Therefore, since we are surrounded by such a great cloud of witnesses, let us throw off everything that hinders and the sin that so easily entangles, and let us run with perseverance the race marked out for us. **Let us fix our eyes on Jesus**, the author and perfecter of our faith, who for the joy set before him endured the cross, scorning its shame, and sat down at the right hand of the throne of God. Consider him who endured such opposition from sinful men, so that you will not grow weary and lose heart.

—Hebrews 12:1-3, NIV 1984

The Lord is calling us to set aside Wednesday, April 8 as a ministry-wide day of prayer and fasting for "Courage in the Crisis." Join us during our three separate 30-minute opportunities (9 a.m., 12 p.m. and 3 p.m. EST) as we gather together for prayer through live streams in our Facebook group “Courage in the Crisis: CMDA & COVID-19" (https://www.facebook.com/groups/courageinthecrisis/).

We would love for as many as possible to join us for prayer and fasting on April 8. Both of these spiritual disciplines coupled together should be done unto the Lord.

**Fasting** is mentioned more than 70 times in the Scriptures. In its primary sense, fasting is refraining from some types of (if not all) food and feeding on the Word of God. Secondarily, we might fast from any legitimate freedom. We encourage everyone to stay well hydrated throughout the day. According to Cornelius Plantinga Jr., early Christians “believed that a person’s appetites are linked: full stomachs and jaded palates take the edge from our hunger and thirst for righteousness.”

“**Prayer** is the life-breath of a man’s soul,” according to J.C. Ryle. By a call to prayer, we mean speaking to God throughout the day, “without ceasing” as Paul encourages (1 Thessalonians 5:17). This can mean set apart times or while you work, rest, etc. Some suggested areas to pray around include the church and kingdom of God, healthcare workers and their patients and families, local and national leaders and those sheltering-in-place.” An often-used model of prayer is the acronym **ACTS: Adoration, Confession, Thanksgiving and Supplication.**

Daniel provides a powerful example. After realizing that God’s people would be in foreign captivity for many more years, Daniel “…turned to the Lord God and pleaded with him in prayer and petition, in fasting, and in sackcloth and ashes” (Daniel 9:3, NIV 1984). Daniel prayed to the Lord God and confessed:

“O Lord, the great and awesome God, who keeps his covenant of love with all who love him and obey his commands, we have sinned and done wrong. We have been wicked and have rebelled; we have turned away from your commands and laws… The Lord our God is merciful and forgiving, even though we have rebelled against him; we have not obeyed the Lord our God or kept the laws he gave us through his servants the prophets…

Now, O Lord our God, who brought your people out of Egypt with a mighty hand and who made for yourself a name that endures to this day, we have sinned, we have done wrong. Lord, in keeping with all your righteous acts, turn away your anger and your wrath…

We do not make requests of you because we are righteous, but because of your great mercy. O Lord, listen! O Lord, forgive! O Lord, hear and act! For your sake, O my God, do not delay, because your city and your people bear your Name” (Daniel 9:4-19, NIV 1984).

May we, as Daniel, turn to the Lord in adoration, confession, thanksgiving and supplication on our day of prayer and fasting, as well as on each and every day, as we seek to bring the hope and healing of Christ to the world.
Wednesday, April 8, 2020

These prayer points are to help guide you, and they are divided into three times of the day to assist you as you move throughout the day in prayer.

Morning

- Pray for our healthcare colleagues on the frontlines treating those who are sick, so pray for the Lord to protect them, to strengthen them and to offer them peace in the midst of the global pandemic.
- The virus is impacting the future for healthcare students and residents around the country, as well as their current training. Pray for guidance and peace as they learn in the midst of the pandemic.
- Pray for those who are sick, that the Ultimate Healer will heal and comfort them. Pray for their physical and spiritual healing, so they may live life and life abundantly. Also pray for their families.

Evening

- Pray for long-term healthcare missionaries who are still working in countries around the globe, and pray for the Lord to protect them from the virus and give them rest amidst an overloaded work schedule.
- Pray for the families of our healthcare colleagues, as they send them off to fight the virus each day. And pray for those families that have been separated to keep from infecting others due to their work.
- In this time of uncertainty throughout our world, pray for our national and local leaders to call upon the Lord for guidance and wisdom to do what is best for our communities and our nation.

Afternoon

- Pray for guidance for our churches and ministry leaders as they navigate new ways of sharing the love of Christ through live streaming and the internet in this unprecedented time of social distancing. Ask Him to give His people endurance, wisdom and hope.
- Pray that God would break us free from the idols of our hearts and stir revival within God’s people and within the nation.
- Pray for those you know who are now far from God and who need to know Christ. Pray that they would seek the Lord during this pandemic. Ask the Lord to open their hearts to the truth of His Word. Pray that they would turn to Jesus and find salvation, refuge and help.

More Resources for You

Visit www.cmda.org/coronavirus for additional resources focused on caring for our frontline healthcare works as the virus progresses. We recommend you begin with “A COVID-19 Lament” with Dr. Rick Donlon. You are also invited to share your prayer requests and praises with us through our online public prayer request forum available at www.cmda.org/coronavirus.