



PRAYER

Prepare Our Hearts

40 Days of Prayer & Fasting

Prayer Guide

“So I say to you: ask and it will be given to you; seek and you will find; knock and the door will be opened to you. -Luke 11:9 (NIV)

Welcome! We are grateful for you as together, we immerse our church in prayer during this very important time of dealing with a global health concern (COVID-19), while preparing our hearts for the Easter season. I hope you're expectant for God to bless your efforts to support our community and our city, as you say "yes" to Him in this impactful way.

During this time of our global health concern, we must be reminded that our God is a God of hope. Our hope. Please pray that through this time, we see opportunities to share this hope with our families and friends, that we see needs in our neighborhoods that we can be a part of filling and finding solutions, that we see our church family come together to be the Church that God has called us to be.

The fast will begin at sundown *the night before* the date you've signed up to cover in prayer. Feel free to contact Barb Bristow with any questions before, during, or after your fast.

FASTING TIPS

- If sundown to sundown is not a feasible possibility, perhaps do a "dinner to dinner" fast. Eat dinner the night before the fast and then break the fast immediately before dinner the

day you're signed up to fast.

- If going without food becomes difficult, you may consider drinking juice or milk to get you through.
- If you are unable to fast from food, consider only eating fresh fruits or vegetables. Any denial of something we normally look to for fulfillment is a reminder of our dependence on God and that we live by faith and not by sight.
- As you pray, remember **John 14:13** where Jesus tells us, "And I will do whatever you ask in my name, so that the Son may bring glory to the Father." I challenge you to pray boldly, believing that God will lead us to ask things He wants to bring about in our community.

The following is only a guide, not a requirement. Please pray and spend time in God's Word and His presence however you feel led. There are some specific things we're asking God for as a church. Please take a moment to look them over before and during your fast.

Starting the Fast:

At sundown the night before your assigned date

- *Reflection* on Truths about God – Read **Isaiah 40**. Write down some of the truths about God you see here. Spend time in reflective worship for Who He is.
- *Repentance* – Read **Isaiah 59:1-2**, **2 Chronicles 7:14**, and **Psalms 139: 23-24**. Ask God to search your heart for sin that might be separating you from Him. Confess those, repent of those, ask His forgiveness for those, receive His forgiveness, and make restitution.
- *Restoration* – Read **Psalms 103**, thanking God for His great mercy. Write some of these expressions of His mercy to you mentioned in this passage.
- To further prepare yourself for tomorrow, spend some time reflecting on our theme verse above (**Luke 11:9**). Attempt to commit it to memory so that you can meditate on it throughout your fast.
- Pray that God would bless Discovery as we continue to host virtual worship experiences in response to COVID-19
- Pray for those who find Discovery through the virtual experiences and that they will take significant steps of community and mission following Easter

Morning Prayer:

- Read Galatians **5:13-26**. Paul is encouraging the Galatian believers to remain free so that they can love others well. Consider some of the things that keep us from being free (**verses 16-21**). Are any of these things something you need to repent and be free from?
- Pray that our church body would turn from the desires of the flesh and receive freedom from the Spirit (**2 Corinthians 3:17** says "...where the Spirit of the Lord is, there is freedom.").
- Pray for God to develop within each of us the Fruits of the Spirit found in **verses 22-23**. These fruits are necessary for us to EMBRACE each other as fellow believers.
- What are some ways that you see our church embrace each other? Spend some time thanking God for those. What are some ways we could do this better? Ask the Holy Spirit to transform us into people that EMBRACE well.

Lunch Prayer:

- Read **1 Corinthians 2** where Paul is explaining to the Corinthian church where true wisdom comes from.
- What are we dependent on the Spirit of God for? (**Verses 10-11**)
- Pray that the Holy Spirit would help you understand God and His Word more. Pray this also for our church family and our community.
- **Verse 9** imparts a very encouraging promise. Pray that God would help Discovery be people that love Him.
- For God to do amazing things in our church, in our neighborhood, and in our city, it must first start with individuals. Pray that each of us would respond to the Spirit with every decision. What are some ways God is asking you to respond to Him in your life?
- Pray for the Spirit to EQUIP you to love and serve Him and others. Where do you need to be equipped? How can you serve in order to EQUIP others?

Breaking the Fast:

- Read **Isaiah 43:1-21**, meditating on and praising God for His power and His willingness to pursue and redeem us (**verses 1-7**).
- Read **verse 10** again as if God is speaking to you. Are there people in your small group, in your family, or your workplace that God wants to use you to speak to? Are there people you minister alongside that God wants to ELEVATE to a place of leadership? Is it time for you to be elevated by stepping into a new leadership role? Ask God to show you how to pray for ELEVATION of folks to happen around you or in you.
- Pray for God to open our hearts to the ripe harvest in our community. Ask God for spiritual awakening and healing in our church body and our city. Pray that He would use us to bring freedom over darkness in each other's lives through prayer and the study of His Word.
- Spend time in thanksgiving for how God is already at work and how He will choose to answer our prayers. The victory is His, and He graciously allows us to take part in it!

Please take this time to pray for the next person on the list (included in email). Also, spend some time reflecting on your experience. Please take some time to provide feedback via the emailed link, or by emailing staff or anyone on the prayer team. We want to hear how you felt about it, what you learned, what you would suggest doing differently next time, and most importantly - anything that God laid on your heart.

We encourage all to continue praying through the current and changing seasons of our lives. Listed below are specific prayers for our church family and community. Here is a way that we can be praying for our global family: [World Vision's Response to COVID-19](#)

Specific prayers:

- Pray for wisdom for Pastor Jon as he shepherds and makes decisions for our church
- Pray for health and deep sleep for him and for those within his home
- Pray for physical, emotional, mental, and spiritual protection for the healthcare workers in

our church and community

- Pray for our community, our families, and our students who are being impacted by schools and businesses taking measures to close for the time being
- Pray for a spirit of hope in our city and for the ones who are sitting in fear to feel the hope wash over them
- Pray for our church family to reach out when they need to, and for the Body to be able to respond
- Pray for the government officials as they make decisions in response to COVID-19
- Pray that each one of us would earnestly seek Him with all that we have. Pray that each of us would be godly stewards with our time, energy, and resources.

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