



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 **heal** their land.

2 Chronicles 7:14

24-Hour Prayer Guide

FOR THE DAY OF PRAYER AND FASTING FOR LIFE



ALASKA CONFERENCE
OF THE EVANGELICAL COVENANT CHURCH

SEPTEMBER 8, 2016

ABOUT THIS PRAYER GUIDE

This prayer guide was produced by the Alaska Conference as a prayer companion for the annual “Day of Prayer and Fasting for LIFE” that was established at the 2011 conference annual meeting. As we set aside this one day to pray for deliverance from the peril of suicide in our communities and for healing from the pain of those we have lost already, we seek to become more and more dependent on prayer to wage battle every day.

Would you respond to the call for your wholehearted participation? We are aware of far too many stories of loss – there is hardly a person who has not been touched by the pain of suicide in some way. We lament of the grief and we proclaim the hope found in Jesus Christ, who has defeated death. Our hope is that the prayers lifted up will cause us to reflect on God’s faithfulness, cry out for healing, repent of our wandering, and spur us on in love and good deeds to shine the light of Christ in the face of the darkness of death every day.

This 24-hour prayer guide can be used to help you, your small group, or your church pray more intentionally and effectively for deliverance. Each hour has a theme, a short-sentence prayer to guide your thoughts, a scripture to meditate on and pray, and a suggested prayer focus. Some of the prayer focus entries include a region of Alaska, or a named community where there is a Covenant church present. Pray for healing, revival and the coming of God’s Kingdom in these places. Of course, the Holy Spirit will likely spur you to pray for additional needs. So this guide is a tool designed to help get you started.

THE HEART OF THE RESOLUTION TO FAST AND PRAY

- We in the Alaska Conference of the Evangelical Covenant Church further RESOLVE to come into the bond of unity and fervently commit to a day of fasting and prayer annually for our children and our families that we may be delivered from the peril of suicide in our communities and be healed from the pain that we endure from those whom we have lost already.
- We further RESOLVE to put to death whatever belongs to our earthly nature: sexual immorality, impurity, lust, evil desires and greed, which is idolatry. We RESOLVE to rid ourselves of all such things as these: anger, rage, malice, slander, and filthy language from our lips. (Col 3:5 & 8)

MORE ABOUT FASTING

Fasting is an important aspect of this call to prayer. We encourage you to include a fast of some duration during this day. Campus Crusade for Christ has an on-line resource that will be helpful for you to incorporate a fast.

www.cru.org/train-and-grow/spiritual-growth/fasting/personal-guide-to-fasting

**O LORD, God of my salvation;
I cry out day and night before you.
² Let my prayer come before you;
incline your ear to my cry!**

Psalm 88:1-2

Suggestions for Using this Prayer Guide

IN YOUR OWN PERSONAL PRAYER TIME

- Designate time(s) during your day to pray through the guide. Praying for each item for even one or two minutes would enable you to get through the guide in an hour or less.
- Around each mealtime, pray for one group of entries. For example, at breakfast pray for the early morning entries. At lunch, pray for the afternoon entries. At supper, pray for the nighttime entries. If including a meal fast, pray when you would normally be eating.
- Set an alarm on your cell phone at the top of each hour to remind you to pray. Use the prayer entries to guide your prayer during that time.
- Jot down thoughts, impressions and things the Holy Spirit says during your fast. Share with someone else.
- Pray with your spouse, children, roommate or friend sometime during the day. This can be done in person or over the phone. Text your prayer partner to remind them throughout the day.
- If a hymn or worship song comes to mind, pray the lyrics over the people and situations you are praying for.

AS A CHURCH, GROUP OR COLLECTIVE EFFORT

- Have individuals “sign up” and commit to pray for one or more times throughout the day to have the entire day’s entries covered by your group.
- Open the church for people to gather and pray together throughout the day.
- Designate a prayer and worship service during one of the meal times for people to pray through the entire guide together, worship together and declare God’s truth.
- Create a “wailing wall” area in your church where the names of families, communities, and individuals can be added who are suffering from loss and scriptures can be added. Use post it notes for adding these items.

HAVE OTHER IDEAS OR TESTIMONY TO SHARE?

Please send other ideas or testimonies about your own personal time or how your church participated in the day of prayer and fasting together. We would love to pass on encouraging ideas and testimonies for future equipping for prayer. **Email to kristi@alaskacovenant.org.**

12:00 A.M. GOD IS OUR REFUGE

“GOD, WE TAKE REFUGE IN YOU. GROW OUR FAITH IN YOU AS WE PRAY.”

The LORD is good, a stronghold in the day of trouble, And He knows those who take refuge in Him. Nahum 1:7

Prayer focus: Pray for a hunger for God, his Word and his Kingdom to burn in our land.

1:00 A.M. WE CONFESS OUR SIN

“FORGIVE US FOR CHOOSING THINGS OF THIS WORLD OVER YOU.”

