

FPC Day of Prayer and Fasting 2020 Prayer Guide

Thank you for participating in our Day of Prayer and Fasting. These are some notes to help guide your prayer for this day. There is another document that provides instruction for fasting.

You can structure your day of prayer in any way you like, this is just a suggestion. I've broken up the day into 5 sections which include a focus scripture and some suggestions for prayer. Whether you follow these prompts or come up with your own, be sure to leave some space for listening to God.

You can dedicate the entire day to focused prayer or you can go about doing your regular tasks for the day and take focused prayer breaks. Feel free to explore different settings for prayer – prayer walks, prayer drives, prayer while doing chores, etc.

1st Prayer 7:00 am

Scripture - Phil 4:6-7;

Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.

Prayer Prompts

- Make a list of everything that you feel anxious about right now and give them one by one to God. Pay attention to anything that might be under the surface.
- Pray for others who might be experiencing anxiety right now.
- Ask God for the gift of peace for yourself and for others
- Consider how anxiety might be impacting your heart (feelings) and/or your mind (thoughts) that may be hurtful to yourself or others and ask for God's protection.

2nd Prayer 10:00 am

Scripture – Matt 5:23-24

“Therefore, if you are offering your gift at the altar and there remember that your brother or sister has something against you, leave your gift there in front of the altar. First go and be reconciled to them; then come and offer your gift.

Prayer Prompts

- Make a list of everyone you feel you feel estranged from and pray for them. Ask God to search your heart and reveal any sins that you need to confess about the issue which caused the estrangement or how you are currently dealing with it.
- Make a list of things that you said or did recently that may have hurt someone's feelings and confess them before God.

- Ask God to show you any steps that you could take to pursue reconciliation with people from either of these lists. Some situations are very complicated and may require professional assistance (if anything can be done at all). Other situations are more straightforward and might be helped by a simple apology from you. If you sense a nudge from God to do something, pray for wisdom and courage to do it.

3rd Prayer – 1:00 pm

Scripture – Jeremiah 29:7

Also, seek the peace and prosperity (shalom) of the city to which I have carried you into exile. Pray to the LORD for it, because if it prospers (experiences shalom), you too will prosper (experience shalom)."

Prayer Prompts

- Ask God to show you how your neighbors are suffering right now and pray for them.
- Ask God to show you how our city, state, nation, and world are suffering right now and pray for these things
- Pray for medical workers, first responders, police officers, teachers, and other workers who are experiencing extraordinary strain right now.
- Shalom is a Biblical word for when everything is as it should be (healthy life giving relationships, justice, beauty, abundance). Ask God to help you imagine what shalom might look like in our community and pray for that.
- Pray for businesses, non-profits, arts organizations that are a blessing to our community, but may be struggling to survive right now.

4th Prayer – 4:00 pm

Scripture – 1 Timothy 2:1-2

I urge, then, first of all, that petitions, prayers, intercession and thanksgiving be made for all people—for kings and all those in authority, that we may live peaceful and quiet lives in all godliness and holiness.

Prayer Prompts

- Make a list of government leaders at the city, county, state, and national level and pray for them (don't worry if you can't list all of them, just focus on the ones you know of)
- Make a list of any leaders you know at our church (or other churches you know of) – pastors, elders, deacons, etc) and pray for them.
- Make a list of other people in authority (at your workplace, your kids school, etc) and pray for them.

5th Prayer – 7:00 pm

Scripture John 17:13-23

"I am coming to you now, but I say these things while I am still in the world, so that they may have the full measure of my joy within them. I have given them your word and the world has hated them, for they are not of the world any more than I am of the world. My prayer is not that you take them out of the world but that you protect them from the evil one. They are not of the world, even as I am not of it. Sanctify them by the truth; your word is truth. As you sent me into the world, I have sent them into the world. For them I sanctify myself, that they too may be truly sanctified.

"My prayer is not for them alone. I pray also for those who will believe in me through their message, that all of them may be one, Father, just as you are in me and I am in you. May they also be in us so that the world may believe that you have sent me. I have given them the glory that you gave me, that they may be one as we are one—I in them and you in me—so that they may be brought to complete unity. Then the world will know that you sent me and have loved them even as you have loved me.

Prayer Prompts

- Pray for joy
- Pray for protection from the evil one.
- Pray that you would know how to engage the world while becoming more Christlike every day.
- Pray for unity at First Pres.
- Pray for unity among the worldwide Christian community.
- Pray that our neighbors would be more open to Christ because of what they've seen in us.
- Pray for revival at the local, national, and worldwide level.