prayers can be far more directed by the Holy Spirit of God.

The Basics of Conducting A Prayerwalk

There are a variety of ways to conduct a prayerwalk. The following is simply an offering of suggestions to help you get started. This is an explanation of the basics. These are the basics that will help you begin and sustain healthy and powerful prayerwalks. You may have to make adjustments in light of your situation. Yet, these are the basics that needed to begin. A prayerwalk needs to be conducted in three phases.

Phase One:

The Preparation For A Prayerwalk

Before you prayerwalk, you need to make preparation. This is not something you do on a whim. If it is going to be powerful and effective, you must begin by preparing yourself. You need to take certain steps to get yourself ready to be an instrument that God can use.

Your first step in preparation is to commit yourself totally to God. Before you prayerwalk, you need to have a time of worship and surrender before the Lord. You are about to become a bridge of blessing between heaven and earth. As you worship before the Lord, be still before Him for a short while with a readiness to sense special instructions regarding where you should walk or what you should pray. You need to have a definite plan about the place you should prayer and the prayer requests that you are going to make. Yet, be open to change at the guidance of the Lord. Go with the plans that you have formed unless you clearly sense otherwise.

Another part of your preparation should be the development of a prayer team or prayer teams. A person can prayerwalk by themselves. God can and does use this. Yet, it is best if there is a team. A team can provide encouragement, feedback, and support. It also provides the opportunity for believers to agree in prayer concerning requests. A prayer team can consist of two to three members. This can be adjusted according to circumstances and situations. Yet, each member of the prayer team needs to play a significant role in the prayerwalk. Before the team goes out, make sure that each member is in a right relationship with each other. The team also needs to pray on each piece of the armor that has been given to believers by God for spiritual warfare (**Ephesians 6:10-18**). Any time a believer prays, a spiritual war is going on. This is true for prayerwalking also. Following this, the prayer team should be briefed about the area that will be covered. Go over the prayer strategy for the prayerwalk. Make sure there is a clear understanding as to where the prayerwalk will be and what the plan of prayer is going to be.

Phase Two: The Practice of Prayerwalking

When you prayerwalk, your prayers need to be balanced between three topics: *worship, warfare, preparation of the way for God's blessings*. Every prayerwalk should have the worship of God included. As you walk, praise God who made all the things that you see. Adore God who has created the people that you are praying for on the prayerwalk. Give God the glory for what He is going to do in that area. The purpose of this worship is to glorify God and to seek God's manifest presence. God inhabits or dwells in the praises of His people. His power flows when His people praise Him. God is always present. Yet, in worship, we are seeking God's presence to be made real and vital in peoples' lives. Praise is crucial to this. **When the praise goes up, the power comes down!**

You also need to do *warfare* on the prayerwalk. The purpose of this is to deal with evil spirits that are working in the area in which you are prayerwalking. It is to begin the process of tearing down strongholds and weakening the grip of Satan in the lives of the people by prayer. Satan and his demons work to blind and keep unbelievers in bondage (**2 Corinthians 3:3-4**). Satan and his demons work to hinder and lead believers into bondage (**2 Corinthians 10:4-5**). There must be a resistance and binding of these forces. Call on the Lord Jesus Christ to bind, confuse, and send these evil forces away. Ask Him to tear down any strongholds that Satan has built in the lives of people. Plead that the forces of hell will be broken and destroyed by the power of Christ's blood, Christ's cross, Christ's name, and Christ's Word. This is done in preparation for receiving the Word of God and bringing about true repentance and faith in the lives of those for whom you are praying.

There must also be *the preparation of the way for God's blessings and salvation*. The purpose of this part of your praying is to ask for God's blessings on the people who live where you are prayerwalking. It is seeking God so that He will pour out His abundant blessings on the people for whom you are praying. There are numerous ways to do this. One way to do this is to base your prayer on the model prayer found in **Matthew 6:9-13**. You can use this prayer to intercede for people on your prayerwalk. From this prayer, you can make the following scriptural requests:

First Request: That they would come to know God as their Father, understanding and trusting that He is the true God, holy and sovereign, merciful and loving (**verse 9**);

Second Request: That they would worship God and honor God's name by living a life of faith and obedience to His Word (**verse 9**);

Third Request: That the kingdom would advance here through the repentance and faith of these people (**verse 10**);

Fourth Request: That these people would understand who Jesus Christ is, trust in Him as their personal Savior, and surrender to Him as their personal Lord (**verse 10**);

Fifth Request: That the will of God will be done in their lives as it is done in heaven (**verse 10**);

Sixth Request: That God would provide for their needs-physical, emotional, and financial (**verse 11**); **Seventh Request:** That they would receive God's forgiveness and that they would forgive others freely (**verse 11**);

Eighth Request: That they would be delivered from their sin and satanic strongholds (**verse 12**).

