

## **Prayer and Fasting**

Will you stand for the sanctity of all life from birth to death? First you pray. Start today and pray until December 1, 2022 when we start our next prayer focus. Pray that people of faith across the nation will join together on their knees before the Lord, asking Him to hear our plea and heal our land. Pray at church. Pray at work. Pray in the car. Pray at home with your family. Pray!

We invite you to fast throughout this prayer focus. Christ said there are some demons that can only be driven out by prayer and fasting. Fasting is not a Christian diet; it is a powerful means of drawing closer to God by blocking out distractions. Fast from food. Fast from alcohol. Fast from television. Fast from e-mail. Fast from apathy and indifference. Fast from any form of excess. Fast from whatever separates you from God.

Here are some fasting options:

- No TV
- No coffee or sodas
- Foregoing buying unnecessary things and giving the saved money to charity
- Eating only bread and water for one meal a day
- No sweets
- No radio/CDs
- No internet
- No video games
- No eating between meals
- Praising God for all inconveniences or ‘thorns’

We believe that when God’s people pray and fast with a broken, repentant, and contrite spirit, our heavenly Father will hear from heaven and heal our lives, our churches, our communities, our nation, and our world. God has already given us His word that He will listen:

“If my people who are called by my name humble themselves and pray and seek my face and turn from their wicked ways, then I will hear from heaven, will forgive their sin and will heal their land.” *2 Chronicles 7:14*

***Therefore we are calling you to devote 20 minutes to prayer each day for the protection of the unborn.***

## Twenty Minutes A Day Praying for Life

How do we spend twenty minutes praying on our own? I can hear you thinking “What do you *say* to God for *twenty minutes*?!!” Well, below I have listed 20 prayer needs related to the topic of abortion. If you can pray for just *one minute* for each of these prayer intentions, you will have fulfilled your commitment to help us cover this time in prayer!

1. Spend the first minute simply worshipping and adoring the Lord Jesus who is THE Life! Try not to make any requests now. Just spend a minute telling Him how incredibly wonderful He is! Check out these Psalms for help: **Psalm 48, 63, 65, 84, 89, and 92**. There are many more, but these should take you well into a minute of praise and worship!
2. Spend another minute thanking God for the gift of life. Use this brief time to recognize what an awesome blessing it is just to be alive and let that enhance your prayer for those yet unborn to have the chance to experience how great life can be. **Psalm 139:13-16** For you formed my inward parts; you knitted me together in my mother's womb. I praise you, for I am fearfully and wonderfully made. Wonderful are your works; my soul knows it very well. My frame was not hidden from you, when I was being made in secret, intricately woven in the depths of the earth. Your eyes saw my unformed substance; in your book were written, every one of them, the days that were formed for me, when as yet there was none of them.
3. **Pray for the woman in your community who at this very moment is considering an abortion. Consider her emotions (fear, anxiety, even contempt or indifference) and pray that the Holy Spirit would minister to her, teaching her to recognize, respect, and love the “personhood” of her unborn child. Pray that God would grant her the courage she needs to carry and deliver him/her. If you know someone personally, please mention her to our Lord by name!** This one is in bold because I would like this to be the one request that we ALL pray for! No matter which “method” of prayer that you use, *please* pray this one request! **Jeremiah 1:5**; “Before I formed you in the womb I knew you, and before you were born, I consecrated you; I appointed you a prophet to the nations.” **Genesis 1:27**: So, God created man in his own image, in the image of God he created him; male and female he created them.
4. Pray that the families, friends, churches of those who choose to carry their babies would support their decision to let the child live. Especially pray for

the fathers of these babies, that they will love and support their child.

**Psalm 127:3 and Job 31:15**

5. Pray that adoption agencies would be successful in finding loving families for babies placed in their care. (This is a very Pro-Life issue! We do not just want to see the babies born, we want to see them loved and nurtured as well!)  
**Job 12:10 and Luke 12:6-7**

6. Pray for “inner conversion” of those who perform abortions in your community and those who assist them. If you know names of specific people or places that offer elective abortions, please mention them by name!  
**John 3:16**

7. Pray for all those in the community who support, urge, and rally for abortion – especially for those profess faith in Christ. Pray that the Holy Spirit would move them in such a way, that they would realize the great detriment of the “culture of death” that they are promoting.

