



Friday, April 24 Prayer Guide

Participants in the Joel Fast are free to pray however and whenever they would like.
What follows is a schedule of suggested prayer topics and spiritual exercises that you might find useful.



WORSHIP (9 AM)

God “is gracious and merciful, slow to anger, and abounding in steadfast love; and He relents over disaster” (Joel 2:13)

- God is *always* worthy of worship! We fast from food in order to feast on the Father’s goodness.
- Read and reflect on the words of Joel 2:13 (above). *How have you seen God’s love and grace on display in your life? What reasons do you have to thank God today?*
- **Action:** Consider listening to or singing your favorite hymn/praise song.
- **For Further Reading:** 2 Chronicles 20 (after fasting and praying, King Jehoshaphat sends the choir out *ahead* of the army to worship God in advance for His deliverance!)



REPENT (11 AM)

“Return to Me with all your heart” (Joel 2:12)

- In Scripture, fasting is an occasion for self-examination and repentance (turning from sin to God).
- The Lord commands us, “Return to Me with all our heart” (Joel 2:12). Ask the Holy Spirit to show you areas in your life where you are not following the Lord wholeheartedly. Confess your sin to God, trusting that because of Jesus Christ’s death and resurrection, God has pardoned you freely and fully.
- **For Further Reading:** Jonah 3:6-10 (Nineveh repents, God relents); James 4



LAMENT (1 PM)

“Return to Me...with fasting, with weeping, and with mourning” (Joel 2:12)

- In the Bible, fasting is a common way for people to express grief and mourn tragedy.
- *How have you and/or your loved ones suffered in recent weeks?* Spend some time grieving what you have lost, and honestly tell God how you feel. Next, reflect on how the pandemic has devastated people’s lives in your neighborhood and around the world. Allow yourself to enter into the pain of others, and pray for them.
- **For Further Reading:** See Joel 1:8-13 and Lamentations 3:1-41 for classic examples of biblical lamentation



PLEAD FOR RESCUE (3 PM)

“Weep and say, ‘Spare Your people, O LORD’” (Joel 2:17)

- Throughout history, God has frequently responded to heartfelt fasting and prayer with powerful deliverance.
- Ask God: **(A)** To stop the spread of the coronavirus. **(B)** To protect the lives of the vulnerable: the elderly, local assisted living homes (Pine Haven, Belgium Gardens, Cedar Grove Gardens), and people with preexisting conditions. **(C)** To provide power and supplies to healthcare workers. **(D)** To grant wisdom to governing officials. **(E)** To meet the needs of the poor and those who have lost jobs. **(F)** To provide comfort to people grieving the loss of loved ones. **(G)** To have mercy on the hardest-hit areas (New York, Europe, China, etc.).
- **For Further Reading:** On Google, search for “The Great Minnesota Grasshopper Miracle” of 1877



PLEAD FOR REVIVAL (5 PM)

“I will pour out my Spirit on all flesh ...everyone who calls on the name of the LORD shall be saved” (Joel 2:28, 32)

- By God’s providence, movements of fasting and prayer have frequently resulted in spiritual revival. The fast in Joel 1:1-2:17 is followed by the outpouring of the Holy Spirit on all nations in Joel 2:28-32.
- Pray for God to restore corporate worship to churches in His good timing (Joel 1:13, 16; 2:14).
- Pray for spiritual revival in our area, nation, and the world. Pray for the work of missionaries.
- Pray for one or two unbelievers you know. *How can you reach out to them in word and deed?*
- **For Further Reading:** Isaiah 24-26 (international revival in the midst of international judgment)



WATCH

Area pastors/leaders are creating a 30-minute worship video that will air on these venues:

- **Cable TV:** Ch. 14 (5:30-6, 7:30-8 pm); Ch. 20 (6-6:30, 6:30-7, 8-8:30, 8:30-9 pm)
- **Facebook:** <https://www.facebook.com/groups/joelfast2020>, starting at 5:30 pm