

# WOMEN INSEPARABLE

Romans 8:35-39

## Prayer & Fasting

What does your prayer life look like where you are/as you are



### Hello

Welcome to our Scripture study on **Prayer & Fasting: What does your prayer life look like where you are/as you are?**

The first ten weeks will walk you into your secret place with God. Oh, how sweet it is! The next ten weeks will grow you in confidence and in the promises of prayer. You will conclude with an individual call to fast.

You will find a video lesson for each session on our Women Inseparable Channel on [Rumble.com](https://www.rumble.com) and/or the Rumble app. All links are available on Page 2 of this Newsletter.

Please know, you are not alone in this journey. Reach out to us at [Womeninseparable@gmail.com](mailto:Womeninseparable@gmail.com) if you are in need of a smile, prayer, or word of encouragement. We truly are Inseparable because of the precious blood and resurrection of our Lord Jesus.

*Jaclyn*

### IN THIS ISSUE

**Topic Guide**  
Page 2

**Study Guide Intro**  
Page 3

**Study Guides**  
Pages 4 - 43

**Journal Entry**  
Page 44

# TOPIC GUIDE

*In the Midst*

What Is Prayer?

~ Ephesians 1:15-23

What Is the Connection?

~ Ephesians 2:1-10

What Does Prayer Look Like?

~ Philippians 4:1-7

How Do I Pray in the Spirit?

~ Ephesians 6:18

What if I Don't?

~ Matthew 6/James 1

What If I Mess Up?

~ 1 John 1

What causes my Fear?

~ Romans 8

How Do I Pray Effectively?

~ James 1

Confidence Before Him

~ Hebrews 4:13

National Fast

~ Joel 2:12-17

Confidence In Prayer

~ 1 John 5:13-20

His Confidence In You

~ John 17

Silent Confidence

~ Exodus 14:14

Confident in His Presence

~ Joshua 1:9

Confident for Others

~ Romans 12

Confidence In The End

~ 1 Corinthians 5:50-58

Promise of Faith

~ Matthew 21:21-22

Promise of a Plan

~ Jeremiah 29

Promise of Power

~ James 5

Call to Fast

~ Esther 4

# This study is yours

*Sweet Friend,*

My prayer for you as you begin this journey is that you will take this study personal, that you will go through this study at your own pace, that you will do what is beneficial to you, your schedule, and your capability, and that you will be real.

Oh, that we will become a student of our prayer life! If not, how can we grow in our conversation with the God of the universe as if He alone is our Father.

This concept of God Almighty as our dear Father is only possible through faith in His Son, Jesus Christ.

Friend, do you know that Jesus is the Son of God? Do you believe that Jesus was born in the flesh, that He lived a perfect, sinless life in order to relate with us in the purest and sweetest sense, that He died on a sinner's cross out of love for you, and that three days later our Jesus conquered sin and death and the grave resurrecting back to life?

Do you know? Do you believe?

Romans 10:9-13

*Jaclyn Palmer*

# WHAT IS PRAYER

## Week One

**Prayer is Jesus.** Think about that for a minute. Without Jesus, prayer is empty and vain.

With Jesus, prayer becomes the entrance gate to the very heart of God Above.

This truth is rooted in Scripture, and it is the only truth that will open wide the door for you to get to pray. Yes, prayer is Jesus.

Do you know Him? Have you placed your faith in Jesus Christ. If yes, then, Friend, you have already begun your path of communication with God through Christ Jesus. If not, are you interested in meeting the very One who knows you and loves you more than life itself?

Learn more about Jesus [\*\*here\*\*](#). And come/listen to our next study with open ears and a readiness to be filled with the *fullness of Him*.

### Personal Prayer

*Prayer for Open Eyes*

*Father, may I lay my prayer life before you?  
Will you open my eyes to how you see our  
relationship, and will you build our  
conversation on your love for me?*

---

---

---

---

---

---

---

---

---

---

### Scripture

*Ephesians 1:15-23*

*For this reason, because I have heard of your  
faith in the Lord Jesus and your love toward all  
the saints...which is his body, the fullness of  
him who fills all in all. (v. 15, 23) ESV*

---

---

---

---

---

---

---

---

---

---

# WHAT IS PRAYER

## Week One

[Video Lesson link](#)

### Discuss

*Ice Breaker: Name & Favorite accomplishment of 2020 – be proud!*

*What does your prayer life look like right now. Be honest. Be real. See your prayer life as it is, so you can grow it where it is.*

### Practical Application

*Evaluate your favorite relationship. Note how you converse with that person. Discover what makes that relationship seem comfortable and easy. Why do you frequent conversation with him/her.*

*How can you begin implementing those beautiful tendencies in your conversation with Christ?*

<hr/>	<hr/>
<hr/>	<hr/>
<hr/>	<hr/>
<hr/>	<hr/>
<hr/>	<hr/>
<hr/>	<hr/>
<hr/>	<hr/>
<hr/>	<hr/>
<hr/>	<hr/>
<hr/>	<hr/>

© 2021, Jaclyn Palmer. All rights reserved

## "IN THE MIDST"

And when they had set them **in the midst**, they inquired,  
"By what power or by what name did you do this?"

