

Prayer and Fasting

June 21-26, 2021



"No, in all these things we are more than conquerors through Him who loved us. For I am sure that neither death nor life, nor angels nor rulers, nor things present nor things to come, nor powers, nor height nor depth, nor anything else in all creation, will be able to separate us from the love of God in Christ Jesus our Lord."

Romans 8:37-39



Kamuning Bible Christian Fellowship

From the Pastor's Heart



For many years now, we have been dedicating the first week of the year and the first week of the second half of the year to prayer, fasting, and consecration to seek God and His will for our lives.

“Ascend”, our theme for 2021, is a timely reminder and encouragement for us believers in Jesus Christ to move upward from our current circumstances and climb up to higher heights, where the Lord leads - Pursuing God’s Agenda.

As we start the 3rd quarter of the year, let us pray and hold fast as a church to understand and depend more on God’s plan for our families, church, nation and the world.

Let us pray that we will end this year faithfully and victoriously before God, when all believers will be united to overcome fear and anxiety brought about by C19. May we all be strong and courageous as we face challenges and trials amidst the lethargic pandemic-lifestyle. By faith, we will ascend and rise up to be a church after God’s own heart. Together, let’s continue to believe in God’s amazing grace!

“Come, let us go up to the mountain of the Lord, to the house of the God of Jacob, that He may teach us His ways and that we may walk in His paths.” Micah 4:2

Table of Contents

Pastor's Heart	1-2
Why Fast	2
Benefits of Fasting	2
How do I Pray and Fast?	3
During Fast and Breaking the Fast	4
2021 Answered Prayers	5
2021 Faith Goals	6
Letter to Jesus	7
DEVOTION GUIDE	8
Day 1: WE ARE NOT GIVEN THE SPIRIT OF SLAVERY	9-12
Day 2: THE SUFFERINGS OF THIS PRESENT TIME ARE NOT WORTH COMPARING WITH THE GLORY THAT IS TO BE REVEALED	13-16
Day 3: SHARING IN THE GROANING OF THIS PRESENT WORLD	17-21
Day 4: WE HAVE THE HOLY SPIRIT TO HELP US	22-26
Day 5: GOD IS FOR US	27-32
Day 6: WE ARE MORE THAN CONQUERORS	33-37
2021 PRAYER & FASTING CONTRIBUTORS	38

Why Fast

The Lord expects His disciples to fast. Referring to the time when He will no longer be with His disciples, our Lord Jesus Christ said, **“The day will come, when the bridegroom is taken away from them, and then they will fast in those days”** (Mark 2:20).

Fasting, both personal and corporate, is a regular part of the life of God’s people. And as heirs to this tradition, Jesus, and after Him, the early church fasted. The people of God in the OT fasted when there was national emergency and distress, or when facing invasion (Ezra 8:21-23; 2 Chron. 20:3; Neh. 1:4). They fasted as a sign of penitence (1 Sam. 7:6; Neh. 9:1; 2 Sam. 12:16). They fasted as an expression of sorrow (2 Sam 1:12). They fasted as a sign of how serious they were for the things they were praying for and how serious prayer was for them (1 Sam. 1:8, 13; Esther 4:16). They fasted whenever they performed an important religious act, such as renewing their covenant with God (Ezra 10:6).

And as implied by the words of Jesus in Mark 2:20, Jesus’ disciples will fast when the bridegroom, our Lord, is no longer physically present with them. Perhaps following the Lord is so much clearer when He is physically with them. But now that He is no longer visible, we, His disciples, fast, especially when we need His direction.

In our Days of Prayer and Fasting in the past, all agreed that this intentional act of fasting helped bring unity of spirit. The current pandemic continues to take its toll, and we need to unite in prayer for protection from the disease; healing for those who got infected; and an effective, readily available vaccine for all. The quarantine has affected the inertia of our church programs and activities, to say the least; and we need our Lord’s direction, if not His clear word to us, as we establish a better normal in our church life. Our nation and the whole world need our prayers, too, so that this great crisis will not be wasted. We need to pray for this pandemic to end soon, and that we will emerge from it victorious and transformed more and more into Christ-likeness.

The Pastoral Staff and the rest of the leaders of the church have long desired in their hearts for the Lord to pour out His Holy Spirit upon us. This guideline will help us prepare ourselves for the day of prayer and 2.

Benefits of Fasting

Before He began His ministry, Jesus fasted for forty days. He knew He was going to need spiritual strength to fulfill God's purposes. Fasting makes us physically weak but spiritually strong and prepares us to do God's work.

Jesus said, "WHEN you fast", not IF you fast. This means that fasting, like prayer, is *not an option*. Fasting is part of the Christian life.

Deepened humility.

Increased hunger to know God and intensified prayer concentration.

Radically pursuing God's vision and direction for His church and our lives.

Heightened expectancy of faith and effectiveness in prayer.

Greater receptivity to the Spirit of God at work within and through our lives.

Earnestness and zeal to give oneself to God and live for the advancement of His Kingdom.

How do I Pray and Fast?

Fasting is going without food, water, or specific meals and activities for the purpose of spiritual renewal and focus.

When you fast, do not look gloomy like the hypocrites, for they disfigure their faces that their fasting may be seen by others. Truly, I say to you, they have received their reward.
Matthew 6:16

TYPES OF FAST

- 1. COMPLETE FAST:** In complete fast, a person goes without food for a predetermined amount of time. Water is allowed and necessary, of course. Extreme caution should be taken with long fasts, especially if there are any underlying medical conditions. It is wise to consult your physician if you are planning to embark on a long fast.
- 2. PARTIAL FAST:** In partial fast, a person just eats certain food in a period of time or has one or two meals a day. Daniel and John, the Baptist maintained a certain diet during their fasts. John Wesley ate only bread and water for many days as his fast.
- 3. OBJECT FAST:** It is possible to fast on something other than food. Some decide to fast on TV or computer time. The key is to replace the time spent on that activity with time devoted to the Lord.

