



**Shiloh Missionary Baptist Church
presents,
4-Day Prayer & Fasting Conference
"If My People" ... 2 Chronicles 7:14
May 3-6, 2022**



The spiritual disciplines of prayer and fasting are practices of many faith traditions. Prayer—intimate, authentic communication with the Divine—reveals our theological imagination, emotional vulnerability, and idealized values. Prayer is one of our love languages as the offspring of God and inheritors of daily eternity. Fasting can serve as a physical (fasting from food) reminder to pray and perhaps to pray more fervently. During times of crisis or decision-making, prayer and fasting offer the faithful an opportunity to meet with God. As evidenced in the Old and New Testaments of the Bible, prayer and fasting are powerful tools.

Our nation is in a time of great distress. Therefore, Pastor Parker and the Prayer Team are calling the people of Shiloh Missionary Baptist Church to a 4-Day Prayer Conference called ***If My People*** from 2 Chronicles 7:14, “*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.*”

Together, we will learn how to reach heaven, hear from God, have our sins forgiven and our land healed. The three-fold goal of this Prayer & Fasting Conference is that members will understand the importance of prayer and fasting, be strengthened as they draw closer to God, and be a catalyst for us to become houses of prayer.

Prayer & Fasting Conference Schedule:

Tuesday, May 3, 2022 – Prayer & Fasting Workshop Zoom Only (Meeting ID: 832 1819 3751; Passcode: 173355). There will be a Q & A session at the close of the 12:00-2:00 pm time and 7:00-9:00 pm time. Here, participants can ask questions of the facilitators concerning the topics of discussion.

Noon Gathering: 12:00 – 2:00 pm

- a. 12:00 – 12:45 pm ~ Message from Pastor Undra Parker
- b. 12:45 – 1:15 pm ~ Why we Pray – Reverend Vickie Casey
- c. 1:15 – 1:45 pm ~ Why we Fast – Reverend Jean Johnson

Evening Gathering: 7:00 – 9:00 pm

- a. 7:00 – 7:45 pm ~ Message from Pastor Undra Parker
- b. 7:45 – 8:15 pm ~ Why we Pray – Reverend Gwuana Thomas
- c. 8:15 – 8:45 pm ~ Why We Fast – Reverend Jean Johnson

**Wednesday, May 4, 2022 – Shiloh House of Prayer 6:30 – 8:00 pm
(Sanctuary & Zoom)**

1. Seven Prayer Focuses – 10-minute per point

The moderator sets each prayer focus up by alerting the congregation about what will take place. Prayer Focus Leader prays and may ask one or two people to pray for that focus (i.e., Shiloh Staff).

Please do not go over the 10-minutes.

⇒ **Bereavement & Comfort** Rev. Patricia Ann Ray

⇒ **Shiloh Ministries** Deaconess Bea Freeman

- a. Children
- b. Youth
- c. Young Adults

⇒ **Shiloh Families** Rev. Desiree Thomas

⇒ **Shiloh Staff** Rev. Gwuana Thomas

⇒ **Shiloh Leaders** Rev. Eva DuRant

⇒ **Shiloh Pastor & Wife** Rev. Jean Johnson

⇒ **Shiloh Programs** Rev. Doretha Abrams

Thursday, May 5, 2022 – Family Prayer @ Home and Family Prayer Walk @Shiloh

1. Follow The 4-Point At-Home Prayer Guide
 - a. The entire church pauses and prays at 12:00 noon wherever they are.
2. Shiloh Prayer Walk 6:30-7:30 pm – praying outside around the church.
 - a. Visit each Prayer stations praying for the prayer focuses.
 - b. Everyone is invited to participate, ask to think deeply and focus your mind for a period of one hour of Prayer as they walk around the Church.

Friday, May 6, 2022 – Shiloh Friday Faith Fast

1. Church-wide Fasting 6 am – 6 pm ~ use Shiloh Prayer & Fasting Guide
2. Prayer on conference line 6:00 am, 12:00 pm, 6:00 pm.
Conference Line #: 907-273-5190 ID: 364917

4-Point At-Home Prayer Guide

Families can pray powerfully and practically at home using the Lord's Prayer. This model is certainly not the only way to pray, but it is a beneficial tool that families can use, especially if they are new to praying or for those that have become stagnant in their prayer discipline. This model is from Matthew 6 and will draw people toward God. Furthermore, this model will provide life-energizing power applicable to other Biblical passages.

