

RIVER ROCK BIBLE CHURCH

24 HOUR FASTING GUIDE

MAY 6-7, 2020

1. Wed – After Dinner **8 PM** ([ZOOM LINK](#))

- Read Psalm 139:23-24
- Spend time in confession & repentance (Personal, corporate, city, country)
- Dedicate your fast to God's glory

2. Thurs – Morning **7 AM**

- Prayer for God's protection & deliverance from COVID
- Pray for those who are scared or depressed
- Prayer for peace
- Prayer for elected officials
- Security for Unemployed
- Safekeeping for the abused
- Global dependence on God

3. Thus – Lunch hour **Noon**

- Healing the sick
- Comfort for the grieving
- Healthcare workers
- Insight for Researchers & Scientists
- God's Name to be glorified

4. Thurs – Afternoon **3 PM**

- What does God want you to learn during this time?
- Ask God to show you where and how He wants you to serve those around you?
- What can you do during this time to join in the Work God is doing?
- What changes does God want you to make going forward?

5. Thurs – Evening **5 PM** ([ZOOM LINK](#))

- Thanksgiving
- How will you obey God in the things He has called you to do going forward?



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