SCHEDULE

DAY 1

- Complete fast
- Partial fast
- Object fast
- Other: _____

DAY 2

- Complete fast
- Partial fast
- Object fast
- Other: _____

DAY 3

- Complete fast
- Partial fast
- Object fast
- Other: _____

DAY 4

- Complete fast
- Partial fast
- Object fast
- Other: _____

DAY 5

- Complete fast
- Partial fast
- Object fast
- Other: _____

DAY 6

- Complete fast
- Partial fast
- Object fast
- Other: _____

DAY 7

- Complete fast
- Partial fast
- Object fast
- Other: _____

PRAYER PARTNER/S

During the Fast

Seek the Lord

- a. Commit to prayer and Bible reading the times you usually allocate for meals.
- b. Join at least one prayer gathering. Be ready to respond when you hear from God.
- c. This guide also has a devotional with which we encourage you to go through during the fast.

Commit to change

- a. Whatever God tells you or puts His finger upon, apply it immediately.
- b. If you need to make restitution, immediately contact people you have broken relationships with.
- c. If there are habits that need to be changed, make the adjustment immediately. Ask your cell group leader/discipler to hold you accountable.

Practical Tips

- a. Avoid medical and even natural herbal drugs. However, if you are under medication, these should only be withdrawn upon the advice of your doctor.
- b. Limit your physical activity and exercise. If you have a workout routine, adjust it accordingly. A daily two to five-kilometer walk should be your maximum amount of exercise during an extended fast.
- c. Rest as much as you can.
- d. Maintain an attitude of prayer throughout the day. Intercede for your family, pastors, church, nation, our missionaries, world missions, etc.
- e. Drink plenty of water.
- f. As your body adjusts, be prepared for temporary bouts of physical weakness as well as mental annoyances like impatience, irritability, anxiety.

Breaking the Fast

Reintroduce solid food gradually

You should break your fast the same way you prepared for it. It will take your body just as many days you fasted to adjust to a normal diet. Begin eating gradually. Don't eat solid food immediately after your fast. Start with fruits, juices, and salad. Then, you can begin adding vegetables and boiled potato. Take it slowly from there. Eat small portions spread throughout the day.

Continue praying

Don't let your prayer life end on the day you finish the fast. Build from the momentum you gained during the fast. Let it transform your prayer and devotional life. Carry the newfound passion with you throughout the year.

Be expectant

Be in faith and believe God to answer your prayers soon! Don't give up; persevere in prayer even if you don't see the answers immediately. Make sure you keep the copy of your prayer points. You can check it at the end of the year and see how God has answered your prayers. It can be your thanksgiving list at the end of the year.

2021 FAITH GOALS

for the rest of the year

Myself

My Family

My School/Career

My School/Career

DEVOTION GUIDE

DAY 1

WE ARE NOT GIVEN THE SPIRIT OF SLAVERY



Start to connect

Nowadays, the hearts of the people are gripped with fear. Forces beyond their control seem to hold them in slavery. How about you?

Truth to ponder

Romans 8:15-17

1. What does it mean to have a “spirit of slavery”? (i.e. somebody or something owns you; in modern times, this is equivalent to forces that are beyond your control, i.e. pandemic, inadequate government actions and programs to address it, socio-political and economic situation, etc.) Why does having a spirit of slavery lead to fear? (v.15)
2. Instead of the “spirit of slavery”, what do Christians have? In lieu of fear, who can Christians turn to (in prayer)? v.15
3. The Holy Spirit is the Spirit of adoption! What does the Holy Spirit enable us to do? (v.15) What is the role of the Holy Spirit in our Spiritual lives? (v.16)
4. We’re fellow heirs with Christ! (v.15) To as much as you understand what Christian faith means, what are we heirs to? (Paul will expound this in the succeeding verses.) What comes before our inheritances?

Examine the word

1. Because of the “flesh” (i.e. our inordinate appetites, inclinations; 8:5-8), we are slave to sin! (cf Romans 7:14) What is your reaction?

Are there fears that are gripping your heart lately? What are they?

Paul says that our fears are rooted to things/people/forces that are beyond our control. (that we are slave to). He tells us that because of the Holy Spirit, instead of fear, we can cry to God, “Abba Father”. What does this mean to you personally?

2. I am not a slave to anything or to anyone; I am a child of God. What is your reaction?

3. In a scale of 1 to 10 (with 10 “really true”), how true is the statement to you personally? Explain your rating.

DAY 1 – Part 2

WE ARE NOT GIVEN THE SPIRIT OF SLAVERY



3. We are “fellow heirs with Christ” (v.17) How is this a source of comfort for you?

4. Since we are “fellow heirs with Christ”, we also share in His suffering! What is your reaction?

What is this suffering of Christ that Paul tells believers to be part of? Paul will expound this in the succeeding verses) is this Christ suffering on the cross for our salvation? Why not?

Personal Application

1. is there a spirit of slavery in me that causes me to be gripped with fear? It helps if I can analyze what this spirit of slavery is, but Paul tells me that because of the Holy Spirit, my first instinct should be to cry “Abba Father”. Is this true to me personally?

2. This passage mentions the Father, the Son, and the Holy Spirit. How much do I know the Trinity? What step (s) do I need to take to know more of the Trinity?

3. How should I view suffering, including mine, in the light of this passage?

4. Turn your reactions and your insights in our study today into prayer to God.

PRAYER ITEMS

1. NATION: PRAYING FOR THE FIGHT VS C-19

1.1 C-19 Vaccination Roadmap: God to give success to the 7 stages of roadmap:

A) Scientific Evaluation & Selection of Vaccines B) Access & Acquisition C) Procurement & Financing D) Shipment & Storage E) Distribution & Deployment F) Implementation of Nationwide Vaccination G) Assessment, Evaluation & Monitoring.

