

“ACTS” Fasting Prayer Guide:

Adoration, Confession, Thanksgiving, and Supplication

When you begin your day of prayer on May 28, please set aside a few minutes each hour to reflect and pray through the following verses and topics.

9:00am:	Adoration	Scripture: Psalm 145:18
10:00am:	Adoration (Zoom)	Scripture: Jeremiah 33:3
11:00am:	Adoration	Scripture: John 15:7
12:00pm:	Confession	Scripture: Psalm 51:1-4,17
1:00pm:	Confession	Scripture: 1 John 1:8-9
2:00pm:	Thanksgiving	Scripture: Colossians 3:15-17 Zoom:
3:00pm:	Supplication	Scripture: Titus 2:11-14

Pray for our Church Members Spiritual, Physical, Emotional needs.

4:00pm	Supplication	Scripture: Matthew 5:16 Zoom:
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Pray for our Church leaders.

5:00pm:	Supplication	Scripture: 1 Peter 5:5-7; Hebrews 13:17; 1 Peter 2:1-2
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Practice Run

6:00 – 7:00 pm

Pray for our Reopening Church New Mission

7:00-8:00 pm	Scripture: Proverbs 29:18
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Tips on Conducting a 24-hour Fast

The evening before, eat a light dinner. Spend time in personal confession and yieldedness to God. Abstain from TV and other input that would divert you from having a special meeting with God. The day of the fast, drink water or juices but abstain from food. In the morning, resolve to focus on two or three promises from God (e.g. Psalm 145:18; Jeremiah 33:3; John 15:7). Ask God to show you sin in your life that needs to be confessed and forsaken. Add to the above promises your own concerns for you and your family, our church, our nation, and the world. Continue with your regular activities throughout the day, using your hunger as a reminder to love and trust God with the burdens on your heart. Pray silently as you work. If asked why you are not eating, simply say that you have chosen to fast on this day. In the evening, join with other believers to affirm your own desperation to see God answer prayer.

The next morning, ask yourself:

- What did I learn yesterday?
- What sins were revealed to me?
- What burdens were taken from my shoulders and transferred to God?
- What do I see more clearly than before?
- What is the next step in my walk with God?

Please note: If you are unable to fast for health reasons, you are encouraged to do the above while maintaining your regular eating schedule. Fasting itself has no special merit in God’s sight but is an added means of revealing who we are in God’s presence.