

# 10 days of PRAYER

January 7-17, 2015

## Experiencing the Fruit of the Spirit

### ***Overview For Personal Devotions***

For complete detailed theme sheets, go to  
[www.TenDaysofPrayer.org](http://www.TenDaysofPrayer.org)

# **Welcome to Ten Days of Prayer 2015!**

## ***Leader's Guide***

Global Rain in 2006. The Holy Spirit has wrought revival, conversions, renewed passion for evangelism, and healed relationships. Truly, prayer is the birthplace of revival!

These guidelines are meant to help you as a leader. The first section covers topics related to Ten Days of Prayer 2015. The second part includes pointers that have been helpful to other prayer leaders and will help you and your prayer group. Remember that these are just resources and ideas. Feel free to change things as the Spirit leads you.

During the first ten days of prayer, January 7-16, 2015, your group should meet daily in person or by phone for an hour of united prayer. The eleventh day, January 17, falls on Sabbath. This day is a celebration of all God has done in answer to united prayer. We hope these ideas and suggestions will be useful to you as a prayer leader and will help to make Ten Days of Prayer 2015 a powerful experience for your small group or church family.

As you embark on this journey, we'd like to share some testimonies from individuals who participated in Ten Days of Prayer 2014:

"Yes, we saw the hand of the Lord during the past Ten Days of Prayer. Miracles happened, healings took place, many longtime unanswered prayers were answered. A lady who was invited by a colleague sister was healed of lung cancer and traveled to France for a check-up, and it was confirmed by a doctor over there. I believe no church can afford to miss next year's Ten Days of Prayer here in Guadeloupe. Thank you once again for the initiative and the vision for our church."—Buhire Elie Brown, Guadeloupe

"The prayer time was so Spirit-filled. On the night of the eighth day, one of our neighbors had demonic possession. One of my elders and I were invited to pray for the lady. We went there, and the demon manifested himself, but the power of God was mighty on us, and God Himself prevailed. The testimony from the lady the following morning was that she didn't just see two of us enter her house; instead, she saw a multitude of angels that accompanied us. To God be the glory. During the Ten Days of Prayer, we were asking God to give the church very significant testimony that would tell people that He is with us. He did answer us."—Pastor Francis Aja

## **General Ten Days of Prayer Items**

### **Why Pray for the Fruit of the Spirit?**

As Christians, our greatest desire is to become like Jesus. Jesus Himself told us several times in His Word that we need to be like Him. How can we recognize someone who is like Him? "You will know them by their fruits" (Matt. 7:16). What are these fruits? Paul tells us in Galatians 5 which fruit we will bear if we abide in Christ.

Christ longs to work His character in us so that we can be His witnesses to a world that is perishing. He wants us to be His channels so He can reveal Himself through us to those who do not know Him. "Our influence upon others depends not so much upon what we say as upon what we are" (Desire of Ages, p. 142). We need the Holy Spirit in our lives to work in us the fruit of the Spirit. This is a work that we cannot do ourselves. We do not have the power to become like Christ. Only Christ's power in us will shape and mold our characters and make us more like Him.

That is why we would like to pray in a special way during these ten days that the Holy Spirit will teach us how to abide in Christ and how to experience the fruit of the Spirit.

### **Daily Theme Sheets**

A theme sheet has been prepared for each of the ten days of prayer. The first section gives Scriptures to claim, ideas for items to pray about, and songs to sing together. Included at the end is a passage from Ellen White that adds insight into the night's theme.

We recommend that you copy the theme sheets so each participant can have a set. The copies could be done front to back. This will help each person attending the prayer meeting know what to pray for during the prayer time.

Churches around the world will be praying for each day's theme. Join them in united prayer and pray through the Scriptures, quotes, and prayer suggestions on each theme sheet. The more you focus on the theme, the more meaningful the prayer time will be. However, you need not stick solely to the theme sheet—simply let it guide you. You don't need to pray through each point in order, as these are just suggestions for what to include in your prayer time.

### **Suggested Passages and Reflection Questions for Personal Devotions**

In addition to meeting together to pray unitedly, a sheet has been prepared with the daily theme passages and a list of questions that will help enhance your personal devotional time during the ten days of prayer. Spend time reading the listed Bible passages and reflecting on the questions in your own personal time with God.

### **Ellen White Passage on the Fruit of the Spirit**

We have included passages by Ellen G. White for each night. These talk about the importance of the fruit of the Spirit and how we can experience the fruit of the Spirit. We suggest that you read these passages together at some point during the prayer time. This could be done at the beginning, to set the stage for the day's theme, or at some other point during the prayer time.

### **Twos or Threes**

It is nice to have more people, but you only need two or three. Whether you have a lot of people for Ten Days of Prayer 2015 or just a few, be assured that your prayers will be heard and answered in heaven. "Again I say unto you, that if two of you shall agree on earth as touching anything that they ask, it shall be done for them of my Father which is in Heaven. For where two or three are gathered together in my name, there am I in the midst of them" (Matt. 18:19, 20, KJV).

"Our Saviour follows His lessons of instruction with a promise that if two or three should be united in asking anything of God it should be given them. Christ here shows that there must be union with others, even in our desires for a given object. Great importance is attached to the united prayer, the union of purpose" (*Testimonies for the Church*, vol. 3, p. 429).

When separating into small prayer groups at the end, encourage people not to pray with the same group each night but to deepen their relationships with others in the church by praying with a variety of people.

### **Intercede for Seven**

Encourage each person to ask God to show them seven people to pray for during the ten days. These may be family members, friends, coworkers, church members, etc. Encourage them to pray that the Holy Spirit will work in them the fruit of the Spirit. Have them also ask God what else they should pray about for these individuals and how to reach out to them as God leads.

## **Sabbath Services During Ten Days of Prayer 2015**

Have a special prayer focus and share testimonies of answered prayer during the church services on both Sabbaths. Be creative—there are many ways to share with the church family what is happening during the daily prayer meetings.

### **Final Sabbath Celebration**

The final Sabbath, especially, should be designed as a time of great rejoicing in all that God has done throughout the ten days. Include ample time for testimonies of answered prayer, biblical teaching/preaching on prayer, and singing. Lead the congregation in a time of prayer so that those who have not attended the daily meetings can experience the joy of praying with others. See the Day 11 materials for more ideas.

### **Follow-up to Ten Days of Prayer 2015**

Pray much about how God wants your church/group to continue what God has begun during Ten Days of Prayer 2015. Perhaps you will continue with a weekly prayer meeting. Or perhaps God wants you to begin a new ministry in your church or an outreach to the community. Be open and follow where God leads. You're sure to be amazed as you walk with Him.

### **Testimonies**

Please share stories of how God has worked through Ten Days of Prayer 2015! Your stories will be an encouragement to many others. Testimonies may be sent to [stories@ministerialassociation.org](mailto:stories@ministerialassociation.org) or submitted online at [www.tendaysofprayer.org](http://www.tendaysofprayer.org).

## **United Prayer Pointers**

### **Agree Together**

When someone prays a request to God, be sure some others pray for that same request and agree together—this is powerful! Don't think that because one person has prayed about the request, no one else needs to. "Again I say unto you, that if two of you shall agree on earth as touching anything that they ask, it shall be done for them of my Father which is in Heaven" (Matt. 18:19, KJV). How encouraging it is to be lifted up in prayer!

### **Claiming God's Promises**

Encourage the members to claim God's promises. This will help them increase their faith and remind them that nothing is impossible with God. We have provided a list of promises, but encourage the people to claim other promises as well. They will help people take their eyes off of their weaknesses and difficulties and set them on Jesus. For every weakness, for every struggle that we have, we can find Bible promises to claim. Encourage people to search for those promises and write them down so they can claim them in the future.

"With heartfelt simplicity we should state our needs to the Lord, and claim His promises with such faith and confidence that the congregation will know that we have learned to prevail with God in prayer. They will be encouraged to believe that the Lord's presence is in the meeting, and they will open their hearts to receive His rich blessing. Their faith in your sincerity will be increased, and they will be ready to listen with willing ears to the instruction given by the speaker" (*Evangelism*, p. 146).

"God has a heaven full of blessings for those who will co-operate with Him. All who obey Him may with confidence claim the fulfillment of His promises. But we must show a firm, undeviating trust in God. Often He delays to answer us in order to try our faith or test the genuineness of our desire. Having asked according to His word, we should believe His promise and press our petitions with a determination that will not be denied" (*Christ's Object Lessons*, p. 145).

## **Fasting**

Invite those joining you in Ten Days of Prayer to consider some type of fasting, such as fasting from TV, secular music, movies, the Internet, sweets, or other types of food that are hard to digest. Use the extra time to pray and study the Bible, asking God to help you and your congregation experience the fruit of the Spirit.

Encourage the members to adopt a simple diet that will allow their brain to be more receptive to the voice of the Holy Spirit.

## **Holy Spirit**

Be sure to ask the Holy Spirit to show you how or what you should pray for in a person's life or in a particular situation. The Bible tells us that we do not know what to pray for and that the Holy Spirit is the one making intercession for us.

“We must not only pray in Christ's name, but by the inspiration of the Holy Spirit. This explains what is meant when it is said that the Spirit ‘maketh intercession for us, with groanings which cannot be uttered.’ Romans 8:26. Such prayer God delights to answer. When with earnestness and intensity we breathe a prayer in the name of Christ, there is in that very intensity a pledge from God that He is about to answer our prayer ‘exceeding abundantly above all that we ask or think.’ Ephesians 3:20” (*Christ's Object Lessons*, p. 147).

Claim Romans 8:26 and ask the Holy Spirit to show you whom to pray for and what to pray for concerning certain people or situations.

## **Physical Togetherness**

As you begin a united prayer session, invite everyone to come close together. When people move close together to form a tight circle, it helps to promote a spirit of unity, which is very important for united prayer. If people are spread out in a room, it is also difficult to hear each other's prayers.

## **Pray Scriptures**

Reading or praying a short portion of Scripture is a wonderful way to ensure you are praying God's will. Praying God's promises back to Him is an incredible faith builder. God loves for us to pray His Word in expressions of praise or promise.

“Let the word of Christ dwell in you richly in all wisdom, teaching and admonishing one another in psalms and hymns and spiritual songs, singing with grace in your hearts to the Lord” (Col. 3:16). You'll be amazed at how long a group can pray and enjoy it!

