

A DAY OF PRAYER AND FASTING



On September 23, 2019, as a church family, we are joining together for a day of prayer and fasting. Our desire is for the thousands of people who call Hope Church their home to seek God's heart with the same desire: to be a diverse family in a divided world. From 6:00 am – 6:00 pm, we will fast from food and/or social media and use that time to pray 12 specific prayers rooted in Scripture. These 12 prayers are a way for us to beg God to move in our hearts as individuals and in our church as a whole.

Based on your schedule, you can choose to lift one of these requests to the Lord each hour, two every other hour, all 12 every hour, etc. Our aim over this set period of time is to collectively cry out to God with these 12 requests.

# "SEARCH ME"

Search me, O God, and know my heart; try me and know my anxious thoughts; and see if there be any hurtful way in me, and lead me in the everlasting way.

Psalm 139:23-24

"Lord, search my heart and show me my sin toward You and other people. Give me a genuine desire to honor You with my thoughts, attitudes, and actions."

# "REMIND ME"

For you are all sons of God through faith in Christ Jesus. For all of you who were baptized into Christ have clothed yourselves with Christ. There is neither Jew nor Greek, there is neither slave nor free man, there is neither male nor female; for you are all one in Christ Jesus. Galatians 3:26–28

"Lord, my identity is in You and You alone. Remind me daily that the truth of Your Word should define how I see myself and my brothers and sisters in Christ."

## "GIVE ME"

For God so loved the world, that He gave His only begotten Son, that whoever believes in Him shall not perish, but have eternal life. John 3:16

"Lord, give me Your heart of love and compassion for every tribe, tongue, people, and nation. Thank You that Your love for people, whom You created, is unconditional and unchanging."

### "CONFORM ME"

For those whom He foreknew, He also predestined to become conformed to the image of His Son. Romans 8:29



"Lord, thank You for rescuing me out of darkness and giving me eternal life. Continue to conform my life to be become more like You. You are the potter and I am the clay."

## "CONVICT ME"

A soothing tongue is a tree of life, but perversion in it crushes the spirit.

Proverbs 15:4

"Lord, I recognize that life and death are in the power of the tongue. Convict me for careless words I have spoken both publicly and privately. I desire to communicate grace upon grace through everything I share with others."

#### "MAKE ME"

Be kind to one another, tender-hearted, forgiving each other, just as God in Christ also has forgiven you. Ephesians 4:32

"Lord, forgiveness does not come natural to me. I ask You to make me a forgiving, tender-hearted person. I know I have been forgiven much. I depend on You today to be able to demonstrate that same grace to others."

# "HELP US"

After these things I looked, and behold, a great multitude which no one could count, from every nation and all tribes and people and tongues, standing before the throne and before the Lamb, clothed in white robes, and palm branches were in their hands; and they cry out with a loud voice, saying, 'Salvation to our God who sits on the throne, and to the Lamb'. Revelation 7:9-10

"Lord, help us view today, and every day in light of the eternal celebration that awaits Your people when every tribe, tongue, and nation gather around Your throne."

## "GUARD US"

Do not be conformed to this world, but be transformed by the renewing of your mind, so that you may prove what the will of God is, that which is good and acceptable and perfect. Romans 12:2

"Lord, guard us from the influences and enticements of this evil world and renew our minds to understand Your good, acceptable, and perfect will."



## "UNITE US"

Now may the God who gives perseverance and encouragement grant you to be of the same mind with one another according to Christ Jesus, so that with one accord you may with one voice glorify the God and Father of our Lord Jesus Christ. Therefore, accept one another, just as Christ also accepted us to the glory of God.

Romans 15:5-7

"Unite us quickly and decisively as a church family in the power of the gospel. Even though the world sees our unity as unimaginable, we know through You, all things are possible."

#### "PROTECT US"

But the Lord is faithful; He will strengthen you and guard you from the evil one. 2 Thessalonians 3:3

"Lord, protect us. We are incapable of fighting spiritual battles in our human strength, intelligence or endurance. We need Your power, presence, and protection to continually cover us."

## "OVERWHELM US"

Righteousness and justice are the foundation of Your throne; lovingkindness and truth go before You. How blessed are the people who know the joyful sound! O Lord, they walk in the light of Your countenance. Psalm 89:14-15

"Lord, overwhelm us with Your love, Your righteousness, Your mercy, Your grace, and Your presence. May we be joyfully satisfied as we walk in the light of Your countenance."

#### "STRENGTHEN US"

For this reason I bow my knees before the Father, from whom every family in heaven and on earth derives its name, that He would grant you, according to the riches of His glory, to be strengthened with power through His Spirit in the inner man, so that Christ may dwell in your hearts through faith; and that you, being rooted and grounded in love, may be able to comprehend with all the saints what is the breadth and length and height and depth, and to know the love of Christ which surpasses knowledge, that you may be filled up to all the fullness of God.

Ephesians 3:14-19

"Lord, strengthen us and fill us to fullness in You. May Your incomparable love be made evident in us and through us as Your people."