

Jesus "n" You

Find Him "n" You

Prayer Steps

1. Pray having a conversation with God in heaven.
2. Be grateful to God.
3. Ask for His will.'
4. Tell Him what you need.
5. Ask for forgiveness.
6. Pray the Word/scripture
7. If you just do not know how to pray say the Lord's Prayer found in Matthew 6:9-13(NIV):

"This, then, is how you should pray: Our Father in heaven, hallowed be your name, your kingdom come, your will be done, on earth as it is in heaven. Give us today our daily bread. And forgive us our debts, as we also have forgiven our debtors. And

lead us not into temptation, but deliver us from the evil one. In Jesus' Name, Amen."

Fasting Steps

1. Pray before you fast.
2. During your normal eating times spend that time instead praying.
2. Meditate on the Word.
3. Determine the length of your fasting.
4. Seek your doctors recommendation for your ability to fast. Remember you can always fast TV, video games, cell phone, social media, music, or anything meaningful to you.