UPWARD IN REVERENCE

In the prayer model Jesus gave His disciples, He instructs us to begin with an **UPWARD** focus on God. "*Our Father in heaven, Hallowed by Thy name,*" I call this a point of *Reverence*. It starts with us acknowledging God. When we state this first line of The Lord's Prayer, "*Our Father in heaven, Hallowed by Thy name,*" we *Reverence* and talk to a holy God. Ultimately, prayer is my response to my knowledge of who God is.

Possible Prayer Focuses:

- ☐ Praising God for His attributes/character
- ☐ Offering thanks for what He has done
- ☐ Not asking for anything, just worshipping

DOWNWARD IN RESPONSE

Jesus taught the second element of biblical prayer when He said, "*Your kingdom come, Your will be done, on Earth as it is in Heaven.*" ~ Matthew 6:10

A **DOWNWARD** introspection and surrender mark this time as I let "*God's kingdom come, His will be done, on Earth as it is in Heaven*" I call this a point of *Response*. Jesus is talking about our "Response" to God's character in prayer as we consider His will, from His Word, and for His purposes on earth. This involves yielding to the control of the Holy Spirit as I respond to His invitations to a fruitful and obedient life. It is a season of pledged obedience to the Word of God, desiring the accomplishment of His will in our lives.

Possible Prayer Focuses:

- ☐ Worshipful response to who God is
- ☐ Acknowledge and surrender to God's will
- ☐ Listening, allowing God's Spirit to speak; then obeying

INWARD IN REQUEST

Now that we have rightfully worshiped our God — and we have wholly surrendered to His will for our lives — we can boldly come to His throne. *“Give us today our daily bread. And forgive us our debts, as we also have forgiven our debtors.”*

~ Matthew 6:11-12.

An **INWARD** focus usually involves our *resources* and *relationships*. I call this a point of *Request*. Through heartfelt *Requests*, we focus on the areas of need in our lives.

Because our Father already knows our needs (Matthew 6:8), this is not a time of informing God, but rather a deliberate trust in God as the perfect provider of our needs. It is a time for personal *Requests* and the concerns of others. It is a time for corporate matters, such as congregational challenges or broader issues in the body of Christ. We appreciate Philippians 4:19, which says, *“And my God will meet all your needs according to the riches of his glory in Christ Jesus.”*

Possible Prayer Focuses:

- ☐ Offering requests in accordance with God's will
- ☐ Passionate petitions of personal needs