This is a model and it can be adapted to your situation. The key issue is preparing the way for God's salvation, healing, and deliverance by fervent and scriptural prayer.

Phase Three: The Evaluation of The Prayerwalk

When the prayerwalk is finished, it is beneficial to have a team meeting. This is for the purpose of discussing the prayerwalk and how each member of the team felt about it. At this meeting, you need to discuss what insights you gleaned during the prayerwalk. This needs to be done after the prayerwalk. Insights will fade over time unless you discuss them and record them. These insights should be compiled and given to each member of the team and other intercessors. This will serve as a further guide to prayer as one continues to intercede for the area in the personal prayer closet or in the church meeting.

This meeting should also include strategies for ministries in these areas. From the insights that were gained, what ministries could be started to reach people with the gospel of Jesus Christ? Again, the prayerwalk is not an end in itself. It is just the beginning--the beginning of intercession and prayer for the area that one prayerwalks. Along with this, team members should evaluate the prayerwalk. From this session, they may offer suggestions to improve future prayerwalks. This should lead to a decision of where, when, and how to prayerwalk again.

Are you and your church truly interceding for your community or city? Are you and your church tearing down strongholds and advancing the kingdom for the glory of God? Prayerwalking can be a crucial step in moving toward this task. Will you begin the practice of prayerwalking?

Praying Through John 3

John 3 is the most amazing, and most staggering chapter, in all of the Word of God. In this chapter, the Lord Jesus Christ declares

the truth of salvation and eternal life. He states that it is solely through Him that a sinner is saved and given the gift of eternal life. Yet, he also points to man's utter inability to save himself or to make himself right with God. Along with this, He shows the consequences of refusing to surrender to Him.

This passage reveals the doctrines that are so crucial to Christianity. The truths found in these verses are the bedrock of the Christian faith. In these verses, you have a description of what takes place in the life of an individual if he or she is to receive eternal life and become a Christian, a follower of Jesus Christ.

For this reason, this passage provides excellent guidance in how to pray for a lost person. From these pages, you are given guidance in how to intercede for a person who does not have a personal relationship with Jesus Christ. Since Jesus Christ describes what must take place in order for a sinner to be saved and given eternal life, we must plead for these things to become a reality in the lives of the lost people for whom we are praying. The following is a list of suggested requests that one can use to intercede for lost people. These are offered simply as a guide to help you in pleading for their souls before God.

(1) Plead that this person will be receptive to the truth of God's Word and the person and work of Jesus Christ (vv.1-2);

(2) Plead that God would cause this person to be born again by the power of the Holy Spirit and the Word of God (vv.3-5; James 1:18). Salvation is a work of God in a person. It is wrought into a person's life by the power of God. Man cannot change himself. God must give him a new heart and a new life;

(3) Pray that this person would have no confidence in the flesh and would realize that it is God's power that must change them

(vv.6-7; Jeremiah 17:5, 9). There is nothing that sinful man can do to earn or merit God's favor or love. No amount of works can ever prove pleasing or acceptable to God as long as a person is outside a personal relationship with God through Jesus Christ. Call on God to cause this person to forsake any confidence in the flesh;

(4) Ask God to show this person that it is not religion that makes a person right with God, but the Lord Jesus Christ and the working of the Holy Spirit (vv.9-13). Nicodemus should have understood from the Old Testament that he was a sinner, and in need of new life; and he must have known the prophets, who, promised that God would remove their hearts of stone and replace them with hearts to do His will. Yet, he missed this. Religious rituals and a knowledge of the Word of God are not enough. There has to be the transformation of life through Jesus Christ. Ask God to burn this truth into the heart of the person;