Here's an example of how to pray Scripture back to God: 1 Thessalonians 3:13 says, “May He strengthen your hearts so that you will be blameless and holy in the presence of our God and Father when our Lord Jesus comes with all His holy ones” (NIV). Then pray something like this: “Dear Lord, please strengthen my son's heart-level determination to do what is right. Give him your grace to make decisions that lead to holiness. Jesus, may he look forward to your return ...” and so on.

## **Journaling**

Keeping a prayer journal during the Ten Days of Prayer can be a good way for participants to internalize the daily prayer theme, make concrete commitments to God, and recognize His blessings to them. Writing out our prayers and keeping a record of God's answers is a proven path to encouragement.

Journaling can be included in the Ten Days of Prayer in several ways. You could provide time during the prayer meeting for people to journal their responses to God in a private prayer journal. Or you could keep a group journal of prayer requests and answers—either in a notebook, on a large poster, or online. A simple way to do this is to draw a line down

the middle of the paper. Write requests in the left column and answers in the right. It is exciting and faith-building to look back and see how God has answered prayers!

### **Reverence**

Encourage and model a reverent attitude. We are approaching the throne room of the King of the universe. Let's not treat this prayer time carelessly in our posture or mannerisms. However, it is not necessary that everyone kneel continuously. You want people to be comfortable for an hour, so encourage people to kneel or sit or stand as God leads and as they are comfortable.

### **Sentence Prayers**

Prayers should be short and to the point. This gives others an opportunity to pray as well. Try to limit your prayers to a few sentences. Each person can pray multiple times. Short sentence prayers keep the prayer time interesting and allow the Holy Spirit to impress the group how to pray. You don't need to open and close each short sentence prayer with phrases such as "Dear God" and "Amen." It is an ongoing conversation with God.

### **Silence**

As a leader, don't dominate the prayer time. The goal is to get others praying. Times of silence are wonderful, as they give God time to speak to our hearts. Allow the Holy Spirit to work, and give everyone time to pray.

### **Singing**

Spontaneous group songs, mingled between prayers, add beauty to the prayer meeting. Appropriate songs are listed at the end of each theme sheet. Do not feel that you need to use all the songs—these are simply suggestions. Singing is also a good way to transition from one prayer section to another.

### **Taking Prayer Requests**

Don't ask for prayer requests from the group. Instead, tell people to pray their requests and encourage others to join in agreement and prayer for those requests. Here's why: time! Talking about the requests will take up most of your prayer time. Satan is thrilled if he can keep us talking about the problem instead of praying about the problem. Group members will often begin counseling and suggesting solutions. The power is from God! The more we pray, the more His power is unleashed.

### **Your Daily Time**

This is so important! Make sure that you as a leader are spending time daily at the feet of Jesus, talking with Him and reading His Word. If you will make knowing God the first priority in your life, it will open such a beautiful experience to you. "From the secret place of prayer came the power that shook the world in the Great Reformation. There, with holy calmness, the servants of the Lord set their feet upon the rock of His promises" (*The Great Controversy*, p. 210).

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Let's  
Pray!

# **RECOMMENDATIONS FOR 10 DAYS OF PRAYER**

## **EXPERIENCING THE FRUIT OF THE SPIRIT**

Dear Brothers and Sisters

We're back again to the 10 days of prayer at the beginning of this new year 2015 and I want to send you my best wishes for happiness and joy in the Lord, may your life be full of blessings in this new year which brings us closer to the coming of our Lord Jesus.

These 10 days have become for the church a good way to inaugurate the new year and especially to be at the entire disposal of God for us to be able to receive the Holy Spirit.

I do not want to make a second introduction as there is one that you can read in the following pages that has been prepared by the world church; I want just to make some practical recommendations for the 10 days of prayer.

Please consider the following recommendations as they are here to help the church to live these special times of prayer in the best way possible and most importantly, that the 10 days that we will live together would make a difference in the life of everyone and help us "EXPERIENCING THE FRUIT OF THE SPIRIT! "

### **RECOMMENDATIONS TO CONSIDER:**

1. A program is given for the duration of each session during the week; it is advisable to stay in time - 1 hour. The duration for each part of the program is suggested; feel free to adapt it to the context of the local church.
2. Make sure that the prayer time is respected, this is the essence of the meeting during these 10 days.
3. Apart from the local prayer requests, there are at least 10 requests from the world church presented each day; take sufficient time to intercede for each one of them building considering the biblical promises attached to each. The program will give you more details about that.
4. During the meditative reading of the texts from the Bible and the Spirit of Prophecy that are given, split the congregation into small groups of 6 to 8 persons to facilitate this reading which is made in a way to bring everyone to personal meditation.
5. Each member is invited to register at the beginning of 10 days, on a sheet of paper or a prayer card which the church will provide, the names of seven persons for whom he/she will intercede for the 10 days according to the theme - there is a moment of prayer reserved for this purpose in the programme during the moment of Requests.

6. The ways for the different prayer times may vary, except for the confession time where it is most likely to be a personal prayer time. Feel comfortable to vary to prevent monotony to take place (2 by 2, 3 by 3, group of 5, etc ...)
7. Since the document for the 10 days of prayer from the General Conference does not contain sermons for Sabbaths 10 and 17 January, the Ministry of Prayer of the Union provides two sermons according to the themes for the Sabbath mornings.
8. Aside from the Sabbath morning program, it is recommended that the afternoons of the two Sabbaths, 10 and 17 January, are reserved for special times of prayer as part of the 10 days as follows:

**January 10:** adapt the program of the week for the afternoon with a broader term for each part. Encourage various types of fasting in order to spend more time in prayer, you will have more details in the introduction of the booklet for the types of fasting.

**January 17:** organize a time of praise and testimonies relative to answered prayers and other experiences during the 10 days. The part for day 11 gives clear suggestions for the last day to be a day of great rejoicing.

9. The world church suggests the option of a night of prayer at the end of 10 days; details are given in the booklet.

May the God of peace pours His grace and blessing in abundant measures on His children. God bless His church throughout the Indian Ocean!

*Pastor Wesley Orioux  
Prayer Ministry  
IOUC*



# DAILY SUGGESTED PROGRAMME FOR THE 10 DAYS OF PRAYER 7 - 17 January 2015

## EXPERIENCING THE FRUIT OF THE SPIRIT

### **Praise and worship (10 minutes)**

- Songs
- Prayer of worship (praise request mentioned for each day)  
(Group of people / 2 or 3 persons / etc ...)

### **Confession (5 minutes)**

- Reading of a text referring to the confession
- Personal Prayer for forgiveness

### **Meditative reading in group (10 minutes)**

- Form groups of 6 to 8 persons for the common reading of the biblical text and other basic quotations from the Spirit of Prophecy daily
- Reading of the promises from the Bible attached to each prayer request

### **Common and personal requests (25 minutes)**

- Each group prays for the daily requests in the booklet
- Sing a song or perform a reading while everyone gets together
- Personal Prayer (everyone one takes his intercessory card where are written the names of the seven persons for whom he intercedes daily for the fruit of the Spirit)
- Prayer in groups of two or three people  
(Specific topics of the local community / everyone pray for the progress of his prayer partner / etc ...)

### **Thanksgiving (10 minutes)**

- Song of Thanksgiving
- Prayer of Thanksgiving  
(One or more people pray to thank God for the fulfillment of all the prayer requests according to His will)

### **Final Prayer**



## **A Night of Prayer**

### ***Optional All-Night Prayer Meeting for Day 10***

#### **Why a Night of Prayer?**

There is nothing holy in staying awake and praying a whole night or part of a night. However, often this is the only time when busy people are not in a rush. We believe that your purpose should not be to stay up the whole night but to pray as long as necessary and until you have prayed for everything you need to pray for. We suggest that several people should lead out during the night. Be sure to have some breaks. As a leader, you can feel the atmosphere and sense when a break is needed and when you need to go to the next section of the prayer time. We suggest that you take a ten-minute break at least every ninety minutes. You may also incorporate the reading of certain Bible passages into your prayer time. You may want to do all of the items suggested below or only some of them, depending on what is best for your group. Feel free to change the order of the suggested format.

#### **Here is a suggested format for the night of prayer:**

- **Start with a session of praise.** Praise God in your prayers and also through songs.
- **Take some time for confession**, making sure that nothing is hindering God from hearing you. Give people time for private confession and have a time of corporate confession. Encourage the people to confess private sins privately and to confess publicly only the public sins. In Daniel 9:1-19 we read how Daniel interceded and publicly confessed the sins of God's people. Encourage people to confess publicly the sins of the church.
- **Pray for the needs of those present at the prayer meeting.** So many people are hurting and in need of prayer or know someone else who is in desperate need of prayer. Make a circle, place a chair in the middle, and invite those who have a special prayer request to come one by one and share the request. Then gather around the person and have two or three people pray for their specific needs and claim God's promises for them. You will be surprised at how many people are in need of prayer.
- **Divide the group in two.** Have the females pray in one room and the males in another. Have a female leader for the female group and a male leader for the male group. Many times personal needs cannot and should not be shared with everyone. It is easier to share with those of the same gender.
- **Pray for the list of needs found below**, after coming back together.
- **Pray for the seven people** you have prayed for during the past ten days.
- **Choose a Bible passage and pray over it.**
- **Close the prayer time with another session of praise and thanksgiving.**

## Prayer Needs

- **Pray for the 60th General Conference Session in San Antonio, for the delegates, and for the decisions that will be made there. Pray that the delegates will abide in Christ, that they will be totally surrendered to Him, and that Holy Spirit will lead in every decision.**

If any of you lacks wisdom, let him ask of God, who gives to all liberally and without reproach, and it will be given to him. James 1:5

I have been crucified with Christ; it is no longer I who live, but Christ lives in me; and the life which I now live in the flesh I live by faith in the Son of God, who loved me and gave Himself for me. Gal. 2:20

And I will pray the Father, and He will give you another Helper, that He may abide with you forever— the Spirit of truth, whom the world cannot receive, because it neither sees Him nor knows Him; but you know Him, for He dwells with you and will be in you. John 14:16, 17

- **Pray for expanded emphasis on the Revival and Reformation theme for members, conferences, unions, institutions, divisions, and the General Conference. Remember the 777 prayer initiative for the outpouring of the Holy Spirit's latter rain.**

And it shall come to pass afterward that I will pour out My Spirit on all flesh; your sons and your daughters shall prophesy, your old men shall dream dreams, your young men shall see visions. And also on My menservants and on My maidservants I will pour out My Spirit in those days. Joel 2:28, 29

