

MAY PRAYER & FASTING

Prayer guide and inspiration.

Thanks for joining us in prayer and fasting today!

This prayer guide is provided by *The Gospel Coalition* to help us pray today. Let's start our prayer time by reading **Psalm 27** and then spend some time praying about the various topics. As we fast today, perhaps pick one or two of the verses and meditate on those throughout the day.

I. Remember and rejoice in the character of God.

Reflect and meditate on the character of God: he is all powerful, all knowing, never-changing, ever-present, full of loving-kindness, mercy and grace toward all who call on his name.

Psalm 27:1-2 The LORD is my light and my salvation; whom shall I fear? The LORD is the stronghold of my life; of whom shall I be afraid? When evildoers assail me to eat up my flesh, my adversaries and foes, it is they who stumble and fall.

II. Pray about your specific fears.

Express your fears, anxieties, and concerns to the Lord. Pour out your heart to him. Seek his face and ask for him to hide you in his shelter during this time of trouble.

Psalm 27:3-5 Though an army encamp against me, my heart shall not fear; though war arise against me, yet I will be confident. One thing have I asked of the LORD, that will I seek after: that I may dwell in the house of the LORD all the days of my life, to gaze upon the beauty of the LORD and to inquire in his temple. For he will hide me in his shelter in the day of trouble; he will conceal me under the cover of his tent; he will lift me high upon a rock.

III. Sing a song of praise to God.

Sing or listen to a hymn, song, or psalm. As you do, reflect on the Lord's goodness, and ask him to help you trust him with your fears.

Psalm 27:6 And now my head shall be lifted up above my enemies all around me, and I will offer in his tent sacrifices with shouts of joy; I will sing and make melody to the LORD.

IV. Pray for your community and world.

Pray for the needs of the world around you: family members, neighbors, medical workers, governing officials, those who are suffering financially, and those who are sick. Ask the Lord to sustain, provide, heal, and guide. Ask him to give his people endurance, wisdom, and hope.

Psalm 27:7 Hear, O LORD, when I cry aloud; be gracious to me and answer me!

V. Pray for those who do not know the Lord.

Consider those in your life who do not know the Lord. Pray that they would seek the Lord during this pandemic. Ask the Lord to open their eyes, ears, minds, and hearts to the truth of his Word. Pray that they would turn to the Lord and find salvation, refuge, and help.

Psalm 27:8-10 You have said, "Seek my face." My heart says to you, "Your face, LORD, do I seek." Hide not your face from me. Turn not your servant away in anger, O you who have been my help. Cast me not off; forsake me not, O God of my salvation! For my father and my mother have forsaken me, but the LORD will take me in.

VI. Ask the Lord to teach you and protect you.

Pray for protection—both physically and spiritually. Ask the Lord to use this time of crisis to draw you closer to him and teach you more about his Word and his ways.

Psalm 27:11-12 Teach me your way, O LORD, and lead me on a level path because of my enemies. Give me not up to the will of my adversaries; for false witnesses have risen against me, and they breathe out violence.

VII. Ask the Lord for endurance.

We do not know how long this trial will last. Pray that the Lord will conquer this virus quickly. Also pray for endurance to stand in the midst of the trial, however long you maybe called to endure.

Psalm 27:13-14 I believe that I shall look upon the goodness of the LORD in the land of the living! Wait for the LORD; be strong, and let your heart take courage; wait for the LORD! Spend some time meditating on what you've been learning through this trial. What is God's Word teaching you? What truths about God are comforting your soul? How is this experience changing you to be more like Christ?