

Day of Prayer and Fasting

Handbook and Resources

Praying Through Overwhelming Times

Second Quarter 2020

Sabbath, April 4

Revival
& REFORMATION

Prepared for church group and individual use by the General Conference of Seventh-day Adventists in coordination with the Revival and Reformation Committee. Written by Tamyra Horst for the Day of Prayer and Fasting global initiative.

Visit www.revivalandreformation.org for information.

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Why a Day of Prayer and Fasting?

Imagine you are a parent about to leave your children, knowing you will not see them again until the Kingdom of Heaven. What is the most important thing you could say to them?

Jesus had that dilemma as He prepared to return to heaven after His crucifixion. What was the burden of His last words to His disciples? As we read through His last prayers and counsel in John 15-17, we discover repeating themes: unity, love, and seeking God through prayer. Jesus longed for His fledgling church to come together in purpose, harmony, and mission. Today, amid perhaps unprecedented polarization in the world, our nations, and our church, we too need to heed Jesus' counsel to seek His Spirit and come together for mission. The task seems daunting and impossible in our humanity. That's why we need to pray as never before for the miracle of reconciliation that only God can bring.

We invite you to pray "in your closet." We invite you to pray with your local church family. And we invite you to the global Revival and Reformation initiative of prayer and fasting. Perhaps you will not choose to fast totally from food. Perhaps you will fast from desserts or social media, or eat sparingly of plant-based food for a time.

"Now and onward till the close of time the people of God should be more earnest, more wideawake, not trusting in their own wisdom, but in the wisdom of their Leader. They should set aside days for fasting and prayer" (Ellen G. White, *Review and Herald*, Feb. 11, 1904).

As you choose to focus more deeply on prayer, God will bless you and strengthen your heart for the challenging days ahead.

Cindy Tutsch

For Revival and Reformation Committee

Suggested Planning Guide

Program for the Day:

- These materials have been prepared especially for churches and communities facing the COVID-19 crisis around the world. Try to hold a group prayer time using audio or video conference calling or a livestream event. The prayer outline materials can also be emailed to members to use at home with their families.
- A devotional/sermon, “Praying Through Overwhelming Times,” is included in this resource. It can be used for a livestream sermon or sent to people’s homes for reading.
- Two suggested prayer outlines are provided: “Prayer Guide and Prayer Requests” and “Praying Through 2 Chronicles 20.” Feel free to adapt either or both for your prayer time. We recommend scheduling 1-2 hours for this time; however, many plan to pray together for a full afternoon. Allow the Holy Spirit to lead.
- Invite church members to set aside the day as a time of prayer and fasting. Talk to them about preparing their hearts by spending time with God, asking Him to search their hearts and reveal sin, confessing anything God reveals, and claiming His promise of forgiveness. Share guidelines on fasting, reminding people that our focus isn’t on not eating but on prayer.

Scripture Reading: 2 Chronicles 20:5-13

Then Jehoshaphat stood in the assembly of Judah and Jerusalem, in the house of the Lord, before the new court, and said:

“O Lord God of our fathers, are You not God in heaven, and do You not rule over all the kingdoms of the nations, and in Your hand is there not power and might, so that no one is able to withstand You? Are You not our God, who drove out the inhabitants of this land before Your people Israel, and gave it to the descendants of Abraham Your friend forever? And they dwell in it, and have built You a sanctuary in it for Your name, saying, ‘If disaster comes upon us—sword, judgment, pestilence, or famine—we will stand before this temple and in Your presence (for Your name is in this temple), and cry out to You in our affliction, and You will hear and save.’ And now, here are the people of Ammon, Moab, and Mount Seir—whom You would not let Israel invade when they came out of the land of Egypt, but they turned from them and did not destroy them—here they are, rewarding us by coming to throw us out of Your possession which You have given us to inherit. O our God, will You not judge them? For we have no power against this great multitude that is coming against us; nor do we know what to do, but our eyes are upon You.”

Now all Judah, with their little ones, their wives, and their children, stood before the Lord.

