

A landscape photograph featuring a vibrant rainbow arching across a dark, stormy sky. The rainbow's colors are bright and distinct, contrasting sharply with the grey clouds. Below the rainbow, a rolling green field with patches of yellowish-brown shrubs stretches towards the horizon. The overall mood is one of hope and divine presence.

LIFE HOLY IN THE SPIRIT

PENTECOST
PRAYER & FASTING

31 May - 09 June 2019

LIFE IN THE HOLY SPIRIT

PENTECOST PRAYER & FASTING

Jesus told His disciples to live in the power of the Spirit, “But you will receive power when the Holy Spirit comes on you...” (Acts 1:8). What follows that commandment in the Book of Acts is a movement, unlike anything the world had seen in which the disciples and followers of Jesus lived lives of explosive power and turned their world upside down. The church today can have the same “momentum” and the same impact that the early Christians had in their world. Is it still possible for us today?

Do join us for the ten (10) days of prayer and fasting leading to Pentecost – what it means to live life in the Holy Spirit. Each day there is a question to reflect on life application. We pray that you will discover what it looks like, on a practical level, to live in the power of the Spirit every day. Journey with us and watch the Holy Spirit move mightily in your life during this season of prayer and fasting.

TYPES OF FAST



TOTAL FAST
Abstain from solid food and water or any beverage.



NORMAL FAST
Abstain from solid food. Take only water.



PARTIAL FAST
Abstain from solid food. Take only water and liquid food such as soup, milk.



DANIEL'S FAST
Abstain from meat. Take only vegetables, fruits, juices.

LENGTH OF FASTING

- **NORMAL FAST**
12 hours or, from sunrise to sundown.
- **SELECTIVE FAST**
Fast one full meal a day, e.g. lunch or dinner.

**Note: If you have a medical condition, do seek your doctor's advice on the type and duration of your fast.*

SUGGESTIONS

- **INDIVIDUAL**
Commit to pray 15 minutes in the spirit every day besides fasting.
- **FAMILY**
Fast and pray together as a family. Decide on one type of fast everyone in the family will commit to, and come together daily to pray for 15 minutes.
- **CELL GROUP**
During Open Cell, spend time to pray as a group using the booklet. Pray in the spirit for 15 minutes and allow the Holy Spirit to move in your midst.

BAPTISM OF THE HOLY SPIRIT

The baptism of believers in the Holy Spirit is witnessed by the initial physical sign of speaking in other tongues as the Spirit of God gives them utterance (Acts 2:4). Speaking in tongues is an immediate indication that the believer is being baptised in the Holy Spirit.

The Baptism in the Holy Spirit is a vital experience of the Christian life. It is a special work of the Spirit beyond salvation. On the Day of Pentecost, disciples who had already made a decision to follow Jesus “were filled with the Holy Spirit and began to speak in other tongues” (Acts 2:4). Paul asked the Ephesians disciples if they had received the Holy Spirit, after which “the Holy Spirit came on them, and they spoke in tongues” (Acts 19:6). New Testament believers were constantly challenged to be filled with the Spirit (Ephesians 5:18). We encourage everyone who has yet to receive the baptism in the Holy Spirit to seek for the experience, as it is such an important focus of New Testament Christianity.

HOW TO RECEIVE THE BAPTISM OF THE HOLY SPIRIT

A. YOU NEED TO ACCEPT JESUS CHRIST

B. RECOGNIZE JESUS IS THE BAPTIZER OF THE HOLY SPIRIT

“John answered, saying to all, ‘I indeed baptize you with water; but One mightier than I is coming, whose sandal strap I am not worthy to loose. He will baptize you with the Holy Spirit and fire.’” (Luke 3:16).

C. ASK

Ask your Heavenly Father for it.

“If a son asks for bread from any father among you, will he give him a stone? Or if he asks for a fish, will he give him a serpent instead of a fish? Or if he asks for an egg, will he offer him a scorpion? If you then, being evil, know how to give good gifts to your children, how much more will your heavenly Father give the Holy Spirit to those who ask Him!” (Luke 11:11-13).

D. RECEIVE IN FAITH

Everything we get from God is received by faith, and faith must be exercised. On Pentecost, “they were all filled with the Holy Spirit and began to speak in other tongues, as the Spirit was giving them utterance” (Acts 2:4).

Notice, they spoke in other tongues. It wasn't the Holy Spirit speaking through them. He merely gave them the utterance. In other words, the Holy Spirit gave them the words to say. They were the ones who spoke, and did it in faith. Without you having to think about it, the Holy Spirit will direct all your speaking faculties to speak the words of the Holy Spirit. It doesn't matter if you start with one syllable but keep on speaking, and the Holy Spirit will add on language unknown to you but meaningful to God.

