

DAY OF PRAYER & FASTING

ADORATION | CONFESSION | THANKSGIVING | SUPPLICATION

National Day of Prayer (May 5, 2022)

“Rejoice always, pray without ceasing, give thanks in all circumstances; for this is the will of God in Christ Jesus for you.” (1 Thessalonians 5:16-18)

Dear friends,

Today, we join in on the National Day of Prayer, May 5, 2022. Please set aside today as a day of prayer and fasting (for those who are able), in order to help us praise God for who He is, to confess our sins before Him, to express our gratitude for all He has given us, and to cry out to Him in our time of need. There are many ways you can spend time in prayer. The A.C.T.S. acronym is one simple and specific way we can pray to God. It goes like this:

- **Adoration**—praising God for who He is.
- **Confession**—confessing our sins to God.
- **Thanksgiving**—thanking God for specific things He has provided.
- **Supplication**—asking God for specific things.

When I spend extended seasons of time in prayer, I often use this acronym over and over, repeating it multiple times throughout the day. Our pastors and some women in our church have created a list of prayers under each category. You may find these helpful as you move through your day of prayer.

Remember, prayer is nothing more than communicating with God. It's not complicated. It's a means of grace that He has given His people for all time.

Why do we fast? We fast in order to experience and express our humble dependence upon God. Fasting is a spiritual discipline practiced by God's people for thousands of years that helps us repent, lament, grieve, and seek His face for guidance. We often fast in seasons of profound pain (internal or external), confusion, and severe providences. Fasting is denying ourselves of a normal and ordinary provision or pleasure, like food, for a season in order to intensify our dependence on and desire for the Lord. Though the idea is simple, fasting can be very hard. If fasting is new for you, start small by skipping one meal, and then progress as the Holy Spirit leads you. Fasting from food is not the only way we can fast. For some of us, fasting from food is not a good idea for personal health reasons. If we are unable to fast from food, we might consider fasting from something else, like television, social media, music, or some other aspect of our daily lives. When we experience hunger or withdrawal during our fast, we remind ourselves again to fix our eyes on the Lord and to delight in His faithful presence and provision. Let's ask the Lord to overwhelm us with His grace as we seek His face through prayer and fasting. He will give us everything we need to bring Him glory and to know His joy.

For some helpful insight on fasting, check out DesiringGod.org/topics/fasting.

One final encouragement: Let's pray the Word of God. I love this practice because it focuses and grounds my prayers in God's Word. The Psalms, a story from the Gospels, or the Lord's Prayer can be a wonderful anchor as we spend the day in continual prayer.

To God be the glory! We are His!

By His grace,
Mark

DAY OF PRAYER & FASTING

ADORATION | CONFESSION | THANKSGIVING | SUPPLICATION

Adoration

Holy, holy, holy, is the Lord God Almighty, who was and is and is to come!"

"Worthy are You, our Lord and God, to receive glory and honor and power, for You created all things, and by Your will they existed and were created." – Revelation 4:8; 11

We praise You that Your faithfulness is everlasting, that Your knowledge, power and might know no limits.

Father, You cannot be bound by human understanding.

You are the giver of life and You will establish our steps.

Father, in You is a peace that passes all understanding because there is rest found in Your truth and trust in Your perfection.

You are God Most High. You are the Great Physician. You are mighty. You are wonderful. You are sovereign. You are reigning. You are merciful. You are worthy. You are omniscient.

Lord, You are _____

Confession

Forgive us that our desire for comfort has made us seek building our own kingdom over Yours.

Father, forgive us for our fears. We have trusted in ourselves and not in You. We struggle to rest in the peace that comes from knowing Your infinite perfections.

We confess that we have neglected the gift of prayer in times of ease and doubted the power of prayer in times of distress.

We confess that too often we have forgotten that You are our first love.

Father, we confess that during this time, we have grown weary of loving others as You have loved us.

Father, I confess _____

DAY OF PRAYER & FASTING

ADORATION | CONFESSION | THANKSGIVING | SUPPLICATION

Thanksgiving

Father, thank You that You give me confidence and faith to believe You will never leave me or forsake me.

Father, thank You that Your promises are sure, that You will instruct me in the way I should choose. And that You share the secrets of Your covenant with those who fear You. (Psalm 25)

How I thank You for Your promises and that Your character is always true and infinitely trustworthy. Lord, I thank You for providing for our needs and protecting us as the lover of our souls. How I thank You that You will always hold us fast.

We praise You that, through the power of the Gospel and as the adopted sons and daughters of the Lord, we may come before Your throne and pray boldly at any moment of the day and in any situation in our lives. Thank You for being our Wonderful Counselor, Mighty God, Everlasting Father, and Prince of Peace.

You are our provider, and we are overwhelmed with thankfulness this morning for the provision of Your presence.

Thank You, Father, for _____

Supplication

Holy Spirit, may You give each one of us wisdom, mercy, and grace as we wait for the restoring and healing of our cities, states, and countries.

Lord God Almighty, heal our land and restore our hearts, we pray.

Pray for the global Church, that God would strengthen His people throughout the world. Pray for our church, Park Cities Presbyterian Church, that God would use this season to turn our hearts to the Good News of the Gospel. Pray that Christ would be our great joy.

Pray for the lost, that God would use these uncertain days to break open the hearts of doubters, skeptics, seekers, and the unchurched. Pray that they would receive Christ as their Lord and Savior.

I pray for those who are lonely during this time.

I pray for greater faith and trust.

Father, I pray _____