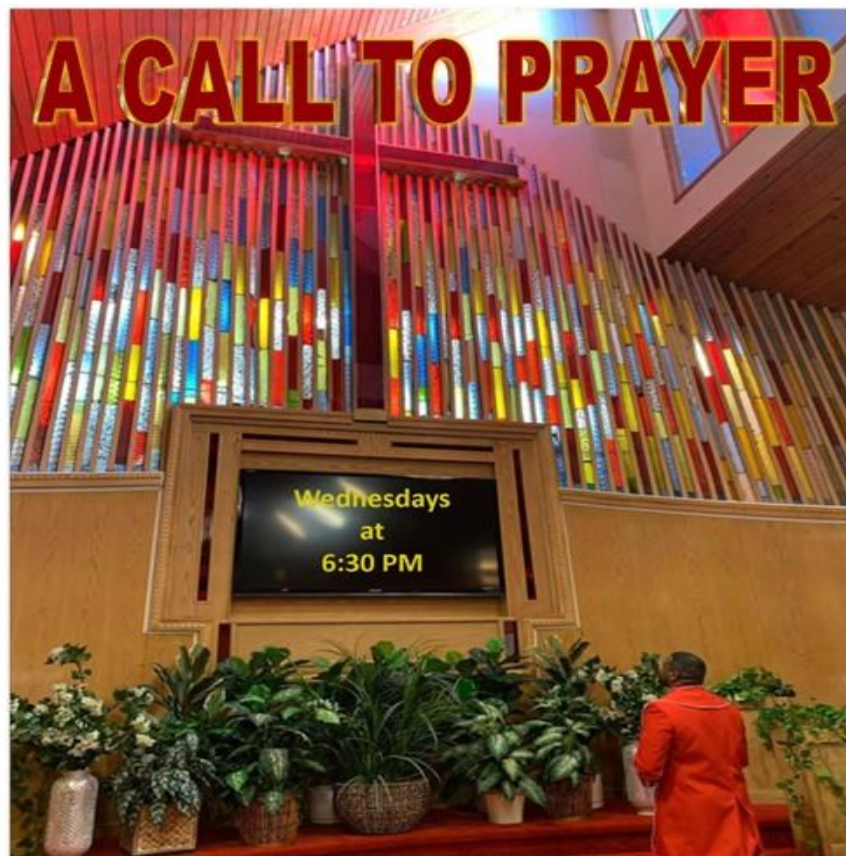
OUTWORD IN READINESS

The ***OUTWARD*** look reminds us of the spiritual battles before us and admonishes us to be ready for any evil that may come. It also reminds us of the spiritual supply within us, the Holy Spirit. “*And lead us not into temptation but deliver us from the evil one*” ~ Matthew 6:13. I call this a point of *Readiness*.

When we pray, “*Lead us not into temptation, but deliver us from the evil one,*” we acknowledge our inability to overcome daily life’s temptations. We entrust our welfare to the delivering force of our Divine Deliverer through the power of His presence and promises. We then vow to walk in *Readiness* and live in victory as the fruit of our prayer and fasting manifests itself in our lives.

Possible Prayer Focuses:

- ☐ Putting on the “Full Armor of God”
- ☐ Claiming God’s Promises for the battle
- ☐ Knowing He will answer
- ☐ Focusing on His glory above all else



There will be four prayer focuses station outside around the church.

- **Station One:**

Pray The Lord's Prayer (Matthew 6:9-13)

- **Station Two:**

PRAY "we go and spread the Gospel adding families to the church through salvation." (Matthew 28:18-20)

- **Station Three:**

Pray "GOD IS GLORIFIED IN ALL THINGS AND CHRIST IS EXALTED." (2THESSALONIANS 1:11-12)

- **Station Four:**

Pray For The world "For whatsoever is born of God overcome the world: and this is the victory that overcometh the world, even our faith." ~ Matthew 24:44 KJV.

Ending the Walk-to the South location and visit exit table.

Not Sure Where To Start?

- ⇒ Pray for: Safety, Political Peace, and Frontlines.
- ⇒ Pray For: God's Comfort for Ukraine Citizens and those affected by war.
- ⇒ Prayer For: The poorest regions where numbers of people have only minimal knowledge of the gospel.



- ⇒ Pray For: Church, Education, Media, Government, Business, Military and Family.
- ⇒ Pray For: Broken Homes, Violence (e.g., gun violence), Senseless killings.

At The End of The Walk, You Will Pray For People You Know

Pray for People you Know

Scripture: James 5:15-16

- ⇒ Write names of three persons you want to pray for on a strip of paper and place the names in a sandwich bag.
- ⇒ These can be people you look up to for guidance and support, family members, friends, or someone else you might have in mind.
- ⇒ Pray for these individuals and ask God's blessings to be with them.
- ⇒ Pray for God's love and God's protection to help them be safe, to know Him and that these people will make good choices for their lives.

Remember to pray for others we can find strength in praying for others and serving those around us.

Remember God does not care if your prayers are long or short. He cares about hearing from you and the desires of your heart.



Why Pray?

Prayer is our greatest weapon. Not only does it draw us closer to God, it unleashes his power into our world. Through prayer we learn the heart of the Father in all the matters of our world and through spending time in his presence we begin to be conformed more and more into his image. Through discipline, prayer changes from being a duty to a delight. Simply said, the more you pray, the more you want to pray and the greater its impact.

Our Heavenly Father desires our love, our attention, our fellowship, and our worship and each of these begins in an attitude of prayer. When Jesus was asked by the disciples to teach them how to pray he taught them what we now call, “The Lord’s Prayer.” In that prayer Jesus acknowledges the sovereignty of God then prays that God’s will and kingdom would come to earth as it is in heaven. Through prayer we literally bring God’s desires and kingdom from the heavenly realm into our earthly realm.

Why Fast?

