

# A Call to Pray and Fast in April

## THE PLAN

**1. Decide if you'd like to say yes to this call to join Baptist Women in prayer and fasting** Pray. And also ask women at church if they'd like to join.

### 2. Choose your type of fast

- Choose which meal(s) you will skip each Sunday
- If you have health issues, fast from something else, e.g., television, social media
- Try to find a time to gather as a group to pray

### 3. Gather every Sunday

Every Sunday, gather as a group to pray. There are several ways to do so:

- *Read aloud* Psalms such as Psalm 23 or 46. Then pray them in your own words as prayers of praise, thanksgiving, confession, yearning or intercession.
- *Use the prayer prompts* as a way to focus your prayers
- *Pray through the alphabet*—praising God (e.g., God, you are awesome in holiness).

What would God like you and the group to talk to Him about? Ask Him.

### 4. Keep a record (journal)

Choose someone to record what God says to the group: Scripture; new insights into Scripture; a word or phrase meant to encourage Baptist Women at large.

### 5. Let Baptist Women know how it went

Perhaps God is telling us something as an organization. Please reach out and share your experiences with us.

## 5 PRAYER PROMPTS

### 1. Psalm 27:8 (NLT)

My heart has heard you say, "Come and talk with me." And my heart responds, "LORD, I am coming."

### 2. Isaiah 42: 1 and 3 (NIV)

Here is my servant, whom I uphold, my chosen one in whom I delight; I will put my Spirit on him . . . A bruised reed he will not break and a smoldering wick he will not snuff out.

### 3. John 7:37-38 (NIV)

On the last and greatest day of the festival, Jesus stood and said in a loud voice, "Let anyone who is thirsty come to me and drink. Whoever believes in me, as Scripture has said, rivers of living water will flow from within them."

### 4. Psalm 46:10 (NLT)

Be still and know that I am God! I will be honored by every nation. I will be honored throughout the world.

### 5. Philippians 2:13 (NLT)

For it is God who works in you to will and to act in order to fulfill his good purpose.

"Even though I've received answers, my relationship with Jesus is really what is the blessing. It has brought me to the place where I can taste and see that God is good in my everyday life."

~ A Baptist woman who wants to remain anonymous