Note: If you need help to receive the Baptism of the Holy Spirit, do contact any of our pastors.

DAY 1 • MAY 31

THE GREAT MOMENTUM IS IN MOTION

“When the day of Pentecost came, they were all together in one place. Suddenly a sound like the blowing of a violent wind came from heaven and filled the whole house where they were sitting. They saw what seemed to be tongues of fire that separated and came to rest on each of them. All of them were filled with the Holy Spirit and began to speak in other tongues as the Spirit enabled them.” – Acts 2:1-4

The Day of Pentecost itself marked the beginning of the unusual event of sound, wind, and fire. The first few decades of the Church life following Pentecost witnessed an intensity of the Spirit's work. The work of the Holy Spirit had not stopped but has been in motion throughout all the centuries, and the culmination of the momentum of the power will be experienced by the church in a greater measure before the Day of the Lord. Since then, awakenings had spread over a wide geographical area, affecting a considerable number of people turning from sin and giving their life to Jesus. Initially, it may begin with small pockets of “refreshing”. However if we are persistent in hunger and thirst for the Spirit of God, He will bring about that revival in our personal life, affecting the churches, and then gathering momentum and sweeping over our nation. The way to it is through unceasing prayer in the spirit till we give “birth” to revival!

Reflection: The Spirit of God is already moving on the earth in unprecedented ways in preparation for the next wave of revival that could produce the greatest harvest of souls in human history. What is stopping your momentum of catching the wave of the Holy Spirit?

Pray for

- Hunger and revelation of the Holy Spirit.
- The church to be unceasing in prayer during this season of fasting and prayer.
- Revival at personal, church and national level.

DAY 2 • JUNE 01

THE BIG IMPACT

“Those who accepted his message were baptized, and about three thousand were added to their number that day.” – Acts 2:41

Since the Day of Pentecost, we see the Holy Spirit active in the life of the Church – in teaching, miracles, further fillings, and new baptisms; above all, in the work of spreading the gospel and establishing churches. The first evidence of the continuous work of the Spirit is that He enables the apostles to make disciples, real students, out of the 3000 who were converted. Furthermore, we read in Acts 4:4 that the number grew to about 5000 men (not including women and children). Big soul-winning days, great city-wide revivals and receiving miracles from God are still possible today. It is a matter of faith and allowing the Holy Spirit to move. The Day of Pentecost ought to be our regular experience.

Reflection: Prayerfully ask the Holy Spirit to direct you to share your faith to at least one person this week. It could be your parent, sibling, friend, colleague or even a total stranger.

Pray for

- God to bless our King, Prime Minister and Cabinet Ministers.
- Unprecedented revival and gospel impact in our cities and villages.
- More full time workers to be raised – to plant churches in Peninsular and East Malaysia.

DAY 3 • JUNE 02

INCREASE IN PRAYER LIFE

“They devoted themselves to the apostles’ teaching and to fellowship, to the breaking of bread and to prayer.” – Acts 2:42

Prayer is one of the foundations which the early Church was built upon, and was as natural as breathing. The disciples not only devoted themselves to the apostles’ teaching but also devoted themselves to prayer daily (Acts 2: 42-47). When the apostles were threatened, they prayed to receive boldness (Acts 4:23-31). They also sought God’s guidance through prayer for selection of deacons to care for the widows (Acts 6:1-7). When Peter was imprisoned again, “constant prayer was offered to God for him by the church” (Acts 12:5). In preparation for Paul and Barnabas’ missionary journey to preach, the church entered into a period of fasting and prayer before the send-off (Acts 13:1-3). Their unity in prayer brought about many miracles and healing in the early churches. Peter raised Tabitha from death after he, “...knelt down and prayed” - Acts 9:40. While Peter was in a time of prayer and fasting on the rooftop, he received a vision to reach out to the Gentile (Acts 10:9-22). Prayer was the fabric of the early church life. Their dependence on the Spirit in all areas of life through prayers showed their desire to remain filled with the Spirit. This is a pattern we must follow.

Reflection: Prayer – it is found throughout the Bible. Even Jesus prayed. Prayer is a powerful spiritual force; prayer changes things. Is prayer my steering wheel or my spare tyre?

Pray for

- Increase in the prayer life of all believers.
- Increase in the prayer watch of all churches, homes, institutions and workplaces.