~ Acts 4:7

# WHAT IS CONNECTION

## Week Two

**Jesus is the connection between us and God in prayer.**

**Many of us wonder what the connection is between us and prayer and God and Christ Jesus. We wonder why and how God uses our prayer for the benefit of others. We truly desire to know how it is all connected.**

**Jesus + God + Holy Spirit + You + Prayer = connection.**

**Do you see this? Do you understand the depth of this simplicity? Your part in prayer matters. Your prayer life matters. Are you willing to grasp the beautiful power in this truth? My prayer is that we will all see and fully grasp this sweet gift!**

**Prayer begins with Jesus. Learn more about HIM [here](#).**

### Personal Prayer

*Lord Jesus, you say that in your name we have life and power. You say that through your Spirit we have freedom and strength. You say that we are Yours and you are ours. Oh, help us to grasp what you say! And in this, I ask that you will hear us as we pray.*

---

---

---

---

---

---

---

---

---

---

### Scripture

*Ephesians 2:1-10*

*But God, being rich in mercy, because of the great love with which he loved us, ... raised us up with him and seated us with him in the heavenly places in Christ Jesus, '*  
*Ephesians 2:4,6 (ESV)*

---

---

---

---

---

---

---

---

---

---

# WHAT IS CONNECTION

## Week Two

[Video Lesson link](#)

### Discuss

*Ice Breaker: Name & Favorite place to pray*

*Who is God to you, relationally speaking? Did you learn of God's love as a Father, a shelter from the storm, a door, a husband, a shepherd, a comforter.... Talk to God through the Name of Jesus and by the power of the Holy Spirit in that manner.*

*\*\*Do you know God? How do you know God? Talk to Him there.*

### Practical Application

*Scan through the book of Matthew. Find conversations Jesus has with others; his family, his disciples, his followers, those he healed, etc...*

*Note the many emotions and responses he offers per each individual conversation. See his involvement and presence in each personal conversation.*

*How can you begin implementing those beautiful tendencies in your conversation with Christ?*

<hr/>	<hr/>
<hr/>	<hr/>
<hr/>	<hr/>
<hr/>	<hr/>
<hr/>	<hr/>
<hr/>	<hr/>
<hr/>	<hr/>
<hr/>	<hr/>
<hr/>	<hr/>
<hr/>	<hr/>

© 2021, Jaclyn Palmer. All rights reserved

## "IN THE MIDST"

And when they had set them **in the midst**, they inquired,  
"By what power or by what name did you do this?"

~ Acts 4:7 (Read 4:1-12!)

# WHAT DOES PRAYER LOOK LIKE?

## Week Three

### **The appearance of prayer cannot be found on a Pinterest board.**

Looking on Social Media for “What {your} prayer life looks like” is like doing a search on what your personality should look like or what your characteristics ought to look like. You are created in His image. You are created by Him to be you. Are you comfortable in your person? Do you like your personality? Do you favor your strengths and gifts and likes and victories? Do you protect your weaknesses and hurts and past?

This is where we ought to begin our personal search of what {your} prayer life looks like. Look at your person as you are/where you are. Be comfortable in your function. In that, pray. In your emotions, your feelings, your dreams, your desires, your insecurities, your laughter, your joys, your... You. Your prayer life ought to look like {your} prayer life. Do you feel freedom in that? Does the pressure to “pray better” slip away? This is my prayer.

### **Personal Prayer**

*Father, I sit here beside you. Thank you for this seat beside you. Thank you for your ever presence beside me. Lord, I desire to grow and deepen our conversation together. Help me to see what our prayer time can look like as we continue in life side by side...*

---

---

---

---

---

---

---

---

---

---

### **Scripture**

*Philippians 4*

*'Do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus.*

*Philippians 4:6-7 ESV*

---

---

---

---

---

---

---

---

---

---



# WHAT DOES PRAYER LOOK LIKE?

## Week Three

[Video Lesson link](#)

### Discuss

*Ice Breaker: Name & Favorite Hobby*

*Will you ask your How To question within your group? Listen to the answers from the prayer sisters that are sitting around you. Take notes on the various conversation styles these women have with God. Then consider if any will grow you and your conversations with the King of kings.*

### Practical Application

*Perhaps the concept of prayer is a new thing for you. Perhaps you are “returning to prayer” after a season of life. Perhaps you have a personal goal to develop a stronger/intentional prayer life. Will you practice a habit of a prayer warrior?*

*“Try it on” as you are/where you are.*

<hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/>	<hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/>
---	---

© 2021, Jaclyn Palmer. All rights reserved

## "IN THE MIDST"

"With my mouth I will give great thanks to the Lord;  
I will praise him **in the midst** of the throng."

~ Psalm 109:30

# HOW DO I PRAY IN THE SPIRIT?

## Week Four

**For some, “in the Spirit” is nerve-wracking.**

Too often the reputation of the Holy Spirit is misconstrued through the lens of religion. There are some who falsely “perform” the works of the Spirit causing praise for man and confusion of the Spirit.

Know this: anything and everything done in the Spirit is done for the Spirit. There is fruit.

Whether we are walking in the Spirit, pouring out the Gifts of the Spirit, or praying in the Spirit there is always fruit of the Spirit. We can fake it, but it is never as sweet. To pray in the Spirit is praying with an open heart to His speaking to you. In hearing His voice pressed upon your heart, whispered in your mind, and revealed through Scripture, we become driven to pray specifically for that matter. It is important to know what your prayer life looks like as you embark in praying in the Spirit.

### Personal Prayer

*Lord God, how precious am I in your sight?! I can barely comprehend such love. Lord, help me to receive your love and to trust that you, Sweet God, desire to hear the words of my emotions, of my thoughts, of my heart. I give to you my prayers and my supplications...*

---

---

---

---

---

---

---

---

---

---

### Scripture

*Ephesians 6 (& 1 Corinthians 2)*

*Praying at all times in the Spirit, with all prayer and supplication. To that end, keep alert with all perseverance, making supplication for all the saints,*

*Ephesians 6:18 ESV*

---

---

---

---

---

---

---

---

---

---

# HOW DO I PRAY IN THE SPIRIT?

## Week Four

[Video Lesson link](#)

### Discuss

*Ice Breaker: Name & Best dish from the kitchen*

*When the Spirit stirs your heart to pray for a person/situation, what can you do to physically obey His voice? Take this question personally. As we physically obey the Spirit in prayer, our confidence in what our prayer life looks like begins to build. How beautiful is that?!*

### Practical Application

*Will you begin praying for your Fasting life?*

*Perhaps -will you take your first step in seeing what your Fasting life looks like?*

*Maybe -will you take your next step by fasting on the day/time the Spirit asks of you?*

*Friend, remember to fast “as you are/where you are”.*

<hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/>	<hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/>
---	---

© 2021, Jaclyn Palmer. All rights reserved

## "IN THE MIDST"

"Yet God my King is from old, working salvation **in the midst** of the earth."