1.2 Inter-Agency Task Force on emerging Infectious Diseases: God to enable IATF to respond to emerging infectious diseases; to make policies & to serve as the National Coordinating Committee for the fight against C-19.

1.3 Nat’l Task Force, NTF against C-19: God to enable NTF to oversee operations of the national response, using the Nat’l Action Plan Against C-19, NAP as a guide for nationwide operations of the pandemic response.

DAY 1 – Part 3

WE ARE NOT GIVEN THE SPIRIT OF SLAVERY



2. FAMILY/HEALTH/PERSONAL BREAKTHROUGHS

Holy Spirit to enable KBCF to knit and strengthen families during this pandemic, that Christ-centered relationship be the priority in every home-parents, children, husband and wife, other family members.

3. CHURCH/MINISTRIES

Holy Spirit to enable KBCF to knit and strengthen Discipleship Groups during this pandemic via Virtual discipleship groups (1-on1 and group online meetings).

4. MISSIONS: UNREACHED PEOPLE GROUPS, UPGs

Each letter in the acronym THUMBS represents one of the 5 major blocs of UPGs in the world today.”
JOSHUA PROJECT

T- Tribal (usually Animist) (90M people) – Believes in spirits that live all around us: in trees, in fields, in rocks, in rooftops. People must try to keep these spirits happy and enlist their help otherwise, face anger of the spirits.

H – Hindu (771M) – Believes in hundred thousand of gods. For Hindus what Christians call “God” is only one of millions of gods. Hindus believe in reincarnation-when you die, you come back to life is an insect or a cow or even a better (or worse) person.

U- Unreligious (161M) – This includes: 1) Chinese: largest bloc of UPGs is in China. Some follow Confucius; others follow a mixture of animism and Buddhism. 2) Secularist: Believe there may or may not be a God & that the Bible is a historical book; that to worship God & to be a part of the church is to be out of touch w/real life. 3) Nominal Christian: May have been baptized as a child but has no connection w/ the church now. Goes to church only for funerals and weddings.

M- Muslim (1.2B) – Believes in one God to be worshiped, but He is too high & far away to think of as “father”. To call him “father” would be blasphemy. Jesus was a great prophet, but not God, was not crucified for our sins. He lives to be an old man.

B-Buddhist (273M) – Follows a path of discipline in order to reach enlightenment. Often there is no conception of God at all.

S-Sikh (30M)-The basis of belief is the union of soul w/ God. A Sikh disciplines his thoughts & actions so that the five obstacles – lust, anger, greed, attachment & are dispelled & the soul is united w/ God. Sikhs believe that the cycle of reincarnation is escaped by this union.

PRAY

“As you pray for unreached people, ask God that you:

A) “...may experience the greatness of His might, the compassion of His heart, and the haunting reality of more than 2Billion souls on earth who face eternity w/o knowing Christ & His love for them unless something changes.

B) would pray for missionaries so that” ...the message of the Lord may spread rapidly & be honored, just as it was with you”. 2 Thessalonians 3:1

DAY 2

THE SUFFERINGS OF THIS PRESENT TIMES ARE NOT WORTH
COMPARING WITH THE GLORY THAT IS TO BE REVEALED



Start to Connect

Paul considers his sufferings in the light of the glory that the Lord will reveal to the believers. How do we view our sufferings in the light of our Christian hope?

Truth to ponder

Romans 8:18-21

1. How does Paul view his suffering in the present time in the light of the glory to be revealed to God's children? (v.18) What is your reaction? Do you view/consider your suffering in the same way?
2. How does Paul view the present world ("this present time", v.18) we live in right now? (vs19-20) According to the bible (Genesis 3:16-21), what brought about this sense of "futility" and "bondage to corruption?" (The first human failed to take care and be a good steward of God's creation. In a way they failed to be the "image of God" for the earth).
3. What is the "glory to be revealed to us?" (v.21; renewal of creation when God's children become who they were created to be, God's image, sharing in God's glory, god's rule over the earth!) What is your reaction?

Examine the word

1. List down the suffering that you are going through and those that you are aware of that is going on in this present world.

Do these sufferings reflect Paul's description of the present world gripped with "futility" and in "bondage of corruption"? In what way?

How does your Christian hope help you deal with your present suffering?

2. What struck you the most in the way that Paul views his sufferings in the light of his understanding of Christian hope?

DAY 2 – Part 2



THE SUFFERINGS OF THIS PRESENT TIMES ARE NOT WORTH
COMPARING WITH THE GLORY THAT IS TO BE REVEALED

Do you share his excitement over God’s purpose of renewing creation?

Do you share his excitement over the role of God’s children in the renewal of creation?

(A fuller view of the renewal of creation, “the new heaven and the new earth”, are found in Isaiah 65:17-25 and Revelation 21:1-4; 22:1-5)

Personal Application

1. Take time, just like Paul (v.18) to consider, think about your present suffering. In the light of what you have learned about Christian hope of the renewal of creation (“the new heaven and the new earth”), how do you view our present sufferings?

2. Aside from fear, is there any sense of futility that you are feeling right now? Why?

Take time to entrust them to the one who knows what’s going on in your heart.

3. Is the concept of “the new heaven and the new earth” as our Christian hope new to you? What steps are you willing to take to know more about it?

