



21 DAYS

PRAYER & FASTING

禁食禱告

2021年9月17日
至10月8日



禁食禱告目的 The Purpose

- 專心仰望尋求神 Look Up to God
- 體驗屬天的能力 Experience His Power

禁食禱告成就...

What May Accomplish

- 謙卑 Humility
 - 進入超自然的鑰匙 Enter into the supernatural
 - 神可開門而得以進入不可能之境 God opens the door for the impossible
-

Over 200 key prayers for deliverance

25 relentless strongholds only broken through fasting

Techniques to enhance your seasons of prayer and fasting

FASTING

for Breakthrough
& Deliverance



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禁食可以是...

Fasting and Prayer

- 對食物或飲料從部份到完全的禁戒refrain from having any food or drinks partially or entirely
- 對任何事物從部份到完全的禁戒refrain from enjoying almost anything partially or entirely
- 禁食可持續幾小時、幾天、幾周、甚至幾年may last for few hours, days, weeks or even years

禁食禱告的方式

Three Kinds of Fasting

- 完全的禁食 Complete Fasting: 完全禁吃食物，也不喝流質
No solid food and fluid food
- 普通的禁食 General Fasting: 不吃食物，但可喝流質
No solid food but with fluid food
- 選擇性禁食 Elective Fasting : 禁戒至少一種食物，而非完全禁戒
Fasting on at least one kind of food, but not on other food

預備禁食禱告

The Preparation

- 步驟一：設立目標 Set goals
- 步驟二：制訂計劃 Make up a plan
- 步驟三：預備心靈 Prepare the heart
- 步驟四：準備身體 Prepare the body



進入禁食禱告

The Practice

- 減少不必要的干擾 Don't let other things to disturb you
- 多花一些時間禱告 Spend more time into prayers
- 利用這個時間敬拜 May have personal worship
- 可以讀經、默想 May read the Bible and meditate on God's Word
- 可以閱讀屬靈書籍 May read spiritual articles and books
- 以禱告開始，以禱告結束 Start the fasting with prayers and conclude the fasting with prayers

注意事項



- 在禁食之前，不要暴飲暴食 Before the fasting, don't eat or drink excessively
- 在禁食期間內，多喝水，並有輕微合宜的運動 During the fasting, drink more water and exercise properly
- 禁食期間內，不要忘記服藥 Don't forget to take your medicines
- 禁食期滿後，由少量清淡、易消化的流質開始恢復 Begin with fluid food after the fasting