~ **Psalm 74:12** (pray all prayer)

# WHAT IF I DON'T?

## Week Five

**My prayer is that we will grow as hearers and doers -beginning in our prayer life.**

The question arises, If I do not fast, will God still hear my prayers?

The Biblical answer is yes. Yes, God's ear is near to those who love Him. No stipulations. His Love is ever true and faithful! God loves you. Sit with Him in His loving arms and talk with Him as your faithful Father. This is a beautiful truth!

What, I wonder, would happen if we applied the words of James 1 to our Prayer & Fasting life? Imagine if each verse of Truth were laid before the Lord. As if we begin that Truth in conversation with Him to see what that looks like in us, individually. How strong we would be in doing that Truth {in the Spirit} no longer out of self-pressure or obligation or guilt or...

### Personal Prayer

*Father, I crave time with you. Deep within, my soul longs for you. For your voice. For your presence. For your arms. For the steadfast love you promise throughout your scripture. Father, I am here with you. For this alone I declare a whisper, a shout, a smile of joyous praise...*

### Scripture

*Read: James 1*

*"But be doers of the word, and not hearers only, deceiving yourselves."*

*James 1:22 ESV*

<hr/>	<hr/>
<hr/>	<hr/>
<hr/>	<hr/>
<hr/>	<hr/>
<hr/>	<hr/>
<hr/>	<hr/>
<hr/>	<hr/>
<hr/>	<hr/>
<hr/>	<hr/>
<hr/>	<hr/>

# WHAT IF I DON'T?

## Week Five

[Video Lesson link](#)

### Discuss

*Ice Breaker: Name/ Where do you live and how long have you lived there?*

*Did you choose a day/hour to fast with God? Is there anything you care to share? Did you choose not to pick a day/hour? Is there anything you care to share?*

*This study is yours to do as you are/where you are.*

### Practical Application

*To do means to hear. If we do not hear than how can we do and if we do without hearing what are we doing and for whom?*

*Self-evaluate this thought in the light of your conversation with God. Journal your thoughts, line it up with Scripture, draw/sketch/paint your emotion, walk it out, or \_\_\_\_\_.*

<hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/>	<hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/>
---	---

© 2021, Jaclyn Palmer. All rights reserved

## "IN THE MIDST"

"We have thought on your steadfast love, O God, **in the midst** of your temple."

~ Psalm 48:9

# WHAT IF I MESS UP?

## Week Six

**If we use our words to boast on our relationship with God when we are not in prayer with God, then we are messing up in our individual prayer lives.**

May I be so bold?

Too often we feel guilty or disappointed in our prayer lives.

Too often we are worried that we are not praying correctly or efficiently or fervently. Too often we get side-tracked and give up.

According to 1 John 1, there are three areas of our prayer lives that indeed testify of our “messing up”. Thankfully, there are three solutions to these areas.

May we purpose to get real, to get refocused, and to grow in our prayer lives; therefore, finding ourselves in Truth.

### Personal Prayer

*Lord God, I want to be in your light. At times I feel you radiate in and through me. At times, it is as if I forget what that even means. But, Lord, right now I am desiring nothing more than to be reminded by You what it means to be in Your light. May I pray in Your light, so I will be able to recognize it throughout this day?*

---

---

---

---

---

---

---

---

---

---

### Scripture

*Read: 1 John 1*

*And we are writing these things so that our (your) joy may be complete.*

*1 John 1:4 ESV*

---

---

---

---

---

---

---

---

---

---

# WHAT IF I MESS UP?

## Week Six

[Video Lesson link](#)

### Discuss

*Ice Breaker: Name and a memory from your first date*

*Discuss: Are you guilty of one of these three verbal/heart offenses?*

*Ouch. And welcome to Women Inseparable*

### Practical Application

*Write out 1 John 1:6, 8, and 10 on a blank piece of paper.*

*Then, take time to write out your thoughts (your truths) per the words of each verse. Perhaps you will focus on a word, maybe a phrase, or you take the verse in its entirety. Ask God to help you think it out on paper.*

<hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/>	<hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/>
---	---

© 2021, Jaclyn Palmer. All rights reserved

## "IN THE MIDST"

"God is **in the midst** of her; she shall not be moved;  
God will help her when morning dawns."

~ **Psalm 46:5** (Glory in all 11 verses)

# WHAT CAUSES MY FEAR?

## Week Seven

### Fear. Love. Slavery. Life.

The contrast in conversation with the Creator of the universe is vast from not knowing God to knowing God.

Once we know God through faith in His Son Jesus Christ, we are immediately welcomed into His Presence. Physically we picture this when we enter our secret place with Him.

Yet, there are times when fear enters our prayer life.

Fear is born in various situations but haunts us all the same. This fear can stifle our transparency before God. It can weaken our faith. It can trample our trust.

It can hinder our walk. And it can stunt our personal growth in Him.

But Love.

The love of the Father will wash over the human "stain" that causes scars, sorrow and fear.

### Personal Prayer

*Father God, I love you. In my heart I know this is true. And I know You know my love for you is true. Yet, to comfortably call you Father stumbles my emotions. My thoughts easily run away to the hurt caused by false displays of love, and I confuse that love with yours. God, may I lay my damaged trust, my fear at your feet?*

---

---

---

---

---

---

---

---

---

---

### Scripture

*Read: Romans 8*

*For you did not receive the spirit of slavery to fall back into fear, but you have received the Spirit of adoption as sons, by whom we cry, "Abba! Father!"*

*Romans 8:15 ESV*

---

---

---

---

---

---

---

---

---

---



# WHAT CAUSES MY FEAR?

## Week Seven

[Video Lesson link](#)

### Discuss

*Ice Breaker: Name and "Mom Card"... Go ahead. Brag away :)*

*Discuss: Do you battle fear in your relationship with God? Why? Can you identify the "human stain" that enables that battle of fear?*

*Do you see the eternal surety of God's love? How? Do you/how can you embrace the Freedom found in His Love?*

### Practical Application

*Fear is real, but the Love of God can wash away all the remains of fear.*

*Fill in the blanks:*

*His love can \_\_\_\_\_ our transparency before God. It can \_\_\_\_\_ our faith. It can \_\_\_\_\_ our trust. It can \_\_\_\_\_ our walk. And it can \_\_\_\_\_ our personal growth in Him.*

<hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/>	<hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/>
---	---

© 2021, Jaclyn Palmer. All rights reserved

## "IN THE MIDST"

"And calling to him a child, he put him **in the midst** of them."