(5) Plead that this person will understand that Jesus Christ is the Son of God, fully God and fully man (v.13; John 14:6). This person has to come to an understanding of who Jesus is. Ask the Holy Spirit to reveal Christ to this person and to teach the person about who Christ is and what He has done. It is the Holy Spirit who testifies to the person of Christ and gives certainty concerning who He is and what He has done. Plead with the Holy Spirit to grant understanding about Christ and certainty concerning His person and claims;

(6) Pray that this person will believe in Jesus Christ (v.14). When praying for this, you are asking for more than just assent or agreement with a set of propositions. You are asking for more than the acknowledgment of facts. You are calling on God to bring this

person to the place of personal surrender to the person and work of Jesus Christ. Ask God to enable this person to turn from his or her sin and to Jesus Christ. Plead that this person will see who Christ is and will bow before Him in trust and surrender as the Lord and the Savior of his or her life;

(7) Pray that this person will know that God has sent His Son as a Savior and is determined to have mercy on sinners (v.15-17). This person needs to realize that God has sent His Son as a revelation of His love and mercy. The Cross is the symbol of God's love and mercy. It reveals that God is determined to save sinners regardless of how sinful, how lost, how moral, or how hardened they are. Ask God to show them the power of His love through the death of Jesus Christ on the Cross for unworthy sinners. Plead that they will see just how God loves-totally, sacrificially, and unconditionally;

(8) Call on God to convince and convict this person of the consequences of the refusal to trust Christ and turn to Him (v.18). The Lord Jesus Christ reveals that the person who does not believe in Him is "already condemned." This phrase refers to a particular point in time. It can be translated "even now" or "now, at this time." The person who refuses to turn to Christ in trust and repentance is condemned even now. It is certain and fixed that they will receive everlasting damnation in hell. They do not have to await the final judgment for condemnation; they are condemned and headed for hell even now;

(9) Plead that God will give this person a hatred of his sin; ask God to cause this person to lose interest in what is keeping him or her from coming to Christ in faith and repentance (v.19). The Lord Jesus Christ states that men love darkness rather than the light because their deeds are evil. Jesus is declaring

that people do not come to Christ because they love their sin more than they love the Savior. They have chosen to cling to their sinful pleasure rather than forsake it and receive Christ and His salvation. Many people refuse to come to Christ because of possessions, positions, people, drugs, alcohol, sex, and the list could go on. These types of things are often the obstacles that keep them from listening to and considering the gospel. Pray that this person will lose interest in whatever is keeping him or her from Jesus Christ. Ask God to remove whatever obstacles are in the way of this person considering the claims of Jesus Christ and following Him;

(10) Pray that this person will see that his or her only hope in Jesus Christ (v.27). John declares that man can receive nothing unless it has been given him from heaven. Salvation is not something that man works up; it is given by God and received by man through faith in Christ and repentance toward God. Christ has been sent from heaven by God to be the Savior of sinners. There is no other way. God has not given numerous ways to Himself. Jesus Christ is the only hope for any sinner. Plead that this truth will strike to the very core of the person for whom you are interceding;

(11) Pray that this person will understand that Jesus is declaring God's Word to him or her (v.34). Jesus Christ declared what the Father told Him to say. The teachings of Jesus are from the very heart of God and represent the will of God. Ask God to give this person certainty that what Christ is saying is the very Word of the living God to him or her;

(12) Ask God to convict and convince this person of the certainty of his or her fate without Christ (v.35). John the Baptist clearly states that every person is in one of two categories: believing or unbelieving. For those

that are believing, they are guaranteed of everlasting life. For those who are living in a state of unbelief, they are guaranteed of facing the wrath of God for eternity. He or she will never experience the eternal life that Christ offers, but will experience an eternity of lostness, insignificance, and damnation. Pray that this person will "feel" their lostness. Pray that they will experience the loneliness and the purposelessness of life without Christ and the eternal life that He gives. Call on God to show them the fearful reality that is awaiting them: an eternity of hopelessness coupled with the righteous wrath of God for rebelling against Him and surrendering to His blessed and holy Son, Jesus Christ.

