



A DAY TO
FAST
AND
PRAY

P R A Y E R C O M P A N I O N B O O K L E T

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A Word from Julius Kim

Hello friends,

Like many of you, I have been grieved and at times afraid as I've watched events unfold in our world in recent weeks. In light of what is happening around the world because of COVID-19, we want to invite you to join us for a day of fasting and prayer on this Saturday, April 4, and we're providing you this guide to help you in your times of prayer.

In this prayer guide you will find three parts:

First, a morning prayer. We would like to encourage you to spend the morning in personal prayer, based on Psalm 27.

Second, a midday prayer. We hope you will spend this time praying with others in your community, whether it's your family around the kitchen table, or maybe your church small group or friends on a video call.

Last, an evening prayer. On Saturday evening, we will gather online with believers from across the world. During this time, various brothers and sisters, pastors and other ministry leaders, as well as musicians, will help guide this 1-hour time of prayer. Join us on Facebook Live, YouTube Live, or on our website.

We want to pray to the Lord in faith, trusting what it says in Psalm 10:17,

¹⁷ O LORD, you hear the desire of the afflicted;
you will strengthen their heart; you will incline your ear.

Thank you.

Julius Kim

PRESIDENT, THE GOSPEL COALITION



GUIDED PRAYER

Morning Prayer

This prayer guide is to help you pray this morning. Start your prayer time by reading Psalm 27 and then spend some time praying about the various topics. As you fast today, perhaps pick one or two of the verses and meditate on those throughout the day.

I. Remember and rejoice in the character of God.

Reflect and meditate on the character of God: he is all powerful, all knowing, never-changing, ever-present, full of loving-kindness, mercy and grace toward all who call on his name.

Psalm 27:1-2

¹ The LORD is my light and my salvation;
whom shall I fear?
The LORD is the stronghold of my life;
of whom shall I be afraid?
² When evildoers assail me
to eat up my flesh,
my adversaries and foes,
it is they who stumble and fall.

II. Pray about your specific fears.

Express your fears, anxieties, and concerns to the Lord. Pour out your heart to him. Seek his face and ask for him to hide you in his shelter during this time of trouble.

Psalm 27:3-5

³ Though an army encamp against me,
my heart shall not fear;
though war arise against me,
yet I will be confident.
⁴ One thing have I asked of the LORD,
that will I seek after:
that I may dwell in the house of the LORD
all the days of my life,

to gaze upon the beauty of the LORD
 and to inquire in his temple.
⁵For he will hide me in his shelter
 in the day of trouble;
 he will conceal me under the cover of his tent;
 he will lift me high upon a rock.

III. Sing a song of praise to God.

Sing or listen to a hymn, song, or psalm. As you do, reflect on the Lord's goodness, and ask him to help you trust him with your fears.

Psalm 27:6

⁶And now my head shall be lifted up
 above my enemies all around me,
 and I will offer in his tent
 sacrifices with shouts of joy;
 I will sing and make melody to the LORD.

IV. Pray for your community and world.

Pray for the needs of the world around you: family members, neighbors, medical workers, governing officials, those who are suffering financially, and those who are sick. Ask the Lord to sustain, provide, heal, and guide. Ask him to give his people endurance, wisdom, and hope.

Psalm 27:7

⁷Hear, O LORD, when I cry aloud;
 be gracious to me and answer me!

V. Pray for those who do not know the Lord.

Consider those in your life who do not know the Lord. Pray that they would seek the Lord during this pandemic. Ask the Lord to open their eyes, ears, minds, and hearts to the truth of his Word. Pray that they would turn to the Lord and find salvation, refuge, and help.

Psalm 27:8-10

⁸You have said, "Seek my face."
 My heart says to you,
 "Your face, LORD, do I seek."
⁹Hide not your face from me.
 Turn not your servant away in anger,
 O you who have been my help.
 Cast me not off; forsake me not,
 O God of my salvation!
¹⁰For my father and my mother have forsaken me,
 but the LORD will take me in.

VI. Ask the Lord to teach you and protect you.

Pray for protection—both physically and spiritually. Ask the Lord to use this time of crisis to draw you closer to him and teach you more about his Word and his ways.

Psalm 27:11-12

¹¹ Teach me your way, O LORD,
and lead me on a level path
because of my enemies.

¹² Give me not up to the will of my adversaries;
for false witnesses have risen against me,
and they breathe out violence.

VII. Ask the Lord for endurance.

We do not know how long this trial will last. Pray that the Lord will conquer this virus quickly. Also pray for endurance to stand in the midst of the trial, however long you maybe called to endure.

Psalm 27:13-14

¹³ I believe that I shall look upon the goodness
of the LORD in the land of the living!

¹⁴ Wait for the LORD;
be strong, and let your heart take courage;
wait for the LORD!

Spend some time meditating on what you've been learning through this trial. What is God's Word teaching you? What truths about God are comforting your soul? How is this experience changing you to be more like Christ?