~ **Matthew 18:2** (see the emotions of this child)

# HOW DO I PRAY EFFECTIVELY?

## Week Eight

**I pray we will see our time with the Father in prayer as effective.**

That we will grasp the truth of the “effective prayer”. May we understand the definition and the source of an effective prayer.

If this question of How to Pray Effectively overwhelms you with a tinge of inability or self-doubt, will you revisit week two? Remember what the connection of prayer is. Remember your place before the Throne, your place beside your Father, and your secret place filled with His sweet reward.

Will you join me in giving the pressure to pray effectively permission to leave your prayer closet? Will you invite faith and steadfastness in its place? Bring these two words into your prayer time in preparation for this week’s lesson.

### Personal Prayer

*Father, may the words from my heart to yours be a demonstration of my faith laid as a gift unto you, oh Lord. Lord God, my words are these ...*

### Scripture

*Read: James 1*

*And let steadfastness have its full effect, that you may be perfect and complete, lacking in nothing.”*

*James 1:4 ESV*

<hr/>	<hr/>
<hr/>	<hr/>
<hr/>	<hr/>
<hr/>	<hr/>
<hr/>	<hr/>
<hr/>	<hr/>
<hr/>	<hr/>
<hr/>	<hr/>
<hr/>	<hr/>
<hr/>	<hr/>

# HOW DO I PRAY EFFECTIVELY?

## Week Eight

[Video Lesson link](#)

### Discuss

*Ice Breaker: Name & Your Favorite Color :)  
How do you like to see this color in your life?  
As in ... "I love pink and I love a beautiful,  
pink purse!"*

*Discuss: Do you see the effectiveness of  
prayer in a new light as seen in James 1:2-4?*

### Practical Application

*Describe your prayer and fasting life. Can  
you do so in one word? Be honest. Be sweet.  
How would you describe your time with the  
Father?*

*If you need more than one word, perhaps  
you want to take time with a journal and  
describe what your prayer and fasting life  
looks like today. Consider how you would  
have answered this eight weeks ago.*

*Perhaps sit with a simple smile at the  
relationship you have with God through  
Jesus Christ filled with the Spirit of life.*

<hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/>	<hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/>
---	---

© 2021, Jaclyn Palmer. All rights reserved

## "IN THE MIDST"

"That you may be blameless and innocent, children of God without blemish  
**in the midst** of a crooked and twisted generation,  
among whom you shine as lights in the world,"

~ **Philippians 2:15 ESV**

# CONFIDENCE BEFORE HIM

## Week Nine

**Often times we read Hebrews 4:16 as a breath of fresh air.**

We receive boldness to ask the Father for help when we are in need. We gladly open our hands for His mercy and grace. This is good.

I ask that we place this verse back inside its chapter. That we will find confidence in the context where we need it the most, today. As we begin a study on Confidence in Prayer & Fasting, I ask that we find and embrace a sure definition of confidence. May this behavior be different than the confidence displayed, that it will be a seed that grows in our prayer life where we are/as we are.

Biblical definition of Confidence:

Freedom of speech; boldness; opposite of being covered in shame.

### Personal Prayer

*Sweet Father, it is beautifully easy to sit in your presence and be filled with your joy. For this, I say Thank you for welcoming me into your arms, your light, your presence. Lord, in your presence I ask for strength to call it all joy today...*

### Scripture

*Read: Hebrews 3 & 4*

*Let us then with confidence draw near to the throne of grace, that we may receive mercy and find grace to help in time of need.*

*Hebrews 4:16 ESV*

<hr/>	<hr/>
<hr/>	<hr/>
<hr/>	<hr/>
<hr/>	<hr/>
<hr/>	<hr/>
<hr/>	<hr/>
<hr/>	<hr/>
<hr/>	<hr/>
<hr/>	<hr/>
<hr/>	<hr/>

# CONFIDENCE BEFORE HIM

## Week Nine

[Video Lesson link](#)

### Discuss

*Ice Breaker: Name & Spring Break plans*

*Discuss: Confidence before God our Father is found in an attitude of humility and boldness. A humble obedience to get real before God without the anticipation of rejection, judgment, or shame.*

*How hard/easy is this truth to process? How can you implement this approach to the Throne in your Prayer & Fasting life?*

### Practical Application

*Consider scheduling a time of Fasting with God with the specific intention of bringing your sin confidently before Him.*

*Bonus challenge: Choose to memorize the verse God has laid on your heart this week.*

*\*If you need a Scripture verse to help you in this area of confidence before the Lord regarding your sin, contact [womeninseparable@gmail.com](mailto:womeninseparable@gmail.com) today.*

<hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/>	<hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/>
---	---

© 2021, Jaclyn Palmer. All rights reserved

## "IN THE MIDST"

...and placing her **in the midst** (the Pharisees) said to (Jesus),  
"Teacher, this woman has been caught in the act of adultery..."  
"Neither do I condemn you; go, and from now on sin no more."

~ **John 8:1-11**

# NATIONAL FAST

## Week Ten

**National fasts have been called in the past and will be called in the future.**

My prayer is that we will see the biblical and personal need for national fasts. May we see our place and our plan during a fast. And may we fully participate in the way the Lord calls us to participate.

