

DAY OF PRAYER & FASTING

ADORATION | CONFESSION | THANKSGIVING | SUPPLICATION

Day of Prayer and Fasting

“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,

We invite you to set aside 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 <http://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.

We will update this page each week with new prayers. To God be the glory! We are His!

By His grace,
Mark

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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

Lord, You are holy. You are the Prince of Peace. 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. You are loving. You are good.

We thank You that You are sovereign over all You have created for Your glory.

All Praise to You, the King of Kings and Lord of Lords, who alone has immortality, who dwells in unapproachable light, whom no one has ever seen or can see. To You be honor and eternal dominion. (1 Timothy 6)

We worship You, the Alpha and the Omega! The One who was and is and is to come, the Almighty God. (Revelation 1)

Almighty GOD, Your power and might is without measure. Your might holds all things together. Your power brings all things to pass. Look upon us with eyes of pure mercy. Amen

We thank You for who you say You are _____

Confession

We confess our fear of death is too strong, and our longing for heaven too weak.

We confess that we have cultivated lives that are busy for earthly gain and lazy for the Kingdom of God.

Father, we confess that we have trusted **that** You will provide; but we have not been content with **what** You have provided.

We confess that we have sought our own ideas of provision over the greatest provision of all—Your presence.

We confess that we have placed our security in insecure things.

We confess we have filled our lives with things that leave us anxious and unsatisfied.

Father, we confess we have fixed our eyes on the temporal provisions of our jobs, finances, and family—when our eyes should have been fixed on You, our true Provider.

Father, as we remember and confess our sins, we bring them to the foot of the cross. Remind us, Lord Jesus, what You have done to pay the penalty for our sins. In Jesus Christ, we are forgiven!

Father, I confess _____

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Thanksgiving

Father, thank You that You know when I sit down and when I rise and that You are intimately acquainted with all my ways.

Father, how thankful I am that You created me with skillful thought and even have numbered my days to do Your will.

Thank You, Father, that You know my anxious thoughts; that You can see ahead if there are sinful ways in me and can lead me in the everlasting way.

Thank You for a season where You are reminding us that just as You provided manna each day for Your people, You provide what we need each day.

Father, I thank You for Your rod and staff, Your protection and authority. I know Your presence and am comforted even when fears surround me.

Lord Jesus, we thank You that You are our King. You are leading us, and we are Yours.

Father, thank You that death is swallowed up in victory. Thank You that we can rest in the finished work of Christ and look forward to the glory of the new heaven and the new earth.

Thank you, Father, for _____

Supplication

Lord, I pray You will revive our hearts and our nation with Your Spirit. We pray that people will turn to You as their only sure hope as never before. I pray we would be aware of people around us who need a comforting word or deed, and that we would obey Your promptings to meet that need. Lord, may we not be afraid, but may we fight fear with faith. May we show the world that You are so real and that You can be trusted in the middle of all these trials.

Lord, help us to receive this profound interruption as an invitation from Your sovereign, loving hands. We long to draw near, to see what You are doing, and to join You in Your work.

Father, in this season of solitude that You have given us, may we not be overwhelmed by news, media, and information. Overwhelm us with Your presence! May we not be fearful to be still. Lord, meet with us in that stillness.

May this moment not be wasted in our lives and in Your church. As You interrupt, accomplish Your redemptive purposes.

Lord God Almighty, we beseech Your mercy and ask that You heal our lands and revive our hearts to seek and love Christ.

Lord, help us to recognize our lack of control and our limits. Bring us to the end of ourselves and strengthen our faith in You.

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Father, pry our hands open. Help us to release the idols that we have been holding and remind us that You are holding us fast.

You are Jehovah Rapha and we ask that You bring Your powerful healing to those fighting this virus. Lord, heal the sick, and comfort those who are mourning.

Give Your wisdom to leaders around the world. And give Your peace to our families and neighbors.

Father, I pray You would _____

(please visit <https://pcpc.org/prayer> if you would like to share a prayer request)