Suggested Children's Story:

King Jehoshaphat found out that some enemies of God's people were planning to attack. He was afraid, but he didn't stay afraid, because King Jehoshaphat knew what to do!

He called everybody together, from the kids to the grown-ups and the grandpas and grandmas. He said, "We're going to pray to God. We're not going to eat any food for a little while, so when our stomachs growl, we'll say, 'Oh, I'm hungry, but I want to be hungry for God's love even more than for food.' That will remind us to pray." (*Parents, young children should not be expected to fast.*)

So they bowed in prayer to God. King Jehoshaphat said, "God, You are strong and powerful. You are in charge of everybody. You gave us this land and you gave us the temple-church. When we have troubles, we pray to You, and You hear us and help us. We don't know what to do right now, but our eyes are looking up to You, God!"

Then a man of God said, "God told me to say, 'DON'T BE AFRAID!' He's going to fight this battle for you. You won't even have to do anything!"

They began singing. They were so excited to see what God would do for them! They said, "We praise God forever!" Then, right before their eyes, their enemies started attacking each other. God's people won the battle that day because God won it for them!

Sometimes things around us make us feel afraid. But when we remember that God is strong and powerful, we can't stay afraid!

Let's pray to God right now! Hold out your hand.

- Can you give me "thumbs up"? Our thumb reminds us that God is powerful and can take care of everybody. Hold up your thumb really high and say, "God, You are POWERFUL!"
- Can you show me your pointer finger? Yes! It's the closest to our thumb, isn't it? The people closest to me are my family. Touch your thumb to your pointer finger. Can you thank God for your family? (*Give time.*) Can you ask Jesus to protect your family, to keep your family safe?
- Then you have a finger in the middle. It's taller than all the other fingers, isn't it? That reminds us to pray for people who lead us, like our parents, our pastor, our teacher, or the leaders of our country. Can you touch your thumb to your middle finger and pray for a leader you know?
- The next finger is kind of a weak finger. Touch your thumb to that finger. That finger helps remind us to pray for people who might be sick, weak, or old. Can you pray for the sick people?
- And our little finger is last. Can you touch that finger with your strong thumb? That little pinky finger reminds us that Jesus loves boys and girls and He will take care of us. Can

you pray for boys and girls to know Jesus will help us? Can you ask Jesus to help boys and girls to help others?

King Jehoshaphat and his people knew that God would save them from their enemy, so they sang to God again. They said, "Praise the Lord, for His mercy endures forever!" That means His love never ends. What do you want to say to God? Tell Him, "YOU ARE STRONG AND GOOD AND I LOVE YOU!" Say, "Praise the Lord! His love never ends!" (*Say this together.*)

Dear God in Heaven, thank You that You are powerful and strong and full of love! Thank You that You took care of King Jehoshaphat and that You take care of us. Thank You that You can help us not feel afraid. Please help the sick people today. Please help our leaders be smart and listen to You. Thank You that Your love never ends, God! In Jesus' name, amen.

Suggested Program Format

Welcome: The leader should welcome people and share a few words of instruction:

- This is a time of prayer and seeking God.
- Anything shared is confidential and should not be shared.
- Explain that this is a time to pray, not talk, so prayer needs will be prayed about during the prayer time, not talked about first.
- Pray clearly and loud enough for everyone to hear.
- Prayer is more than just our words. Claim scripture and pray God's promises back to Him. Sing a verse or two of a song, with others joining in.
- When someone prays for a need or person, others are invited to add their own prayers and lift up the need or person aloud. There is power in hearing others pray for the needs and people on your heart (Matthew 18:19).
- Claim the righteous life, sacrifice, and ministry of Christ in prayer (John 14:14; Revelation 8:3).
- When possible use inclusive pronouns "we," "us," and "our," instead of "I," "me," and "my" (Matthew 6:9-13) in prayer.