Much of our fasting these last weeks have been personal and intimate -in our secret places with our God. In a national fast, however, others are needed.

It becomes a band of brothers, an army in battle, a force like no other. To share with another that we are engaging in a national fast is declaring that you are in the midst of the warfare armed in His armor and engaged in His battleplan.

As in all levels of prayer and fasting, one truth remains the same.

Fasting is a matter of the heart.

### Personal Prayer

*Father, your loving forgiveness and generous love have overtaken my heart this week. How good you are! How unconditional your love for me has been received without the feelings of condemnation, judgment or shame.*

*Father, thank you!*

---

---

---

---

---

---

---

---

---

---

### Scripture

*Read: Joel*

*Yet even now," declares the Lord, "return to me with all your heart, with fasting, with weeping, and with mourning; and rend your hearts and not your garments." Return to the Lord your God, for he is gracious and merciful, slow to anger, and abounding in steadfast love; and he relents over disaster. - Joel 2:12-13*

---

---

---

---

---

---

---

---

---

---

# NATIONAL FAST

## Week Ten

[Video Lesson link](#)

### Discuss

*Ice Breaker: Name & did you fast in "Confidence before God." (it is up to you how much or how little you share – hearers, be gentle and gracious with those who share.)*

*Discuss: Read Isaiah 58 (14 verses) to see and discuss what matters to God in this area of national/united fasting. Read one verse at a time, stopping for group discussion.*

### Practical Application

*This lesson was a Bible study on the book of Joel. How can you discuss what you learned in this study with your people to help them prepare their hearts for the Day of the Lord?*

<hr/>	<hr/>
<hr/>	<hr/>
<hr/>	<hr/>
<hr/>	<hr/>
<hr/>	<hr/>
<hr/>	<hr/>
<hr/>	<hr/>
<hr/>	<hr/>
<hr/>	<hr/>
<hr/>	<hr/>

© 2021, Jaclyn Palmer. All rights reserved

## "IN THE MIDST"

You shall know that I am **in the midst** of Israel, and that I am the Lord your God and there is none else. And my people shall never again be put to shame.

~ Joel 2:27

# CONFIDENCE IN PRAYER

## Week One

**They say, “Knowledge is power.” I suppose the question remains, “What do you know?”**

Here in 1 John 5 we see seven things that we know because of Jesus. My prayer is that we will stand up and say that we do in fact know and believe these things.

I pray our Prayer & Fasting lives will prove confidently our knowledge and power.

Knowledge is power, indeed. So much more, when our knowledge stands steadfast in the Almighty God, our power is no longer ours to maintain. Therefore, freedom in Him abounds.

Power sits with the One who created all things. Power comes from the hand that holds all things. Power is seen from the heart who loves all things. This is the power we know when we know Jesus Christ our Risen Savior.

What do you know?

### Personal Prayer

*Lord God, this passage holds a lot of truth. I pray for open eyes and open ears to each truth sitting before us. Guide our path to understanding, ground us in knowledge, and grow us in Your wisdom.*

### Scripture

*Read: 1 John 5*

*Yet even now,” declares the Lord, “returnAnd this is the confidence that we have toward him, that if we ask anything according to his will he hears us. - 1 John 5:14*

<hr/>	<hr/>
<hr/>	<hr/>
<hr/>	<hr/>
<hr/>	<hr/>
<hr/>	<hr/>
<hr/>	<hr/>
<hr/>	<hr/>
<hr/>	<hr/>
<hr/>	<hr/>
<hr/>	<hr/>



# CONFIDENCE IN PRAYER

## Week One

[Video Lesson link](#)

### Discuss

*Ice Breaker: Name :)*

*Discuss: What do you know? Spend time with 1 John 5 as a group. How can you grow your confidence in prayer based on what you know? Be honest. Be real.*

### Practical Application

*Write out the seven Know statements seen in 1 John 5:13-20. Commit to memory the one the Spirit is pressing on your heart.*

*Pray for growth and steadfastness in this area.*

<hr/>	<hr/>
<hr/>	<hr/>
<hr/>	<hr/>
<hr/>	<hr/>
<hr/>	<hr/>
<hr/>	<hr/>
<hr/>	<hr/>
<hr/>	<hr/>
<hr/>	<hr/>
<hr/>	<hr/>

© 2021, Jaclyn Palmer. All rights reserved

## "IN THE MIDST"

"For behold, the kingdom of God is **in the midst** of you."

~ Luke 17:21

# HIS CONFIDENCE IN YOU

## Week Two

**Jesus' words are gold. They are timeless. They are personal.  
They are a snapshot of His heart.**

May we pray this prayer out loud alone with Jesus. Hear His voice as you read the words aloud to your heart. Become familiar with His thoughts, with His wording, with His tone.

The more we are made aware of Jesus and His Word the more we are able to discern our thoughts from His!

Secondly, take these words to heart in order to rise above the angst of today's society. His prayer is big and powerful and intended to be answered by our God.

### Personal Prayer

*Jesus, to consider the truth that you prayed for me so sweetly as the cross sat before You catches my breath. You love me. Before time, before the cross, and while I was a sinner You love me. Timelessly.*

*Thank you...*

---

---

---

---

---

---

---

---

---

---

### Scripture

*Read: John 17*

*And I am no longer in the world, but they are in the world, and I am coming to you. Holy Father, keep them in your name, which you have given me, that they may be one, even as we are one.*

*- John 17:11*

---

---

---

---

---

---

---

---

---

---

# HIS CONFIDENCE IN YOU

## Week Two

[Video Lesson link](#)

### Discuss

*Ice Breaker: Name & Praise*

*Discuss: Which part of Jesus' prayer builds you up in His Confidence in you? How can you set this truth to memory and to action?*

### Practical Application

*Create a reflection board filled with the words of Jesus' prayer over you. Be creative. Be unique. Be You - built up in His Confidence.*


© 2021, Jaclyn Palmer. All rights reserved

## "IN THE MIDST"

"And he said to them, "The harvest is plentiful, but the laborers are few. Therefore pray earnestly to the Lord of the harvest to send out laborers into his harvest. Go your way; behold, I am sending you out as lambs in the midst of wolves."