DAY 2 – Part 3

THE SUFFERINGS OF THIS PRESENT TIMES ARE NOT WORTH
COMPARING WITH THE GLORY THAT IS TO BE REVEALED



PRAYER ITEMS

1. NATION: Praying for the fight vs C-19:

C-19 Vaccine Cluster. God to enable this body to coordinate the inputs from the various Task Groups below and for the inputs to be effective in the fight vs C-19:

A) Evaluation of application & conduct of vaccine trials. B) Engagement w/ other govts & international bodies for supply of vaccines. C) Procurement of vaccines thru various means including thru COVAX Facility. D) Establishment of entry points, point for cold storage, transportation/distribution under cold condition, E) Making of guidelines for vaccine deployment/distribution. F) Making communication plan, implement social mobilization & community engagement activities.

2. FAMILY/HEALTH/PERSONAL BREAKTHROUGHS

Holy Spirit to enable KBCF to knit and strengthen families during this pandemic by enhancing the house-church model where families are praying, worshipping and serving God together.

3. CHURCH/MINISTRIES

a. Pray: Holy Spirit to enable KBCF to build up every believer by enhancing healthy personal relationship with God (time with God; prayer, devotion, Bible-reading); live out daily virtues like faith, hope and prayerfulness for Lord's glory to appear.

b. Fortify the Church: Church building expansion: Pray for wisdom on planning for size, capacity, intended uses for various areas of new construction vis-à-vis existing structures; compliance to government requirements, preparation of needed documents, permits, needed funds, right contractor/workers, supervision.

4. MISSIONS

Tribal/ ethnic religions can be found in almost every country like Africa, China, Indonesia, Laos, Malaysia, Philippines & Brazil. They usually have a unique language & don't have the Bible in own language. Many are in remote, physically hard to reach places.

T-1 Huichol of Mexico, Pop: 26M, Religion: 95% Ethnic, 2.9% Christian

The Huichol are a Mexican-Indian group in the Sierra Madre Occidental Mountains, West Mexico, believed to be descendants of Aztec Indians. The Huichol desperately in need of a Savior, are entrenched in the worship of spirits / gods, & are proud/ independent, not open to the Gospel

DAY 3

SHARING IN THE GROANING OF THIS PRESENT WORLD



Start to Connect

According to the image of Paul gave in this passage, our Christian life is a participation in giving birth to the new creation! Have you thought of your Christian life in this way?

Truth to ponder

Romans 8:22-25

1. Paul says that “the whole creation has been groaning together in the pains of childbirth until now”. What is your reaction? (i.e. in the midst of the world in pain, like pregnant mother, there is new life waiting to be born!)

2. Christians “who have the firstfruits of the Spirit, groan inwardly “too! What is your reaction? (i.e. Believers have the new life from the Spirit waiting to be born, waiting for the fullness of our redemption!)

This is what Paul is referring to as a suffering with Christ! What is your reaction?

3. What do you understand of the “firstfruits of the (Holy) Spirit”? (firstfruits means that the harvest is sure to come! A down payment guaranteeing that the full payment is about to come! Ephesians 1:14

Examine the word

1. Paul described our world in the midst of suffering because of the pandemic and other calamities, natural and man-made, as a world groaning in the pains of childbirth! Agree/Disagree? Why?

2. What is the role of believers in a world in pain of giving birth to the new creation?

DAY 3 – Part 2



SHARING IN THE GROANING OF THIS PRESENT WORLD

3. New life can be seen in a life that is being transformed. Agree/Disagree? Why?

Oftentimes, however the new life is something that is inward, and something that we groan with inwardly! (vs. 24-25) Agree/Disagree?

4. Can you image your own pain and suffering as the pain and suffering of giving birth to new life? How would this change your view of what you're going through in the present time?

Personal Application

1. Again, consider your own suffering. How do you turn into a "groaning inwardly" of giving birth to a new life? (i.e. suffering out of the love of Christ! 2 Cor. 5:14)

As you observe the suffering of the world around you, how can you turn this into sharing in the suffering of Christ? (i.e., groaning with the Spirit in prayer!)

2. The sign that the Holy Spirit is dwelling in the believer is when there is inward groaning with the world in pain? Agree/Disagree?

3. Prayer is primarily groaning inwardly and groaning with the world in pain. Agree/Disagree?

How would you view your prayer life then in the light of this?

What step (s) would you be taking to apply this in your life?

4. Turn the lessons you learned and your own reflection into prayer and pray them to the Lord.

DAY 3 – Part 3

SHARING IN THE GROANING OF THIS PRESENT WORLD



PRAYER ITEMS

1. NATION: Praying for the fight vs C-19:

Independent bodies supporting the C-19 Vaccine Cluster.

A) **Nat’l Immunization Tech Advisory Grp.** God to enable various groups of national experts to provide independent, scientific advice to policymakers & program managers on vaccination issues that will ensure transparency, credibility, tech soundness & build public confidence to C-19 vaccination program.

B) **Nat’l Adverse Event Following Immunization Comm.** God to enable representatives from medical societies & vaccine experts to review, analyze & come up w/ assessment of data as basis for action of FDA, DOH bureaus on negative events experienced by those vaccinated.

2. FAMILY/ HEALTH/ PERSONAL BREAKTHROUGHS

Pray for physical strengthening of every family – protection against C-19, other infections, physical healing of loved ones.

3. CHURCH/ MINISTRIES

- a. Pray: Holy Spirit to enable KBCF to build up every believer by enhancing growth towards Christ-likeness.
- b. Worship, discipleship, thriving spiritual journey;
- c. Enable corporate prayer and fasting to be trigger points for spiritual brokenness, to experience purging and purification for God’s mercy to flow.

DAY 3 – Part 4

SHARING IN THE GROANING OF THIS PRESENT WORLD



MISSIONS

Hindu: 771 M; Majority lives in 3 countries: India, Nepal, and Bangladesh. Many can be found in Indonesia, Pakistan, Sri Lanka, Malaysia, and the USA. Hinduism has no creed or body of doctrine, but is a mixture of ideas, beliefs, convictions and practices, thus it is difficult to share the Gospel because each group of Hindus can believe something different. Also due to the caste system in India, reaching the higher castes are extremely difficult.