**Isaiah 49:16 and Ephesians 2:10**

8. Pray for all those fighting abortion at any level in society. Pray for God to protect them against all evil and grant them strength and courage to “keep it up!”  
**1 Corinthians 15:58 and Deuteronomy 31:6-8**

9. Pray for all Pro-Life ministries that you can think of that God would supply all their needs and inspire them with ideas of how be the most effective in the fight against abortion. Again, if know any by name, mention them specifically!  
**Isaiah 54:4 and Ephesians 6:10**

10. Pray for those in positions of civil authority that they would heed the voice of their Pro-Life constituents, as well as for them to be personally involved in the movement!

**Psalm 56:3-4; Psalm 27:1; and John 14:27**

11. Pray that those people in authority would actively present and pass laws that respect all human life from conception to natural death.

**2 Timothy 1:7**

12. Pray for the protection of the right of conscience for all medical personnel.  
**Isaiah 41:10-13**

13. Pray for those in your community who have had abortions. Pray that God would heal their wounds and give them grace and courage to testify to the destructive nature of abortion.

**Proverbs 17:22 and Ecclesiastes 3:1-8**

14. Pray for your local community of Christians that we would all keep open doors and hearts to those who have had abortions. Pray that our local churches would be beacons of hope and healing to those who regret their

decision to abort their child.

**Isaiah 33:2 and James 5:6**

15. Pray for society that we will come to an understanding of God's design for life, especially the family unit and uphold His law above our own desires. Pray that all marriages would be open to life.

**Job 33:4 and Psalm 119:73a**

16. Pray for the leaders of our churches that they would receive inspiration and strength from God to remain steadfast in their convictions against the murder of innocent, unborn children.

**Psalm 27:1 and Psalm 56:3-4**

17. Pray again for the Christian community that we would all be obedient to our spiritual leaders as they guide us in the battle for a "culture of life."

**Isaiah 41:10-13**

18. Spend at least one full minute repenting on behalf our nation who has allowed this legalized murder for so long. Even though you may not have been actively involved, there is great power and merit in begging mercy for others! **Matthew 4:17; Luke 17:3; and Matthew 3:8**

19. Pray for another minute thanking the Lord again for hearing the needs that you have offered to him in prayer. Ask him for strength to be a voice in any way possible for the "Gospel of Life."

**Philippians 4:6-7; 2 Corinthians 4:15; James 1:17**

20. Spend the final minute of prayer in silence listening for God to inspire you as to what ways you should be involved with the local Pro-Life movement. **Isaiah 40:31; Psalm 27:13-14; Lamentations 3:25; and 2 Peter 3:9**

**Websites for scriptures about the sanctity of life:**

[https://www.openbible.info/topics/the\\_sanctity\\_of\\_life](https://www.openbible.info/topics/the_sanctity_of_life)

<https://bible.knowing-jesus.com/topics/Sanctity-Of-Life>

<https://www.defendingthechristianfaith.org/bible-scriptures-relating-to-the-sanctity-of-human-life.html>

**Website for scriptures about courage:**

<https://www.biblestudytools.com/topical-verses/bible-verses-about-courage/>

**Website for scriptures about healing:**

<https://www.biblestudytools.com/topical-verses/healing-bible-verses/#2>

**Website for scriptures about repentance:**

<https://www.biblestudytools.com/topical-verses/repentance-bible-verses/>

**Website for scriptures about waiting on God:**

[https://www.openbible.info/topics/waiting\\_on\\_god](https://www.openbible.info/topics/waiting_on_god)

**Website for scriptures about gratitude:**

<https://parade.com/1116815/marynliles/bible-verses-about-gratitude/>

**Websites about the sanctity of life:**

<https://www.focusonthefamily.com/pro-life/the-sanctity-of-life-ethic/>

<https://www.focusonthefamily.com/pro-life/>

<https://www.focusonthefamily.com/pro-life/the-history-of-christianity-and-abortion/>

<https://www.focusonthefamily.com/pro-life/giving-a-voice-to-children-for-adoption/>

<https://www.focusonthefamily.com/pro-life/how-to-help-kids-in-foster-care/>

<https://www.40daysforlife.com/en/>

<https://sanctuarycitiesfortheunborn.com/>

<https://www.facebook.com/sanctuarycitiesfortheunborn/>

<https://www.christian.org.uk/theology/apologetics/the-sanctity-of-life/>

<https://youtu.be/IygumURnrOo>

[https://youtu.be/\\_piwzf5DBqs](https://youtu.be/_piwzf5DBqs)

**Instrumental music for prayer time**

<https://youtu.be/Q4kynE8W21I>

<https://youtu.be/oEp0Gjv-kHE>

<https://youtu.be/zROSAakJ7tc>