~ Luke 10:2-3

# SILENT CONFIDENCE

## Week Three

**Why do we fear silence? Why does silence feel so weighty, stifling, insufficient, suffocating, lacking, wasteful, \_\_\_\_\_?**

Words are great. They are powerful. Actions are needed. They are beneficial. But we do not need words and/or actions every time we bring a matter to our God.

In that moment -in which silence is needed- we ought only to be silent, confidently silent.

This brings us to the question, “what does confident silence look like?”

My prayer is that we will each seek out the answer to this question as seen in Scripture and within our own prayer and fasting time with God. God directs Moses to tell the Israelite’s to stand, to be brave, and to watch. Joshua tells the Israelite’s to walk, to be brave, and to watch (silently). Andrew tells Simon to come and see.

There are times when silence is portrayed by a heart of watchfulness.

May we prepare in advance for those times.

### Personal Prayer

*Father, in silence we sit before you.*

*Selah*

### Scripture

*Read: Exodus 14*

*The Lord will fight for you, and you have only to be silent.*

*Exodus 14:14 ESV*

<hr/>	<hr/>
<hr/>	<hr/>
<hr/>	<hr/>
<hr/>	<hr/>
<hr/>	<hr/>
<hr/>	<hr/>
<hr/>	<hr/>
<hr/>	<hr/>
<hr/>	<hr/>
<hr/>	<hr/>

# SILENT CONFIDENCE

## Week Three

[Video Lesson link](#)

### Discuss

*Ice Breaker: Name & Where you were born?*

*Discuss: There are many verses in Psalms that declare the heart and silence - various reasons and outcomes. There is a time and a place for silence. Using your YouVersion app, insert "Silence" in the discover section and specify Psalms. Discuss the verse(s) that draw your heart closer to the Lord. Be honest and open with those around you.*

### Practical Application

*Fast. Grow in your Fasting life as you are/where you are. Consider writing a journal excerpt before, during, and/or after your next Fasting with your God.*

<hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/>	<hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/>
---	---

© 2021, Jaclyn Palmer. All rights reserved

## "IN THE MIDST"

"We have thought on your steadfast love, O God, **in the midst** of your temple."

~ Psalm 48:9

# CONFIDENCE IN HIS PRESENCE

## Week Four

### ~ What if we received “Having Confidence” as a command from God?

As if, in our obtained confidence in Him, we are offering obedience to our King. What if we upheld our Godly confidence as sweet obedience? Is that not what Godly Confidence truly is?!

Confidence.

Obedience.

How does this thought sit with you. Do you perceive it as a gift of freedom?

Freedom to let go. Freedom to rest from obligation and self assurance?

Freedom to live and not to perform?

He is with you wherever you go, whatever you do.

My prayer is that we will take the promise of His Presence as a quest of confident obedience in Him.

### Personal Prayer

*Lord, You are there. In my knowledge I know You are there. Ever surrounding me. Before and behind. Walking beside. You are there. This I know. Lord, open thou mine eyes that I may behold...You.*

### Scripture

*Read: Joshua 1*

*No man shall be able to stand before you all the days of your life. Just as I was with Moses, so I will be with you. I will not leave you or forsake you.*

*Joshua 1:5 ESV*

<hr/>	<hr/>
<hr/>	<hr/>
<hr/>	<hr/>
<hr/>	<hr/>
<hr/>	<hr/>
<hr/>	<hr/>
<hr/>	<hr/>
<hr/>	<hr/>
<hr/>	<hr/>
<hr/>	<hr/>

# CONFIDENCE IN HIS PRESENCE

## Week Four

[Video Lesson link](#)

### Discuss

*Ice Breaker: Name & Your first car*

*Discuss: How can we apply Joshua 1 to our prayer and Fasting life?*

*There are 18 verses in Joshua 1.*

*~ Which verse(s) best describe Joshua's prayer life?*

*~ Which verse(s) display his obedience via confidence in God?*

*~ Which verse do you desire to bring before the Lord this week?*

### Practical Application

*Lay Joshua 1 before the Lord in prayer and in fasting. Devote one part of this week to this area of confidence in His Presence. He commands us to be confident. Will we obey? Let us pray about this!*

<hr/>	<hr/>
<hr/>	<hr/>
<hr/>	<hr/>
<hr/>	<hr/>
<hr/>	<hr/>
<hr/>	<hr/>
<hr/>	<hr/>
<hr/>	<hr/>
<hr/>	<hr/>
<hr/>	<hr/>

© 2021, Jaclyn Palmer. All rights reserved

### "IN THE MIDST"

"For the priests bearing the ark stood **in the midst** of the Jordan until everything was finished that the LORD commanded Joshua to tell the people, according to all that Moses had commanded Joshua. The people passed over in haste."

~ Joshua 4:10

# CONFIDENT ON BEHALF OF OTHERS

## Week Five

**God has gifted you in a way that only you can walk the path he lays before you.**

What are some of your gifts?

Are you using your gifts for God's glory?

If not, what is holding you back?

You have a "Story" that God can use to bring glory to himself. Have you shared this truth/your story with someone else?

My prayer is that we will be confident in how God created us and how he can use our uniqueness to comfort and encourage others.

