

Shiloh Missionary Baptist Church

Presents:

Prayer & Fasting Conference

“If My People” ... 2 Chronicles 7:14

April 30 - May 4, 2024



KNEEL AT THE CROSS, LEAVE EVERY CARE, KNEEL AT THE CROSS, JESUS WILL MEET YOU THERE!

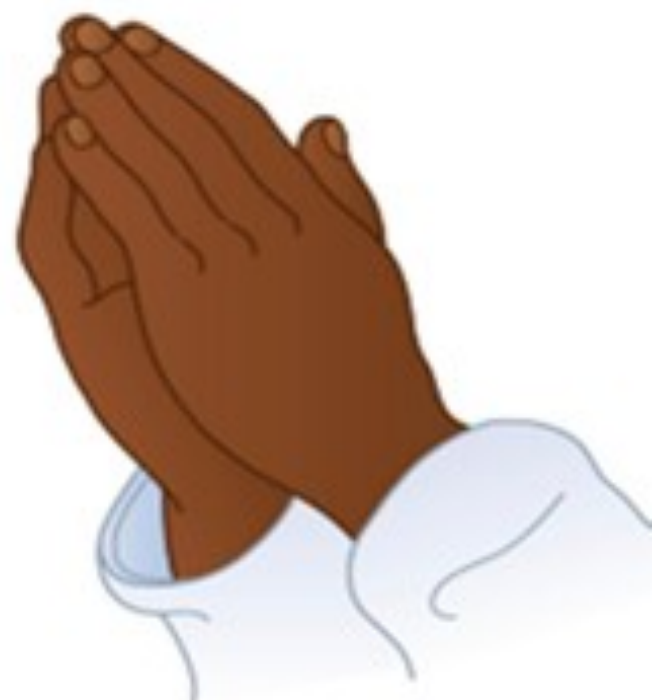
PRAYER & FASTING

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 be 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.

If we want to see a fresh move of God, we must position ourselves in a way to hear, receive, and be used mightily by God. the Bible says “this kind come out but by prayer and fasting” (Shiloh Missionary Baptist Church to a Prayer & Fasting Conference called *If My People* from 2 Chronicles 7:14 says, “*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 will forgive their sin and heal their land.*”

Together, we will learn how to reach heaven, hear from God, and have our sins forgiven and our land healed. The three-fold goal of the Prayer & Fasting Conference is that members will:

1. Understand the importance of praying and fasting
2. Be strengthened as we draw closer to God
3. Be a catalyst of becoming Houses of Prayer



“IF MY PEOPLE” 2 Chronicles 7:14

WHY PRAY?

Prayer is one of our greatest weapons. Not only does it draw us closer to God, but it also unleashes his power into our world. Through prayer, we learn the heart of the Father in all the matters of our world. Through spending time in his presence, we conform more and more to his image. Through discipline, prayer changes from being a duty to a delight. The more you pray, the more you want to pray, and the greater its impact.

Our Heavenly Father desires our love, attention, fellowship, and worship, and each begins with an attitude of prayer. When the disciples asked Jesus 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 and 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 earthy 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 we usually 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 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, it confesses that we are helpless without Him, and we require Him to give us hope; we need to press on in the things He has planned. This brings Glory to God!



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CONFERENCE SCHEDULE:

Tuesday, April 30, 2024 – Prayer & Fasting Workshop Zoom Only (Meeting ID: 880 1274 3954 | Passcode: 163625):

Two opportunities to join the Training. At both times, there will be a message from the Pastor and a teaching on prayer and fasting. After each session, attendees will have the opportunity to ask questions, share insights, provide feedback.

12:00 – 2:00 PM

12:00 – 12:45 PM ~ Message from Pastor Undra Parker

12:45 – 1:15 PM ~ Why we Pray – Reverend Gwuana Thomas

1:15 – 1:45 PM ~ Why we Fast – Reverend Jean Johnson

7:00 – 9:00 PM

7:00 – 7:45 PM ~ Message from Pastor Undra Parker

7:45 – 8:15 PM ~ Why we Pray – Reverend Gwuana Thomas

8:15 – 8:45 PM ~ Why We Fast – Reverend Jean Johnson

Wednesday, May 1, 2024 – Shiloh House of Prayer 6:30 – 7:30 pm (Sanctuary & Streamed):

The church will gather in the sanctuary and streamed to focus on seven prayer points and spend time praying. We will bombard heaven for those who are grieving, for our ministries, leaders, staff, and so much more. It will also be streamed live on our streaming platforms at <https://www.shilohmbcalaska.org/watch/>.

