

Dear FPC Family,

These past few months have been challenging in so many ways. I sense that a lot of us are feeling discouraged and anxious as we head into the Fall. Unlike other crises that have pulled us together, many of the things we are currently facing have made physically coming together difficult and have divided us in ways that we hadn't expected. This is no fun and I wish it were otherwise. However, I also know that sometimes these kinds of challenges can set the stage for a powerful work of God in our lives individually or as a community. For both of these reasons, I am convinced that we need to really focus our attention on God right now. I'd like to invite you all to join me this coming Tuesday, Sept. 1st for a day of prayer and fasting for unity.

Here are some of the details:

- 1) When - Tuesday, Sept 1st from 7:00am – 7:00 pm. Some could begin at 7:00 pm on Monday 8/31.
- 2) How – just set apart some focused time for prayer and fasting during that time. Some might take the whole day off to focus on prayer, but others may continue with their day to day responsibilities just taking breaks throughout the day for prayer. I've identified 5 specific times of prayer (7:00 am; 10:00 am; 1:00pm; 4:00 pm; and 7:00 pm) to focus your time.
- 3) Fasting? – The fasting part of this is entirely optional. Fasting is a spiritual discipline that Christians have been practicing since the time of Jesus (and Jews practiced before that). It is meant to help us focus our attention on God and is not something we do to try to earn God's favor. I don't recommend that children or people with compromised health fast on this day. Please follow this link <https://www.cru.org/us/en/train-and-grow/spiritual-growth/fasting/how-to-do-a-biblical-fast.html> if you want to know more or want specific instructions on how to do it. Also, feel free to do a different kind of fast (technology fast, etc) to help focus you on prayer that day.
- 4) Prayer? I've attached a document that will include scriptures and prompts for a day of prayer. But please feel free to follow your own plan or just be spontaneous in prayer.
- 5) Unity? Because the primary focus is unity, the prayer guide includes an invitation to offer an apology to anyone you may have offended. I'm hopeful that some reconciliation could come out of this.

And that's it. It's pretty simple. But, I think that it could be really powerful for us to focus our attention on God as we head into the Fall. We don't know what the Fall will

bring, but we do know that God will respond to our prayers. I'm excited to see what He brings. Looking forward to Tuesday.

Pastor Eric