### Personal Prayer

*Lord, You made me uniquely me, with a personality and gifts that only belong to me. You have and are equipping me to be who you want me to be. When I am weak you are strong. Lord, open my eyes to those you have called me to serve and give me your ears and words to hear and comfort them.*

---

---

---

---

---

---

---

---

---

---

### Scripture

*Read: Romans 12*

*For as in one body we have many members, and the members do not all have the same function, so we, though many, are one body in Christ, and individually members one of another.*

*Having gifts that differ according to the grace given to us, let us use them...*

*- Romans 12:4-6a ESV*

---

---

---

---

---

---

---

---

---

---



# CONFIDENT ON BEHALF OF OTHERS

## Week Five

[Video Lesson link](#)

### Discuss

*Ice Breaker: Name & Your favorite pet memory*

*Discuss: Think of a time you walked through a hard season with a family member or friend. Were you focused on results or just being fully present? How did this affect your relationship?*

*Be confident and share how God has called you to use your gifts to care for others.*

### Practical Application

*Journal or talk through with a close friend your confidence in being distinctly Christian.*

*~ Do you feel you need to be better equipped to serve the Lord how he is calling you?  
~ What steps can you take to become more confident on behalf of others?*

<hr/>	<hr/>
<hr/>	<hr/>
<hr/>	<hr/>
<hr/>	<hr/>
<hr/>	<hr/>
<hr/>	<hr/>
<hr/>	<hr/>
<hr/>	<hr/>
<hr/>	<hr/>
<hr/>	<hr/>

© 2021, Jaclyn Palmer. All rights reserved

## "IN THE MIDST"

"But he took his stand **in the midst** of the plot and defended it and struck down the Philistines, and the Lord worked a great victory."

~ 2 Samuel 23:12

# CONFIDENCE IN THE END

## Week Six

### ~ Do you believe in resurrection?

Think about that truth truthfully. The culture within the walls of Corinth battled the truth of resurrection, yet they were slowly turning to belief in Christ. This caused a conundrum within them. Disbelief in resurrection vs belief in a resurrected Savior.

In light of our Prayer & Fasting life, what we believe about resurrection can be a game changer.

~ Consider the prayer upon your heart (even take a minute to pen it)

~ Now, ponder the truth of resurrection. (Write a quick truth statement)

~ Lastly, pray for that written request as you speak aloud the truth of resurrection.

In the truth of resurrection, our prayer dynamic alters from the here and now to life everlasting. The outcome we crave transforms into the outcome promised.

**Oh, that we will Pray and Live in the power and the confidence of resurrection!**

### Personal Prayer

*Father God, thank you for Your power over life and death. What a big statement! Lord, You are Life and You so generously pour Your gift of Life Eternal upon each of us who believe in Your resurrection power. Oh, that we will believe! Lord Jesus, we pray for those who do not believe. Hear the names we lay before You...*

---

---

---

---

---

---

---

---

---

---

### Scripture

*Read: 1 Corinthians 15*

*But in fact Christ has been raised from the dead, the firstfruits of those who have fallen asleep.*

*1 Corinthians 15:20 ESV*

---

---

---

---

---

---

---

---

---

---

# CONFIDENCE IN THE END

## Week Six

[Video Lesson link](#)

### Discuss

*Ice Breaker: Name & Favorite Academic Subject*

*Discuss: Resurrection!  
(Locate Scripture per each topic)*

- 1. Jesus Christ's resurrection*
- 2. Scriptural resurrection stories*
- 3. Your declared resurrection*

### Practical Application

*Do a Scripture study on Resurrection. Pen the verse(s) that solidify God's resurrection power in your heart.*

- ~ Use the search on the YouVersion app*
- ~ Use BlueLetterBible (.org or app)*
- ~ Spend bonus time pondering 1 Corinthians 15*

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

© 2021, Jaclyn Palmer. All rights reserved

## "IN THE MIDST"

"Nor will they say, "Look, here it is!" or "There!" for behold, the kingdom of God is **in the midst** of you."

~ Luke 17:21

# PROMISE OF FAITH

## Week Seven

### ~ Do you have faith enough for a fig tree? For a mountain?

Both fig trees and mountains are frequented throughout the gospels in relation to life and faith and prayer.

The fig tree gives us a picture of the fruit that comes in a season of harvest.

The mountain depicts the journey set before us, the highs and the lows, the challenges and the resting places, the perception of what lies ahead.

Both are promised to be altered when we ask in faith.

So, what if we ask in faith for fruit in season or for the journey ahead?

What if we ask in faith for God to hear and answer in miraculous and obvious ways?

What would that prayer look like? What would you see?

### Personal Prayer

*Sweet Father, how often do I doubt the prayer requests I lay before you in faith? I do not know the answer to this question, but I thank you for knowing my heart. Lord, I pray faith pours from my soul as I rest my requests in Your mighty hands.*

---

---

---

---

---

---

---

---

---

---

### Scripture

*Read: Matthew 21*

*And Jesus answered them, "Truly, I say to you, if you have faith and do not doubt, you will not only do what has been done to the fig tree, but even if you say to this mountain, 'Be taken up and thrown into the sea,' it will happen.*

*Matthew 21:21 (ESV)*

---

---

---

---

---

---

---

---

---

---

# PROMISE OF FAITH

## Week Seven

[Video Lesson link](#)

### Discuss

*Ice Breaker: Name & sweetest Mother's Day gift (emotional or tangible)*

*Discuss: Where else in Scripture do we see the fig tree? What life lessons can we learn from these Passages? What can we do to plant these truths in our personal prayer and fasting journeys?*

### Practical Application

*Study James 2:14-26.*

*Take this passage into your prayer time with God. Ask Him to grow your fruit in His season all for His Kingdom and glory and honor.*

<hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/>	<hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/>
---	---

© 2021, Jaclyn Palmer. All rights reserved

## "IN THE MIDST"

"I will tell of your name to my brothers;  
**in the midst** of the congregation I will sing your praise."

~ **Hebrews 2:12**

# PROMISE OF A PLAN

## Week Eight

**~ Do you know His plan? Do you trust His promise of a plan?**

Oh, that we will trust in Him! That our prayer life will reflect our trust in His great plan!  
Our Creator has a plan for all mankind, and He has a plan for each of us individually.

I wonder if our prayer life would produce more fruit if we trusted fully in His plan. I wonder if our lives would produce a sweetness if we became fully aware of His Hands. I wonder if “His will be done” would be greatly seen on earth as it is in Heaven if we set our eyes on the eternal kingdom of God.

Will you consider joining me in wonderment this week?