Notes for the Leader:

- *Remember that silence in prayer time is fine. Don't feel the need to fill every silence or end the prayer time prematurely. While some people jump in and pray quickly, others take longer to feel comfortable praying aloud. When silence happens, let it linger. Just count a few seconds—even just 30 seconds if you're uncomfortable with silence—to give the Holy Spirit an opportunity to nudge people.*

Devotional: A devotional reading, "Praying Through Overwhelming Times," is provided.

Prayer time: Two suggested prayer outlines are provided: "Prayer Guide and Prayer Requests" and "Praying Through 2 Chronicles 20."

Closing: Close the prayer time with praise and thanksgiving.

Praying Through Overwhelming Times

Our year began with reports of a new virus quickly spreading around the world. Countries, states, and communities have closed schools and businesses and asked everyone to stay at home. The number infected with COVID-19 rises daily, as does the number of deaths, while researchers scramble to find a cure or treatment.

People are afraid. They need to shop for groceries, but every venture outside home puts them at risk of catching the virus. Parents are juggling working from home and helping children with schoolwork as teachers attempt to educate students from afar. Pastors and church leaders are scrambling to learn new ways to serve their congregations. Healthcare professionals work tirelessly to care for the sick, while worried about their own families at home.

Many people don't know what to do. Going out puts our families at risk. Yet if we don't work, how do we pay the bills? Will stores continue to have enough food and supplies? Will we be able to get to the store?

What do we do? We want to do something, but what?

While most of us have never experienced a time like this before, the story isn't new. Throughout history the world has faced dangerous times when fear was a daily companion.

Jehoshaphat lived in a time something like ours. It wasn't a virus that put fear in his heart; instead, it was enemy armies. They ganged up together with one intent: to destroy God's people. These enemies were too many, too well prepared, and too well armed for Jehoshaphat's army to fight. God's people had no way out. They were surrounded.

What could he do?

All eyes were on him. He was king. It was his job to protect and guide the country. But the enemies were too many and too strong for anything he could do. They were doomed.

Or were they?

Jehoshaphat knew one thing to do: seek God. "And Jehoshaphat feared, and set himself to seek the Lord, and proclaimed a fast throughout all Judah" (2 Chronicles 1:3). He "set himself" to seek God. This was an intentional choice. He was afraid, but he would not let fear overwhelm him. He chose instead to go to God—not just by himself but by proclaiming a fast for all Judah.

He invited others to join him in seeking God, and they came. "So Judah gathered together to ask help from the Lord; and from all the cities of Judah they came to seek the Lord" (2 Chronicles 1:4). This was not your typical Wednesday-night prayer meeting. The people knew it was life and

death. They needed a miracle. They didn't know what to do, but they knew Who did.

As Jehoshaphat led the people in prayer, he focused more on God than on the enemies at their doorstep. He began by recounting who God is and what He had done for them. He remembered their commitment to God and then laid out the problem.

"O Lord God of our fathers, are You not God in heaven, and do You not rule over all the kingdoms of the nations, and in Your hand is there not power and might, so that no one is able to withstand You? Are You not our God, who drove out the inhabitants of this land before Your people Israel, and gave it to the descendants of Abraham Your friend forever? And they dwell in it, and have built You a sanctuary in it for Your name, saying, 'If disaster comes upon us—sword, judgment, pestilence, or famine—we will stand before this temple and in Your presence (for Your name is in this temple), and cry out to You in our affliction, and You will hear and save.' And now, here are the people of Ammon, Moab, and Mount Seir—whom You would not let Israel invade when they came out of the land of Egypt, but they turned from them and did not destroy them—here they are, rewarding us by coming to throw us out of Your possession which You have given us to inherit" (2 Chronicles 20:6-11).

Jehoshaphat offered God no advice—no "here's what we want You to do for us." Instead, he admitted their helplessness and left it with God. "We have no power against this great multitude that is coming against us, nor do we know what to do, but our eyes are on You" (verse 12).

Then they all just stood there and waited for God. This is the tough part. Typically, we want to pray and get busy, hoping God will bless our efforts. Despite the pressure of enemies coming toward them, they stood still. They waited. They wanted to hear from God. And they *expected* Him to respond.

