

**Seven Days of Prayer and Fasting**  
**Church Members**  
**Sunday, June 14 – Sunday, June 21, 2020**

**As our nation and world continues to grapple with the debilitating effects of COVID-19, the disease caused by the coronavirus, we need to be more intentional about seeking God’s face and will. The recent uptick in violence directed against people of color reminds us of the urgency of our times. No one can predict what the future holds for us as people of faith. However, God holds the future in His hands. I am inviting the entire church family to join together in a one week of prayer and fasting to seek Our Lord, Jesus Christ, for revival and reformation, wisdom, guidance, clarity, and the infilling of the Holy Spirit.**

**Joel 1:14:**

“Consecrate a fast,  
Call a sacred assembly;  
Gather the elders  
*And* all the inhabitants of the land  
*Into* the house of the LORD your God,  
And cry out to the LORD.”

**Guidelines:**

- Identify your personal goals for fasting.
- Select the things or activities from which you will fast and how many days during the week that you will fast. You are free to fast for the entire week or parts of the week based on your preference.
- Invite your family and friends to join in this journey.
- Select times during the week for you to pray with your friends and family.
- Select spiritual literature that you would like to reflect on during this period.

**Recommendations** – books of Joel or Acts (chapters 1 – 7); *The Acts of the Apostles* by E. G. White (chapters 1 – 7); or *Communion With God*. You don’t have to choose any of these resources; you are free to select your own, personalized list.

- Select special times, besides your regular prayer times, to commune with God.  
**Recommendations** – three periods daily, between 6 AM – 9 AM (first watch), 12 Noon – 3 PM (2<sup>nd</sup> watch), and 6 PM – 9 PM (third watch). You can choose 15 – 30 minutes blocks of time to pray. Your prayer times can be longer if you can make the space for more prayer.
- Keep a journal of the impressions that God rests on your heart during this period.
- Complement your prayer and reading times with Bible-based meditation, reflections on nature, being still and silent in God’s presence, reflective prayer, introspection, and contemplation on God’s presence or Christ’s life and sacrifice. Take time to prayerfully reflect on Heart Questions like:
  - *What are the obstacles that hinder me in my walk with the Lord?*

- *Am I living in the will of God for my life?*
- *What are my besetting sins and proclivities?*
- *What are my deepest fears?*
- *What angers or enrages me in my life, my family, my church, my community, my country?*
- *How has God been leading me to demonstrate leadership in these uncertain times?*
- *Am I fully surrendered to God? If not, what am I afraid to lose? What is standing in the way?*
- *What is the Faithful Witness saying to me, to His church?*

### **Daily Prayer Focus:**

Day 1 – Spiritual cleansing

Day 2 – Spiritual preparation for the Last Days

Day 3 – Baptism of the Holy Spirit

Day 4 – Clearer Vision for These Times

Day 5 – Commitment to God’s Will and Leading

Day 6 – Prepare Laborers for the Harvest

Day 7 – Live Under the Anointing of the Holy Spirit

### **Recommended Devotional Reflections**

*Day 1*

AM – Joel 1 and *Communion With God*, Chapter 1

PM – Acts 1 and *Communion With God*, Chapter 2

*Day 2*

AM – Joel 2 and *Communion With God*, Chapter 3

PM – Acts 2 and *Communion With God*, Chapter 4

*Day 3*

AM – Joel 3 and *Communion With God*, Chapter 5

PM – Acts 3 and *Communion With God*, Chapter 6

*Day 4*

AM – Acts 4 and *Communion With God*, Chapter 7

PM – Acts 5 and *Communion With God*, Chapter 8

*Day 5*

AM – Acts 6 and *Communion With God*, Chapter 9

PM – Acts 7 and *Communion With God*, Chapter 10

*Day 6*

AM – Acts 8 and *Communion With God*, Chapter 11

PM – Acts 9 and *Communion With God*, Chapter 12

*Day 7*

AM – Acts 10 and *Communion With God*, Chapter 13

PM – Acts 11 and *Communion With God*, Chapter 14