NOTES

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.



GUIDED PRAYER

Midday Prayer

We encourage you to join with others in prayer. You could pray with a friend on the phone, connect with your small group over a video call, or pray with your family at home. Use this midday prayer time as an opportunity to gather with fellow Christians to pray together. Depending on the size of your group, consider asking a different person to lead each section.

I. Praise God that he welcomes and hears our prayers.

Psalm 10:17

¹⁷ O LORD, you hear the desire of the afflicted;
you will strengthen their heart;
you will incline your ear.

Psalm 50:15

¹⁵ Call upon me in the day of trouble;
I will deliver you, and you shall glorify me.

II. Share your prayer requests with one another and pray for one another. Consider asking each person to share one struggle and one blessing they have experienced in this trial.

1 Peter 5:7

⁷ Casting all your anxieties on him,
because he cares for you.

Ephesians 6:18

¹⁸ Praying at all times in the Spirit, with all prayer and supplication.
To that end, keep alert with all perseverance, making supplication
for all the saints.

Galatians 6:2

² Bear one another's burdens,
and so fulfill the law of Christ.

III. Pray for your church, specifically your pastors and ministry leaders. Ask that the Lord would refresh and encourage these leaders as they serve during this crisis. Pray that church members will be patient, understanding, and encouraging.

1 Thessalonians 5:25

²⁵ Brothers, pray for us.

Proverbs 11:15

¹⁵ Whoever brings blessing will be enriched,
and one who waters will himself be watered.

IV. Pray that the gospel message would be boldly proclaimed and that many people would come to know Jesus.

Ephesians 6:19–20

¹⁹ [Pray] also for me, that words may be given to me
in opening my mouth boldly to proclaim the mystery of the gospel,
for which I am an ambassador in chains, that I may declare it boldly,
as I ought to speak.

Colossians 4:3

³ At the same time, pray also for us,
that God may open to us a door for the word,
to declare the mystery of Christ.

Psalms 139:23-24

²³ Search me, O God, and know my heart!
Try me and know my thoughts!
²⁴ And see if there be any grievous way in me,
and lead me in the way everlasting!

V. Pray for your local governing officials, as well as governing officials all over the world.

1 Timothy 2:1

¹ First of all, then, I urge that supplications, prayers, intercessions,
and thanksgivings be made for all people, for kings and all who are
in high positions, that we may lead a peaceful and quiet life, godly and
dignified in every way.

VI. Pray for healing for the sick and for an end to this virus.

3 John 2

² Beloved, I pray that all may go well with you and that you
may be in good health, as it goes well with your soul.



VII. Together, thank God that he is our refuge in times of trouble.

Psalm 73:28

²⁸ But for me it is good to be near God;
I have made the Lord GOD my refuge,
that I may tell of all your works.

Psalm 5:11

¹¹ But let all who take refuge in you rejoice;
let them ever sing for joy,
and spread your protection over them,
that those who love your name may exult in you. ()

Psalm 18:2

² The LORD is my rock and my fortress and my deliverer,
my God, my rock, in whom I take refuge,
my shield, and the horn of my salvation, my stronghold.

Psalm 46:1

¹ God is our refuge and strength,
a very present help in trouble.

Psalm 57:1

¹ Be merciful to me, O God, be merciful to me,
for in you my soul takes refuge;
in the shadow of your wings I will take refuge,
till the storms of destruction pass by.

NOTES

This image shows a full page of blank, lined paper. It features approximately 20 evenly spaced horizontal grey lines across its entire width, providing a guide for handwriting or typing. The background is a clean, off-white color.



Evening Prayer

Online Prayer and Worship

During this one-hour prayer time [on Facebook](#) and [YouTube](#), various brothers and sisters, pastors and ministry leaders, as well as special musicians, will help guide us through a unifying moment of corporate prayer and worship. You can pray with us, share your own prayer requests, and pray for the requests of others in the comments section.

When Will It Take Place?

Saturday, April 4. The evening prayer time will be broadcast on TGC's [Facebook page](#) and [YouTube page](#) from 7 to 8 p.m. ET (4–5 p.m. PT).

Who Will Be Involved?

We hope Christians from all over the world join us for this day of fasting and prayer.

The topics of prayer and confirmed participants for the evening prayer time online include:

- Prayers for the sick and suffering (Ligon Duncan, Jen Wilkin)
- Prayers for medical workers (Joni Eareckson Tada, Stephen Um)
- Prayers for provision/economy (Nancy Guthrie, John Onwuchekwa)
- Prayers for local, national, and global government officials (Kevin DeYoung, Jeany Jun)
- Prayers for church leaders and missionaries (Quina Aragon, Darryl Williamson)
- Prayer for families (Melissa Kruger, John Piper)
- Prayers for the lost (David Platt, Jeremy Treat)

Musicians who will lead us in singing hymns:

- Keith & Kristyn Getty
- Shane & Shane
- Austin Stone Worship

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