And God did. "*Do not be afraid or dismayed* because of this great multitude, for the battle is not yours, but God's. Tomorrow go down against them. They will surely come up by the Ascent of Ziz, and you will find them at the end of the brook before the Wilderness of Jeruel. You will not need to fight in this battle. Position yourselves, stand still and see the salvation of the Lord who is with you, O Judah and Jerusalem! *Do not fear or be dismayed*; tomorrow go out against them, for the Lord is with you" (verses 15-17).

God began and ended His message the same way: He told them not to be afraid or discouraged. He knew they were battling not just physical enemies but fear and discouragement, worry and doubt. He wanted to assure them, "I know exactly where you are and what's happening. The battle doesn't surprise Me. I have a plan."

He told them just what to expect—where the enemy would come from and where God's people would find them. He promised to fight the battle for them, but that didn't dismiss their responsibility. They still needed to go. He didn't tell them to run and hide; He didn't promise to destroy the enemy.

Letting God fight battles isn't passive. We still need to show up, believing and trusting that He will fight the battle and never let us down.

Back to 2 Chronicles—how did God's people respond?

In worship. "And Jehoshaphat bowed his head with his face to the ground and all Judah and the inhabitants of Jerusalem bowed before the Lord, worshiping the Lord" (verse 18). This is "worship" as a verb, not "worship" as a noun. Many times, we talk about "going to worship" or about a "worship service." We too often see worship as "church." We struggle during this pandemic because our church buildings are closed. How do we continue to worship?

Jehoshaphat and the people of Judah knew that worship is more than a religious service or a building. They worshiped. They stopped, bowed, and focused on God instead of on the problem. They didn't rush out and try to conquer the enemy. They lingered. They took time to honor Him with praise and respect. Not because He needed it, but because they did.

The next morning, they rose early to do as God said: go out and face the enemy. Jehoshaphat reminded them, "Hear me, O Judah and you inhabitants of Jerusalem: Believe in the Lord your God, and you shall be established; believe His prophets, and you shall prosper" (verse 20).

And with those words of encouragement, he organized them to head out. They decided to place the musicians in front of the army—not the battle plan of most leaders since usually the strongest fighters and soldiers go first. But off they marched, with the musicians leading and singing praises to God.

Next we read: "Now when they began to sing and to praise . . ." (verse 22). As soon as they started praising God, He began fighting their battle for them. By the time God's people could see the battlefield, their enemies had killed one another. Every soldier. No one escaped.

When they finally arrived at the battlefield, they spent three days collecting treasures from a battle they didn't fight. Three days! The Bible says they found an "abundance of valuables"—"more than they could carry." What did they do next? They worshiped and headed home "with joy." They were still singing and making music when they arrived in Jerusalem and went straight to the temple to praise God some more.

They went from being afraid and overwhelmed to confident and joyful (and richer). And the experience also impacted the countries around them. "And the fear of God was on all the kingdoms of those countries when they heard that the Lord had fought against the enemies of Israel. Then the realm of Jehoshaphat was quiet, for his God gave him rest all around" (verses 29, 30).

When we truly worship God—remembering who He is and what He's done—it changes us. We gain victory over our true enemies, like fear, discouragement, worry, and doubt. Our faith also affects those around us.

“Our confession of His faithfulness is Heaven’s chosen agency for revealing Christ to the world. We are to acknowledge His grace as made known through men of old; but that which will be most effectual is the testimony of our own experience. We are witnesses for God as we reveal in ourselves the working of a power that is divine. Every individual has a life distinct from all others, and an experience differing essentially from theirs. These precious acknowledgments to the praise of the glory of His grace, when supported by a Christ-like life, have an irresistible power that works for the salvation of souls” (Ellen White, *The Desire of Ages*, p. 347).

Jehoshaphat and the children of Judah journeyed from overwhelmed and frightened to courageous and joyful. What can we learn from their example?