- **Pray for a wonderful harvest of souls resulting from seeds planted during the Great Controversy Distribution Project in all its various formats.**

But this I say: He who sows sparingly will also reap sparingly, and he who sows bountifully will also reap bountifully. 2 Cor. 9:6

- **Pray for every member to feel a burden for soul winning and to realize that heaven asks all of us to follow Christ's steps in sharing our personal faith with God's guidance.**

Then He said to His disciples, "The harvest truly is plentiful, but the laborers are few. Therefore pray the Lord of the harvest to send out laborers into His harvest." Matt. 9:37, 38

- **Pray for loving relationships within Adventist families. Pray in a special way for families that struggle or are on the verge of divorce. Do you know such a family? Lift them up in prayer.**

And above all things have fervent love for one another, for "love will cover a multitude of sins." 1 Pet. 4:8

Let all that you do be done with love. 1 Cor. 16:14

Now hope does not disappoint, because the love of God has been poured out in our hearts by the Holy Spirit who was given to us. Rom. 5:5

- **Pray for loving relationships within God's church.**

Beloved, let us love one another, for love is of God; and everyone who loves is born of God and knows God. 1 John 4:7

Since you have purified your souls in obeying the truth through the Spirit in sincere love of the brethren, love one another fervently with a pure heart, having been born again, not of corruptible seed but incorruptible, through the word of God which lives and abides forever. 1 Pet. 1:22, 23

- **Pray for heartfelt gratefulness for and full acceptance of the Spirit of Prophecy writings as being applicable today. Pray that church leaders and members read the materials on a regular basis.**

This Book of the Law shall not depart from your mouth, but you shall meditate in it day and night, that you may observe to do according to all that is written in it. For then you will make your way prosperous, and then you will have good success. Josh. 1:8

- **Pray for increased emphasis on the wonderful doctrine of biblical creation—that our earth was created in six literal, consecutive days by the word of the Lord.**

Now faith is the substance of things hoped for, the evidence of things not seen. For by it the elders obtained a good testimony. By faith we understand that the worlds were framed by the word of God, so that the things which are seen were not made of things which are visible. Heb. 11:1-3

- **Pray for the protection of our young people from ever-increasing worldly influences. Pray that they will focus on the Word of God and service to others. Pray by name for the young people you know who need God's protection.**

Let no one despise your youth, but be an example to the believers in word, in conduct, in love, in spirit, in faith, in purity. 1 Tim. 4:12

- **Pray for the plans and activities of all thirteen divisions and attached union (Middle East and North Africa Union) regarding Mission to the Cities.**

If any of you lacks wisdom, let him ask of God, who gives to all liberally and without reproach, and it will be given to him. James 1:5

- **Pray for worldwide unity in every congregation and church entity, based on respect for God's Word, humble prayer, the Holy Spirit's power, respect for accepted church policy/process, and full engagement in the mission of the church. Pray for humility in our lives so we will be united in our submission to God's leading and in the process of making unified church decisions.**

Now I plead with you, brethren, by the name of our Lord Jesus Christ, that you all speak the same thing, and that there be no divisions among you, but that you be perfectly joined together in the same mind and in the same judgment. 1 Cor. 1:10

- **Pray for strong cooperation and unity between the church organization and supporting ministries in the evangelistic outreach of our church.**

And let us consider one another in order to stir up love and good works, not forsaking the assembling of ourselves together, as is the manner of some, but exhorting one another, and so much the more as you see the Day approaching. Heb. 10:24, 25

- **Pray for the use of every appropriate social media format to share the three angels' messages in a creative and fresh manner with the busy people of today.**

I am the vine, you are the branches. He who abides in Me, and I in him, bears much fruit; for without Me you can do nothing. John 15:5

- **Pray that God will give a full understanding of Christ’s method (comprehensive health ministry), allowing all church members to meet people’s needs and follow Christ’s pattern of service to others.**

For so the Lord has commanded us: “I have set you as a light to the Gentiles, that you should be for salvation to the ends of the earth.” Acts 13:47

So Jesus said to them again, “Peace to you! As the Father has sent Me, I also send you.” And when He had said this, He breathed on them, and said to them, “Receive the Holy Spirit.” John 20:21, 22

- **Pray for a tremendous increase in spiritual support for Seventh-day Adventist young people who attend public campuses. Pray that they become vibrant missionaries serving others at public universities and colleges worldwide.**

Therefore do not be ashamed of the testimony of our Lord. 2 Tim. 1:8

I charge you therefore before God and the Lord Jesus Christ, who will judge the living and the dead at His appearing and His kingdom: Preach the word! Be ready in season and out of season. Convince, rebuke, exhort, with all longsuffering and teaching. 2 Tim. 4:1, 2

- **Pray for all members to spend more time in Bible study and prayer, allowing God to fully direct His people according to His will and not ours.**

All Scripture is given by inspiration of God, and is profitable for doctrine, for reproof, for correction, for instruction in righteousness, that the man of God may be complete, thoroughly equipped for every good work. 2 Tim. 3:16, 17

- **Pray for increased interest in studying the books of Daniel and Revelation. Pray that people will understand and proclaim the sanctuary service as a beautiful explanation of the salvation process. Pray for clear focus on Christ and His work for us during His life on earth, His death on the cross, His resurrection, His current ministry for us in the Most Holy Place in heaven, and His soon second coming.**

Be diligent to present yourself approved to God, a worker who does not need to be ashamed, rightly dividing the word of truth. 2 Tim. 2:15

Now this is the main point of the things we are saying! We have such a High Priest who is seated at the right hand of the throne of the Majesty in the heavens, a Minister of the sanctuary and of the true tabernacle, which the Lord erected, and not man. Heb. 8:1, 2

- **Pray for increased participation and commitment in evangelistic outreach by all church members and institutions as they support the ongoing mission of the church.**

Let your light so shine before men, that they may see your good works and glorify your Father in heaven. Matt. 5:16

- **Pray for the establishment of thousands of “centers of influence,” especially in large cities around the world, and pray that these centers make a huge difference in people’s lives as they experience God’s truth through Christian service.**

You are the salt of the earth; but if the salt loses its flavor, how shall it be seasoned? It is then good for nothing but to be thrown out and trampled underfoot by men. You are the light of the world. A city that is set on a hill cannot be hidden. Nor do they light a lamp and put it under a basket, but on a

lampstand, and it gives light to all who are in the house. Let your light so shine before men, that they may see your good works and glorify your Father in heaven. Matt. 5:13-16

- **Pray that every church leader around the world holds deeply to a faithful spiritual and evangelistic perspective. Plead with the Lord to guard pastors and church members against losing the prophetic identity of who we are as the Seventh-day Adventist Church, God's remnant church at the end of time.**

But you are a chosen generation, a royal priesthood, a holy nation, His own special people, that you may proclaim the praises of Him who called you out of darkness into His marvelous light; who once were not a people but are now the people of God, who had not obtained mercy but now have obtained mercy. 1 Pet. 2:9, 10

- **Pray for the increased use of Christian literature by all church members and for increased emphasis on literature evangelism, both through hard copy and electronic formats.**

But this I say: He who sows sparingly will also reap sparingly, and he who sows bountifully will also reap bountifully. 2 Cor. 9:6

- **Pray for greater support and interest by all church members and leaders in maintaining Seventh-day Adventist education as truly Seventh-day Adventist in content and emphasis. This is so vital to the church's future workforce and mission perspective.**

Train up a child in the way he should go, and when he is old he will not depart from it. Prov. 22:6

- **Pray for an increased emphasis on small-group outreach so that all members are participating in personal witnessing and proclaiming God's great truth in these last days.**

But sanctify the Lord God in your hearts, and always be ready to give a defense to everyone who asks you a reason for the hope that is in you, with meekness and fear. 1 Pet. 3:15

- **Pray for the united evangelistic and witnessing activities of every Seventh-day Adventist man, woman, and child around the world. Pray that we are empowered by the Holy Spirit as we submit to His leading in our lives.**

But the Lord said to me: "Do not say, 'I am a youth,' for you shall go to all to whom I send you, and whatever I command you, you shall speak. Do not be afraid of their faces, for I am with you to deliver you," says the Lord. Jer. 1:7, 8

- **Pray that God will bring to the forefront godly, teachable, and humble leaders for the future who will provide Christ-centered leadership as His church fulfills its heaven-born mandate to the world.**

You also, as living stones, are being built up a spiritual house, a holy priesthood, to offer up spiritual sacrifices acceptable to God through Jesus Christ. 1 Pet. 2:5

- **Pray that Christ will bring peace and love into Seventh-day Adventist families and homes. Pray that His presence will drive away abuse and stress through the sanctifying power of His righteousness.**

But above all these things, put on love, which is the bond of perfection. And let the peace of God rule in your hearts, to which also you were called in one body; and be thankful. Col. 3:14, 15

- **Mission to the Cities—Pray for the East-Central Africa Division and the cities they have chosen to work in: Kinshasa, Democratic Republic of Congo; Dar-es-Salaam, Tanzania; Addis Ababa, Ethiopia; Kampala, Uganda; Kananga, West Congo; Lodwar, Kenya; Kigali, Rwanda; Lubumbashi, East Congo; Goma, North East Congo; Magara, Burundi; and Juba, South Sudan. Pray for the strongholds of Satan to be broken and relationships with Christ to be established.**

How then shall they call on Him in whom they have not believed? And how shall they believe in Him of whom they have not heard? And how shall they hear without a preacher? And how shall they preach unless they are sent? As it is written: “How beautiful are the feet of those who preach the gospel of peace, who bring glad tidings of good things!” Rom. 10:14, 15

- **Mission to the Cities—Pray for the Euro-Asia Division and the cities they are working in: Moscow, Russia; Kiev, Ukraine; Kishinev, Moldova; Donetsk, Ukraine; Kharkov, Ukraine; Minsk, Belarus; St. Petersburg, Russia; Novosibirsk, Russia; Krasnoyarsk, East Russia; Khabarovsk, Russia; Rostov-on-Don, Caucasus; Tbilisi, Georgia; Yerevan, Armenia; and Almaty, Kazakhstan. Pray for the thousands of outreach activities and reaping events currently taking place.**

