

# Prayer Targets

MAR 18th  
2025

## Intimacy

James 4:8; Psalm 63:1; Jeremiah 29:13

## Desperate for God

Psalm 42:7-8; 63; 143:6; Isaiah 55:6

## Delight in the Lord

Psalm 1:1-2; 5:3; 37:4; James 4:8

## Safe Place

Psalm 27; 32:6-7; 91; Deuteronomy 31:8

Intimacy with  
God



# FASTING GUIDELINE

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## FULL FAST

- Water only.

## MODIFIED FAST

- Eat fruits & vegetables.
- Drink water, tea & juice.
- Eat baked or boiled fish & poultry.
- No fried food, sweets or bread.

## PARTIAL FAST

- From 6am to 6pm.
- After 6pm, meal consistent with modified fast.

“And  
when  
you fast...”

Matthew 6:16

### Medical Conditions

Consult your doctor before starting any fast.

