

**PRAYER** AND  
**FASTING**  
FOR **PEACE**  
**GOODNESS**  
AND **JUSTICE**



**WEEK 2**

# A Simple Daily Rhythm of Prayer

There are many ways to pray but this is a pattern we suggest trying for the duration of this season of prayer and fasting. It will help you make the most of the weekly verse and daily prompts. This can take anywhere from 3 to 30 minutes depending on how you choose to pray.

## **P- Pause**

Take a moment to be still before God.  
Slow your breathing.  
Become aware that He is present with you.

## **R- Reflect on the verse**

Read the verse of the week slowly, twice if you can.  
Sit with it for a moment, remembering who God is.

## **A- Ask using the prayer prompt**

Lift your requests to God using the daily prompt as a guide. You can use the prompt for the day, pray through all seven each day, or pray as you feel led. Pray in your own words. Be honest. Be attentive.

## **Y- Yield to God using the Lord's Prayer**

As you pray each day remember that those for whom you have been praying are included in the "our, we and us" of this prayer. You are praying for and with them as you pray as Christ taught us:

Our Father in heaven,  
hallowed be your name,  
your kingdom come,  
your will be done,  
on earth as it is in heaven.  
Give us today our daily bread.  
Forgive us our sins  
as we forgive those who sin against us.  
Lead us not into temptation  
but deliver us from evil.  
For yours is the kingdom,  
the power, and the glory,  
forever and ever. Amen.

*Kyrie eleison.*  
Lord have mercy on us.

## Week 2 (April 20-26)

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### Verse for the Week - Philippians 4:6-7

Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.

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### Daily Prayer Prompts

#### Monday (Personal Renewal)

Ask God to reveal any indifference in your heart toward those who suffer, and to replace it with compassion and mercy like that of Jesus in the passage from Sunday. Pray that your life would reflect His compassion, beginning in prayer.

#### Tuesday (Global Peace - Iran)

Continue to pray for lasting peace in Iran and the region, praying especially for ordinary people living under tension and uncertainty. Pray for communication to be restored so families can reconnect.

#### Wednesday (Our Nation - Immigrants & Children)

Pray for the immigrant population in our country. Pray that people would be treated with dignity and freed from fear of injustice. Lift up children in particular, asking for protection, stability, and compassionate care.

#### Thursday (Global Peace - Ukraine)

Pray for peace in Ukraine, especially for those who have lost loved ones and homes. Ask God to bring comfort to the grieving, protection to the vulnerable, and a path toward lasting peace.

#### Friday (Local - Gilead House)

Pray for the families served by the Gilead House in Novato, especially the mothers seeking a new beginning. Ask God for stability, healing, and hope for them and their children as they rebuild their lives.

#### Saturday (Global Church - India & Myanmar)

Pray for Christians in India and Myanmar (Burma) who face persecution and violence for their faith. Ask God to protect them, strengthen their witness, and sustain leaders who are shepherding under pressure.

#### Sunday (Gratitude)

Thank God for His provision in your life, and for the ways He has sustained you through both ease and difficulty. Give thanks for His daily faithfulness as seen in many quiet and ordinary ways.

# A Month of Prayer & Fasting

For four weeks (through May 10th), we're setting aside intentional time to pray for peace, goodness and justice in our world. We will be praying into some of the most pressing realities of our time, not as experts, partisans, or commentators, but as followers of Jesus lifting our hearts to God. Scripture reminds us that God sees, He hears the cry of the hurting, is near to the brokenhearted, and invites His people to come to him in prayer.

## A Resource for Prayer

During this time we will publish a weekly prayer guide like the one you are holding. Each week we will pray for places of pain and conflict in our world, our nation, our community, and in ourselves. Then, on Sundays we will take a day to pray prayers of gratitude.

Each day we will pray in a way that is simple and intentional:

- We'll start with a verse to ground us in God's word and character.
- We'll use a specific prayer prompt to focus our prayers for the day.
- We'll end by praying the Lord's Prayer, remembering that all the "Our, us, and we" statements include those for whom we pray.

The daily guide will walk you through a time of prayer if this is new to you.

## An Invitation to Fast

Alongside prayer, we invite you to consider practicing some form of fasting. Fasting is an ancient practice which can help us make space for and turn our attention to God. It is giving up something we want for something we want even more. When we fast we feel our hunger or impulse, and instead of immediately satisfying it, we let it become a prompt to pray.

There are various ways to fast. You might choose to:

- Fast from one meal a day
- Fast from a particular habit like watching TV or listening to podcasts
- Or set aside time each day to simply unplug and pray

Start simply, remember the point, and let it be personal.

## Introduction to Spiritual Fasting

If you would like to learn more about the spiritual practice of fasting, we will be hosting a one-night introduction to spiritual fasting as a companion to prayer on **Wednesday, 7:00-8:00pm**, in the Sanctuary at our Corte Madera location. Please email [joey@hillsidechurch.org](mailto:joey@hillsidechurch.org) if you plan to attend.

Let's pray for our world.

**HILLSIDE CHURCH**

— MARIN COUNTY —