And whatever you do, do it heartily, as to the Lord and not to men. Col. 3:23

- **Mission to the Cities—Pray for the Inter-European Division and the cities they have chosen to work in: Geneva, Switzerland; Prague, Czech Republic; and Vienna, Austria. Lift up also the Middle East and North Africa Union and the 43 cities they are planning to enter in the next four to five years. Pray for the church members and leaders working in these cities.**

But sanctify the Lord God in your hearts, and always be ready to give a defense to everyone who asks you a reason for the hope that is in you, with meekness and fear. 1 Pet. 3:15

- **Mission to the Cities—Pray for Inter-American Division and the cities they are trying to win for Christ: Mexico City, Mexico; Caracas, Venezuela; Bogotá, Colombia; Nassau, Bahamas; Belize City, Belize; Georgetown, Guyana; Cali, Colombia; Cayenne, French Guiana; Guatemala City, Guatemala; Quetzaltenango, Guatemala; Port-au-Prince, Haiti; Tegucigalpa, Honduras; Mérida, Mexico; Puerto Rico (entire island); Santiago de los Caballeros, Dominican Republic; and Maracaibo, Venezuela. Pray that members can develop strategies for reaching these large cities.**

If any of you lacks wisdom, let him ask of God, who gives to all liberally and without reproach, and it will be given to him. James 1:5

- **Mission to the Cities—Pray for the North American Division as they try to reach out to the following cities: New York City, New York; Calgary, Canada; Indianapolis, Indiana; St. Louis, Missouri; Seattle, Washington; San Francisco, California; Oakland, California; Tampa, Florida; and Oklahoma City, Oklahoma. Pray also for the Northern Asia-Pacific Division and the cities they are trying reach: Tokyo, Japan; Daegu, Korea; Daejeon, Korea; Wuxi, China; and Ulaanbaatar, Mongolia. Pray for God’s Spirit to work powerfully in these cities.**

“Not by might nor by power, but by My Spirit,” says the Lord of hosts. Zech. 4:6

- **Mission to the Cities—Pray for the South American Division and the 43 cities on which they have chosen to concentrate their outreach. Pray also for the**

**South Pacific Division and the cities they have chosen to reach for Christ: Sydney, Australia; Christchurch, New Zealand; Lae, Papua New Guinea; and Apia, Samoa. Pray that God will send workers and that He will bless their efforts.**

As You sent Me into the world, I also have sent them into the world. John 17:18

- **Mission to the Cities—Pray for the Southern Africa-Indian Ocean Division and the cities they are trying to win for Christ: Luanda, Angola; Antananarivo, Madagascar; Lilongwe, Malawi; Maputo, Mozambique; Saurimo, Angola; Bloemfontein, South Africa; Lubango, Angola; Kitwe, Zambia; and Harare, Zimbabwe. Pray also for the Southern Asia Division and the cities in India they are trying to win for Christ: Mumbai, Kochi, Bidar, New Delhi, Coimbatore, Surat, Imphal, and Vijayawada. Pray that God’s Word will bear fruit.**

So shall My word be that goes forth from My mouth; it shall not return to Me void, but it shall accomplish what I please, and it shall prosper in the thing for which I sent it. Isa. 55:11

- **Mission to the Cities—Pray for the Southern-Asia Pacific Division and the cities on which they are concentrating their efforts: Metro Manila, Philippines; Dhaka, Bangladesh; Cebu, Philippines; Makassar, Indonesia; Yangon, Myanmar; Urdaneta, Philippines; Karachi, Pakistan; Kota Kinabalo, Malaysia; Davao, Philippines; and Medan, Indonesia. Pray for the workers to be filled and empowered by the Holy Spirit.**

But you shall receive power when the Holy Spirit has come upon you; and you shall be witnesses to Me in Jerusalem, and in all Judea and Samaria, and to the end of the earth. Acts 1:8

- **Mission to the Cities—Pray for the Trans-European Division and the cities they are trying to win for Christ: London, England; Zagreb, Croatia; Tallinn, Estonia; Dublin, Ireland; Copenhagen, Denmark; Helsinki, Finland; Budapest, Hungary; Bergen, Norway; Randstad, Netherlands; Warsaw, Poland; Belgrade, Serbia; and Gothenburg, Sweden. Pray for people to have a deep hunger for the Word of God.**

“Behold, the days are coming,” says the Lord GOD, “That I will send a famine on the land, not a famine of bread, nor a thirst for water, but of hearing the words of the Lord.” Amos 8:11

- **Mission to the Cities—Pray for the West-Central Africa Division and the cities they are working to reach for Christ: Lagos, Nigeria; Douala, Cameroon; Calabar, Nigeria; Accra, Ghana; Abuja, Nigeria; and Lome, Togo. Pray that people will see their need of Christ and call upon Him.**

For “whoever calls on the name of the Lord shall be saved.” Rom. 10:13



Let's  
Pray!





## Welcome to Ten Days of Prayer 2015!

### *Introduction*

God has worked many miracles through the Ten Days of Prayer program since it began as Operation Global Rain in 2006. The Holy Spirit has brought revival, conversions, renewed passion for evangelism, and healed relationships. Truly, prayer is the birthplace of revival!

We believe your life and the lives of those you pray for will be changed as you join your fellow church members in praying for the outpouring of the Holy Spirit. Here is what some participants from Ten Days of Prayer 2014 had to say:

“During Ten Days of Prayer 2013, I offered two requests: 1) for my daughter to be redeemed from the bondage of addiction, and 2) for my husband to come to the Lord. During Ten Days of Prayer 2014, I was praising God for my daughter’s ability to say that she is eight months ‘clean’ from methamphetamine, no longer homeless, and working full time. My husband was rebaptized and actually ATTENDED Ten Days of Prayer with me this year. All praise to God, our Father, through Jesus Christ.”—Nina Herman, Parkwood SDA Church, Modesto, California, USA

“At the time we had our Ten Days of Prayer, we also held a health evangelism course. This was a tremendous blessing for the island of Curaçao. People from all over the island attended, and it is said by non-believers to be the best free health service ever given on the island of Curaçao. To God be the glory. At my church I experienced a miraculous life transformation, where a talented member became a dedicated, godly leader in the music ministry. Every Sabbath, by means of music, our hearts and minds are prepared to receive the Word of Life. Also, some members who had never preached before, preached one night, and a youth who had never before shared a testimony, shared a testimony one night!”—Valerie Lashley, Cher-Asile SDA Church, Willemstad, Curaçao

### **Our Prayer Theme: Experiencing the Fruit of the Spirit**

During the Ten Days of Prayer we will be praying for the fruit of the Spirit found in Galatians 5:22-25. Christ “longs to see His children reveal a character after His similitude” (*Desire of Ages*, p. 313), a character that reveals the presence of the Holy Spirit shown through the fruit of the Spirit in our lives. The only way we can be transformed in His image and reveal the fruit of His Spirit is by taking time to behold Him. “The true seeker, who is striving to be like Jesus in word, life, and character, *will contemplate his Redeemer* and, by beholding, become changed into His image, because he longs and prays for the same disposition and mind that was in Christ Jesus” (*Testimonies to Ministers and Gospel Workers*, p. 121).

Christ longs to work His character in us so that we can be His witnesses to a world that is perishing. He wants us to be His channels so He can reveal Himself through us to those who do not know Him. “Our influence upon others depends not so much upon what we say as upon what we are” (*Desire of Ages*, p. 142). We need the Holy Spirit to reveal in us the fruit of the Spirit. This is a work that we cannot do ourselves. We do not have the power to become like Christ. It is only Christ’s power in us that will shape and mold our characters and make us more like Him.

“Christ is seeking to reproduce Himself in the hearts of men; and He does this through those who believe in Him. The object of the Christian life is fruit bearing—the reproduction of Christ’s character in the believer, that it may be reproduced in others” (*Lift Him Up*, p. 274).

“There can be no growth or fruitfulness in the life that is centered in self. If you have accepted Christ as a personal Saviour, you are to forget yourself, and try to help others. Talk of the love of Christ, tell of His

goodness. Do every duty that presents itself. Carry the burden of souls upon your heart, and by every means in your power seek to save the lost. As you receive the Spirit of Christ—the Spirit of unselfish love and labor for others—you will grow and bring forth fruit. The graces of the Spirit will ripen in your character. Your faith will increase, your convictions deepen, your love be made perfect. More and more you will reflect the likeness of Christ in all that is pure, noble, and lovely” (*Lift Him Up*, p. 274).

We need the fruit of the Spirit in our lives, and we need to reflect it to those around us. During these ten days we would like to take time to reflect on the fruit of the Spirit, to pray that God will grow His fruit in us, and to ask Him to help us reflect His character to others.

### **Guidelines for the Prayer Times**

- Keep your prayers short—just a sentence or two on one topic. Then give others a turn. You may pray as many times as you’d like, just as in a conversation.
- Silence is good, as it gives everyone time to listen to the Holy Spirit.
- Singing songs together as the Spirit leads is also a huge blessing.
- Rather than using up valuable prayer time talking about your prayer requests, simply pray them. Then others can also pray for your requests and claim promises for your need.

### **Claiming the Promises**

God has given us many promises in His Word. It is our privilege to claim them in our prayers. All His commandments and counsels are also promises. He would never ask from us something that we could not do in His strength.

When we pray it is so easy to focus on our needs, our difficulties, our challenges, and to wail and whine about our situation. This is not the purpose of prayer. Prayer is meant to strengthen our faith. That is why we encourage you to claim God’s promises during your prayer time. We have included Bible verses that you can claim in each daily prayer guide. Feel free to claim other promises as well. They will help you take your eyes off yourself and your weaknesses and set them on Jesus. It is by beholding Him that we become changed into His image.

“Every promise in the Word of God is for us. In your prayers, present the pledged word of Jehovah and by faith claim His promises. His word is the assurance that if you ask in faith, you will receive all spiritual blessings. Continue to ask, and you will receive exceeding abundantly above all that you ask or think” (*In Heavenly Places*, p. 71).

“Plead for the Holy Spirit. God stands back of every promise He has made. With your Bible in your hands say, I have done as Thou hast said. I present Thy promise, ‘Ask, and it shall be given you; seek, and ye shall find; knock, and it shall be opened unto you” (*Christ’s Object Lessons*, p. 147).

“Invisible armies of light and power attend the meek and lowly ones who believe and claim the promises of God” (*Christ’s Object Lessons*, p. 176).

How can you claim His promises? For instance, when praying for peace, you can claim John 14:27 and say, “Lord, You have told us in Your Word, ‘Peace I leave with you, My peace I give to you; not as the world gives do I give to you. Let not your heart be troubled, neither let it be afraid.’ Give me the peace that You promised to leave with us.”

