

*"Then if my people who are called by my name will humble themselves and pray and seek my face and turn from their wicked ways, I will hear from heaven and will forgive their sins and restore their land." 2 Chronicles 7:14 NLT*

# FLUSHING PRAYER GUIDE

Flushing Community Church • Week of March 30

## **DAILY PRAYERS:** Lift these to the Lord each day.

- ✓ Pray for the sick. "He gives power to the weak and strength to the powerless." (Isaiah 40:29 NLT)
- ✓ Pray for those on the front lines (medical workers, researchers & scientists who are working tirelessly to end this threat). "But those who trust in the Lord will find new strength. They will soar high on wings like eagles. They will run and not grow weary. They will walk and not faint." (Isaiah 40:31 NLT)
- ✓ Pray for socially vulnerable (those who struggle with depression and anxiety to find peace). "Give all your worries and cares to God, for he cares about you." (1 Peter 5:7 NLT)
- ✓ Fasting. Consider how you might fast a meal, a day or days in prayer. (ideas on pg. 2)

## **MONDAY: government**

Pray for those who are making decisions every day for the wellbeing of our city, state and country. Let's pray that they seek wise council and find wisdom during this time.

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## **TUESDAY: education**

Pray for our leaders in education to discover the best options for our kids. Lift up our teachers who desire to be used create safe, loving environments of learning.

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## **WEDNESDAY: family**

Pray for members of your family who don't know or follow Jesus. May they experience the love of God through this challenging time and discover a new life in Him!

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## **THURSDAY: entertainment & sports**

Pray for that we would find new ways to connect and experience community. Confess our addiction to such distractions and seek new ways to engage with others.

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## **FRIDAY: business owners & employment concerns**

Pray for those making difficult decisions and for those who have lost their job during this time. May God lead you to assist or love on someone in need.

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*"Create in me a clean heart, O God. Renew a loyal spirit within me. Do not banish me from your presence, and don't take your Holy Spirit from me. Restore to me the joy of your salvation, and make me willing to obey you." (Psalm 51:10-12 NLT)*

**SATURDAY: your neighbor**

Pray your neighborhood today. Jesus told us to “Love your neighbor as yourself,” and then defined our neighbor as all mankind (friend & enemy). Pray and love ALL today!

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**SUNDAY: the church & leadership**

Pray for our pastors and leaders to discover new ways of reaching our community for Christ. Pray that they be kept safe and lead our spiritual growth & understanding by example.

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**FASTING: going without in order to seek God with greater focus**

During this season of prayer, we challenge you to pick a day of the week (or more) to fast. This could be a meal, a habit, or a pleasure of some kind. Here are some ideas:

- > Fast breakfast and use that time to read scripture and pray.
- > Fast lunch and use that hour to find a quiet place to seek God's presence.
- > Give up coffee for a week and use that adjustment to increase your dependence on God.
- > Fast for an entire day (drink plenty of water) and add several moments to your day to pray.
- \* Fasting longer than a day should be done carefully and with advice from a doctor.
- \* Fasting for *diet* is not fasting for *prayer*. Be sure to find ways to spend more intentional moments in prayer and reading scripture. Not sure where to read? I suggest the Psalms during seasons of fast partnered with your favorite Gospel (Matthew, Mark, Luke, John).

**Here are some articles I found to learn more about fasting:**

<https://www.cru.org/us/en/train-and-grow/spiritual-growth/fasting/how-to-do-a-biblical-fast.html>  
<https://www.desiringgod.org/articles/fasting-for-beginners>  
<https://carm.org/should-christians-fast>

**PRAYER REQUESTS: Go to The HUB online and share a request with us!**

Space for personal journaling:

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