



3 DAYS PRAYER & FASTING PRE-SUMMER FAST

MAY 22- 24, 2023

Fasting Options

Option 1: Water Only from Sunrise to Sunset
(Breaking Late Afternoon/ Early Evening)

Option 2: Fruits, Vegetables, Whole Grains,
Water (No Meat, Sweets, Sweetened
Beverages)

Fasting Guidelines

1. Be sure to choose one option from the list above for your fast.
2. Call in each morning via conference call @ 6am for prayer
3. Join us on Wednesday, May 24 @ 7pm for an in-person prayer and anointing service as we culminate our fast and cover ourselves with the Lord's protection as a church family.

Day 1- Monday, May 22, 2023

▶ Prayer Target: Protection During Travel

We pray that God will cover our entire church as we travel near and far during the summer months and that He will watch over all modes of travel.

Scripture: The Lord will keep you from all evil; he will keep your life. The Lord will keep your going out and your coming in from this time forth and forevermore.

Psalm 121: 7-8 ESV

Day 2- Tuesday, May 23, 2023

▶ Prayer Target: Health (Immune Systems) & Safety of Children

We pray that God will keep our children safe by protecting their immune system. We also pray against suicide, homicide, kidnappings, unlawful arrests, and every evil plot of the enemy

Scripture: Because you have made the Lord your dwelling place—the Most High, who is my refuge—no evil shall be allowed to befall you, no plague come near your tent.

Psalm 91: 9-10 ESV

Day 3- Wednesday, May 24, 2023

▶ Prayer Target: Spiritual Wellness of Children & Families

We pray that God will cause our children and families to grow spiritually over the summer. As we pray and read His word, may we see an increase in our desire for Him- from the youngest to the oldest member of our church.

Scripture: Now may the God of peace himself sanctify you completely, and may your whole spirit and soul and body be kept blameless at the coming of our Lord Jesus Christ.

1 Thessalonians 5:23 ESV