Come and hear, all you who fear God; let me tell you what he has done for me. I cried out to him with my mouth; his praise was on my tongue. If I had cherished sin in my heart, the Lord would not have listened; but God has surely listened and has heard my prayer. Praise be to God, who has not rejected my prayer or withheld his love from me! Ps 66:16-20

Prayer focus: Confess our reliance on money, power and people rather than the Lord. Pray for central interior region.

2:00 A.M. GOOD AND FAITHFUL IS OUR GOD

“WE THANK YOU GOD FOR YOUR ENDURING LOVE FOR US.”

Give thanks to the God of Heaven. His love endures forever. Ps. 136:26

Prayer focus: Pray for family members who have yet to choose Jesus' love. Pray for Southeast Alaska.

3:00 A.M. WE ARE NOT HELPLESS

“WE DESIRE TO SET OUR MINDS ON THE TRUTH OF YOUR WORD.”

For the Spirit God gave us does not make us timid, but gives us power, love and self-discipline. 2 Tim. 1:7

Prayer focus: Pray for power, love and self-discipline for God's people in your community. Pray for the North Slope.

4:00 A.M. FEAR WILL HAVE NO PLACE HERE

“LORD, WE PUT OUR TRUST IN YOUR UNFAILING LOVE. DELIVER US FROM THE GRIPPING FEAR THAT CLOUDS OUR VIEW OF YOU AND YOUR WAYS.”

There is no fear in love. But perfect love drives out fear, because fear has to do with punishment. The one who fears is not made perfect in love. 1 Jn. 4:18

Prayer focus: Pray that God's love would drive out fear, and that people's hearts would be open to receive his love.

5:00 A.M. WE POUR OUT OUR LAMENT BEFORE YOU

“RESTORE THE LIVES OF CHILDREN WHO HAVE SUFFERED ABUSE, NEGLECT AND WHO ARE GROWING UP WITHOUT A MOTHER OR FATHER.”

My soul is weary with sorrow; strengthen me according to your word. Ps. 119:28

Prayer focus: Pray for children and young people in your family, community, and church. Pray for St. Lawrence Island.

6:00 A.M. THE LORD HEARS OUR CRY

“FORGIVE US OUR SINS. HEAL OUR PEOPLE. HEAL OUR LAND.”

“When the righteous cry for help, the Lord hears and delivers them out of all their troubles.” Psalm 34:17

Prayer focus: Pray that the land would be cleansed of generational sins of exploitation, abuse, and greed.

7:00 A.M. THE LORD IS OUR HELPER

“MAY SHAME GIVE WAY TO TRUST AND CONFIDENCE IN YOU O GOD.”

Because the sovereign Lord helps me, I will not be disgraced. Therefore, have I set my face like flint, and I know I will not be put to shame. IS 50:7.

Prayer focus: Confess sins of self-centeredness and self-reliance. Acknowledge our need for God’s help.

8:00 A.M. GOD IS OUR HEALER

“THE WOUNDS OF OUR PEOPLE ARE DEEP. BRING COMFORT AND HEALING.”

But he was pierced for our transgressions,
he was crushed for our iniquities;
the punishment that brought us peace was on him,
and by his wounds we are healed. Is. 53:5

Prayer focus: Pray for those who have lost loved ones to suicide. Pray for healing for Nome, and White Mountain.

9:00 A.M. GOD IS OUR ROCK AND SAVIOR

“LORD, MAY YOUR LIFE FLOW IN US AS WE EXALT YOU, OUR SAVIOR.”

“The LORD lives! Praise be to my Rock!
Exalted be my God, the Rock, my Savior! 2 Samuel 22:47

Prayer focus: Pray for God to be exalted through his followers’ lives as they live in truth. Pray for Golovin and Elim.

10:00 A.M. WE POUR OUT OUR LAMENT TO THE LORD

“OUR HEARTS BREAK AS PAIN IS UNRELENTING.”

The righteous cry out, and the LORD hears them;
he delivers them from all their troubles.
The LORD is close to the brokenhearted
and saves those who are crushed in spirit. Ps. 34:17-18

Prayer focus: Plead for God's presence in the pain of death, loss and sickness. Declare God's healing and salvation.

11:00 A.M. GOD'S LOVE ENDURES FOREVER

“MAY WE KNOW YOUR LOVE IN INCREASING MEASURE.”

He remembered us in our low estate
His love endures forever.
and freed us from our enemies.
His love endures forever.
He gives food to every creature.
His love endures forever.
Give thanks to the God of heaven.
His love endures forever. Ps. 136:23-26

Prayer focus: Worship God, declaring his enduring love. Pray for the people of Shaktoolik and Koyuk.

12:00 P.M. GOD IS OUR HOPE FOR DELIVERANCE

“MANY OF OUR PEOPLE ARE LOST, HARRASSED AND HELPLESS.”