1. **Intentionally seek God.** Especially when fear or discouragement threaten to overwhelm us and become our focus.
2. **Invite others to join us.** Everyone who would be affected came together to pray and fast and seek God. Imagine what would happen if we followed their example. If couples came together to pray and fast and seek God for their marriages. If parents came together to pray and fast and seek God for their children. If individuals came together to pray and fast and seek God in their battles with sin, lust, addiction, jealousies, insecurities, fears, pornography, or gossip. How would it change our lives if we came together to really seek God, admitting that we are afraid and don’t know what to do?
3. **Spend more time focusing on God than on the problem.** Worship is choosing to focus on something or someone—giving them your time and attention. If we spend most of our time focusing on our problems, is it possible that we’re worshipping the problems instead of God? Like Jehoshaphat and the children of Judah:
 - Praise God for who He is
 - Thank Him for what He’s already done
 - Restate your commitment to God
 - Lay out the problem/challenge
 - Recognize your helplessness in “fixing” or changing things
 - Keep your eyes on Him
4. **Expect God to answer.** Too often we pray and ask God to do something, maybe even admitting our helplessness, and then we get up and try to solve the problem on our own. The children of Judah lingered in God’s presence. They watched for how God would respond, believing that He would. We can live in expectation that God WILL answer.

5. **Continue to worship.** After God responded, they didn't rush off into battle. They continued to praise and worship Him. Thank God for what you see Him doing now.
6. **Go.** Although God promised to fight the battle, His people didn't just hide out at camp. They had to face their enemies. While marching to battle, they had no clue how God would fight—or what they'd need to do. But they went, singing and praising Him the entire way. And God began winning the battle as soon as they began walking and worshipping. Sometimes God asks us to wait, but other times He tells us to go. If so, don't hide. Go out and trust Him to lead.
7. **Collect treasures.** The Bible tells us that God "daily loads us with benefits" (Psalm 68:19). Keep a journal of how you see God at work around you. Share with others. In retelling what God has done, you strengthen your own faith and that of others.
8. **Make worship a way of life.** They worshiped God when they didn't know what to do. They worshiped Him when He answered. They continued to praise Him as they headed into battle. They worshiped Him after collecting the treasures of a battle they didn't fight. They praised Him all the way home, then went straight to the temple and worshiped some more.
 - Play music that causes you to worship in your home and car.
 - Share the things you see God doing with others.
 - Make a list of 3-5 blessings you are grateful for each day—and try to make a new list each day. Don't focus only on the things God has done *for* you but also on who He *is*.
 - Ponder a characteristic of God. Read scripture and notice how it describes Him. Thank Him for that trait and look for it in your life. How has God been merciful? How has He been patient?

"For the weapons of our warfare are not carnal but mighty in God for pulling down strongholds, casting down arguments and every high thing that exalts itself against the knowledge of God, bringing every thought into captivity to the obedience of Christ" (2 Corinthians 10:4, 5).

Worship—intentionally focusing on God—is one way to win this battle, to take every thought captive. And as we do, it will change our perspective of the world—and the battles—around us.

Prayer Guide and Prayer Requests

You may not be able to meet together for prayer due to the need for social distancing. If members are isolating in their homes, try to pray together using a conference call, a Facebook or YouTube live event, or a video conference. Be prepared to adapt. People can take turns praying if on a conference call, or just listen while leaders pray if watching a livestream event. Here are some ways to pray:

Open with commitment: Open by committing this time to God. Invite God to have all power and authority, to move on hearts, to convict, encourage, challenge, and affirm. If possible, invite others to offer prayers of commitment and surrender, asking God to lead the prayer time and help us truly worship Him and learn to trust Him with every battle we face.

Praise and worship. Take time to focus on God before diving into the prayer requests. Praise Him for who He is, listing His characteristics and sharing promises and prayers of gratitude.

Commitment. Surrender our lives and will to Him. Ask Him to be Lord of our lives.

