

AN INVITATION TO THE MALAYSIAN CHURCH
A DAY OF PRAYER AND FASTING
TOGETHER IN FELLOWSHIP WITH THE WORLD-WIDE CHURCH
ON THE LORD'S DAY - SUNDAY, 22ND MARCH, 2020

This Sunday, 22 March, 2020 **we invite all Malaysian Christians to A Day of Prayer and Fasting in fellowship with the Worldwide Church** in the midst of the Covid-19 Coronavirus Pandemic.

At such a time as this, when so many are understandably anxious and fearful in the midst of life-threatening danger, we are reminded in a fresh and most powerful way of our dependence on our loving Heavenly Father and the sovereign hold He alone has on the future.

In spite of the *Movement Control Order* (MCO) we have the great privilege and freedom to be able to call upon God, wherever we are, individually and in our own household, for healing in our country and the world.

AN ADAPTABLE PRAYER GUIDE [P – R – A – Y]

An adaptable/flexible Prayer Guide for personal & family use during this time of Movement Control Order (MCO)

PAUSE PRAY Psalm 46 aloud

BE STILL Breathe deeply, and welcome the Holy Spirit.

REPENT As a symbolic act, wash your hands as you read these verses and say a quiet prayer of repentance before the Lord.

ACTS 3:19 NIV - Repent, then, and turn to God, so that your sins may be wiped out, that times of refreshing may come from the Lord.

JAMES 4: 8 NIV - Come near to God and he will come near to you. Wash your hands, you sinners, and purify your hearts, you double-minded.

1 John 1:9 NIV - If we confess our sins, he is faithful and just and will forgive us our sins and purify us from all unrighteousness.

LIGHT A CANDLE OF HOPE [Optional] Light a candle in the windows of your homes when you are praying in the evening as a visible symbol of the light of life - Jesus Christ, our source and hope in prayer.

REJOICE /WORSHIP DECLARE/ PRAY Psalm 91 aloud

SING Song[s] of worship about the greatness of God

ASK (A time of Intercession) – We suggest you use your own sincere and simple words as you pause over these suggested verses for your reference and meditation:

1. PRAY FOR SELF AND OTHERS AFFECTED BY THIS TIME OF ISOLATION

Deuteronomy 31:6 NIV – *Be strong and courageous. Do not be afraid or terrified because of them, for the Lord your God goes with you; he will never leave you nor forsake you.*

Ask God to make His presence felt in times of being alone & in solitude.

2. PRAY FOR THE SICK

Isaiah 53: 4 -5 NIV – *Surely he took up our pain and bore our suffering, yet we considered him punished by God, stricken by him, and afflicted. 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.*

Ask God to make His presence felt in this time of illness, and to protect, strengthen and heal the infected and their families.

3. PRAY FOR THE ANXIOUS

1 Peter 5:7 NIV – *Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God.*

Ask God to take away the fear and anxiety and give a sense of thanksgiving, purpose and peace in pursuing God, improving health and protecting others from exposure to the disease.

4. PRAY FOR THE ELDERLY AND THE INFIRMED/ VULNERABLE

Psalms 46:1 NIV – *God is our refuge and strength, an ever-present help in trouble.*

Note or write down [optional] the names of the people you know who are elderly or have an under-lying condition that may make them susceptible to the Coronavirus. Ask God to protect them from infection. [Option: text/call them as moved].

5. PRAY FOR POLITICIANS AND NATIONAL LEADERS

1 Timothy 2:1-2 NIV – *I urge, then, first of all, that petitions, prayers, intercession and thanksgiving be made for all people—for kings and all those in authority, that we may live peaceful and quiet lives in all godliness and holiness.*

Ask God to give exceptional wisdom to international, national and local political leaders as they make decisions to protect people, and to bring excellent advisers to guide them to take and organise actions.

Ask God to give them the ability to communicate clearly and compassionately to the public.

6. PRAY FOR THOSE AFFECTED FINANCIALLY

Philippians 4: 19 NIV – *And my God will meet all your needs according to the riches of his glory in Christ Jesus.*

Ask God to provide for those in financial difficulty because they are unable to work, and for business leaders as they face such unprecedented disruption to life.