Thursday, May 2, 2024 – Circling The Church In Prayer:

Families are encouraged to spend time praying today as a family using the Prayer Guide (on page 6) following the Lord's Prayer. At 12:00 noon, Shiloh members are asked to **Pause & Pray** wherever they are for our nation

We will gather for a Shiloh Prayer Circle around the church at 6:30-7:30 pm in a Posture of Unified Prayer.

Shiloh Family, Pastor Parker, and the Prayer Team encourage all Shiloh members, men, women, boys, and girls, to join our unified Prayer Posture around the church and pray.

Let us form a complete **Posture of Unified Prayer** by standing or sitting for an hour around the church building. (There will be chairs available for those of you who cannot stand for a long time.)

We want to pray in a posture of unity. Come support this time of corporate prayer as we form a unified body around Shiloh. We are EXCITED about PRAY, and we pray YOU are TOO!



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Friday, May 3, 2024 – Shiloh Friday Faith Fast:

The church unifies in prayer and fasting from 6:00 am to 6:00 pm as we pray for ourselves, our homes, our church, our community, and our world. The Shiloh Prayer & Fasting Guide will be available to help guide you in your fasting option. **Also, see page 7.** There will be three times of prayer available on the conference live at 6:00 am, 12:00 pm, and 6:00 pm. (Conference line #: 907-273-5190 ~ PIN: 364917)

Saturday, May 4, 2024 - Prayer @8:00 AM in the Sanctuary:

The entire church will gather at Shiloh for a time of cooperate prayer.

Three Main Prayer Focuses

1. Pray that the church will preach the Word of God without apology - **2 Timothy 4:2**
2. Pray that the church will devote itself to prayer - **Colossians 4:2**
3. Pray that the church will boldly share Jesus as the only hope for salvation - **Acts 4:12**

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!

Using wisdom is always vital in fasting.

- ⇒ **Daniel Fast:** No meat, sweet foods, or strong drinks (see Daniel 10:2-3). This can be done for an extended period. This could also be considered a vegetarian diet because no meat is eaten.
- ⇒ **Half-Day:** This is a 12-hour 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).
- ⇒ **Partial Fast:** This would be not eating one main meal you would usually eat daily, such as breakfast, lunch, or dinner; this meal would be skipped until the fast was over.
- ⇒ **Complete Fast:** This would require you to abstain from all solid foods, liquid 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 was thirsty. (see Luke 4:1-2).
- ⇒ **Total Fast:** This is a complete fast, with no food or drink. Acts 9:9 describes when Paul
- ⇒ went on a total 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.
- ⇒ **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 acidic fruits like lemons, oranges, and tomatoes, dilute them with water for your stomach’s sake.



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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.

Prayer Focuses to Get You Started:

- 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.

Prayer Focuses to Get You Started:

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



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INWARD IN REQUEST

Now that we have rightfully worshiped our God and 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.*”

Prayer Focuses to Get You Started:

- Offering requests in accordance with God’s will
- Passionate petitions for personal needs

OUTWARD 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 in our lives.

Prayer Focuses to Get You Started:

- 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



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SHILOH PRAYER GROUPS PRAYING FOR...

Pastor, Wife & Family: Reverend Jean Johnson
Bereavement & Comfort: Reverend Vickie Casey
Leaders: Reverend Eva DuRant
Staff: Reverend Gwuana Thomas
Families: Reverend Desiree Thomas
Ministries: Reverend Vincent Marshall
Programs: Reverend Doretha Abrams

CONNECT CORPORATELY IN PRAYER WITH SHILOH
Every Week

Conference Line: Sister Vivian Powell
Tuesdays, Wednesdays & Fridays 5:30 AM-6:30 AM.

Conference Line (Men): Brother DeVoun Baker
Thursdays 5:30 - 6:00 AM

Wednesday:
11:00 AM - Seniors
6:30 PM - Sanctuary

Saturday:
8:00 AM Conference Line Prayer
(Sunday Worship Prayer Focus)

If you would like more information about any
of these prayer times and prayer groups,
please call the office at
907-276-6673 extension 0.



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