

DAY OF PRAYER & FASTING

APRIL 10, 2020

GOOD FRIDAY

God's people have always set aside special times for prayer and fasting (Daniel 9:3; Esther 4:16; Acts 13:3). Jesus' disciples did not fast during His earthly ministry, but Jesus said that the time would come after His departure when His disciples would fast. Jesus also taught in the Sermon on the Mount: "when you fast, anoint your head and wash your face, that your fasting may not be seen by others but by your Father who is in secret. And your Father who sees in secret will reward you." (Matthew 6:17, 18). Likewise, the Westminster Directory of Public Worship encourages us that "congregations may keep days of fasting, as a divine providence shall administer unto them special occasion; and also that families may do the same."

We are currently in a "special occasion" of God's providence in which He is teaching us and working for His glory. Prayer is one way that we seek God's guidance and submit to His will, and fasting is a way to foster and to focus our prayer. When we fast, we express humility and repentance before God. When we give up our own need for food, we demonstrate the urgency of seeking God's will above our own needs. And when we feel the urge of hunger, we are prompted to turn to God in prayer and praise.

As a congregation, we will hold a partial day of prayer and fasting on April 10, 2020. We are setting aside this time to focus our attention on God and on the spiritual opportunities and dangers that we face during the coronavirus outbreak.

DETAILS

- Abstain from food from midnight until 1:00 p.m. on April 10, 2020
 - Drink water to hydrate
 - If you have health concerns or obligations otherwise, please maintain a healthy diet while joining the congregation in prayer
 - Some may wish to continue fasting until after the Good Friday worship service livestream.
- Pray throughout the morning
- Set apart a particular time for prayer during lunch (12:00 p.m. - 1:00 p.m.)
- Break the fast with lunch following the set apart time for prayer

PRAYER GUIDE

- Praise God for his glory, holiness, power, sovereignty, wisdom, goodness, grace, and faithfulness.
- Repent of our sin, and ask God to expose our idolatry, complacency, ingratitude, and self-reliance.
- Ask for God's help in fighting temptation.
- Thank God for our government officials and ask God to give them wisdom.
- Thank God for healthcare workers and pray for their protection and good health.
- Thank God for daily bread and pray for those with financial needs.
- Ask God for revival - personally, within the church, and among our community.
- Ask God for spiritual fruit, wisdom, and lives marked by obedience to God's word.
- Pray for the well-being of our neighbors and for opportunities to demonstrate care and concern for neighbors.
- Seek God's mercy for healing, strength, and perseverance for those who are sick and suffering.
- Pray for those who are struggling with loneliness and isolation.
- Pray for the marriages, families, and children in our church.
- Pray for the salvation of the lost among our family, friends, and neighbors.