7. PRAY FOR HEALTHCARE/ FRONTLINE PROFESSIONALS

Isaiah 58: 10 NIV - *and if you spend yourselves in behalf of the hungry and satisfy the needs of the oppressed, then your light will rise in the darkness, and your night will become like the noonday.*

Ask God to protect the health professionals (doctors, nurses, ambulance crews, researchers, national security, police, immigration, fire, cleaners and more) caring for those affected by the virus, as they deal daily with the rising number of cases and the intense pressures that come with this crisis.

Ask God to give them peace, wisdom, and strength, and to anoint them for their jobs and to protect them from infection. Pray for protection for their families as well and to honour them for their commitment and sacrifice.

8. PRAY FOR ADJUSTMENTS TO THE “NEW NORMAL” FOR ALL: ESPECIALLY THE YOUNG & OVERWHELMED - BY THE INFORMATION OVERLOAD AND FEELING THE RESTRICTION OF MOVEMENT

Isaiah 40: 29-31 NIV - *He gives strength to the weary and increases the power of the weak. ³⁰Even youths grow tired and weary, and young men stumble and fall; ³¹but 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.*

Ask God to bless and guard families adjusting to everyone being home as businesses and schools close. Ask that He will guide people in their new realities. Pray that spouses may be gracious to each other, and help worn-out parents to speak words of kindness and encouragement to their children. Pray for the young to find creative ways to experience the presence of God and the beauty of all that He has created and to continue learning.

9. PRAY FOR THOSE HURTING AND FEELING THE PAIN OF SUFFERING LOSS OF LOVED ONES AND BEING QUARANTINED

Psalms 23:4 NIV - *Even though I walk through the valley of the shadow of death, I will fear no evil, for you are with me; your rod and your staff, they comfort me.*

Ask God to comfort those grieving the loss of loved ones, those facing uncertainty while in self-quarantine and those whose friends or family members are in hospital.

10. PRAY FOR THE EFFECTIVE AND QUICK CONTAINMENT OF THE VIRUS AND COMPLYING WITH RESPONSIBLE CIVIC CONSCIOUSNESS

Pray for a miracle, we still believe in miracles

2 Chronicles 7: 13 – 14 NIV - ¹³*“When I shut up the heavens so that there is no rain, or command locusts to devour the land or send a plague among my people, ¹⁴if 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.*

Ask God to slow and halt the spread of the Covid-19 Coronavirus. Take a moment to pray for God's particular intervention in other nations most affected [Italy, Spain and the forecasted next epi-centre, that is, South Asia, especially India, Pakistan and Bangladesh], and those countries that ended up importing the virus from the event that was held here in the *Sri Petaling* mosque in Kuala Lumpur.

Pray for the people to be complying and responsive to the instructions of the authorities to ensure containment and improvement of the situation.

YIELD

Let us yield ourselves to God – our hearts, our minds, our voices, our hands and our feet. Let us ask God to use us to be a people called by His name, who reflect His beauty, holiness, grace and love.

FOR THE CHURCH TO GAIN A REFRESHED VISION OF BEING A PEOPLE OF PRAYER

That Christians will take this time of restricted movement to be a people of unceasing prayer - to stand in the gap for family and friends, and for the nation, during this time of global volatility and national instability. Pray that the Church will rise up IN FAITH as a God's voice of hope and peace in THIS SEASON OF PREVALENT fear of the coronavirus pandemic.

FOR THE CHURCH TO BE A WITNESSING PEOPLE THROUGH FAITH, HOPE, LOVE AND COMPASSIONATE ACTION TO ALL AND SUNDRY

That God may grant us strength and wisdom, and help us to be a people of faith and hope, especially in our interactions in social media. Alongside our prayers, let us ask God to give us the wisdom, compassion and generosity to take this opportunity to GO OUT OF OUR WAY TO telephone or email someone who is isolated, maybe buy some additional food for our local foodbanks, poor communities, daily wage workers, and migrants and refugees. Or offer to deliver shopping for an elderly or sick neighbour.

PRAY THE BLESSING OF NUMBERS 6:24-26 OVER EACH GROUP COVERED

The Lord bless you and keep you; the Lord make his face shine on you and be gracious to you; the Lord turn his face toward you and give you peace.

FINISH BY SAYING THE LORD'S PRAYER (Matthew 6: 9-13 NIV)

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. And forgive us our debts, as we also have forgiven our debtors. And lead us not into temptation, but deliver us from the evil one. For yours is the kingdom and the power and the glory forever. Amen.

BE STILL

Breathe deeply, thank God for His presence and release into His hands all you've prayed.