### **Holy Spirit**

Be sure to ask the Holy Spirit to show you how or what you should pray for in a person’s life or in a particular situation. The Bible tells us that we do not know what to pray for and that the Holy Spirit is the One making intercession for us.

“We must not only pray in Christ’s name, but by the inspiration of the Holy Spirit. This explains what is meant when it is said that the Spirit ‘maketh intercession for us, with groanings which cannot be uttered.’ Romans 8:26. Such prayer God delights to answer. When with earnestness and intensity we breathe a prayer in the name of Christ, there is in that very intensity a pledge from God that He is about to answer our prayer ‘exceeding abundantly above all that we ask or think’ Ephesians 3:20” (*Christ’s Object Lessons*, p. 147).

Claim Romans 8:26 and ask the Holy Spirit to show you whom to pray for and what to pray for concerning certain people or situations.

### **Faith**

We are told in the Spirit of Prophecy that “prayer and faith will do what no power on earth can accomplish” (*Ministry of Healing*, p. 509). We are also encouraged to pray and have faith that God hears and will answer our prayer.

“Christ says, ‘Ask, and ye shall receive.’ In these words, Christ gives us direction as to how we should pray. We are to come to our heavenly Father with the simplicity of a child, asking Him for the gift of the Holy Spirit. Jesus says again, ‘When ye pray, believe that ye receive the things ye ask for, and ye shall have them.’ You are to come to the Father repenting and confessing your sins, emptying the soul of every sin and defilement, and it is your privilege to prove the promises of the Lord. . . . We are to believe the word of God; for the test of character is found in the fact that you are building yourselves up in the most holy faith. You are proved of God through the word of God. You are not to wait for wonderful emotions before you believe that God has heard you; feeling is not to be your criterion, for emotions are as changeable as the clouds. . . . While on earth, we can have help from Heaven. . . . for I have tested

God a thousand times. I will walk out by faith, I will not dishonor my Saviour by unbelief” (*Review and Herald*, Oct. 11, 1892, par. 1, 3, 6).

“We have too little faith. We limit the Holy One of Israel. We should be grateful that God condescends to use any of us as His instruments. For every earnest prayer put up in faith for anything, answers will be returned. They may not come just as we have expected; but they will come, not perhaps as we have devised, but at the very time when we most need them. But, oh, how sinful is our unbelief! ‘If ye abide in Me, and My words abide in you, ye shall ask what ye will, and it will be done unto you’” (*Testimonies for the Church*, vol. 3, p. 209).

Ask God to help you believe and have faith that He has heard and will answer.

We are also told that “for any gift He has promised, we may ask; then we are to believe that we receive, and return thanks to God that we have received” (*Education*, p. 258). So make a habit of thanking God in advance through faith for what He is going to do and how He is going to answer your prayers.

### **Pray for Seven**

We encourage you during these ten days to pray in a special way for seven people in whom you would like to see the fruit of the Spirit manifested. They can be relatives, friends, coworkers, neighbors, or simply acquaintances. Take some time and ask God whom He would like you to pray for. Ask Him also to give you a real burden for these people.



Let's  
Pray!



## Day 1—Abiding in Christ

### John 15:1-17

#### Suggestions for Intercessory Prayer

Feel free to claim other promises as well. Remember, all of God's biddings are His enablings!

- **Praise God that it is Christ who bears fruit in you.**  
Abide in Me, and I in you. As the branch cannot bear fruit of itself, unless it abides in the vine, nei-ther can you, unless you abide in Me. John 15:4
- **Praise God for the ways He is teaching you to abide in Him.**  
As you therefore have received Christ Jesus the Lord, so walk in Him, rooted and built up in Him and established in the faith, as you have been taught, abounding in it with thanksgiving. Col. 2:6, 7
- **Pray that God will teach you how to abide in Him.**  
“Not by might nor by power, but by My Spirit,” says the Lord of hosts. Zech. 4:6  
You did not choose Me, but I chose you and appointed you that you should go and bear fruit, and that your fruit should remain, that whatever you ask the Father in My name He may give you. John 15:16
- **Pray that God’s Holy Spirit will be poured upon you so that you will bear the fruit of the Spirit.**  
And it shall come to pass afterward that I will pour out My Spirit on all flesh. . . . And also on My menservants and on My maidservants I will pour out My Spirit in those days. Joel 2:28, 29  
That you may walk worthy of the Lord, fully pleasing Him, being fruitful in every good work and in-creasing in the knowledge of God; strengthened with all might, according to His glorious power, for all patience and longsuffering with joy. . . . Col. 1:10, 11
- **Pray that God will help you understand better your need to abide in Him and give you the de-sire to do so.**  
Abide in Me, and I in you. As the branch cannot bear fruit of itself, unless it abides in the vine, nei-ther can you, unless you abide in Me. John 15:4  
And do not be conformed to this world, but be transformed by the renewing of your mind, that you may prove what is that good and acceptable and perfect will of God. Rom. 12:2
- **Pray that family and friends will have the desire and learn how to abide in Him.**  
Then I will give them one heart, and I will put a new spirit within them, and take the stony heart out of their flesh, and give them a heart of flesh. Ezek. 11:19

For those who live according to the flesh set their minds on the things of the flesh, but those who live according to the Spirit, the things of the Spirit. Rom. 8:5

➤ **Pray for the unity of the church in the truth.**

I do not pray for these alone, but also for those who will believe in Me through their word; that they all may be one, as You, Father, are in Me, and I in You; that they also may be one in Us, that the world may believe that You sent Me. John 17:20, 21

Now I plead with you, brethren, by the name of our Lord Jesus Christ, that you all speak the same thing, and that there be no divisions among you, but that you be perfectly joined together in the same mind and in the same judgment. 1 Cor. 1:10

➤ **Pray for the 60th General Conference Session in San Antonio, for the delegates, and for the decisions that will be made there. Pray that the delegates will abide in Christ, that they will be total-ly surrendered to Him, and that the Holy Spirit will lead in every decision.**

If any of you lacks wisdom, let him ask of God, who gives to all liberally and without reproach, and it will be given to him. James 1:5

I have been crucified with Christ; it is no longer I who live, but Christ lives in me; and the life which I now live in the flesh I live by faith in the Son of God, who loved me and gave Himself for me. Gal. 2:20

And I will pray the Father, and He will give you another Helper, that He may abide with you forever—the Spirit of truth, whom the world cannot receive, because it neither sees Him nor knows Him; but you know Him, for He dwells with you and will be in you. John 14:16, 17

➤ **Pray for church leaders (your local pastor, conference, union, division, and General Conference leaders), that they will be filled with the Holy Spirit and abide in Christ.**

And do not be conformed to this world, but be transformed by the renewing of your mind, that you may prove what is that good and acceptable and perfect will of God. Rom. 12:2

For we are His workmanship, created in Christ Jesus for good works, which God prepared before-hand that we should walk in them. Eph. 2:10

I have been crucified with Christ; it is no longer I who live, but Christ lives in me; and the life which I now live in the flesh I live by faith in the Son of God, who loved me and gave Himself for me. Gal. 2:20

➤ **Pray for expanded emphasis on the Revival and Reformation theme for members, conferences, unions, institutions, divisions, and the General Conference. Remember the 777 prayer initiative for the outpouring of the Holy Spirit's latter rain.**

And it shall come to pass afterward that I will pour out My Spirit on all flesh; your sons and your daughters shall prophesy, your old men shall dream dreams, your young men shall see visions. And also on My menservants and on My maidservants I will pour out My Spirit in those days. Joel 2:28, 29

➤ **Pray for a wonderful harvest of souls resulting from seeds planted during the Great Controversy Distribution Project in all its various formats.**

But this I say: He who sows sparingly will also reap sparingly, and he who sows bountifully will also reap bountifully. 2 Cor. 9:6

- **Pray for every member to feel a burden for soul winning and to realize that heaven asks all of us to follow Christ's steps in sharing our personal faith with God's guidance.**

Then He said to His disciples, "The harvest truly is plentiful, but the laborers are few. Therefore pray the Lord of the harvest to send out laborers into His harvest." Matt. 9:37, 38

- **Mission to the Cities—Pray for the East-Central Africa Division and the cities they have chosen to work in: Kinshasa, Democratic Republic of Congo; Dar-es-Salaam, Tanzania; Addis Ababa, Ethiopia; Kampala, Uganda; Kananga, West Congo; Lodwar, Kenya; Kigali, Rwanda; Lubumbashi, East Congo; Goma, North East Congo; Magara, Burundi; and Juba, South Sudan. Pray for the strongholds of Satan to be broken and relationships with Christ to be established.**

How then shall they call on Him in whom they have not believed? And how shall they believe in Him of whom they have not heard? And how shall they hear without a preacher? And how shall they preach unless they are sent? As it is written: "How beautiful are the feet of those who preach the gospel of peace, who bring glad tidings of good things!" Rom. 10:14, 15

- **Pray for any personal needs or anything on your heart.**

Trust in the Lord with all your heart, and lean not on your own understanding; in all your ways acknowledge Him, and He shall direct your paths. Prov. 3:5, 6

- **Praise God for the different ways Jesus set us an example of how to abide in God.**

Jesus said to them, "My food is to do the will of Him who sent Me, and to finish His work." John 4:34

- **Praise God in advance for how He is going to work and answer your prayers.**

If you abide in Me, and My words abide in you, you will ask what you desire, and it shall be done for you. John 15:7

But thanks be to God, who gives us the victory through our Lord Jesus Christ. 1 Cor. 15:57

Now to Him who is able to do exceedingly abundantly above all that we ask or think, according to the power that works in us, to Him be glory in the church by Christ Jesus to all generations, forever and ever. Amen. Eph. 3:20

At the end of prayer time, you may want to form groups of two or three and pray for the seven people that you have on your list. Pray that they will have an abiding relationship with Jesus Christ. Claim John 14:23 for them: "If anyone loves Me, he will keep My word; and My Father will love him, and We will come to him and make Our home with him." If you have a personal prayer request that you are not comfortable praying about in the large group, feel free to share with your partner and pray about it together.

### **Suggested Songs**

"Live Out Thy Life Within Me" (*SDA Hymnal* #316); "Yes, Lord, I Give My Life to You"; "I Need Thee Every Hour" (*SDA Hymnal* #483); "Seek Ye First"; "Draw Me Nearer" (*SDA Hymnal* #306); "I Surrender All" (*SDA Hymnal* #309).

