



Prayer Guide

"And work for the peace and prosperity of the city where I sent you into exile. Pray to the Lord for it, for its welfare will determine your welfare." Jeremiah 29:7

Purpose of 21 Days of Prayer & Fasting

Since 2016, we have reserved the month of January for prayer. Let us set aside our agendas and desires and instead intentionally focus on Jesus, seeking Him for guidance, encouragement, and vision in this new year. Still in this season of a global pandemic, may we seek God's heart for our church, community, country and world as we listen to how God is directing us to pray. God's covenant of faithfulness remains as we lean into His movement and walk where He is calling.

Making a commitment to pray for North Fresno Church, our City and our World is not one made lightly. Sometimes it's hard to know what to pray and what to read. This guide has been put together to help direct our prayers and focus over the next 21 days. Use a simple spiral notebook and this guide to write down prayers, names and thoughts along your journey.

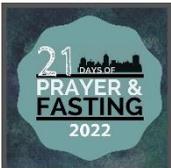
This year's prayer and fasting coincides with our new series, "A New Year, A New You" in which we will be exploring the importance of an emotionally healthy spirituality which helps us examine our interior lives so that we can become more loving. Prayer and fasting are the spiritual tools to create space for God to do the work of transformation. Each daily prayer focus is framed by one of the seven pathways of emotionally healthy spirituality.

If you would like to engage in the spiritual practice of fasting along with this guide, please access our "Prayer & Fasting" brochure which explains information about how/why we fast.

We pray God speaks to You as you read His Word, spend time in silence and engage in prayer.

Seeking His Peace and Presence,
Your North Fresno Church Pastoral Team





"The LORD God is my strength. And He has made my feet like hinds' feet, and makes me walk on my high places." Habakkuk 3:19



Mon., January 10th

Prayer Focus: Prayer for God's Presence

"I come to You, God, thankful for Your Presence with me – no matter how joyous my life nor how low my life descends, You are with me. Thank You for a new year. Teach me to hear the whisper of Your voice that is nearer to me than my own heartbeat. Direct my prayers during this season of prayer that I may learn to recognize Your voice, become more aware of Your Presence and feel what You feel. Thank you that in You I am known and loved."

Sit in silent listening. Reflect on 2021 - the joys, losses, frustrations – what emotions describe your 2021 year? Speak/write them out. Know that God is with you.

Scriptures: Matthew 3:13-17; Psalm 139:1-18

Becoming Your Authentic Self

Tues., January 11th

Prayer Focus: Parents

"Jesus, I lift up parents across our world who are caring for children – little ones and not-so-little ones. I pray Your Spirit would give them wisdom as they make health decisions for their children. Speak to them, abide with them as they offer continued care, encouragement, and guidance to their children. Give parents courage to model how to seek Your Kingdom over the many pulls and temptation of life."

Pray for parents you know who are navigating child-rearing in the midst of the pandemic. Pray for God's peace to abide in their homes and sustain them when tensions rise or loneliness cries out.

Mail a parent a card of encouragement.

Scriptures: Matthew 6:25-34; Job 19:23-27

Breaking the Power of the Past

Wed., January 12th

Prayer Focus: North Fresno Church

"Thank you, God, for North Fresno Church. Thank you for the ministry and blessing this church is to me, my community and my world. Thank you for deep roots that draw from the wells of Your Spirit. Let us have perseverance in pushing through difficult seasons so we may be found to be more mature and complete. Grace us with your peace and Presence as we continue to follow You." **Spend time reflecting on the ways NFC has blessed you or you've seen NFC bless others. Give thanks. Set an alarm to chime every hour. When you hear the chime, recite the Jesus Prayer: "Lord Jesus Christ, Son of God, have mercy on me, a sinner." May we let go of being perfect and simply be loved.**

