



## **SELF-DIRECTED SWEET HOUR OF PRAYER AND FASTING**

Thank you for gathering with us today on this Day of Prayer and Fasting. We are here to ask the Lord to pour out His favor and Spirit upon His people. We are here to seek His face, call upon His name, and repent of our sins.

Today, we pray for our church, community, nation, and world. We cry out to God in spirit and in truth that He might have His way with us and that we might be the people He called us to be.

In a self-directed way, we invite you to pray and read Scripture through four movements: Humility, Hunger, Helpfulness, and Holiness. We have an open communion table, and the altar is also open. You can pray at your seat, with others, or by yourself. Pastors are available to pray with and for you. Stay as long as you desire.

### **Prayer Movement One: Humility**

Suggested Readings: 2 Chronicles 7:14, James 4:10, 1 John 1:9, James 5:16, Psalm 32:5, Daniel 9:5, Romans 3:23-24

1. Confess your sins to God.
2. Confess your sins to one another.
3. Humble yourself before God.
4. Seek His mercy, forgiveness, and grace.

### **Prayer Movement Two: Hunger**

Suggested Readings: Psalm 63, Psalm 23, Psalm 73:25, Jeremiah 29:13, Philippians 3:10, Psalm 139:23-24, 1 John 5:14-16, Ephesians 1:5, 11

1. Assume a physical posture of humility and hunger (kneel, stand, lay prostrate before God)
2. Pray through one of the Scriptures
3. Admit your desire to know God. Confess this to another person and pray with a friend.
4. Celebrate Holy Communion, kneel at the altar, and fall down before the Lord.

### **Prayer Movement Three: Helpfulness**

Suggested Readings: Philippians 4:5-7, Genesis 26:25, 1 Chronicles 16:8, Psalm 116:2, Lamentations 3:55, 1 Timothy 2:1-6, Ephesians 6:18, John 8:32

1. Pray for yourself and your family. Call upon the Lord for help.
2. Pray for your church, schools, community, nation, and world.
3. Pray for the lost, those who do not know Jesus.
4. Pray for the freedom of gospel engagement and conversation.

### **Prayer Movement Four: Holiness**

Suggested Readings: 1 Peter 1:15-16, Romans 8:1-3, Hebrews 10:24-25, 2 Chronicles 7:1, Isaiah 35:8, Exodus 15:11, Psalm 96:9, 1 Peter 2:9, 1 Samuel 2:2, Romans 12:1

1. Pray with a friend or by yourself for holiness of heart and life.
2. Ask the Lord to send you out to the harvest to preach and proclaim the gospel.
3. Recommit your life to Christ. If you so desire, ask him to affirm a call to vocational ministry.
4. Write a prayer of praise to God on your cell phone.