## Ellen White on Abiding in Christ

*Abide in Me, and I in you. As the branch cannot bear fruit of itself, unless it abides in the vine, neither can you, unless you abide in Me. I am the vine, you are the branches. He who abides in Me, and I in him, bears much fruit; for without Me you can do nothing.—John 15:4, 5*

“Abide in me” are words of great significance. Abiding in Christ means a living, earnest, refreshing faith that works by love and purifies the soul. It means a constant receiving of the spirit of Christ, a life of unre-served surrender to His service. Where this union exists, good works will appear. The life of the vine will manifest itself in fragrant fruit on the branches. The continual supply of the grace of Christ will bless you and make you a blessing, till you can say with Paul, “I am crucified with Christ: nevertheless I live; yet not I, but Christ liveth in me” (Galatians 2:20) (*Our Father Cares*, p. 124).

It is not a casual touch with Christ that is needed, but it is to abide with Him. He called you to abide with Him. He does not propose to you a short-lived blessedness that is realized occasionally through earnest seeking of the Lord and passes away as you engage in the common duties of life. Your abiding with Christ makes every necessary duty light, for He bears the weight of every burden. He has prepared for you to abide with Him. This means that you are to be conscious of an abiding Christ, that you are continually with Christ, where your mind is encouraged and strengthened. . . .

Do not stand outside of Christ, as many professed Christians of today. To “abide in me, and I in you” is a possible thing to do, and the invitation would not be given if you could not do this. Jesus our Saviour is constantly drawing you by His Holy Spirit, working with your mind that you will abide with Christ. . . . The blessings He bestows are all connected with your own individual action. Shall Christ be refused? He says, “Him that cometh to me I will in no wise cast out” (John 6:37). Of another class He says, “Ye will not come to me, that ye might have life” (John 5:40) (*In Heavenly Places*, p. 55).

The Lord needs men and women who carry with them into the daily life the light of a godly example, men and women whose words and actions show that Christ is abiding in the heart, teaching, leading, and guiding. He needs men and women of prayer, who, by wrestling alone with God, obtain the victory over self, and then go forth to impart to others that which they have received from the Source of power (*To Be Like Jesus*, p. 262).

“By their fruits ye shall know them” (Matthew 7:20), the Saviour declared. All the true follow-ers of Christ bear fruit to His glory. Their lives testify that a good work has been wrought in them by the Spirit of God, and their fruit is unto holiness. Their lives are elevated and pure. Right actions are the unmistakable fruit of true godliness, and those who bear no fruit of this kind reveal that they have no experience in the things of God. They are not in the Vine. Said Jesus, “Abide in Me, and I in you. As the branch cannot bear fruit of itself, except it abide in the vine; no more can ye, except ye abide in Me. I am the Vine, ye are the branches: he that abideth in Me, and I in him, the same bringeth forth much fruit: for without Me ye can do nothing” (John 15:4, 5) (*Counsels to Parents, Teachers, and Students*, p. 329).



As the branch must abide in the vine to obtain the vital sap which causes it to flourish, so those who love God and keep all His sayings must abide in His love. Without Christ we cannot subdue a single sin or overcome the smallest temptation. Many need the Spirit of Christ and His power to enlighten their understanding, as much as blind Bartimaeus needed his natural sight. "As the branch cannot bear fruit of itself, except it abide in the vine; no more can ye, except ye abide in Me." All who are really in Christ will experience the benefit of this union. The Father accepts them in the Beloved, and they become objects of His solicitude and tender, loving care. This connection with Christ will result in the purification of the heart and in a circumspect life and faultless character. The fruit borne upon the Christian tree is "love, joy, peace, long-suffering, gentleness, goodness, faith, meekness, temperance" (*Testimonies for the Church*, vol. 4, p. 355).

### **Questions for Personal Reflection**

1. How much do you want Christ to abide in you and you in Christ? Ask God in a special way to give you a deep desire to abide in Him.
2. Is there anything that would hinder the Holy Spirit from transforming your life? Take those things to God in prayer and surrender them to Him.



**Let's  
Pray!**



## Day 2—Love

### 1 John 4:7-21

#### **Suggestions for Intercessory Prayer**

Feel free to claim other promises as well. Remember, all of God's biddings are His enablings!

➤ **Praise God for His unconditional love.**

We love Him because He first loved us. 1 John 4:19

➤ **Pray that God will give you love in your heart for the lost.**

Let love be without hypocrisy. Abhor what is evil. Cling to what is good. Be kindly affectionate to one another with brotherly love, in honor giving preference to one another. Rom. 12:9, 10

In this is love, not that we loved God, but that He loved us and sent His Son to be the propitiation for our sins. Beloved, if God so loved us, we also ought to love one another. 1 John 4:10, 11

➤ **Pray that God will give you love for your enemies and for those who are persecuting you.**

Repay no one evil for evil. Have regard for good things in the sight of all men. If it is possible, as much as depends on you, live peaceably with all men. Beloved, do not avenge yourselves, but rather give place to wrath; for it is written, "Vengeance is Mine, I will repay," says the Lord. Therefore "If your enemy is hungry, feed him; if he is thirsty, give him a drink; for in so doing you will heap coals of fire on his head." Do not be overcome by evil, but overcome evil with good. Rom. 12:17-21

But I say to you, love your enemies, bless those who curse you, do good to those who hate you, and pray for those who spitefully use you and persecute you. Matt. 5:44

➤ **Pray for God's love to be perfected in His church.**

But above all these things put on love, which is the bond of perfection. Col. 3:14

And this I pray, that your love may abound still more and more in knowledge and all discernment, that you may approve the things that are excellent, that you may be sincere and without offense till the day of Christ, being filled with the fruits of righteousness which are by Jesus Christ, to the glory and praise of God. Phil. 1:9-11

No one has seen God at any time. If we love one another, God abides in us, and His love has been perfected in us. 1 John 4:12

- **Pray that your life and your church will demonstrate God's love to all those around you.**  
Let all that you do be done with love. 1 Cor. 16:14  
Love suffers long and is kind; love does not envy; love does not parade itself, is not puffed up; does not behave rudely, does not seek its own, is not provoked, thinks no evil; does not rejoice in iniquity, but rejoices in the truth; bears all things, believes all things, hopes all things, endures all things. Love never fails. 1 Cor. 13:4-8
- **Pray that nothing will separate us from the love of Christ. Ask God to show you those things that are separating you from Him, and surrender those things to God.**  
For I am persuaded that neither death nor life, nor angels nor principalities nor powers, nor things present nor things to come, nor height nor depth, nor any other created thing, shall be able to separate us from the love of God which is in Christ Jesus our Lord. Rom. 8:38, 39
- **Pray for loving relationships within Adventist families. Pray in a special way for families that struggle or are on the verge of divorce. Do you know such a family? Lift them up in prayer.**  
And above all things have fervent love for one another, for "love will cover a multitude of sins." 1 Pet. 4:8  
Let all that you do be done with love. 1 Cor. 16:14  
Now hope does not disappoint, because the love of God has been poured out in our hearts by the Holy Spirit who was given to us. Rom. 5:5
- **Pray for loving relationships within God's church.**  
Beloved, let us love one another, for love is of God; and everyone who loves is born of God and knows God. 1 John 4:7  
Since you have purified your souls in obeying the truth through the Spirit in sincere love of the brethren, love one another fervently with a pure heart, having been born again, not of corruptible seed but incorruptible, through the word of God which lives and abides forever. 1 Pet. 1:22, 23
- **Pray for personal and church-wide emphasis on daily Bible reading and study through Revived by His Word.**  
All Scripture is given by inspiration of God, and is profitable for doctrine, for reproof, for correction, for instruction in righteousness, that the man of God may be complete, thoroughly equipped for every good work. 2 Tim. 3:16, 17  
Open my eyes, that I may see wondrous things from Your law. Ps. 119:18
- **Pray for an increased sense of urgency and a realization by church leaders and members that we are living at the end of time and that Jesus is coming soon.**  
See then that you walk circumspectly, not as fools but as wise, redeeming the time, because the days are evil. Eph. 5:15, 16
- **Pray for any personal needs or anything that is on your heart.**  
And my God shall supply all your need according to His riches in glory by Christ Jesus. Phil. 4:19

- **Mission to the Cities—Pray for the Euro-Asia Division and the cities they are working in: Moscow, Russia; Kiev, Ukraine; Kishinev, Moldova; Donetsk, Ukraine; Kharkov, Ukraine; Minsk, Belarus; St. Petersburg, Russia; Novosibirsk, Russia; Krasnoyarsk, East Russia; Khabarovsk, Russia; Rostov-on-Don, Caucasus; Tbilisi, Georgia; Yerevan, Armenia; and Almaty, Kazakhstan. Pray for the thousands of outreach activities and reaping events currently taking place.**

And whatever you do, do it heartily, as to the Lord and not to men. Col. 3:23

- **Praise God for the things, situations, or people in which you see His love for you.**

The Lord has appeared of old to me, saying: “Yes, I have loved you with an everlasting love; therefore with lovingkindness I have drawn you.” Jer. 31:3

In this is love, not that we loved God, but that He loved us and sent His Son to be the propitiation for our sins. 1 John 4:10

- **Praise God for His answer to your prayers.**

I know that You can do everything, and that no purpose of Yours can be withheld from You. Job 42:2

At the end of prayer time, you may want to form groups of two or three and pray for the seven people that you have on your list. Pray that they will accept God’s love in their hearts and love others with His divine love. Claim 2 Thessalonians 3:5 for them: “Now may the Lord direct your hearts into the love of God and into the patience of Christ.” If you have a personal prayer request that you are not comfortable praying about in the large group, feel free to share with your partner and pray about it together.

### **Suggested Songs**

“I Love You Lord”; “Jesus Loves Me” (*SDA Hymnal* #190); “A Child of the King” (*SDA Hymnal* #468); “Rescue the Perishing” (*SDA Hymnal* #367); “Lift High the Cross” (*SDA Hymnal* #362); “Seeking the Lost” (*SDA Hymnal* #373); “I Will Sing of Jesus’ Love” (*SDA Hymnal* #183).