DAY 4 • JUNE 03

NUMERICAL CHURCH GROWTH

“...praising God and enjoying the favour of all the people. And the Lord added to their number daily those who were being saved.” – Acts 2:47

The church grew rapidly. There was numerical growth. From the initial 3000 souls on Pentecost (Acts 2:41), the number grew to 5000 men (Acts 4:4), believers were increasingly added to the Lord (Acts 5:14), the number of the disciples multiplied greatly in Jerusalem (Acts 6:7), a great many people were added to the Lord in Antioch (Acts 11:24), and many more. How did it happen? The Holy Spirit brought truth to teachings of the apostles, and resulted in increasing fellowship, love, sharing of needs, prayer and new unity. The growth also needed the disciples to do their part by continuing to share their faith, the lost people heard it and believed. The people did not see themselves living on two levels, one spiritual and one natural. The Holy Spirit filled them completely and they lived their faith in a practical way in sharing, evangelism and working of miracles. No wonder the Lord kept adding daily those who were being saved, and the church grew.

Reflection: Church growth requires all hands on deck. What is the one thing you would like to participate in the growth of GTPJ?

Pray for

- Increasing number of new disciples to be added to all our churches.
- One Minute Witness (OMW) to be a lifestyle for every believer.
- A deeper knowledge of the heavenly Father, the Lord Jesus Christ and the Holy Spirit.

DAY 5 • JUNE 04

MOVING IN THE GIFT OF HEALING

“He jumped to his feet and began to walk... walking and jumping, and praising God... all the people saw him walking and praising God... they were filled with wonder and amazement at what had happened to him.” – Acts 3:8-10

Acts 3 opens with Peter and John going to the temple where they encounter a man lame from birth, begging for alms at the gate called Beautiful. “In the name of Jesus Christ of Nazareth”, Peter commanded him to rise up and walk. Taking the lame man by the right hand and lifting him up, the crippled man was healed instantly and completely. The healing of the lame man provides great insight into the work of the Holy Spirit. The same power that was upon Peter during the Pentecost where 3000 were converted, is also the same power that was applied to the crippled beggar for healing. The same healing power is still available to Christians today - to heal all kinds of diseases and illnesses for those who believe and exercise their faith.

Reflection: Move one step further by visiting the sick and pray for that individual, or phone him/her and offer a prayer.

Pray for

- Miraculous healing for all kinds of sicknesses, diseases, ailments and depressions.
- Powerful visitation of the Holy Spirit to break bondage in all kinds of addictions.
- More churches to show compassion in action for those who are facing hardships, in poverty and marginalised.

DAY 6 • JUNE 05

THE BOLDNESS

“When they saw the courage of Peter and John and realized that they were unschooled, ordinary men, they were astonished and they took note that these men had been with Jesus.” – Acts 4:13

There are places in the world today where openly preaching Christ can lead to arrest, imprisonment, or even death. What then made the apostles so bold? After the gift of the Spirit at Pentecost, the word “boldness” (parrhesia) were repeated for at least 5 times in the Book of Acts alone. It refers to courage and fearlessness to speak freely. Although the church received threats, the apostles felt such urgency to proclaim the gospel with boldness and without hindrances (Acts 4:13; 28:31). The apostles’ ministry was strikingly similar to Jesus’ ministry, which caught the attention of the Jewish rulers. They saw the boldness of these apostles who were untrained in the rabbinical schools. The apostles were confident of the power of the gospel - the death at the cross and the resurrection, followed by notable signs (Acts 4:10-12, 16). This is what fired the passion of the apostles to be bold. When the Holy Spirit came upon the apostles (as recorded in the Book of Acts), they were not ordinary men anymore. Instead, they were filled with boldness to advance God’s kingdom.

Reflection: What are the reasons for our lack of boldness to proclaim the gospel? Can you identify the core message of the gospel in Acts chapter 4? Will you take courage today to share your faith with one person? Use the One Minute Witness tool.

Pray for

- Churches to be filled with boldness to proclaim the gospel.
- Believers to have boldness in overcoming challenges in their daily lives.
- Greater unity in strategic partnership among churches to fulfil the Great Commission.

DAY 7 • JUNE 06

LIVING WITH THE HOLY SPIRIT

"And do not grieve the Holy Spirit of God, with whom you were sealed for the day of redemption." – Ephesians 4:30

Living in our present world can be challenging to our faith, especially a need to live a life of holiness without grieving the Holy Spirit. Fellowship with the Holy Spirit is priceless and if we are not careful, we can grieve the Holy Spirit. Kathryn Kuhlman in her book, "The Greatest Power in the World", she explains how the Spirit can be grieved:

"Even though the Holy Spirit is the mighty power of the Trinity, He is sensitive and easily grieved. There is no doubt that this wonderful person may be grieved by bitterness, by wrath, anger, evil speaking. In other words, He can be grieved by anything in the life of an individual that is contrary to meekness, longsuffering, forbearing one another in love, and endeavouring to keep the unity of the Spirit in the bond of peace."

As believers of Christ, we can gladden the Holy Spirit when we change our conduct. Read Ephesians 1:7, 14-15; 4:29-32.

Reflection: Ask the Holy Spirit to reveal what attitude/ mind-set/ behaviour that stops us from having an intimate fellowship with Him.