Scriptures: Luke 18:9-14; James 1:1-18

Letting Go of Power & Control

Thurs., January 13th

Prayer Focus: Racial & Social Justice

"I see my brothers and sisters – crying, hurting, afraid, angry. I confess my privilege and my desire to be in control and use power and opportunity to better myself instead of alleviating the weight of others. God, take away fear and replace it with love – love for you and love for others. May I love well in what I do, what I say, and how I live." **Spend time in confession and prayer, how have you contributed to the injustice of others? Look for the nightly services being offered during the days remaining and challenge yourself to "attend" one that is different from what you have experienced.**

Scriptures: John 12:20-36; Amos 5

Surrendering Your Limits (Grief & Loss)



*"Bless the LORD, O my soul; and all that is within me,
bless His holy name." Psalm 103:1*



Fri., January 14th

Prayer Focus: Seniors & Elderly Communities

"Thank you for the elders around me. I pray that Your Spirit would well up within each senior and they/we would be comforted and assured that they/we are not alone. We are grateful that Your lovingkindness endures forever. Challenge us, God, to keep loving well." Pray for older communities and older men and women in your life who have suffered much isolation and health worries this last year. Pray for relatives, friends, and caregivers – give them wisdom and patience in know how to best care and support each person during this season. Send a note to a NFC Senior.

Scriptures: Matthew 7:1-14; 1 John 3:11-24

Learning to Love Well

Sat., January 15th

Prayer Focus: Health in our City

"I pray today for the health of everyone in my city. Across every age, gender, social class, economic status, and ethnic identity may Your health and prosperity come. I pray for equal vaccine distribution and that each person would receive care. Keep my eyes on those in the margins, people who are disadvantaged and need an advocate to help. Give me eyes to see Your image in all people."

Pray for specific government leaders, organizations, and health administrators – pray that people in power would remember the poor and vulnerable.

Scriptures: 2 Chronicles 7:13-15; Habakkuk 3:16-19

Loving Christ Above All

Sun., January 16th

Prayer Focus: Church Unity

"I lift up churches in the Valley – Fresno, Clovis, Madera, Sanger. Lord, move in the hearts of the pastors, leaders and congregations to work in cooperation with You and with one another to shine Your Light in our city as we spread the Good News of reconciliation, forgiveness and justice to people living in darkness. May our rhythms of rest produce signs of freedom and give us time to grow friendships."

Pray for your pastors and leaders that they would have a heart for our whole city – not just their individual congregations. May we be a city united by our love for God and love for people.

- Pray for unity at NFC this morning as we gather for a congregational meeting after church.

Scriptures: Exodus 20:1-21; Psalm 46

Scripture & the Sabbath

Mon., January 17th

Prayer Focus: NFC Children & Students

"Thank you, Jesus, for our children, youth, and college-aged students. I pray Your Spirit would guide them, speak to them, and abide with them as they discover their identity and sort through the details of life. May their identity be anchored by Your steadfast love for them. Be near them in their sadness and surround them with a community of faith." Pray for young people that their knowledge and experience of Jesus and the activity of the Spirit would increase and ground their lives. Pray especially while they navigate virtual spaces or suffer loneliness that they would remember they are loved and not forgotten. Write names of young people you know and pray for them.

Scriptures: Ephesians 4:17-32 & Philippians 4:8-14

Becoming Your Authentic Self



“Seek the welfare of the city where I have sent you into exile, and pray to the LORD on its behalf...” Jeremiah 29:7



Tues., January 18th

Prayer Focus: NFC Pastors & Staff

“I pray my pastors and staff that they would remember they have been adopted into Your family. May Your invitation and calling be the foundation of their ministry. I pray Your voice of love would speak louder than negative voices, past failure or trauma. Thank you for my pastors and staff; thank you for their love for You and love for people. Give them strength, vision and creativity for the year ahead.”

Spend time praying for our pastors, staff and leadership teams.