Intercession. Focus on praying specifically about the pandemic and its impact on the world. Some specific ideas:

- For those sick with COVID-19, we ask God to heal, strengthen, and encourage.
- For the vulnerable among us—the elderly and those with compromised immune systems—we pray for health and protection. We ask God to send people to provide for the vulnerable by running errands, picking up groceries, and brightening their days with calls or emails.
- For those who endanger themselves and others by not taking precautions, we ask God to convict them to maintain social distance and help others during this time.
- We pray for those who have lost loved ones during this pandemic, asking that God will bring comfort, peace, and an assurance of His presence.
- For government leaders—local and national—we pray for wisdom and guidance in decisions and for the ability to provide resources and encouraging messages.
- For healthcare professionals caring for the ill and their families, we pray for strength, protection, and courage.
- For researchers who are searching for a cure and treatment, we pray that God will guide and provide answers.
- We pray for first responders in communities where the virus is spreading quickly, asking that God will protect them and their families and give them patience, wisdom, and a gentle spirit when they reach those who are struggling with frightening symptoms.
- For those who battle mental health challenges, anxieties, or addiction, this time of isolation and staying home with constant negative news may lead to additional fear, substance abuse, or suicidal thoughts. We ask God to bring courage and hope and send people to minister through calls, text messages, and kind acts.

- For those unable to get home because of limited flights, we ask God to bring peace and protection where they are and help them get home soon.
- For the media as they provide updates and resources, we ask for wisdom to communicate the seriousness of the situation without causing panic or fear.
- For those who are laid off or unable to work during this time, we ask God to bring peace and provide for their needs.
- For children who are home from school, we ask God to give peace, calm, and even fun memories with their parents while they have more time together than usual.
- For parents with children at home for weeks, we ask God to give ideas, patience, and a focus on making memories with their children and helping them flourish.
- For parents who cannot be home and need to continue working, we ask God to provide ways for their children to be safe and cared for.
- For single parents juggling even more than usual, we ask God to provide support, encouraging friends, and safe childcare when needed.
- For teachers who must now instruct through distance education, we ask God to guide, give them mental focus, and help their students to truly learn even during challenging times.
- For people working to ensure that others have access to food, medicine, and supplies, we ask that God will provide protection for them and their families.
- For patients needing therapy, tests, or procedures that are now postponed until the pandemic is over, we ask God to give them good health, help them get the tests they need, and fill them with His peace.
- We pray for those who don't know God. May this pandemic bring a desire for God, allowing Him to reveal Himself and the good news of the gospel.
- We pray for our pastors and church leaders as they seek ways to keep the church family connected and worshiping together. We pray for technology to work and for people to learn new ways of uniting together. We also pray for wisdom as leaders prepare online messages for church members and community members who do not normally sit in our pews.
- We pray for church members to find creative ways to be a light in their communities. Even while social distancing, may we be God's hands and feet to those in need.
- We pray for those who once believed but are no longer worshiping, asking God to draw them back. We pray for our churches to welcome them warmly.
- We pray that God would daily remind us that we can trust Him, that He is still in control, that He has a plan and loves us more than we can comprehend.

Expect God to answer. The children of Judah believed God would answer and stood still until He did. Pray prayers of praise and thanksgiving for what God is going to do and is already doing. For instance:

- Thank God that while we may not see Him working, He is already moving and answering prayer.
- Thank Him for loving the people we're praying for even more than we do.
- Thank Him that He is bigger than the enemy and has a plan.

Continue to worship. After God responds, don't rush off into battle yet. Continue to praise and worship Him. Invite people to sing a few songs of praise before leaving. Sing them as prayers. You may choose songs in advance or invite people to spontaneously start singing while everyone joins in. Linger here.

Go. As you close the prayer time, encourage people to look for God's answers and to look for ways He is inviting them to be a part of the answer. Challenge them to pray prayers of worship and praise whenever they feel discouraged or afraid.

"For God has not given us a spirit of fear, but of power and of love and of a sound mind" (2 Timothy 1:7).

Praying Through 2 Chronicles 20

Like Jehoshaphat, Our Eyes Are on God

Prayer in time of crisis: begin with praise.