H-1. Ahom of India; Pop: 895K; Religion: 98% Hindu, 1.4% Christian

The Ahoms are descendants of Tai people who entered India in the 13th century. They reigned over the region for 600 years until displaced by the colonial powers. Agriculture is the main occupation; rice, silk, tea and oil are important parts of the economy. The early Ahoms followed beliefs involving polytheism & ancestor worship. Ahoms do not practice a strongly orthodox variety of Hinduism. A translation of the Bible has been available since 1995.

PRAY: A) Ahom people to be released from spiritual bondage & blindness of Hinduism & enter into the Light of God's kingdom. B) Openness to the gospel & protection from interference from family members and local governments. C) Ahom missionaries who are equipped & can evangelize other Ahoms, to enter restricted areas nearby.

H-2 Yanadi of India; Pop: 671K; Religion: 99% Muslim, .11% Christian

The Yanadi are dark skinned, short & friendly people, believed to be tribal due to primitive ways; others believe them to be a part of a caste system. They have pictures of their gods in their homes & small shrines are in each village. Charms, amulets, and "lucky people" are believed to generate good fortune.

PRAY: A) For Yanadi leaders to walk in the Spirit, & to have great faith in our Big God! B) Praise God for the possibly 1000+ who have come to Christ over the past 15 years and for the dozens of churches that have been planted. C) For the school and the efforts to educate the Yanadi youth.

DAY 4

WE HAVE THE HOLY SPIRIT TO HELP US.



Start to Connect

Our primary weakness in our Christian life is prayer. Not only is our prayer irregular, we also do not know what to pray for, or if we pray using written prayers, our prayers are perfunctory. Is this true to you or not? Take time to consider your prayer life.

Truth to Ponder

Romans 8:26-30

1. Paul says that “we do not know what to pray as we ought”. (v.26) In the light of vs.22-23 and personal application questions 1 to 3 above, how ought should we pray?
2. Paul states that this kind of prayer (described in no. 1) is our weakness. Is this true for you?
3. What do we expect from the Holy Spirit in this our weakness? How do the Holy Spirit pray in and through us in our weakness? (v.26) “Groanings too deep for words” some scholars tell us is speaking in tongues! What is your reaction?
4. Does the Father hear this kind of prayer? (v.27) What is your reaction?
5. God the Father is described as the searcher of hearts. (cf. Jeremiah 17:10) What is your reaction? How does this truth impact your prayer? (i.e. Utter honesty in our prayer is what the Father desires of us!)
6. *What is the role of prayer in God working all things out for good together with and in through us? (v.28; it all starts with and in prayer!)*
7. *We are predestined to be conformed to the image of His Son (v.29) What is your reaction? What does this mean for your Spiritual life?*
8. *v.30 outlines our sanctification, our “progress” in our spiritual life – called, justified, and glorified. What is your reaction considering that the actions (on the part of God) is in the past tense!*

Examine the Word

1. vs. 26-28 give us the basics of prayer. Agree/Disagree? Why?

2. Prayer is our weakness. Agree/Disagree? Why?

Who helps or enables us to pray? (v.26 and to cry to the father? V.15)

DAY 4 – Part 2



WE HAVE THE HOLY SPIRIT TO HELP US.

3. Does God expect us to pray with the right words? Why/Why not?

What kind of prayer does the Holy Spirit enable us to pray? (v.27)

4. If God is the searcher of hearts, how should we pray?

In this light, how important is to pray in the language of our heart (the language from our youth?)

5. God works all things for good in and through us, starting with our prayer. *Agree/Disagree? Why?*

6. *Our sanctification is sure and certain. (vs.29-30) Agree/Disagree? Why?*

(God has foreknew, predestined, called, justified, glorified us!) And part of the sign that our sanctification is certain and sure is the work of the Holy Spirit in our life, especially in prayer! Agree/Disagree? Why?

Personal Application

1. Take stock of your prayer life. Paul states that prayer is our weakness. How would you rate yourself in a scale of 1-10 (with 1 very weak, and 10 very strong)? Why do you rate yourself in that way?

2. Can you discern the work of the Holy Spirit in your life, especially in prayer? What steps would you take to know and experience the Holy Spirit more in your life? (It would help if you can do this with your Disciple or accountability partner.)

3. Do you pray in the language of your heart? Why/Why not?

What step (s) are you going to take to address this?

DAY 4 – Part 3

WE HAVE THE HOLY SPIRIT TO HELP US.



4. Can you honestly say that God is working all things out for good in and through you? Why/Why not?

From our lesson today, this all start in prayer. What step (s) are you going to take to be united with God's purpose in and through your life?

5. Read vs.29-30 prayerfully again. How true are these works of God in your life? (foreknew, predestined, called, justified, and glorified) Take time to Thank God for His work in and through your life.

PRAYER ITEMS

1. NATION: Praying for the fight vs C-19:

- A) Independent bodies supporting the C-19 Vaccine Cluster. God to enable the **Health Technology Assessment Council, HTAC** to do appraisal of technologies and their suitability to Phil healthcare system thus ensuring fairness, equity & sustainability of coverage of vaccines for all Pinoys.
- B) **Regional C-19 Vaccination Operations Centers (RVOCs)**. God to enable development & release of bulletins & advisories relevant to vaccination campaign at regional level. C) God to enable setting up of Local VOCs at the barangay level

2. FAMILY/ HEALTH/ PERSONAL BREAKTHROUGHS

Pray for Physical strengthening of every family – practicing healthy lifestyle, well balanced diet, exercise; pursuing emotional health in the family.