Our Creator has a plan. His creation will trust His plan.

### Personal Prayer

*Father God, I have a desire within me to trust you. Lord, so deeply do I desire to trust you in all things. Grow me in trusting You when the waves around me overwhelm my eyesight. Oh, that I will seek You and find you and trust in You, My God!*

---

---

---

---

---

---

---

---

---

---

### Scripture

*Read: Jeremiah 29*

*For thus says the Lord: When seventy years are completed for Babylon, I will visit you, and I will fulfill to you my promise and bring you back to this place.*

*Jeremiah 29:10 ESV*

---

---

---

---

---

---

---

---

---

---

# PROMISE OF A PLAN

## Week Eight

[Video Lesson link](#)

### Discuss

*Ice Breaker: Name & Favorite thing to plant and/or favorite spring activity*

*Discuss: Revelation declares His plan in great detail. Take time in chapter 21. Which verse causes joy to spill over within your heart?*

### Practical Application

*The book of Colossians contains 95 most practical verses regarding our life and living Today. Create His plan for you out of the verses penned by Paul to the church of Colossae.*

*Consider designing a tangible plan to post in your prayer closet.*

<hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/>	<hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/>
---	---

© 2021, Jaclyn Palmer. All rights reserved

## "IN THE MIDST"

"Why should you be like a man confused,  
like a mighty warrior who cannot save? Yet you,  
O Lord, are **in the midst** of us, and we are called by your name; do not leave us."

~ Jeremiah 14:9

# PROMISE OF POWER

## Week Nine

~ **There is power in prayer.**

We say this; we believe this. Oh, that we will have the courage to do the things recorded for us in James 5! May we become students of James 5 and students of our prayer lives. That we may stand in strength proclaiming, “There is power in prayer!”

We will see an impactful outline to a warrior’s prayer life. Much of a warrior's prayer life is seen outside the walls of our prayer closet. It is seen in our relationship with those around us. It is seen in our sin nature, and it is seen in our faith in God.

I find it interesting that the answer to “what does our prayer life look like where we are/as we are” is simply displayed by our lives.

### Personal Prayer

*Lord God, how awesome and powerful is your Holy Name! I lift it high as I humbly bow before Your Throne. Jesus, may my life be a mirror of my prayer time with You.*

*Selah.*

---

---

---

---

---

---

---

---

---

---

### Scripture

*Read: James 5*

*Therefore, confess your sins to one another and pray for one another, that you may be healed. The prayer of a righteous person has great power as it is working.*

*James 5:16 ESV*

---

---

---

---

---

---

---

---

---

---



# PROMISE OF POWER

## Week Nine

[Video Lesson link](#)

### Discuss

*Ice Breaker: Name & Something that makes you smile*

*Discuss: Throughout this series we have seen how a prayer life grows from infancy to warrior. We have grown in confidence and learned how to stand on the promises of prayer. Take a moment to give glory to the One who meets you where you are every moment of every day.*

### Practical Application

*How is your prayer life seen outside of your prayer closet?*

*Evaluate this week how your life reflects/mirrors your prayer time. Be honest. Be real. Confess when sin arises and glorify God as His will is done in your life.*

<hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/>	<hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/>
---	---

© 2021, Jaclyn Palmer. All rights reserved

## "IN THE MIDST"

"Nor will they say, 'Look, here it is!' or 'There!'  
for behold, the kingdom of God is **in the midst** of you."

~ Luke 17:21

# CALL TO FAST

## Week Ten

For if you keep silent at this time, relief and deliverance will rise for the Jews from another place, but you and your father's house will perish.

And who knows whether you have not come to the kingdom for such a time as this?"

Then Esther told them to reply to Mordecai,

"Go, gather all the Jews to be found in Susa, and hold a fast on my behalf, and do not eat or drink for three days, night or day.

I and my young women will also fast as you do.

Then I will go to the king, though it is against the law, and if I perish, I perish."

Mordecai then went away and did everything as Esther had ordered him.

~ Esther 4:14-17

### Personal Prayer

*Oh Father God, may we lift up our voices in unison today. Will you turn your ear to our cry, look upon your children, forgive our sins and heal the lands on which we tread. Father, your children and far and vast, spread throughout your created world. Lord God, we pray, in unison, for Your Name to be lifted high, for peace and for healing...*

---

---

---

---

---

---

---

---

---

---

### Scripture

*Read: Esther*

*When Mordecai learned all that had been done, Mordecai tore his clothes and put on sackcloth and ashes, and went out into the midst of the city, and he cried out with a loud and bitter cry.*

*Esther 4:1 ESV*

---

---

---

---

---

---

---

---

---

---

# CALL TO FAST

## Week Ten

[Video Lesson link](#)

### Discuss

*Ice Breaker: What does your prayer life look like where you are/as you are?*

*Discuss: How radically beautiful is our prayer life. It begins with Jesus, always. Then it grows. It grows in your love for Jesus. It grows in His love for you. Then fruit abounds within your soul and in the world around you. Selah.*

*Take time to value your prayer life today.*

### Practical Application

*The book of Esther is a powerfully historical book full of twists and turns unexpected by the nation of God.*

*Destruction of the nation of Israel was sitting at their feet. In turn, the nation of Israel sat at the feet of their God.*

*As a people of God today, may we learn from history and gather together at the feet of God Almighty on behalf of the worldwide family of God.*

<hr/>	<hr/>
<hr/>	<hr/>
<hr/>	<hr/>
<hr/>	<hr/>
<hr/>	<hr/>
<hr/>	<hr/>
<hr/>	<hr/>
<hr/>	<hr/>
<hr/>	<hr/>
<hr/>	<hr/>

© 2021, Jaclyn Palmer. All rights reserved

## "IN THE MIDST"

"When Mordecai learned all that had been done,  
Mordecai tore his clothes and put on sackcloth and ashes,  
and went out **into the midst** of the city, and he cried out with a loud and bitter cry."

~ Esther 4:1