### **Ellen White on Love**

*But the fruit of the Spirit is love.—Gal. 5:22*

Here is held out the very thing for which we are to labor: “But the fruit of the Spirit is love.” If we have the love of Christ in our souls it will be a natural consequence for us to have all the other graces—joy, peace, long-suffering, gentleness, goodness, faith, meekness, temperance; and “against such there is no law.” The law of God does not condemn and hold in bondage those who have these graces, because they are obeying the requirements of the law of God. They are law keepers, and . . . are not under the bondage of the law. . . .

We are to have love, and connected with this are joy, peace, long-suffering, patience. We see the restlessness of the world, their dissatisfied condition. They want

something they have not. They want something to keep up an excitement or something for amusement. But for the Christian there is joy, there is peace, there is long-suffering, gentleness, meekness, forbearance, and patience; and to these things we want to open the door of our heart, cherishing the heavenly graces of the Spirit of God. . . . One cannot do it for another. You may set to work and obtain the graces of the Spirit, but that will not answer for me. . . . Each one individually must do the work, and determine through personal efforts to have the grace of God in the heart. I cannot form a character for you nor can you for me. It is a burden that rests upon every one individually, young or old.

Christ says: “I will make a man more precious than fine gold; even a man than the golden wedge of Ophir” (Isaiah 13:12). How? By the cultivation of the graces of the Spirit—love, joy, peace, long-suffering, gentleness, goodness, meekness, faith. We want the living faith that will grasp the strong arm of Jehovah. . . . We all need the graces of the Spirit of God in the heart.

When the love of Christ is enshrined in the heart, like sweet fragrance it cannot be hidden. The holy influence it reflects through the character will be manifest to all. Christ will be formed within, “the hope of glory” (*In Heavenly Places*, p. 244).

The fruit of the Spirit is love, joy, and peace. Discord and strife are the work of Satan and the fruit of sin. If we would as a people enjoy peace and love, we must put away our sins; we must come into harmony with God, and we shall be in harmony with one another. Let each ask himself: Do I possess the grace of love? Have I learned to suffer long and to be kind? Talents, learning, and eloquence, without this heavenly attribute, will be as meaningless as sounding brass or a tinkling cymbal. Alas that this precious treasure is so lightly valued and so little sought by many who profess the faith! (*Testimonies for the Church*, vol. 5, p. 169).

Wherever a soul is united to Christ, there is love. Whatever else the character may possess, it is valueless without love, not love that is soft, weak, sentimental, but such love as dwells in the heart of Christ. Without love, everything else profiteth nothing; for it cannot possibly represent Christ, who is love (*Signs of the Times*, Dec. 28, 1891, par. 18).

### **Questions for Personal Reflection**

1. Is there anything in your life that hinders you from loving God with all your heart? Ask God to show you these things. Then give them all to Him.
2. Are there people in your life that you find hard to love? Spend some time asking God to make you willing to love them, to give you love in your heart for them and opportunities to show them His love.



**Let's  
Pray!**



## Day 3—Joy

### Habakkuk 3:17-19 & Isaiah 12

#### Suggestions for Intercessory Prayer

Feel free to claim other promises as well. Remember, all of God's biddings are His enablings!

- **Praise God that gladness is a fruit of righteousness.**  
The hope of the righteous will be gladness. Prov. 10:28
- **Praise God for the joy that it is found in His presence and in following Him.**  
You will show me the path of life; in Your presence is fullness of joy; at Your right hand are pleasures forevermore. Ps. 16:11
- **Praise God that we can rejoice in our infirmities, that the power of Christ may rest upon us.**  
And He said to me, "My grace is sufficient for you, for My strength is made perfect in weakness." Therefore most gladly I will rather boast in my infirmities, that the power of Christ may rest upon me. 2 Cor. 12:9
- **Pray that God will give you joy in your heart.**  
Now may the God of hope fill you with all joy and peace in believing, that you may abound in hope by the power of the Holy Spirit. Rom. 15:13  
Rejoice always, pray without ceasing, in everything give thanks; for this is the will of God in Christ Jesus for you. 1 Thess. 5:16-18
- **Pray for someone who needs God's joy in their heart.**  
Rejoice in the Lord always. Again I will say, rejoice! Phil. 4:4  
Do not sorrow, for the joy of the Lord is your strength. Neh. 8:10b
- **Pray that God will teach you to rejoice in trials. If you have any situation in mind, bring it before His throne.**  
But rejoice to the extent that you partake of Christ's sufferings, that when His glory is revealed, you may also be glad with exceeding joy. 1 Pet. 4:13  
Weeping may endure for a night, but joy comes in the morning. Ps. 30:5b
- **Pray for those who are persecuted, asking that God will give them joy in their hearts.**  
He who continually goes forth weeping, bearing seed for sowing, shall doubtless come again with rejoicing, bringing his sheaves with him. Ps. 126:6  
But let all those rejoice who put their trust in You; let them ever shout for joy, because You defend them; let those also who love Your name be joyful in You. For You, O Lord, will bless the righteous; with favor You will surround him as with a shield. Ps. 5:11, 12  
Rejoicing in hope, patient in tribulation, continuing steadfastly in prayer. Rom. 12:12

- **Pray for the young people of our church to find joy in following Christ. Lift up the young people of your church by name in prayer.**

Glory in His holy name; let the hearts of those rejoice who seek the LORD! Ps. 105:3

Let all those who seek You rejoice and be glad in You; and let those who love Your salvation say continually, “Let God be magnified!” Ps. 70:4

- **Pray for heartfelt gratefulness for and full acceptance of the Spirit of Prophecy writings as being applicable today. Pray that church leaders and members read the materials on a regular basis.**

This Book of the Law shall not depart from your mouth, but you shall meditate in it day and night, that you may observe to do according to all that is written in it. For then you will make your way prosperous, and then you will have good success. Josh. 1:8

- **Pray for increased emphasis on the wonderful doctrine of biblical creation—that our earth was created in six literal, consecutive days by the word of the Lord.**

Now faith is the substance of things hoped for, the evidence of things not seen. For by it the elders obtained a good testimony. By faith we understand that the worlds were framed by the word of God, so that the things which are seen were not made of things which are visible. Heb. 11:1-3

- **Mission to the Cities—Pray for the Inter-European Division and the cities they have chosen to work in: Geneva, Switzerland; Prague, Czech Republic; and Vienna, Austria. Lift up also the Middle East and North Africa Union and the 43 cities they are planning to enter in the next four to five years. Pray for the church members and leaders working in these cities.**

But sanctify the Lord God in your hearts, and always be ready to give a defense to everyone who asks you a reason for the hope that is in you, with meekness and fear. 1 Pet. 3:15

- **Pray for any personal needs or anything else on your heart.**

But seek first the kingdom of God and His righteousness, and all these things shall be added to you. Matt. 6:33

- **Praise God that He already has an answer to your prayers.**

It shall come to pass that before they call, I will answer; and while they are still speaking, I will hear. Isa. 65:24

At the end of prayer time you may want to form groups of two or three and pray for the seven people that you have on your list. Pray that they will have God’s joy in their hearts. Claim Psalm 40:16 for them: “Let all those who seek You rejoice and be glad in You; Let such as love Your salvation say continually, ‘The Lord be magnified!’” If you have a personal prayer request that you are not comfortable praying about in the large group, feel free to share with your partner and pray about it together.

### **Suggested Songs**

“Blessed Assurance” (*SDA Hymnal* #462); “There Is Sunshine in My Soul Today” (*SDA Hymnal* #470); “Joy By and By” (*SDA Hymnal* #430); “I Shall See the King” (*SDA Hymnal* #426); “Until Then” (*SDA Hymnal* #632).

## Ellen White on Joy

*But the fruit of the Spirit is . . . joy.*—Gal. 5:22

Those who abide in Jesus will be happy, cheerful, and joyful in God. A subdued gentleness will mark the voice, reverence for spiritual and eternal things will be expressed in the actions, and music, joyful music, will echo from the lips; for it is wafted from the throne of God (*Testimonies for the Church, vol. 4, p. 625*).

The joy of Christ is a pure, unalloyed cheerfulness. It is not a cheap gaiety, that leads to vanity of words or lightness of conduct. No, we are to have His joy, and His greatest joy was to see men obeying the truth. . . . Plead with God, saying, “I make an entire surrender. I give myself away to Thee.” Then be joyful. The Word is in you, purifying and cleansing your character. God does not want His children to go about with anxiety and sorrow expressed in their faces. He wants the lovely expression of His countenance to be revealed in every one of us who are partakers of the divine nature; for we have power to escape the corruptions of the world. . . . We are not, because Christ died, left a company of orphans. . . . It is possible for us to obtain victory after victory, and be the most happy people on the face of the earth (*Our High Calling, p. 148*).

Why should not our joy be full—full, lacking nothing? We have the assurance that Jesus is our Saviour, and that we may freely partake of the rich provision He has made for us. We may believe on Him, knowing that He will give us grace and power to do just as He bids us. He has given us every assurance that He will fulfill all that He has promised. It is our privilege to seek constantly the joy of His presence. He desires us to be cheerful and to be filled with praise to His name. He wants us to carry light in our countenances and joy in our hearts. We have a hope that is far above any pleasure the world can give; why should we not then be joyful? (*Signs of the Times, Aug. 11, 1909, par. 4*).

Let us strive to educate the believers to rejoice in the Lord. Spiritual joy is the result of active faith. God’s people are to be full of faith and of the Holy Spirit. Then He will be glorified in them (*Bible Training School, April 1, 1905, par. 2*).

It is not what is around us, but what is in us; not what we have, but what we are, that makes us really happy. We want a cheerful fire on the altar of our own hearts; then we shall view everything in a happy, cheerful light. We may have the peace of Christ. . . . If we will be obedient, trustful in God, as a child in its simplicity trusts its earthly parents, we shall have peace—not the peace that the world gives, but that peace which Jesus gives. . . . Life, this life, has much brightness in it if we will gather the flowers and let the briars and thistles alone (*In Heavenly Places, p. 245*).

### Questions for Personal Reflection

1. Are you a joyful Christian? If not, what takes away your joy? Spend some time surrendering those things to God in prayer. Claim His promises to give you joy. Ask Him to give you a joyful heart.
2. Think of some things you can do that will help you to be joyful all the time. Make a plan and ask God to help you apply it in your life.



Let's  
Pray!





## Day 4—Peace

### John 14:25-31 & Matthew 6:25-34

#### Suggestions for Intercessory Prayer

Feel free to claim other promises as well. Remember, all of God's biddings are His enablings!