Help us, God our Savior,
for the glory of your name;
deliver us and forgive our sins
for your name's sake. Ps. 79:9

Prayer focus: Ask God for deliverance and forgiveness for His name's sake. Pray for Scammon Bay and Bethel.

1:00 P.M. GOD DELIVERS US FROM OUR ENEMIES

“LORD, HELP US TO WALK IN COURAGE, STRENGTH AND FAITH.”

“Have I not you? Be strong and courageous. Do not be frightened, and do not be dismayed, for the Lord your God is with you wherever you go.” Joshua 1:9

Prayer focus: Pray for freedom from fear for God's people and for healing from grave loss from suicide in Hooper Bay.

2:00 P.M. GOD WILL SUSTAIN YOU

“LORD, TAKE THE BURDENS THAT ARE SO HEAVY TODAY.”

Psalm 55:22 Cast your burden on the Lord, and he will sustain you; he will never permit the righteous to be moved.

Prayer focus: Pray for the burden of untimely death and loss. Proclaim God's sustaining peace through the storm.
Lift up Eagle River and the Mat-Su Valley.

3:00 P.M. EVERY GOOD THING COMES FROM THE LORD

“WE THANK YOU FOR GOODNESS IN LIFE AND THE GIFTS OF YOUR SPIRIT.”

Every good and perfect gift is from above, coming down from the Father of the heavenly lights, who does not change like shifting shadows. James 1:17

Prayer focus: Thank God for specific ways you see his goodness. Pray for Mountain Village and Mekoryuk.

4:00 P.M. GOD IS OUR HOPE FOR DEEP HEALING

“MANY ARE SUFFERING FROM BITTERNESS AND RAGE.”

Forgive us our sins, for we also forgive everyone who sins against us. And lead us not into temptation. Luke 11:4

Prayer focus: Ask that God's spirit of reconciliation would restore relationships. Pray for Unalakleet.

5:00 P.M. WE REMEMBER GOD'S FAITHFULNESS

“WHEN LIFE IS DARK, LORD, I REMEMBER YOU ARE OUR LIGHT.”

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? Ps. 27:1

Prayer focus: Pray for the light of God's presence to be made known to those contemplating suicide even now.

6:00 P.M. IN CHRIST ALONE IS OUR HOPE FOR DELIVERANCE

*“DELIVER OUR PEOPLE FROM THE GRIP OF ALCOHOLISM, DRUG ADDICTION AND
SEXUAL ADDICTIONS.”*

For though we live in the world, we do not wage war as the world does. The weapons we fight with are not the weapons of the world. On the contrary, they have divine power to demolish strongholds. 2 Cor. 10:3-4

Prayer focus: Pray for people in bondage to addiction, declaring God's divine power over all our state.

7:00 P.M. GOD'S LOVE WORKS THROUGH US

“MAY YOUR LOVE INCREASE AND OVERFLOW IN OUR LAND.”

May the Lord make your love increase and overflow for each other and for everyone else,
just as ours does for you. 1 Thes. 3:13

Prayer focus: Ask for a spirit of unity among believers that would glorify God's name. Pray for Fairbanks.

8:00 P.M. THE BATTLE IS THE LORD'S

“WORK THROUGH US AND IN US TO DEFEAT THE WORKS OF THE ENEMY.”

For though we walk in the flesh, we do not war according to the flesh, for the weapons of our warfare are not of the flesh, but divinely powerful for the destruction of fortresses. 2 Corinthians 10:3-14

Prayer focus: Proclaim victory over hopelessness, despair and suicide in our land. Pray for the Aleutian Chain.

9:00 P.M. THE JOY OF THE LORD IS OUR STRENGTH

“WE MOURN AND WEEP NOW; WE LOOK TO JOY IN THE MORNING.”

Weeping may endure for a night, but joy comes in the morning. Ps. 30:5

Prayer focus: Declare God's presence in spite of the grief and proclaim his joy over life. Pray for the Kenai Peninsula.

10:00 P.M. WE PUT ON SPIRITUAL ARMOR FOR BATTLE

“MAY WE RISE UP AND BATTLE THE DARKNESS IN POWER AND TRUTH.”

Therefore, take up the full armor of God, so that you will be able to resist in the evil day, and having done everything, to stand firm. Ephesians 6:13

Prayer focus: Ask God for discernment of the devil's schemes around you and for help to resist. Pray for Anchorage.

11:00 P.M. THE VICTORY IS THE LORD'S

“WE HOPE IN YOU LORD, RENEW OUR STRENGTH.”

Isaiah 40:31 – but those who hope in the Lord will renew their strength. They will soar on wings like eagles; they will run and not grow weary, they will walk and not be faint.

Prayer focus: Worship the Lord for his Word, his promise and his presence.

