



“Is not this the kind of fasting I have chosen: to loose the chains of injustice and untie the cords of the yoke, to set the oppressed free and break every yoke? Is it not to share your food with the hungry and to provide the poor wanderer with shelter— when you see the naked, to clothe them, and not to turn away from your own flesh and blood? Then your light will

break forth like the dawn, and your healing will quickly appear; then your righteousness will go before you, and the glory of the Lord will be your rear guard. Then you will call, and the Lord will answer; you will cry for help, and he will say: Here am I.” Isaiah 58: 6-9.

Fasting is denying yourself for a purpose, it is ordering the body and soul while we train the spirit.

Among the practices that increase the focus and power of prayer, fasting is the most powerful. People who follow prayer with fasting as a lifestyle, confirm the biblical importance and the benefits for the spiritual development of this practice. Perhaps we can experience some closeness to Jesus Christ without fasting, but He keeps favor and the most incredible answers for those who pray and fast.

Prayer is speaking and listening to God and it is a sign of solidarity. It is about sharing our thoughts, questions, fears, desires - opening our lives to God, without reserving anything. It is about telling God our admiration for who he is, and contemplating his qualities. It is heard as He speaks to us, providing the comfort, peace, guidance, and direction that our obedience and worship requires.

Just as Jesus carried our burdens on the cross, we can bear the burdens of others as if they were our own, bearing them before the Father. Through prayer we approach Him bearing the names of those who do not yet know Jesus, asking God to bring them to His family.

We are in a time where fasting and prayer humbles us before the throne of God and brings us intimately with him to develop patience while we stay at home, dependence while he supplies all need and perseverance in our faith.

We encourage you to unite in this time of fasting and prayer to cry out for God heal our land.

PRAYER REQUESTS

1. We continue to pray for the leaders in the countries, cities, towns, that the Lord give them wisdom to guide and give direction to their inhabitants to stop the Covid-19 epidemic that we are facing around the world.
2. Many people in the countries do not want to obey the dispositions of their leaders and this is causing the spread of Covid-19 to not stop. Let's pray, asking the Father to show people that they must be obedient to stay home until the pandemic stops.
3. World statistics daily publish a high number of infected people. We have an Almighty God and we ask to continue praying that He will do the work of healing in them.
4. Pray for the health professionals who are serving in the different hospitals or offices. May God cover them with His precious blood so as not to be infected. Many of our Nazarene brothers serve in this capacity. Pray for their families and that they too be the Lord's instrument to minister to the sick and speak to them of the Word, as well as to their coworkers.
5. Pray for God of wisdom and understanding to the scientists, researchers and manufacturers who are working to find treatments to prevent and cure this virus.
6. Pray for those most vulnerable to the spread of the virus, especially children and the elderly.
7. Pray for the health contingency in the Mexico Field. There are one brothers infected with Covid-19, but we do ask to pray for those people in that country who are infected.
8. Pray for the wife of one of our pastors in Panama who tested positive for the virus. Pray also for his family.
9. We are already seeing the effects of the pandemic affecting the household economy. Pray for God's provision in all homes and especially in pastoral families today. May God also use each one as an instrument to help meet their and others' needs.
10. We also pray that the governments in our countries in the region can find the economic resources to solve the emergencies caused by the pandemic and reactivate the economy later.
11. Pray that God may give creativity and strategies to his people, pastors, ministry leaders, missionaries, regional and global leaders, to continue communicating the

message of salvation and fulfill our mission to make Christ like disciples, especially at this time that there is so much need to hear the Word of God.

12. Pray for those who have lost a loved one, for those who are at home to help stop the pandemic, for those who have lost their jobs due to not being able to present themselves to the contracting companies. May God give peace to all families and that they may be sure that his presence is always with them. May His peace flood every home!
13. Pray that Christians will continue to stay in the ways of the Lord and that those who have turned away from their faith in God will return to Him.
14. The MAX 20 Regional Conference of our Region is scheduled for October 7-11, 2020. Pray for wisdom in the logistics process that must be taken.



NMI Mesoamerica Region 2020