Scriptures: Ephesians 1:1-14 & 2 Corinthians 5:11-21

Breaking the Power of the Past

Wed., January 19th

Prayer Focus: Micah Project, FACE, SART

“Thank you, God, for the ministries that reach out to the hurting in our community in tangible ways. Give these ministries insight to bring hope to the hopeless and provide ways to break through barriers so people can experience provision and peace. May Your perfect love cast out fear or hesitation. I pray the ministries and ministers of Micah Project, FACE & SART would experience Your peace and favor in this new year to come.”

Write down and pray for the pastors, interns, leaders and people involved in these ministries.

Scriptures: 1 John 4:7-21; Psalm 27

Letting Go of Power & Control

Thurs., January 20th

Prayer Focus: Pandemic Grief & Loss

“My heart is tired and grieves for lives lost and for life that has become stifled in isolation behind closed doors. I have lost so much of life these last nearly two-years – I am sad, frustrated and grow more hopeless. Thank you, Jesus, for Your model of grief and Your permission to ‘not be okay.’ Comfort me in my expression; heal me in my anger; guide me through my grief. Give me courage to lay my losses and at your feet so I can walk into 2022 with open hands and anticipation.” **Write down losses you personally experienced because of the pandemic. Spend a moment touching each one you wrote. Say aloud the name(s) of people who have lost their life (lives) dues to COVID-19. Pray for God’s Presence and mercy to be with grieving families. Turn over a new page in your journal.**

Scriptures: John 11:1-44; Psalm 37:1-7

Surrendering Your Limits (Grief & Loss)

Fri., Jan. 21st

Prayer Focus: Robinson Elementary School

“Thank you, God, for Robinson Elementary School and our Robinson Neighborhood. I pray that Your Spirit would put a hedge of protection around our neighborhood. Be with the students and staff at Robinson, give them wisdom as they navigate all the changes of this season. Teach us to love our neighbors.” **Take time to pray for Robinson Elementary School and the students and staff. Pray for resources and support for every student and teacher.**

Scriptures: 1 Corinthians 13; Psalm 8

Learning to Love Well

Sat., Jan. 22nd

Prayer Focus: NFC Missionaries

“Today I lift up missionaries who are on mission around our world bringing about Your Kingdom of peace, justice and reconciliation. I pray You would protect our missionaries and families who are serving You. Give them an added measure of strength, grace, wisdom and discernment as they share Your Good News.” **Spend time praying for our missionaries (and their families). Send a card to a missionary you know.**

Scriptures: Isaiah 52:7-10; Ephesians 6:10-17

Loving Christ Above All



*"You will seek me and find me when you seek me
with all your heart." Jeremiah 29:13*



Sun., Jan. 23rd

Prayer Focus: Peace in our City

"Jesus, I lift up the city in which I live. Give us insight, strategy, and unity to tackle the issues of concentrated poverty, homelessness, violence and inequality. May Your Kingdom come to the people who live here, regardless of socioeconomics, ethnicity, gender, or religion. Let this be a place where people thrive and love one another. Help us make time to bring change to our city." Take time to write out the names of our local government leaders. If you don't know names, look them up and pray for them. Pray for God's mercy and guidance to be with us in this new year.

Scriptures: Jeremiah 29:4-14; Psalm 86:1-13

Scripture & the Sabbath

Mon., January 24th

Prayer Focus: Friends, Family, Neighbors

"As I become more comfortable in my own skin, open my eyes to my friends, family, and neighbors who are struggling and striving to fit-in and find peace. Teach me to conduct myself with wisdom, seasoning my language with the salt of Your Spirit that would produce conversations with people whom I interact. May Your transforming light within me shine onto others to guide them to You."

In silent listening, ask God to bring to your mind names of specific family, friends, and/or neighbors. Write down their names and spend time praying for them.