These prayer requests have been suggestions to help you in interceding for the lost people for whom you have a burden. When you are doing evangelistic praying, there are always two things that you need to remember and put into practice. The first thing is that you need to ask God to give you a burden for the lost people for whom you are interceding. A burden will move you into the spirit of prayer for this person. There is a difference between the practice of prayer and the spirit of prayer. In the practice of prayer, the believer seeks God and has fellowship with God. It is a fruitful and blessed time in the presence of the Lord. Yet, the spirit of prayer is different. It is intense and fervent, requesting gives way to pleading. A holy and desperate boldness characterizes this kind of praying. When you are interceding for lost people, you need the spirit of prayer. Call on God to give you the burden that will lead you to the spirit of prayer for this person.

When you are doing evangelistic praying, you also need to keep in mind the particular person and his or her particular situation when you are praying for him or her. The preceding guide was given to help you focus in on the content of your prayers for the

lost person. Yet, you need to make specific requests based on these truths. An example of this is number 4. It may be that the lost person that you are praying for is religious. They may have very settled beliefs that their religion is enough to be accepted with God. Perhaps the key factor in this is self-righteousness. You need to plead that his or her self-righteousness would be stripped away and that he or she would see that Christ and the work of the Holy Spirit is necessary to his or her salvation. You need to pray about the specific point of need in this person's life. You need to zero in on those things that are hindering this person from a genuine relationship with Jesus Christ.

Fasting Through A Stronghold

In the previous issue of *The Prayer Closet*, the subject of fasting was examined. This was a basic introduction to the subject. Fasting is a powerful spiritual weapon for the intercessor. Fasting can be an opportunity to pray more intensely and with more power for an individual. It can be used for the purpose of tearing down strongholds in your life, in the lives of others, or in the church..

A stronghold is an evil thought or action that becomes deeply rooted in a person's life. These can be established in the lives of both believers and unbelievers. For the believer, it can hinder his or her growth and testimony for the Lord Jesus Christ. For the unbeliever, it can be an obstacle to surrendering one's life to Christ by faith and repentance. A stronghold is more than a sinful habit. A sinful habit can be dealt with through daily prayer, attacking it with and applying the sword of the Spirit (the Word of God) on a continual basis, and persistent resistance over a period of time. A stronghold needs the same treatment. However, there must be fervent intercession and an extraordinary measure of power from the Holy Spirit. A stronghold is a deeply rooted thought pattern or

action that has to have the effectual work of God's Spirit for its destruction.

Fasting can be a crucial key to the tearing down of strongholds in the lives of people. Why is fasting so important in tearing down strongholds? *First, fasting creates more intense and fervent intercession.* A believer can pray with intensity and fervency without fasting. Yet, fasting often produces an intensity and fervency in prayer that cannot be attained to apart from fasting. This intensity and fervency is necessary for dealing with the stronghold. When you deny yourself, it drives you to a holy desperation and dependence on the Lord God. This puts you in the position where you can be effective in tearing down the stronghold through prayer.

Next, fasting makes you receptive to receive prayer guidance from the Holy Spirit. When you fast, it makes you more receptive to the Holy Spirit's leadership. It is not that God speaks louder; you simply listen better. In fasting, you are often able to more clearly discern how to pray in particular situations and for particular people. During the time of fasting, God may grant you insights on how to pray for this person or for yourself. These insights will be necessary in interceding in this particular situation.

Finally, fasting is a sacrificial form of prayer warfare that produces results that cannot be gained in any other way. There are some victories that can only be won by prayer and fasting (**Matthew 9:14-29**). Many modern translations omit "fasting" from the text due to manuscript tradition and because it is thought to be a proof text for monasticism. If you would like to know more about this text and why "fasting" should be included in the text, please contact me. There are some strongholds that are not going to yield unless there is prayer and fasting. Fasting is not a gimmick; it is not the manipulation of God. It is an ordained means of seeking God. God blesses the humility, the

desperation, and the dependence of fasting and not simply the ritual. It is a matter of belief. Are you going to believe the promise of Jesus Christ or not (**Matthew 6:18**)? Fasting can often bring deliverance when nothing else can. Fasting can often bring victory when other means fail.

The following are some suggestions to consider when fasting for the purpose of seeing strongholds torn down in the lives of people. These suggestions are offered to help you in seeking God for the destruction of these things.

