

## Pray for:

1. Forgiveness of personal sin (repentance). Ask the Lord to reveal your sin to you. Read Psalm 51.
2. Forgiving others. Luke 6:27-28, Matthew 6:12, Matthew 18:21-22, Colossians 3:13.
3. The church and church unity. Ephesians 4:1-6.

### Other suggestions:

- \* The Lord to bless you, family, friends, the church.
- \* Relationships to be healed.
- \* Those who are hurting physically and spiritually.
- \* The pastor and church staff.
- \* Direction in your life and the life of the church.



This Prayer Guide is available  
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# Prayer Guide



***Declare a holy fast;  
call a sacred assembly.  
Summon the elders  
and all who live in the  
land to the house of  
the Lord your God,  
and cry out to the Lord.***

***Joel 1:14***



**First Baptist Church  
Lone Grove, OK**

We have determined to “consecrate a fast” beginning no later than noon on Saturday, October 27<sup>th</sup>. This fast will last until we break the fast together at noon on October 28<sup>th</sup> in the Fellowship Hall. Fasting is a way to fervently pray and seek the face of the Lord. When we all fast and pray together, it draws us together with one another and the Lord.

One final thought borrowed from Rick Warren’s study “40 Days of Love”:

*What would happen to the relational life of the church if we would pray for those who hurt us, show patience toward those who offend us, refuse to gossip, and offer forgiveness?”*

May the Lord hear our prayers and forgive us. May the Lord bless you as you commit to this time of prayer.

*Bro. Bill*

## Fasting

Here are some suggestions on how to fast and what to pray for. Remember, you can drink fluids; just don’t eat solids. When you feel hungry, that is when you pray. The hungrier you get, the more you pray.

These are simply suggestions; however, please read the passages of scripture and focus somewhat on the first three suggestions. Also, read the three chapters of the Book of Joel. Reading scripture will help guide your prayer.

If you are unable to fast, you can still participate. Set some time aside on Saturday evening and again Sunday morning to pray. Only eat what you need to stay healthy. Pray several times during this one day fast. It will draw you closer to the Lord and the others who are fasting.



We don’t recommend small children fast; however, older children and teenagers could participate. Children could participate by turning off the TV for the day, eating only lighter foods like fruits and vegetables. They could give up treats, sweets, etc. and favorite things like computer games. Parents, explain why we fast and even read the Word of God to them. This could be a wonderful opportunity to connect with your children in the Word of God.