Scriptures: John 17:13-26 & Colossians 4:2-6

Becoming Your Authentic Self

Tues., January 25th

Prayer Focus: Healing of Creation

"I praise You, Father, for our beautiful world. Thank you for our recent rain and snowpack. We pray our fields would continue to be watered and our hills covered with the beauty of spring flowers. Let our lakes rise and our rivers run. Cleanse our air with the breath of Your Spirit to restore our beautiful Valley." Spend time praying that God would renew our Valley's resources and heal our land. Let us be like Joseph who is still fruitful even in a land of suffering.

Scriptures: Genesis 41:46-57; Romans 8:18-30

Breaking the Power of the Past

Wed., January 26th

Prayer Focus: Pandemic Relief

"I pray for the many, many people affected by COVID-19 – from students, elderly, the at-risk vulnerable, healthcare workers, scientists, and politicians – we ask You, God, to bring Your intuition and creativity into action and heal our world. We release trying to control and ask You to guide us out of this Pandemic-wilderness by the power of Your Spirit." Write down names of people you know personally who have been most adversely affected by COVID. Say their names aloud and pray God's Presence be with them and sustain them. Pray for God's protection and continued stamina over our healthcare workers. Pray God would our world.

Scriptures: Luke 4:1-15; Psalm 130

Letting Go of Power & Control



"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 I will hear from heaven and I will forgive their sin and will heal their land..." 2 Chronicles 7:14



Thurs., Jan. 27th

Prayer Focus: Mennonite Central Committee

- **Tonight's prayer service will be at our church! Join us in person or online at 7:00p.m.**

"Thank you for the work of MCC as they bring aid, support, resources, and training to people in need around the world. May the efforts of MCC be blessed and the people receiving feel Your love. Let the poor and hurting know You are a God who sees and is near the hurting."

Spend time praying for the many men, women and children who are without food, water or shelter. Consider the many without the opportunity to receive the COVID vaccine. Connect with their despair and pray for aid and Jesus' message of hope to be delivered to them soon.

Scriptures: Ecclesiastes 3:1-14 & Galatians 6:7-10

Surrendering Your Limits (Grief & Loss)

Fri., Jan. 28th

Prayer Focus: People on a Journey

"Jesus, thank you for the men and women at NFC. I invite You to be the center of our Church and the foundation of each home. I thank You for the people You will add to our church in 2022 and pray You would give us wisdom as we care for, raise up and equip men, women, youth and children to follow You. Teach us how to be a loving church known for our hospitality as we welcome home weary travelers."

Spend time praying for people whom God will add to NFC this year.

Scriptures: Matthew 22:34-40; Psalm 133

Learning to Love Well

Sat., Jan. 29th

Prayer Focus: Our Global Community

"I lift up my brothers and sisters around the world; every person created in Your image. I pray each person would be seen and loved in 2022. I pray Your mercy would flow to the poor and Your justice would move people out of bondage. Raise up men and women to protect the vulnerable and break down systems and institutions that cause disease, oppression, and death. May Your Kingdom come on earth, as it is in Heaven." Pray for nations and people groups around our world. When you read/watch the news, flip the information into a prayer. Look at a map and remember you are part of a larger global community.

Scriptures: Colossians 2:6-23 & Romans 8:18-28

Loving Christ Above All

Sun., Jan. 30th

Prayer Focus: Thanksgiving

"Thank you, Father, for this season of praying for our church, our city, and our world. I pray You would continue to move at North Fresno Church and in our City. May You be at the center of all we do and guide us in our task of loving You and loving others with all our heart, mind, soul and strength. May Your Kingdom come through us to the places where we live, work, study and play." Spend some time writing down names of people or situations in which to give God thanks. Sometimes it's hard to think of things – start with something small. Gratitude is a spiritual practice that helps us keep our eyes on Jesus instead of our situation.

Scriptures: Habakkuk 3:16-19 & Ephesians 3:14-21

Scripture & the Sabbath

Thank you for praying with us!

"The LORD bless you and keep you; the LORD make His face shine upon you, and be gracious to you; the LORD lift up His countenance upon you, and give you peace." Amen.