

## Breakthrough Prayer Practices

### Practice #2 “Be Not Afraid”

Be Not Afraid  
Isaiah 41:10



#### Prayer-holds

- **Strength-Ph 4:13** “I can do all things through [Christ] who strengthens me.”
- **Accomplish-Jn 17:4** “I have glorified you on earth by finishing the work you gave me to do.”
- **Streams-Jn 7:38** “Whoever believes in Me, as the Scripture said, ‘From his innermost being will flow rivers [streams] of living water.’”
- **Abundance-Ep 3:20** “who is able to do far more abundantly beyond all that we ask or think, according to the power that works within us.”

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# Prayer Challenge

For the next week pray using  
breath prayers.

Breath prayers are simple. Short.  
Easy. They can be spoken in a  
single breath and repeated  
numerous times throughout the  
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