
A DAY TO FAST AND PRAY

Prayer Companion Booklet

April 18, 2020

BLUE SPRINGS CHRISTIAN CHURCH
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A Word from Dave Ferneau

Hello BSCC Family,

As this global health emergency continues to unfold, I want to invite you to join us for a day of fasting and prayer for our world from 7:00pm Friday, April 17 to 7:00pm Saturday, April 18. Fasting is a spiritual practice where you alter your diet for a spiritual reason and accompany the experience with prayer. The purpose of this fast is to bring the urgent needs of our world before God during this COVID-19 crisis.

Approaching this day of prayer with fasting underscores our reliance upon God alone. A typical fast would consist of eliminating all solid foods, drinking only liquids. Although fasting can be good for the body, cleansing it from toxins, if you have any worries about fasting please check with your doctor first.

We are providing you this prayer guide to help you in your times of prayer. In this guide you will find three parts:

First, a morning prayer. We would like to encourage you to spend the morning in personal prayer, based on Psalm 27.

Second, a midday prayer. We hope you will spend this time praying with others, whether it's your family, or your small group or friends on a video call.

Last, an evening prayer. On Saturday at 6:00pm, we will gather online for a time of prayer and worship. Join us on [Facebook](#).

We want to pray to the Lord in faith, trusting what it says in Psalm 10:17, "You, LORD, hear the desire of the afflicted; you encourage them, and you listen to their cry."

Grace and Peace,



GUIDED PRAYER

Morning Prayer

This prayer guide is to help you pray this morning. Start your prayer time by reading Psalm 27 and then spend some time praying about the various topics. As you 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

¹ 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?

² When the wicked advance against me
to devour me,
it is my enemies and my foes
who will 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

³ Though an army besiege me,
my heart will not fear;
though war break out against me,
even then I will be confident.

⁴ One thing I ask from the Lord,
this only do I seek:

that I may dwell in the house of the Lord
all the days of my life,
to gaze on the beauty of the Lord
and to seek him in his temple.

⁵For in the day of trouble
he will keep me safe in his dwelling;
he will hide me in the shelter of his sacred tent
and set 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

⁶Then my head will be exalted
above the enemies who surround me;
at his sacred tent I will sacrifice with shouts of joy;
I will sing and make music 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

⁷Hear my voice when I call, Lord;
be merciful 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

⁸My heart says of you, "Seek his face!"
Your face, Lord, I will seek.

⁹Do not hide your face from me,
do not turn your servant away in anger;
you have been my helper.

Do not reject me or forsake me,
God my Savior.

¹⁰Though my father and mother forsake me,
the Lord will receive me.

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

¹¹Teach me your way, Lord;
lead me in a straight path
because of my oppressors.

¹²Do not turn me over to the desire of my foes,
for false witnesses rise up against me,
spouting malicious accusations.

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 may be called to endure.

Psalm 27:13-14

¹³I remain confident of this:
I will see the goodness of the Lord
in the land of the living.

¹⁴Wait for the Lord;
be strong and take heart
and 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?

NOTES

GUIDED PRAYER

Midday Prayer

We encourage you to join with others in prayer. You could pray with a friend on the phone, connect with your small group over a video call, or pray with your family at home. Use this midday prayer time as an opportunity to gather with fellow Christians to pray together. Depending on the size of your group, consider asking a different person to lead each section.

I. Praise God that he welcomes and hears our prayers.

Psalm 10:17

¹⁷You, Lord, hear the desire of the afflicted;
you encourage them, and you listen to their cry.

Psalm 50:15

¹⁵Call on me in the day of trouble;
I will deliver you, and you will honor me.

II. Share your prayer requests with one another and pray for one another.

Consider asking each person to share one struggle and one blessing they have experienced in this trial.

1 Peter 5:7

⁷Cast all your anxiety on him because he cares for you.

Ephesians 6:18

¹⁸And pray in the Spirit on all occasions with all kinds of prayers and requests. With this in mind, be alert and always keep on praying for all the Lord's people.

Galatians 6:2

²Carry each other's burdens, and in this way you will fulfill the law of Christ.

III. Pray for your church, specifically your pastors and ministry leaders.

Ask that the Lord would refresh and encourage these leaders as they serve during this crisis. Pray that church members will be patient, understanding, and encouraging.

1 Thessalonians 5:12-13

¹² Now we ask you, brothers and sisters, to acknowledge those who work hard among you, who care for you in the Lord and who admonish you. ¹³ Hold them in the highest regard in love because of their work. Live in peace with each other.

1 Thessalonians 5:25

²⁵ Brothers and sisters, pray for us.

IV. Pray that the gospel message would be boldly proclaimed and that many people would come to know Jesus.

Ephesians 6:19-20

¹⁹ Pray also for me, that whenever I speak, words may be given me so that I will fearlessly make known the mystery of the gospel, ²⁰ for which I am an ambassador in chains. Pray that I may declare it fearlessly, as I should.

Colossians 4:3

³ And pray for us, too, that God may open a door for our message, so that we may proclaim the mystery of Christ, for which I am in chains.

Psalms 139:23-24

²³ Search me, God, and know my heart;
test me and know my anxious thoughts.

²⁴ See if there is any offensive way in me,
and lead me in the way everlasting

V. Pray for local, national, and global governing officials.

1 Timothy 2:1-2

I urge, then, first of all, that petitions, prayers, intercession and thanksgiving be made for all people— ² for kings and all those in authority, that we may live peaceful and quiet lives in all godliness and holiness.

VI. Pray for healing for the sick and for an end to this virus.

3 John 2

²Dear friend, I pray that you may enjoy good health and that all may go well with you, even as your soul is getting along well.

VII. Together, thank God that he is our refuge in times of trouble.

Psalm 73:28

²⁸But as for me, it is good to be near God.
I have made the Sovereign Lord my refuge;
I will tell of all your deeds.

Psalm 5:11

¹¹But let all who take refuge in you be glad;
let them ever sing for joy.
Spread your protection over them,
that those who love your name may rejoice in you.

Psalm 18:2

²The Lord is my rock, my fortress and my deliverer;
my God is my rock, in whom I take refuge,
my shield and the horn of my salvation, my stronghold.

Psalm 46:1

¹God is our refuge and strength,
an ever-present help in trouble.

Psalm 57:1

¹Have mercy on me, my God, have mercy on me,
for in you I take refuge.
I will take refuge in the shadow of your wings
until the disaster has passed.

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Evening Prayer

Online Prayer and Worship

During this one-hour prayer time on Facebook, various brothers and sisters, pastors, and ministry leaders will help guide us through a unifying moment of corporate prayer and worship. You can pray with us, share your own prayer requests, and pray for the requests of others in the comments section.

When Will It Take Place?

Saturday, April 18. The evening prayer time will be broadcast on BSCC's [Facebook page](#) at 6:00pm.

Who Will Be Involved?

We encourage everyone in our BSCC family to join us for this day of fasting and prayer and to invite your friends and family members to join as well.