3. CHURCH/ MINISTRIES

Pray: Holy Spirit to enable KBCF to build up every believer by intentional follow-up and Bible study (for new and young believers); by Leadership Training (equipping and mentoring for mature believers)

4. MISSIONS

Unreligious: More than 161M. There are many unreligious in countries like China, North Korea, Spain, Cuba, Netherlands, New Zealand, Sweden, USA, Russia, Germany, United Kingdom, Vietnam, France, Italy, and Mongolia

DAY 4 – Part 4

WE HAVE THE HOLY SPIRIT TO HELP US.



Christians have generally proved ineffective in communicating the Gospel in a relevant way to secular, post-modern culture.

U-1 Japan: Pop: 127M; Religion: 90% Buddhist, 1% Christian

Japan is a country with high technology, ancient temples, skyscrapers and rice paddies. Most Japanese don't think of themselves as religious, but Shinto and Buddhist beliefs such as ancestor worship are strongly ingrained into daily life.

They are known as hard working, polite and private.

PRAY: A) Japan to turn away from materialism and family pressures w/c keep many from making the decision to follow Christ, to find hope in God in the midst of depression. B) Suicide to stop. C) For revival in the traditional Japanese Christian Church & for the growing new church movements.

U-2 Taiwan; Pop: 23 M; Religion: 70% Chinese Religions, 25% Non-Religious, 2% Christian

Taiwan is a mountainous island, highly industrialized & densely populated. Mandarin is the "official language", 2/3 speak Taiwanese. They have clear goals in life: Work hard. Get rich. Many can afford luxury cars and overseas vacations.

Eastern values and religions such as Buddhism and Taoism deeply grip old and young alike, folk religions and animistic beliefs influence their daily lives.

PRAY: A) The church to be mature in order to stand against gambling, materialism, family breakdown & ancestor worship. Taiwan is the only Chinese-majority society where spiritual breakthrough is still awaited. B) For the 16M working class involved in idolatry, fortune telling & ancestor worship. C) That the existing church would communicate the gospel simply, boldly and clearly, for a spirit of humility among the local leaders. D) For indigenous church planting multiplication movements, for disciples, making disciples and churches, planting churches.

DAY 5

GOD IS FOR US.



Start to connect

Have you been asked questions that you feel have obvious answers? In our modern parlance, we often retort back, “obvious ba?!” Paul invites us to join him express the same feeling of certainty amidst questions of faith.

Truth to Ponder

Romans 8:31-36

Paul would like his readers to follow his train of thought as he considers his sufferings and the challenges he is facing in the ministry in the light of his faith and hope in Christ by asking a series of rhetorical questions (questions which has obvious answers). See if you share Paul’s conviction that indeed the answers for you are obvious too!

Examine the word

1. if God is for us, who can be against us?

(For Paul, it does not matter who is against him for as long as God is for him!)

2. If the Father has already given up His Son for us, “will he not also with him (Jesus) graciously give us all things?”

(“Ano pa kaya ang hindi kayang ipagkaloob ng Diyos sa atin?” is there any condition or requirement that we need to fulfill in order for God to give us all things? (Take note of the word “graciously”)

3. If God justifies us, who can bring any change against us?

(In modern parlance, Paul is saying to any who will oppose him in the divine court, “bring it on!”)

4. Who is to condemn us, if Jesus stands as our advocate (defense lawyer) before the Father?

DAY 5 – Part 2

GOD IS FOR US.



4. Who is to condemn us, if Jesus stands as our advocate (defense lawyer) Before the Father?

(Obviously for Paul, what matters is the divine court. People may condemn him, i.e. 2Cor. 11:23-25, but he is confident where he stands in the divine court with Jesus as his advocate).

5. Why is Jesus our defender? (v.35)

6. Is there anything that can separate us from the love of Christ?

(Can the pandemic separate us from the love of Christ?)

Personal Application

1. Read vs.31-36 aloud to yourself. Review the questions in the “Examine the word” portion. Which question (and your answer) struck you the most? Why?

2. State v.32 in your own words (preferably in the language of your heart). How does this assure you in the midst of all things you lack due to the lockdowns because of the pandemic?

3. Paraphrase v.35 to address your present context (i.e., shall the pandemic, or lack of resources, inability of friends to help, etc. separate us from the love of Christ?)

4. Summarize your reaction to the reflection exercise and make it as your prayer to the Lord.

DAY 5 – Part 3

GOD IS FOR US.



PRAYER ITEMS

1. NATION: Praying for the fight vs C-19:

A) Vaccine Safety, Surveillance & Response Team, VSSRT. Pray, that God enable Natl/Regional VOCs to oversee design & Implementation of Adverse events Following Immunization and Adverse Events of Special Interest; to do surveillance system, to conduct investigation & to do data analysis of unusual events after vaccination and monitoring those vaccinated.

B) Risk Communication & Community Engagement, RCCE. Pray God to enable Filipinos to receive necessary information about characteristics & benefits of vaccine, boost confidence and generate demand for vaccination.

2. FAMILY/HEALTH/PERSONAL BREAKTHROUGHS

Pray for physical strengthening of every family-practicing healthy lifestyle, well balanced diet, exercise; pursuing emotional health in the family.

3. CHURCH/MINISTRIES

Pray for the Holy Spirit to enable KBCF by enhancing Church Virtual Presence (online worship services via Facebook and You Tube; age-groups and prayer gatherings via Zoom, active KBCF website, etc.)

4. MISSIONS

Muslims (Islam); More than 1.18 B

The Islamic world stretches across North Africa, Middle East, Asia, & Europe. Asia has the four largest Muslim countries: Indonesia, India, Pakistan, & Bangladesh. Islam is growing rapidly partly due to a higher birth rate & migration. Many of the Muslim countries are closed to Christian missions, difficult to enter.

