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DAY OF FASTING AND PRAYER

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★ A DAY SET APART TO SEEK GOD ★

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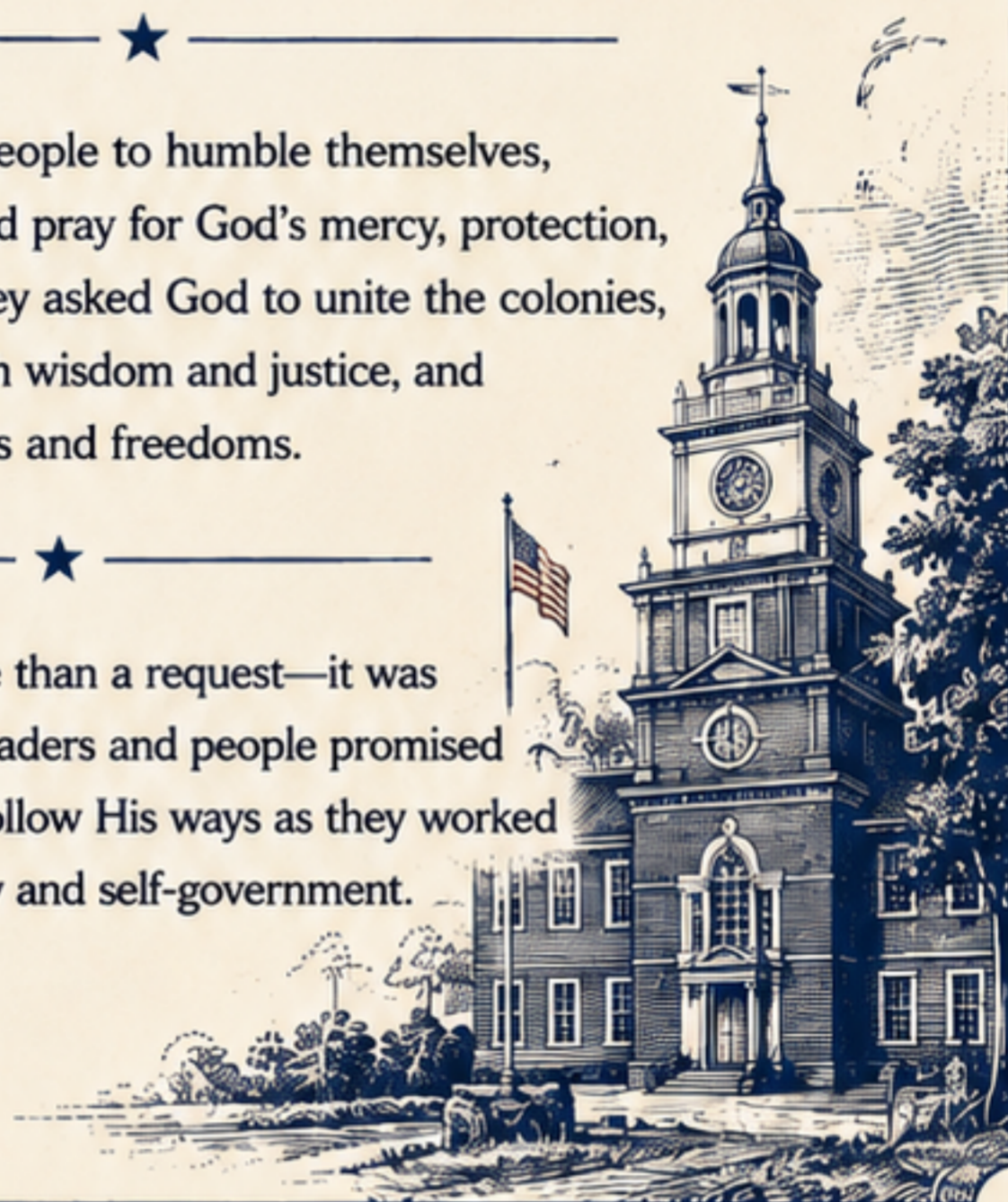
On July 20, 1775, the Continental Congress proclaimed a **Day of Fasting and Prayer** for all the American colonies. The leaders knew they needed God's help as they faced great danger and uncertainty.

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They called the people to humble themselves, fast from food, and pray for God's mercy, protection, and guidance. They asked God to unite the colonies, help them act with wisdom and justice, and defend their rights and freedoms.

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This day was more than a request—it was a covenant. The leaders and people promised to seek God and follow His ways as they worked together for liberty and self-government.



★ WHAT IS A COVENANT? ★

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A covenant is a sacred agreement or promise between God and His people.

In a covenant:

- ★ God promises to bless, protect, and help.
- ★ His people promise to obey, serve, and keep His commandments.

The Day of Fasting and Prayer was a covenant with God. The leaders and people promised to turn to Him, trust in Him, and honor His laws. In return, they asked God to watch over them and give them the strength they needed.



★ GEORGE WASHINGTON'S
INAUGURAL PRAYER ★

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After becoming the first President of the United States on April 30, 1789, George Washington walked with members of Congress to St. Paul's Chapel in New York City to thank God and seek His guidance for the new nation.

Washington believed America's future depended upon God's help. In one of his prayers for the nation, he asked God to protect the United States, help its citizens love one another, do justice, show mercy, and live with humility.

Washington hoped that the American people would honor God and become a nation known for virtue and good character.

Washington prayed:

"I now make it my earnest prayer, that God would have the United States in His holy protection..."

