



Individuals and small groups are encouraged to set aside the first Friday of the month as a day of fasting and prayer for the awakening of the church and the advancement of the Kingdom. Whether you fast one meal or the entire day is between you and the Lord. We are calling the church to united prayer.

Pray that the Missionary Church would be:

- White-hot for Jesus — that we would love Him more and more.
- Committed to the Word and fully dependent on the leading and power of the Spirit of God.
- Intentionally pursuing holiness of heart and life.
- Continually broken for lost people.
- Committed to the multiplication of disciples among all people groups.

Pray over church planting efforts that God will:

- Protect pastors, families, and ministries from the evil one.
- Draw everyone into discipling relationships that see life transformation.
- Bring the right leaders to churches seeking new pastors.
- Provide funding for the multiplication of disciples and churches.

Pray for church revitalization, that people will:

- Know and embrace the truth that we can do nothing apart from Jesus.
- Connect people in the church to those who can support them in their journey with God.
- Put their commitment to God and worship of God higher than traditions and political leanings that can become idols and replace God.
- Slow down enough to open their eyes and notice the lost and needy around them and reach out.
- Learn to walk as Jesus walked with minds that think like Jesus, hearts that love like Jesus, and actions that reflect Jesus.



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For Bethel University:

- That God will make Bethel a hotbed of revival — a robust, historic, echoing revival that spreads to the entire church.
- That students will come to personal, saving knowledge of Jesus Christ, be sanctified in character, and live a life worthy of their calling.
- That God would use Bethel to equip students in all fields for His purposes on Earth — in fields of law, medicine, business, the arts, and evangelism.
- That God would protect Bethel from political agendas seeking to reduce religious liberties in hiring and curricula; grant unusual creativity to faculty, staff, and administrators to defeat barriers of entry by under-resourced students; and fill Bethel with students, sufficient in number and fit for the mission.

For World Partners, pray that God will:

- Provide inroads to unreached areas of the world.
- Raise up additional leaders to ignite disciple-making movements and help existing movements be effective.
- Grant wisdom to react effectively to a post-virus future.
- Empower a mobilized, united global church.
- Reawaken the US Church to the unreached of the world.

Thoughts on How and Why to Fast

- ~ Fasting is voluntarily going without food — or any other regularly enjoyed, good gift from God — for a spiritual purpose.
- ~ Jesus assumed his followers would fast (Matthew 6:16 and 9:15).
- ~ If you're new to fasting, it's a good idea to start small, with one meal a week, and then work up to a day-long fast or a two-day fast. Pursue wise direction for longer fasts, and never go without water.
- ~ Plan in advance how you will spend the time that would normally center around food; be clear what your specific spiritual purpose will be. You might focus on one or two areas listed here, or be fighting a personal sin, pleading for someone's salvation, seeking direction, or desiring a closer relationship with Jesus. When the desire for food enters your thoughts, turn your attention to this spiritual focus to keep your fast from being about your willpower or a weight-loss tool.

More details can be found at mcusa.org/prayfirst/firstfridayfast.

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