

**First Baptist Church  
Paris, Tennessee  
A Call to Fasting and Prayer  
Fall 2020**

**How to Fast**

**1. Fast with a plan.** Will your fast be a normal fast (eating no food, but drinking water or juices)? Will your fast be a partial fast (eliminating certain foods from your diet or maybe selected meals)? Will your fast be an absolute fast (no eating or drinking)? How will you need to adjust your normal daily routines in order to fast?

**2. Fast for a specific length of time.** A one-day fast may be a good place to begin if you have never fasted before. You may want to consider going without an evening meal, then skipping breakfast and lunch the following day. Then you will break your fast with a normal meal that evening. Of course, you may choose to fast for two or more days.

**3. Fast with a purpose.** Determine in advance the purpose of your fasting and the focus of your prayer time. We discussed various reasons for fasting in session three of our study.

**4. Fast with a friend.** If you have never fasted before, you might consider fasting with another person in order to have accountability and encouragement. If you are fasting for a specific answer to prayer, ask someone else to pray and fast with you.

**How to Pray**

***Pray for Personal Spiritual Growth***

To love the Lord with all your heart, mind, soul, and strength. (**Matthew 22:36-40; Luke 6:46-49**)

To read the Word of God and allow it to guide your decisions. (**Psalms 119:105; Matthew 7:24-27**)

To be devoted to prayer in secret and corporately in the church. (**Matthew 6:6; 18:19-20; Colossians 4:3**)

To depend upon God's wisdom and strength rather than on your own. (**Proverbs 3:5-6; James 1:5**)

To find your identity and satisfaction in Christ rather than anything else. (**Psalms 37:4; 1 John 2:15-17**)

To abide in Christ, be filled with His Spirit, and live according to His will. (**John 15:1-17**)

To be patient, kind, hard to offend, and quick to forgive. (**Ephesians 4:32; James 1:19**)

To share the gospel and faithfully make disciples of others. (**Matthew 28:18-20**)

***Pray for Our Church***

Pray for our pastor and church staff as they lead us during these uncertain days and remain faithful to the ministry entrusted to them. (**1 Corinthians 4:2**)

Pray for all leaders and volunteers as we return to a full schedule of ministries and activities. Pray for God to bless their service. (**2 Corinthians 9:12-14; Ephesians 6:7**)

Pray for God to create a spiritual hunger in people and draw them into faithful worship and service in the church. (**Philippians 2:13**)

Pray that all who teach will correctly handle the Word of Truth. (**2 Timothy 2:15; Colossians 1:28**)

Pray that our church will become a house of prayer. (**Mark 11:17; 1 Thessalonians 5:17-18; James 5:16**)

Pray for a spirit of unity so we glorify God with one heart and voice. (**Romans 15:5-7; 1 Peter 1:22**)

Pray for the finances we need to do the work of ministry God has assigned us. (**2 Corinthians 9:6-11**)

Pray that God would fill His people with a passion to see lost people saved. (**Matt. 9:27-28; John 4:35; Rom. 10:1**)

Pray that God will guide our church as we minister to the needs of our community. (**Matthew 25:35-40**)

### ***Pray for Our Community***

Pray that God will give our leaders wisdom and help them fear God rather than man. (**Deut. 10:12; James 1:5**)

Pray that God would bless our community and make it a safe place for families to live, grow, worship, and serve Him. (**Psalm 122:6-9; 3 John 2**)

Pray for strong, healthy businesses that will benefit families and the community. (**Proverbs 28:12**)

Pray that God will strengthen marriages, parents, and families in the community. Pray especially for families as they make adjustments in order to balance work and the education needs of their children during this unusual season. (**Ephesians 5:22-6:4**)

Pray that God will strengthen our healthcare workers as they care for the sick in our community. (**Isaiah 40:28-31**)

Pray for educators in our community that God will grant them creativity and wisdom as they adjust to new methods of instruction. (**James 1:5**)

Pray God will strengthen the law enforcement and all other emergency workers as they protect and serve the people of our community. (**Romans 13:1-5**)

Pray that God will send revival and spiritual awakening to our community. (**2 Chronicles 7:14**)

### ***Pray for our Nation***

Pray that our nation will increasingly see that God is our only refuge in the midst of the troubles of this world. (**Psalm 46:1**)

Pray that God will pour out a spirit of repentance on our nation, that we might become a people committed to seeking Him and following His ways. (**Jeremiah 29:13**)

Pray for the peace of Christ to come upon our nation and bring unity among our people. (**John 16:33; Roman 12:18**)

Pray that presidential candidates will take brave stands for righteousness, even when it may not be well received. (**Isaiah 7:9**)

Pray that the Lord will surround the presidential candidates with godly advisors. (**Psalm 111:10**)

Pray that each candidate will focus on the issues we face as a nation, and not on personal attacks between each other. (**Gal. 5:15**)

Pray for wisdom for voters, and for a safe and fair election. (**Proverbs 3:21-23**)

Pray for the Lord to remove all envy and selfish ambition, which leads to disorder and evil, from those who will be elected to lead our nation. (**James 3:16**)

[Note: This prayer guide has been adapted from a variety of sources including *The Battle Plan for Prayer* written by Alex and Stephen Kendrick and *Praying Toward the 2020 Election* written by Dave Butts.]