Pray for

- Believers to live a life of holiness and to exhibit the fruit of the Holy Spirit.
- Revival and spiritual awakening in the body of Christ.
- Believers to increase in faith and move in the gifts of the Holy Spirit.

DAY 8 • JUNE 07

BREAKING DOWN BARRIERS

“But when they believed Philip as he proclaimed the good news of the kingdom of God and the name of Jesus Christ, they were baptized, both men and women.” – Acts 8:12

After the outpouring of the Holy Spirit, the gospel was spread not only among Jews or those who were converted to Judaism; it continually broke down cultural and religious barriers by extending to the Gentiles too. For example, Philip the evangelist preached the Word and many Samaritans came to the Lord (Acts 8:12-13). The apostles Peter and John quickly established contact by helping the Samaritans receive the baptism of the Holy Spirit. The gospel continued to break down barriers in the Gentile household of Cornelius (Acts 10). The same Holy Spirit who used Peter to “open door” to these Gentiles will use us too, if we allow Him. The Spirit of God is in the momentum of opening new frontiers and boundaries for the advancement of His Kingdom.

Reflection: Ask God for a nation outside Malaysia, and get involved by going for at least one (1) mission trip to that nation. When you place your faith in the Holy Spirit and work with Him to go, you will discover that the unreached world is waiting desperately for the good news of Jesus.

Pray for

- Mission partners, pastors, church planters, bible school students and mission works in the 12 countries we work with.
- More new “doors” in Sabah and Sarawak.
- GTPJ Outreach churches in Puchong, Rawang, Dengkil, Ijok, Kepong, Langkap, Perak, Penang and Sarawak.

DAY 9 • JUNE 08

THE NORM OF THE DAY

“God did extraordinary miracles through Paul, so that even handkerchiefs and aprons that had touched him were taken to the sick, and their illnesses were cured and the evil spirits left them.” – Acts 19:11-12

The norm of the day after Pentecost was evidence of miracles, and it was common among believers. When the Apostle Paul was in Ephesus, God did extraordinary miracles through the laying of his hands and use of handkerchiefs and aprons; the power of God transmitted from Paul's body to the sick. Sick people were carried and laid at the streets so that Peter's shadow might fall on them. Many diseases were healed and evil spirits instantly came out of them (Acts 19:11-12; 5:12-16). There was raising of the dead also; Peter prayed and Tabitha was raised from the dead. God gave an unusual concentration of miraculous power to both the apostles and non-apostles like Stephen (Acts 6:8) and Philip (Acts 8:6-7). How did they do it? Paul summarized his ministry by telling the Romans of the things Christ worked through him essentially, "... by the power of the Holy Spirit" - Romans 15:19. The same God that gave the gift of miracles in the early days of the church, will also impart that gift to the Body of Christ today. God performed signs and wonders to show His people that He alone is God, and He did out of compassion for His people.

Reflection: Do you have a testimony on miracles in your life? Don't contain it. Share it with one person who may need to hear about God's miraculous power.

Pray for

- The gifts of the Holy Spirit to be restored in the churches.
- An increase in fivefold ministry to equip believers – Apostle, Prophet, Evangelist, Pastor and Teacher.
- Signs and wonders to be a norm in all our churches.

DAY 10 • JUNE 09

MAINTAIN THE SPIRIT-FILLED LIFE

“Do not get drunk on wine, which leads to debauchery. Instead, be filled with the Spirit, speaking to one another with psalms, hymns, and songs from the Spirit. Sing and make music from your heart to the Lord” – Ephesians 5:18-19

How do we maintain or keep the river of God’s Spirit flowing through our lives day by day? In Ephesians 5:18-19, Paul exhorts us to “be filled with the Spirit”. The verb tense in the Greek speaks of an action which begins and keeps going. It simply means ever and overflowing. We can sing praises to God in three-fold forms by singing in psalms, hymns and spiritual songs. “Spiritual songs” are songs from the Spirit in which words and melody just bubble up like a spring, from our hearts. Sometimes the words are in our own language, but other times they can be in “tongues” – the language of the Spirit. In either case, the beautiful and fresh forms of praise freely flow from the rivers of living water (the Holy Spirit) within. Spiritual songs are a means by which we maintain the inflow and outflow of the Holy Spirit through our lives. Live by His Spirit.

Reflection: As we face trials and unexpected situations, let us sing psalms, hymns and spiritual songs. There is a great releasing power in our songs to God (Acts 16:25-26). Pay attention to the words when you sing from your heart. It is likely that the Holy Spirit is trying to communicate a message to you!

Pray for

- Refreshing stream of God’s Spirit in all the churches in Malaysia.
- Our worship to rise up as incense before the throne of God.
- The church to be fully prepared for the imminent return of our Lord.