(1) Focus your fast on this person and the stronghold. When you fast, you can have multiple reasons for fasting. You can intensely seek God for a variety of reasons. Yet, when you are attempting to fast through a stronghold, it is best to focus on this person and his or her stronghold. This will provide a narrow focus and will enable you to pray with greater intensity and frequency;

(2) Seek God for guidance in how to pray about this situation. As stated earlier, fasting makes a person more receptive to the Holy Spirit's leadership. As you pray for this person, ask God to show you how to pray more specifically. Ask Him to show you how to zero in on the root of the stronghold;

(3) Focus on the power of God and not the strength of the stronghold. It is easy to see how deep the person is in sin. It is easy to see how deeply rooted that his or her problem is. This will lead to frustration and despair. Focus on the power of God. Read the Scripture and see how God's power has been exerted in the past. See how He parted the Red Sea, made the Jordan River stand up, and raised His Son from the dead. Plead for this same power to flow into this person's life or your life so that the stronghold will be destroyed;

(4) **Believe God for victory.** You must believe that God is going to honor His Word (**Matthew 6:18**). You must believe that God is going to destroy the stronghold. Praise Him and thank Him for what He is going to do.

(5) **Do not become discouraged if you do not notice any results right away.** There are times when God is pleased to grant immediate victory. He is pleased to powerfully tear the stronghold down in an instance or in a short period of time. Yet, there are some strongholds that God deals with over a period of time. A person does not develop these strongholds overnight and it may take time to tear these things down. It may take several fasts and intense prayer to deal with this. Yet, trust God and persevere.

The State of The Ministry

(A Word From Dr. Kevin Meador)

The Prayer Closet Ministries was started in September, 1997. This ministry began because of a heavy burden and a vision to encourage and challenge believers in prayer and fasting. My burden and vision is to challenge believers to return to the "prayer closet"-to get alone and get with God for intimate fellowship and intense intercession. The first newsletter was published in February, 1998. This first newsletter was mailed to 25 people. The newsletter that you are reading is being mailed to over 600 people. It is also reaching into eight foreign countries. We have developed and are developing numerous prayer ministries. We have become incorporated and have applied for tax-deductible status. God has been faithful!

God is blessing this ministry with opportunities almost daily. This ministry is

expanding continually. The mailing list is growing weekly. Yet, this growth is not without its problems. The key problem is financial resources to keep up with our growth and expansion. This ministry is struggling to keep up with and sustain this growth and expansion. For those that have faithfully given, you have kept this ministry going. Your faithfulness has enabled this ministry to have the impact that it is having.

I am not fond of the idea of asking for financial support. I realize that there are numerous ministries that are worthy of and who need financial support. And, I certainly do not want to appear to be greedy or only concerned with money. **This ministry is just that--a ministry. Our focus is on glorifying God and meeting peoples' needs.** We are dedicated to ministering to believers and evangelizing the lost. We want to see believers grow in prayer, fasting, and spiritual warfare. But, this takes financial resources. And, God doesn't drop financial resources on a person out of the sky. There is no magic involved in this matter. God uses people, freely giving their resources. Will you prayerfully consider giving to this ministry? Will you consider a one-time gift or a monthly commitment to build an international ministry focusing on prayer, fasting, spiritual warfare, and healing? Your support will make a difference in lives all over the world. **In order to continue growing and expanding, we need your support.** As you seek the Lord's leadership in your support of this ministry and feel led to contribute, please make your check payable to - The Prayer Closet Ministries, Inc. Thank you for your consideration! God bless you!

The Beloved Unbeliever Network is a network of intercessors who pray for believers who have spouses that are not Christians. This network of intercessors pray daily for believers who are in this situation. These intercessors have been trained and are committed to praying for believers who find themselves in this type of marriage. If you would like to be added to this prayer list or if you know of someone who is in the situation and would like to place them on this prayer list, please contact Dr. Kevin Meador.

Please provide the following information:

Name of the family members

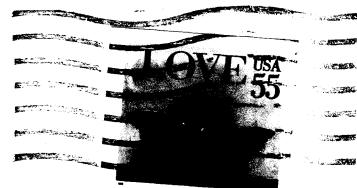
Church affiliation

Any special requests

Any information that is submitted will be kept in strict confidence and the privacy of the individuals will be protected.



**THE PRAYER CLOSET
Dr. Kevin Meador
595 Stratton Road
Decatur, MS 39327**



Steve & Ann Mayes
1111 Pleasant Valley Road
Decatur, MS 39327