



## Prayer Challenge for the National Day of Prayer

May 2, 2019

*"If my people, who are called by my name, will humble themselves and pray and seek my face and turn from their wicked ways, then will I hear from heaven and will forgive their sin and will heal their land."*

2 Chronicles 7:14

As God's people humble themselves and accept His invitation to seek His heart and repent of sin, we trust His promise to forgive, heal and restore us.

**Challenge:** Choose to humble yourself by fasting a meal (or meals) today while setting aside intentional prayer moments throughout the day to glorify God through confession, thanksgiving and intercession. Our church prayer room, located in the upper lobby will be open from 9:00AM – 4:00PM for anyone to come and pray with, or to receive prayer from one of our pastors.

### Meditation and Scriptures for Glorifying God through Confession:

Allow the Holy Spirit to lead you to confess and repent of any sin He brings to your mind. Open yourself to receive His kind and gracious conviction which leads to repentance, refreshment and joy.

Meditate on the following Scriptures asking the Holy Spirit to reveal sin(s):

“All of us have become like one who is unclean and all our righteous acts are like filthy rags; we all shrivel up like a leaf, and like the wind our sins sweep us away. No one calls on your name or strives to lay hold of you; for you have hidden your face from us and made us waste away because of our sins. Yet, O LORD, you are our Father. We are the clay, you are the potter; we are all the work of your hand. Do not be angry beyond measure, O LORD; do not remember our sins forever. Oh, look upon us, we pray, for we are all your people.” (Isa. 64:6-9)

“I confess my iniquity; I am troubled by my sin.” (Ps. 38:18)

“For troubles without number surround me; my sins have overtaken me, and I cannot see. They are more than the hairs of my head, and my heart fails within me.” (Ps. 40:12)

“Wash away all my iniquity and cleanse me from my sin. For I know my transgressions and my sin is always before me.” (Ps. 51:2-3)

Take a moment to confess and repent of any sin the Holy Spirit has revealed to you (confession is simply agreeing with God over what offends His holiness and repentance is turning away from it and towards Jesus Christ whose blood has washed us clean).

Receive the Father’s affirmation of our complete forgiveness and restoration by his mercy through Jesus Christ.

Meditate on the following Scriptures asking the Holy Spirit for faith to believe each one’s promise:

“Then I acknowledged my sin to you and did not cover up my iniquity. I said, ‘I will confess my transgressions to the LORD’—and you forgave the guilt of my sin.” Ps. 32:5

“You forgave the iniquity of your people and covered all their sins.” (Ps. 85:2)

“I, even I, am he who blots out your transgressions, for my own sake, and remembers your sins no more.” (Isa. 43:25)

“For I will forgive their wickedness and will remember their sins no more.” (Jer. 31:34)

“Who is a God like you, who pardons sin and forgives the transgression of the remnant of his inheritance?” (Micah 7:18)

“In him we have redemption through his blood, the forgiveness of sins, in accordance with the riches of His grace...” (Eph. 1:7)

"If we confess our sins, he is faithful and just and will forgive us our sins and purify us from all unrighteousness." (1 John 1:9)

### Meditation and Scriptures for Glorifying God through Thanksgiving:

Ask the Holy Spirit to make you mindful of the numerous blessings you possess in Christ.

Meditate on the following Scriptures to assist your mindfulness of the blessings that are ours through Jesus Christ:

"There, in the presence of the LORD your God, you and your families shall eat and shall rejoice in everything you have put your hand to, because the LORD your God has blessed you." (Deut. 12:7)

"Blessed is he whose transgressions are forgiven, whose sins are covered."  
(Ps. 32:1)

"Taste and see that the LORD is good; blessed is the one who takes refuge in him." (Ps. 34:8)

"Praise the LORD, O my soul, and forget not all his benefits—who forgives all your sins and heals all your diseases, who redeems your life from the pit and crowns you with love and compassion, who satisfies your desires with good things so that your thought is renewed like the eagle's." (Ps. 103:2-5)

"Blessed are you who are poor, for yours is the kingdom of God. Blessed are you who hunger now, for you will be satisfied. Blessed are you who weep now, for you will laugh. Blessed are you when men hate you, when they exclude you and insult you and reject your name as evil, because of the Son of Man."  
(Luke 6:20-22)

"Praise be to the God and Father of our Lord Jesus Christ who has blessed us in the heavenly realms with every spiritual blessing in Christ." (Eph. 1:3)

"Do not repay evil with evil or insult with insult, but with blessing, because to this you were called so that you may inherit a blessing." (1 Peter 3:9)

Take a moment and reflect upon the blessings you possess. Our greatest blessings are spiritual in nature, but don't forget to thank God for the blessing of his provision in your life physically (shelter, food, health) and relationally (family and friends).

### Meditation and Scriptures for Glorifying God through Intercession:

To "intercede" is to pray on behalf of others. Following Scripture's admonishment, take time to pray for:

**Our leaders (nationally and locally):** "I urge then first of all, that requests, prayers, intercession and thanksgiving be made for everyone—for kings and all those in authority, that we may live peaceful and quiet lives in all godliness and holiness. This is good, and pleases God our Savior, who wants all people saved and to come to a knowledge of the truth." 1 Timothy 2:1-4

**Unity in the Church of Jesus Christ:** "I pray also for those who will believe in me through their message, that all of them may be one, Father, just as you are in me and I am in you. May they also be in us so that the world may believe that you have sent me...May they be brought to complete unity to let the world know that you sent me and have loved them even as you have loved me." (John 17:20-21, 23)

**The mobilization of the Church to reach all people groups that have still not heard the glorious Gospel of Jesus Christ:** "Go into all the world and preach the good news to all creation." (Mk. 16:15) "And this gospel of the kingdom will be preached in the whole world as a testimony to all nations, and then the end will come." (Mt. 24:14)

**Our culture to be so impacted by the love and holiness of God's people as to reduce the scourge of racism, oppression and all forms of injustice:** "But let justice roll on like a river, righteousness like a never-failing stream!" (Amos 5:24) "Because of the oppression of the weak and the groaning of the needy, I will now arise, says the LORD. 'I will protect them from those who malign them.'" (Ps. 12:5) "Let your light shine before men, that they may see your good deeds and praise your Father in heaven." (Mt. 5:16)

**Specific needs of those in your life for whom you are burdened today:** "And pray in the Spirit on all occasions with all kinds of prayers and requests. With this in mind, be alert and always keep on praying for all the saints." (Eph. 6:18)