- We praise You, God, for Your presence with us!

“If disaster comes upon us—sword, judgment, pestilence, or famine—we will stand before this temple and in Your presence (for Your name is in this temple), and cry out to You in our affliction, and You will hear and save” (2 Chronicles 20:9).

“Where can I go from Your Spirit? Or where can I flee from Your presence?” (Psalm 139:7).

“The Lord your God in your midst, the Mighty One, will save” (Zephaniah 3:17).

- We praise You, God, for Your power!

“O Lord God of our fathers, are You not God in heaven, and do You not rule over all the kingdoms of the nations, and in Your hand is there not power and might, so that no one is able to withstand You?” (2 Chronicles 20:6).

“And You reign over all. In Your hand is power and might” (1 Chronicles 29:12).

“But I will sing of Your power; yes, I will sing aloud of Your mercy in the morning; For You have been my defense and refuge in the day of my trouble” (Psalm 59:16).

- We praise You, God, for Your wisdom!

“O our God, will You not judge them? For we have no power against this great multitude that is coming against us; nor do we know what to do, but our eyes are upon You” (2 Chronicles 20:12).

“He stores up sound wisdom for the upright; He is a shield to those who walk uprightly” (Proverbs 2:7).

“Blessed be the name of God forever and ever, for wisdom and might are His” (Daniel 2:20).

- We praise You, God, for Your healing.

“If disaster comes upon us—sword, judgment, pestilence, or famine—we will stand before this temple and in Your presence (for Your name is in this temple), and cry out to You in our affliction, and You will hear and save” (2 Chronicles 20:9).

“For I am the Lord who heals you” (Exodus 15:26).

“Heal me, O Lord, and I shall be healed; save me, and I shall be saved, for You are my praise” (Jeremiah 17:14).

- We praise You, God, for Your care in the future.

“Believe in the Lord your God, and you shall be established; believe His prophets, and you shall prosper” (2 Chronicles 20:20).

“This I recall to my mind, therefore I have hope. Through the Lord’s mercies we are not consumed, because His compassions fail not. They are new every morning; great is Your faithfulness” (Lamentations 3:21-23).

In prayer, confess and surrender anything that stands between you and the Lord. Pray silently or aloud as appropriate.

- We surrender our will to You, Lord.

“So Judah gathered together to ask help from the Lord; and from all the cities of Judah they came to seek the Lord” (2 Chronicles 20:4).

“Search me, O God, and know my heart; try me, and know my anxieties; and see if there is any wicked way in me, and lead me in the way everlasting” (Psalm 139:23, 24).

“If we confess our sins, He is faithful and just to forgive us our sins and to cleanse us from all unrighteousness” (1 John 1:9).

In prayer, intercede for others and pray scripture over them. Insert the names of people you know.

- We pray for the sick, vulnerable, and grieving. We pray for those suffering from COVID-19 or other illnesses, the elderly and at-risk, and those who have lost loved ones.
- We pray for protection and wisdom for healthcare workers, first responders, researchers, food supply workers, students, teachers, and those facing fear, discouragement, or mental illness.
- We pray for families, including parents, grandparents, and children. We pray that Christ will be the center of homes and relationships.
- We pray for leaders in homes, churches, conferences, schools, and governments.
- We pray for the financial challenges of families, the unemployed, businesses, our churches, and our local and global economies.
- We pray for our witness to those who don’t know God, to those who are seeking Him, to those who need to reconnect with him, and to our neighbors and communities.

In prayer, thank God for His answers and blessings.

- The people worshiped the Lord and trusted Him before they saw the victory.

“And Jehoshaphat bowed his head with his face to the ground, and all Judah and the inhabitants of Jerusalem bowed before the Lord, worshiping the Lord. Then the Levites of the children of the Kohathites and of the children of the Korahites stood up to praise the Lord God of Israel with voices loud and high” (2 Chronicles 20:18, 19).

- The people praised God together.

“Praise the Lord, for His mercy endures forever” (2 Chronicles 20:21).