M-1 Arabs of Syria; Pop: 22.5M; Religion: 90% Muslim, .1% Christian

The Levant Arabs originally settled all over the Arabian Peninsula & later migrated to North Africa. “Levant” is a term that includes groups of Arabs: Jordanian, Palestinian, Iraqi, Arabic Jewish, Chaldean, & Syrian Arabs. Currently, there are only a few agencies ministering to these tribes. Also, there are only a few known Christians w/in the Levant Arab community, of w/c the largest is Iraqi Arabs.

PRAY: A) Lord to call people who are willing to reach out & share the love of Christ with them. B) God to raise up faithful intercessors who will stand in the gap for the Arabs. C) God to give the Arab believers opportunities to share the love of Christ with their own people. D) That their traditional Muslim culture will soften, creating open doors for the Gospel to be preached among them.

DAY 5 – Part 4

GOD IS FOR US.



M-2 Pashtun of Afghanistan; Pop: 12.4M; Religion: 100% Muslim, .02% Christian Pashtun tribes are said to love or hate with equal intensity, displaying fierce loyalty to friends, yet defending the right of Badal - revenge or blood feuds. The infamous **Taliban** fighters originated among the Pashtun. The Islamic religion is very difficult to influence. Converts to Christianity will more than likely be banished from their families. Most of the work by various missions' agencies has ended due to unrest in the country. Christian radio and television broadcasts are strictly forbidden by the government.

PRAY: A) For peace in the land of the Pashtun peoples. B) God to call those who are willing to go to Afghanistan & share Christ w/ the Pashtun. C) God to once again open the doors for Christian agencies desiring to work among the Pashtun. D) For translation of the Bible to begin in their primary language.

M-3 Aceh of Indonesia, Pop: 9.1M; Religion: 100% Muslim, 0% Christian Most Aceh are either farmers or fishermen. Aceh men and women wore a sarong, a modest and colorful skirt. Most men have no say in matters that deal with the home or even child rearing. The Aceh people are strict Sunni Muslims & have been very instrumental in spreading Islam in Indonesia and other parts of Southeast Asia. The Aceh people strongly and even violently oppose other religions. But many are still influenced by animistic beliefs in spirits and various superstitions. The province of Aceh is rich in natural resources-- agriculture, mining.

PRAY: A) God to call long-term laborers to go & live among the Aceh. B) Jesus to reveal Himself to the Aceh through dreams & visions. C) God to take authority over the spiritual principalities & powers that are keeping the Aceh bound. D) For prayer teams who will faithfully intercede for these precious people.

DAY 5 – Part 5

GOD IS FOR US.



M-4 Berbers of Morocco; Pop 6.4M Berbers in Morocco; Religion: 100% Muslim, 0% Christian

There are many groups even w/in the Berber people group. In rural communities, the effects of modernization are scarce, despite government projects to aid farm production. In one group, nearly all are Muslim; however, their religious practices are based more on traditions and the decisions of the community judges than on the Koran.

PRAY:

- A) God to give wisdom to the missions agencies currently working & living among the Berbers.
- B) God to send visions & dreams to reveal Himself,
- C) God to bless the Gospel as it goes forth via radio broadcast to the Berber people.

M-5 Sylheti Bengali of Bangladesh; Pop: 6.3M; Religion: 99% Muslim, 0% Christian

There are a significant number of Sylheti Bengali living in the UK. They have embraced Islam since the 13th century, and Sylhet is a major pilgrimage site.

They are very poor, & they live in very unsanitary places. Their homes flood every year during monsoons, and they often lose family members due to flooding.

PRAY:

- A) God to bring doctors for the sick. God to raise up teachers, especially for the women.
- B) the Lord to raise up strong local churches among the Sylheti.
- C) Pray for any Christians in Sylhet to share the Gospel and the Scriptures with other Sylheti. D) Holy Spirit will soften the hearts of the Sylheti Bengali to the Gospel.

DAY 6

WE ARE MORE THAN CONQUERORS



Start to connect

A lot of people feel defeated, if not desperate, as they face the continuing sufferings and challenges brought about by the pandemic. How is your heart right now? Do you feel defeated, or, as our reflection today highlights, victorious?

Truth to ponder

Romans 8:37-39

1. Paul states “in all these things we are more than conquerors through Him who loved us”. (v.37) Read again the succeeding passages (vs.26-36). What are “all these things” that Paul is referring to? (i.e., includes our struggle in prayer, and as implied, our struggles as we seek to conform to the image of Christ!) What is your reaction?

2. Paul concludes that he is sure that nothing can separate us from the love of God in Christ Jesus. Do you share the same conviction? Why/Why not?

Examine the word

1. Come up with your own list of “all these things”. Can you honestly say that you are more than conquerors through Jesus Christ who loved you? Why/Why not?

2. Paul says “WE are more than conquerors”. He includes all believers, at least the Church you belong to! Why is it necessary that you belong to a community (or a cell group or discipleship group) to develop your conviction that indeed you can be victorious?

3. We need each other to be victorious. Agree/Disagree? Why?

Personal Application

1. The pandemic has made us stare at the face of death. If not personally, at least as we consider the plight of those whom we knew or those who are close to us, even our own family or relatives. How does this verse speak to your own fears in these dangerous times?

2. In the light of your personal reflections during our time of prayer and fasting, write a personal prayer to Jesus, as your huling habilin as you stare at the possibility of death in this time of crisis.

DAY 6 – Part 2

WE ARE MORE THAN CONQUERORS



3. Take time to pray for those whom the Lord has placed in your heart. Pray for an opportunity to share what you have learned from the reflections in the past week.

PRAYER ITEMS

1. NATION: Praying for the fight vs C-19:

A. Vaccination Status (CNN): Praise God for Pinoys already vaccinated:

- As of 03/23/21: Total doses arrived-2.53M, 72% of target. Number Vaccinated: 0.51 M.

