



Fasting and Prayer

Police Who Pray

We will be hosting a fasting and prayer event and hope you can join us wherever you are, whoever you are, no matter your religion, to pray. Our primary intentions currently include:

1. Those serving in the United States Military
2. For those suffering from all types of illness
3. For all first responders around the world
4. For those incarcerated
5. For those struggling with addiction
6. For those without a place to call home
7. For those who are starving
8. End of all wars
9. Global leaders

We believe the power of fasting as it relates to prayer can truly heal. With love, care, and compassion, we will come together and pray during every waking moment for 24 hours. There are all fasting levels; you should seek medical advice before fasting. For me, I will not partake in any food but will drink water. Practice your comfort level with the goal of solely focusing on prayer for 24 hours, Bible, or similar reflections.

I know the power of prayer, and so many require our prayers right now. Turn to God, believe, and let your faith take over. We will accept prayer intentions up until the time we start, and we will check in online through Zoom during our prayer time. Those registering to join us will later receive a link. During our Zoom, we will pray together, share updates, and focus on serving others.

If able, silence your phones, ensuring you have a method for being contacted in an emergency. Create a small and personal prayer group if you can. Most of all, help us pray our intentions with any time you can devote. Limit or exclude all distractions.

God bless and stay safe.

Sincerely,

Chief Matt