Fasting is an act of willing abstinence from something for a period of time for spiritual purposes. It is a spiritual discipline that allows one to reset and refocus on God by removing something that we normally enjoy. The goal of fasting is to draw closer to God. Biblical fasting always has to do with eliminating distractions for a spiritual purpose; it hits the reset button of our soul and renews us from the inside out.



It also enables us to celebrate the goodness and mercy of God and prepare our hearts for all the good things God desires to bring into our lives. Remember, your personal fast should present a level of challenge. It is very important to know your body and your options, but most importantly, to seek God in prayer and follow what the Holy Spirit leads you to do.

Use this guide to direct you in your prayer and fast focus. You may also want to fast and pray for your family, friends, someone else or even a particular circumstance or situation.

God rewards fasting because when done with the right heart, in confesses that we are helpless without Him, and we require Him to give us the hope we need to press on in the things He has planned. This brings Glory to God!

You Choose Your Fast

James 4:8 says, “Draw near to God, and He will draw near to you.” Drawing closer to God is the goal of our fasting and prayer! He has amazing things in store for us, and I am encouraged and excited about this New Year.

PRAYER FOCUSES

(Add to this list as the Lord Leads You)

- Leaders & Ministries
- Godly Love For People
- Pray against the Scheme of the Enemy
- Families to Reflect God’s Image
- Spiritual growth



Types of Fasts and What They Require
Using wisdom is always important in fasting

1. Daniel Fast: No meat, sweet foods, or strong drinks (see Daniel 10:2-3). This can be done for an extended period of time. This could also be considered a vegetarian diet because there is no meat eaten.
2. Half-Day: This is a 12hour fast where you pick the same time to start and end. When breaking this fast you do so with a light meal (see Acts 10:30-31).
3. Partial Fast: This would be not eating one main meal you would usually eat on a daily routine, such as breakfast, or lunch, or dinner. This meal would be skipped until the fast was over.
4. Complete Fast: This would require you to abstain from all solid foods, liquids only. When Jesus fasted in the desert, the Bible says, After fasting forty days and forty nights, He was hungry. This verse does not mention Jesus being thirsty (see Luke 4:1-2).
5. Total Fast: This is a full and complete fast, no food or drink. Acts 9:9 describes when Paul went on a full fast for three days following his encounter with Jesus on the road to Damascus. Esther also called for this type of fast in Esther 4:15-16. This type of fast should be done with extreme caution and not for extended periods of time.
6. Juice Fast: This is a fast where only fresh fruits and vegetables are used. If you can't juice your own fruits or veggies try buying juices without sugar or additives. When using fruits that are acidic, such as lemons, oranges, and even tomatoes dilute them with water for your stomach sake.

Although not mentioned in the Bible, we as Disciples of Jesus today can also commit to fasting from other activities: electronics, computers, TV, games, cell phone use, etc.



Shiloh Prayer Groups Praying

1. **Shiloh Bereavement & Comfort Group:** Reverend Chaplain Patricia Ann Ray once a month every first Monday at 5:00 PM on Shiloh Conference Line.
2. **Shiloh Ministries Group:** Deaconess Beatrice Freeman Wednesdays' at 10:30 AM on Zoom.
3. **Shiloh Families Group:** Reverend Desiree Thomas every fourth Monday at 6:00 PM on Shiloh Conference Line.
4. **Shiloh Staff Group:** Reverend Gwuana Thomas every fourth Thursday at 6:00 PM on Conference Line.
5. **Shiloh Leaders Group:** Reverend Eva DuRant every third Thursday at 5:30 PM on Shiloh Conference Line.
6. **Shiloh Pastor, Wife & Family Group:** Reverend Jean Johnson Wednesdays' 6:30 PM in-person Shiloh Sanctuary.
7. **Shiloh Programs Group:** Reverend Doretha Abrams Wednesday' 6:30 PM in-person Shiloh Sanctuary.
8. **Conference Line Group:** Sister Vivian Powell Tuesdays, Wednesdays & Fridays 5:30 AM-6:30 AM on Shiloh Conference Line.
9. **Shiloh Mission & Evangelism:** Reverend Edwenia Brown every third Thursdays at 5:30 PM In-Person.

If you would like more information about any of these prayer groups, please call the office at 907-276-6673