- As of 05/20/21: Total doses arrived-7.8M, as of 05/16/21 Number Vaccinated: 2.3M-1st dose; 0.72M-2nd dose. Percentage of population fully vaccinated 0.66% of 108 M.

B) Pray for deliveries of vaccines: - Expected vaccine delivery/month, Aug 2021 to Dec 2021 – 20M /month; - Expected total vaccine supply by end 2021- 140.5 M doses

C) Pray for increase in vaccination rate: - Current Vaccination rate: 67,000 to 83,000 people /day (.08% of pop.); Recommended by experts-590,000 /day (0.54% of Pop.) to achieve herd immunity among 70 million Pinoys. Herd immunity target for NCR is by November 2021

2. FAMILY/ HEALTH/ PERSONAL BREAKTHROUGHS

Pray for the Holy Spirit to enable every family in KBCF to obtain healing of relationships among loved ones, pursue emotional health in the family.

3. CHURCH/ MINISTRIES

BUDDHIST = More than 273M

Most encompass China, Tibet, Vietnam, Cambodia, Laos, Thailand, Burma, Malaysia, Korea, Japan, Taiwan, Sri Lanka, Bhutan, and India. Buddhism absorbs the indigenous religions in every culture where it exists, which makes it hard for them to become a Christian exclusively. They believe there is one goal, but many paths to reach Nirvana. Buddhism focuses on suffering and not forgiveness, grace, or hope. Ministering to Buddhists is a painstakingly slow process. Pray for encouragement and effective strategies for the Christians working among them.

DAY 6 – Part 3

WE ARE MORE THAN CONQUERORS



B-1 Burmese in Myanmar; Pop 28M; Religion: 97% Buddhist, 0.1% Christian

Myanmar has had a long history of coups, wars, and rebellions. Ethnic divisions and political unrest have been common since the first Burman kingdom in the 11TH century. Today, the Burmese military maintains forcible control over the ethnic groups who want equal importance in the government and in commerce. The Burmese have lived in a constant state of instability, defense, bitterness, and fear. Their animistic beliefs center around inherently evil spirits called nats. All Burmese homes have altars for the spirits, as well as a statue of Buddha. Sadly, the farmers spend more in a year on their religion than on education, health, and clothing for their families.

PRAY:

- A) Believers would be willing to go to Myanmar and share the love of Christ with the Burmese.
- B) Jesus will begin to reveal Himself to the Burmese through dreams and visions.
- C) God to raise up prayer teams who will faithfully intercede for these precious people.

B-2 Tai Dam of Laos; Pop: 25,000 (1.5M worldwide) Religion: 61% Buddhist, .5% Christian

The Black Tai are unusually polite, respectful, and hospitable. Children are taught social behavior based on respect for those who rank higher, with additional emphasis on independence and self-reliance. There is no division of labor by gender -- women and men plow, hoe, fish, cook, tend babies, clean house, and wash clothes. Ancestor worship is common. They believe spirits of their deceased ancestors are alive, becoming evil spirits when they are not appeased. The Tai have been greatly affected by the fighting and bloodshed of the past. They need healing and new spiritual hope.

PRAY:

- A) The Lord to call people who are willing to go to Laos and share Christ with the Black Tai.
- B) Doors of Laos will soon open to missionaries.
- C) Holy Spirit to soften the hearts of the Black Tai toward Christians so that they will be receptive to the Gospel.
- D) Pray for completion of Bible translation in primary language.

B-3 Mien of Laos; Pop: 25,000 (1.5M worldwide) Religion: 61% Buddhist, .5% Christian

The Highland Yao, also known as the Mien, are people of the mountains and people of learning. They are villagers with a strong tradition of literacy. Women are generally responsible for the day to-day essentials of life, while men are concerned with the long-term welfare of the family, responsible for relations between the living family, their dead ancestors, and the world of spirits. They believe that the natural world around them is inhabited by spirits.

DAY 6 – Part 4

WE ARE MORE THAN CONQUERORS



PRAY: A) The Lord of the harvest to send forth laborers to live and work among the Highland Yao. B) Holy Spirit to grant wisdom and favor to the missions agencies that are focusing on the Highland Yao. C) God will reveal Himself to the Highland Yao through dreams and visions. D) Holy Spirit to complete the work begun in the hearts of the Highland Yao believers through adequate discipleship.

Sikh: 30 M

Most are In India, Bangladesh, Pakistan, and Nepal. The Punjab is the homeland of the Sikhs. A Sikh is defined as “any human being who faithfully believes in one Immortal Being, ten gurus & their teachings, the baptism bequeathed by the 10th guru, and who does not owe allegiance to any other religion. They believe in the union of soul w/ God by disciplining his thoughts & actions so that the 5 obstacles—lust, anger, greed, attachment and ego—are dispelled & the soul is united w God. Sikhs believe that the cycle of reincarnation is escaped by this union. They also believed that all religions lead to God. This can make evangelism very difficult.

S-1 Jats of Punjab: Pop: 10,531; Religion: 99% Sikh, .01% Christian

Traditionally, Jat Sikhs were farmers. Today, many have continued the work of farming while a large number have found occupations in fields like doctors, lawyers, insurance, engineering, etc. The Jat are all over India and some surrounding countries. The largest concentration is in the Punjab Region, Rajasthan and Uttar Pradesh.

PRAY:

- A) God to wipe away the pride Sikhs have in their religion & ethnicity, w/c prevents many from accepting Jesus.
- B) Missionary teams to go to Punjab to be a witness for Christ.
- C) For the release of Satan’s grip on these people.
- D) God to raise up prayer teams to prepare the way for the missionaries & for the softening of hearts of the Sikhs.



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