

Pray and Fast for 40 Days

Movements, Missionaries, and National Leaders

Jesus challenges us, “Some strategic answers to prayer are possible only for intentional persons who know how to pray and fast” (NMI paraphrase). What might God be willing and ready to pour out across the church and in nations around the world if we pray?

We challenge NMI and other mission leaders to pray and fast daily for 40 days. Will you accept the challenge to pray and fast? Will you encourage churches on your district to do the same?

Please fast for God’s will and Christ’s Kingdom to advance through global mission frontliners. Consider fasting something special to you during these 40 days: favorite food or all food, favorite beverage, TV program, hobby, store/mall, or whatever God lays on your heart.

For at least the first 20 days, let’s pray for missionaries and national leaders, using the following list. Then, we can repeat the list or add other concerns God grants discernment to pray. We could also pray these requests for our own ministries. Imagine the possibilities when we pray in power and fast in faith.

1. **Spiritual**—that each missionary will recognize importance of time in communion with God to renew spirit; intercede for spiritual, mental, and physical vitality
2. **Mental, Emotional, and Physical**—that each missionary will make wise choices in diet, exercise, and rest; that each missionary will practice dependence on the Holy One as well as authority over the evil one and will experience constant protection
3. **Family**—that each missionary will reserve quality time for marriage and family; that children will adjust well to multiple challenges
4. **Attitude and Adaptation**—that each missionary will sustain a positive, faith-filled perspective with capacity to overcome discouragement; that each missionary will grace persons he or she serves; that each will develop capacity to learn well the language and customs of the people
5. **Colleague Relationships**—that each missionary will work in harmony with colleagues and national leaders; that a mature national church will flourish in each area, especially upon missionary relocation
6. **Ministry**—that each missionary will establish each strategy on Christ and base decisions on the Word and prayer; that they will evangelize and disciple lost people; that the Lord of the Harvest will raise more laborers, both missionaries and national leaders
7. **Service Priorities**—that each missionary will prioritize care for people over other goals and objectives; that each missionary will practice patience, passion for personal evangelism, and Christlike disciple-making of future missions leaders
8. **Financial Needs**—that each missionary will practice integrity and balance regarding money and possessions; that God will provide all needs for financial support
9. **Home Assignment**—that each missionary will adjust to reverse culture shock, will experience strength during home assignment (deputation) travel and ministry, and will inspire the church to pray, give, send, and go to missions
10. **Challenges**—that each missionary will discern factors that can cause discouragement; that God will keep them encouraged in face of many real challenges, such as:
 - Loneliness away from family and close friends
 - Living in another culture and language group
 - Working with unresponsive or hostile people
 - Shortage of personnel resulting in work overload
 - Tension between workload and family needs
 - Physical discomfort in sub-standard living conditions
 - Limited fellowship with colleagues of like spirit
 - Security in face of harassment from government or other officials