➤ **Praise God that we can find peace in obeying His law.**

Great peace have those who love Your law, and nothing causes them to stumble. Ps. 119:165

➤ **Praise God that He suffered for us that we may have peace.**

But He was wounded for our transgressions, He was bruised for our iniquities; the chastisement for our peace was upon Him, and by His stripes we are healed. Isa. 53:5

For Christ also suffered once for sins, the just for the unjust, that He might bring us to God, being put to death in the flesh but made alive by the Spirit. 1 Pet. 3:18

➤ **Pray that God will give you His peace that surpasses all understanding.**

Be anxious for nothing, but in everything by prayer and supplication, with thanksgiving, let your requests be made known to God; and the peace of God, which surpasses all understanding, will guard your hearts and minds through Christ Jesus. Phil. 4:6, 7

Peace I leave with you, My peace I give to you; not as the world gives do I give to you. Let not your heart be troubled, neither let it be afraid. John 14:27

➤ **Pray that God will teach you to abide in Him and in His peace.**

You will keep him in perfect peace, whose mind is stayed on You, because he trusts in You. Isa. 26:3

Now may the God of hope fill you with all joy and peace in believing, that you may abound in hope by the power of the Holy Spirit. Rom. 15:13

➤ **Pray that God will teach you how to pursue peace with Him and with other people.**

Pursue peace with all people, and holiness, without which no one will see the Lord. Heb. 12:14

Now the fruit of righteousness is sown in peace by those who make peace. James 3:18

Blessed are the peacemakers, for they shall be called sons of God. Matt. 5:9

- **Pray that God will teach you to allow Him to fight for you and give you His peace in any difficult situations.**  
The Lord will fight for you, and you shall hold your peace. Ex. 14:14  
  
Come to Me, all you who labor and are heavy laden, and I will give you rest. Take My yoke upon you and learn from Me, for I am gentle and lowly in heart, and you will find rest for your souls. For My yoke is easy and My burden is light. Matt. 11:28-30
- **Do you know any people who need God’s peace in their hearts? Pray for them.**  
“For the mountains shall depart and the hills be removed, but My kindness shall not depart from you, nor shall My covenant of peace be removed,” says the Lord, who has mercy on you. Isa. 54:10  
  
Behold, I will bring it health and healing; I will heal them and reveal to them the abundance of peace and truth. Jer. 33:6
- **Do you know any people who are passing through trials? Pray for them, asking that God will give them His peace.**  
These things I have spoken to you, that in Me you may have peace. In the world you will have tribulation; but be of good cheer, I have overcome the world. John 16:33  
  
My Presence will go with you, and I will give you rest. Ex. 33:14
- **Pray for those who are suffering for Christ’s sake, asking that God’s peace will abide in their hearts. If you know of specific people, pray for them by name.**  
The work of righteousness will be peace, and the effect of righteousness, quietness and assurance forever. Isa. 32:17  
  
Therefore, having been justified by faith, we have peace with God through our Lord Jesus Christ, through whom also we have access by faith into this grace in which we stand, and rejoice in hope of the glory of God. Rom. 5:1, 2
- **Do you know any people who need to make peace with God and other people? Pray for them.**  
And the God of peace will crush Satan under your feet shortly. The grace of our Lord Jesus Christ be with you. Amen. Rom. 16:20  
  
Be at peace among yourselves. 1 Thess. 5:13b
- **Pray for the protection of our young people from ever-increasing worldly influences. Pray that they will focus on the Word of God and service to others. Pray by name for the young people you know who need God’s protection.**  
Let no one despise your youth, but be an example to the believers in word, in conduct, in love, in spirit, in faith, in purity. 1 Tim. 4:12
- **Mission to the Cities—Pray for the Inter-American Division and the cities they are trying to win for Christ: Mexico City, Mexico; Caracas, Venezuela; Bogotá, Colombia; Nassau, Bahamas; Belize City, Belize; Georgetown, Guyana; Cali, Colombia; Cayenne, French Guiana; Guatemala City, Guatemala; Quetzaltenango, Guatemala; Port-au-Prince, Haiti; Tegucigalpa,**

**Honduras; Mérida, Mexico; Puerto Rico (entire island); Santiago de los Caballeros, Dominican Republic; and Maracaibo, Venezuela. Pray that members can develop strategies for reaching these large cities.**

If any of you lacks wisdom, let him ask of God, who gives to all liberally and without reproach, and it will be given to him. James 1:5

➤ **Pray for any personal needs or anything on your heart.**

Do not remember the former things, nor consider the things of old. Behold, I will do a new thing, now it shall spring forth; shall you not know it? I will even make a road in the wilderness and rivers in the desert. Isa. 43:18, 19

➤ **Praise God that He has heard you and that He will do exceedingly abundantly above all that we ask or think.**

Now to Him who is able to do exceedingly abundantly above all that we ask or think, according to the power that works in us, to Him be glory in the church by Christ Jesus to all generations, forever and ever. Amen. Eph. 3:20, 21

At the end of prayer time, you may want to form groups of two or three and pray for the seven people that you have on your list. Pray that they will seek for God's peace in their hearts. Claim 1 Peter 3:11 for them: "Let him turn away from evil and do good; let him seek peace and pursue it." If you have a personal prayer request that you are not comfortable praying about in the large group, feel free to share with your partner and pray about it together.

### **Suggested Songs**

"Have Thine Own Way, Lord" (*SDA Hymnal* #567); "Be Still My Soul" (*SDA Hymnal* #461); "Wonderful Peace" (*SDA Hymnal* #466); "Leaning on the Everlasting Arms" (*SDA Hymnal* #469); "Turn Your Eyes Upon Jesus" (*SDA Hymnal* #290).

### **Ellen White on Peace**

*But the fruit of the Spirit is . . . peace.—Gal. 5:22*

The Lord has determined that every soul who obeys His word shall have His joy, His peace, His continual keeping power. Such men and women are brought near Him always, not only when they kneel before Him in prayer, but when they take up the duties of life. He has prepared for them an abiding place with Himself, where the life is purified from all grossness, all unloveliness. By this unbroken communion with Him, they are made colaborers with Him in their lifework (*My Life Today*, p. 51).

Some are not at peace, not at rest; they are in a state of constant fretfulness, and permit impulse and passion to rule their hearts. They know not what it means to experience peace and rest in Christ. They are as a ship without anchor, driven with the wind and tossed. But those whose minds are controlled by the Holy Spirit walk in humility and meekness; for they work in Christ's lines, and will be kept in perfect peace, while those who are not controlled by the Holy Spirit are like the restless sea (*Ye Shall Receive Power*, p. 73).

There are some who are seeking, always seeking, for the goodly pearl. But they do not make an entire surrender of their wrong habits. They do not die to self that Christ may live in them. Therefore they do not find the precious pearl. . . . They never know what it is to have peace and harmony in the soul; for without entire self-surrender there is no rest, no joy. Almost Christians, yet not fully Christians, they seem near the kingdom of heaven, but they cannot enter there. Almost but not wholly saved means to be not almost but wholly lost. . . . (*In Heavenly Places*, p. 49).

The only way to gain peace and joy is to have a living connection with Him who gave His life for us, who died that we might live, and who lives to unite His power with the efforts of those who are striving to overcome (*In Heavenly Places*, p. 33).

Words cannot describe the peace and joy possessed by him who takes God at His word. Trials do not disturb him, slights do not vex him. Self is crucified. Day by day his duties may become more taxing, his temptations stronger, his trials more severe; but he does not falter; for he receives strength equal to his need (*My Life Today*, **p. 51**).

There is peace in believing, and joy in the Holy Ghost. Believing brings peace, and trusting in God brings joy. Believe, believe! my soul says, believe. Rest in God. He is able to keep that which you have committed to His trust. He will bring you off more than conqueror through Him who hath loved you (*The Faith I Live By*, p. 121).

### **Questions for Personal Reflection**

1. Do you have peace in your heart? What things take away your peace? Spend some time praying, surrendering those things and claiming God's promises.
2. Are you taking God at His Word? Do His promises give you peace in the midst of difficult situations? Pray that God will give you His peace as you face trials.



**Let's  
Pray!**



## DAY 4 – SABBATH 10th JANUARY 2015 PEACE FOR THE TROUBLED HEART

**Scripture reading: John 14:1-6**

### INTRODUCTION

Men say that they are fascinated by all the innovations of this world that moves at a great speed. All this development brings also its share of side effects. Stress, a word that was unknown a few years ago, now reigns as master in the lives of all.

Mass murders, political crisis, strange diseases are the headlines of our daily news! At the time I am writing this sermon, there is a famous man who has become a celebrity and whom is being talked about everywhere and is chilling even though its farness - it's Mr. Ebola! A deadly outbreak disease that is shaking the world, ravaging families and all countries - rich and poor!

Faced with such situations, man tends to be discouraged, to give up. His inner peace is threatened, he engages in practices even more destructive to try to forget his situation and eventually it becomes like a vicious circle.

*"Do not let the suffering, failures, viruses and diseases discourage and confuse you to the point of losing your inner peace ... you" - this is often said!*

Is this possible or is it simply a utopia to encourage people? How can we do it?

The text of John 14: 1-6, 27 ... looks like a great rock in the scriptures that shows that this is indeed possible - that's what Jesus confirmed 2,000 years ago! If your heart is troubled by something or someone, today, God wants to remind you that His will is to give you peace and that will be our study in this wonderful text.

### I. “ PEACE”

Before we get into the text of John, let's take a brief look to the theme of today in the manifestations of the fruit of the Spirit – it's peace.

The word peace is a big part among the manifestations of the fruit of the Spirit and its etymology helps us to understand its deep meaning.

It comes from the greek word 'eirene' and it means *'the quiet state of the soul assured of its salvation through Christ, who fears God and is merely not afraid of his earthly fate, whatever it is...'*

Unfortunately, as humans we have the tendency to be discouraged with all that we see and thus, this affect our faith and this particular peace.

Jesus will say twice in John 14:1, 27, *“let not your heart be troubled...”* and he will add in verse 27: *“my peace (eirene) I give unto you...”* And Paul will use the same greek word in Galatians 5:22 for peace.

Why did He say that? How can we understand this text and make it a reality in our daily life?

## **II. FEARS TO ESCAPE**

Why has Jesus said these particular words of encouragement?

To understand what precipitated these words of Jesus, we have to go back to chapter 13. Jesus and His disciples have just finished observing the Passover. They enjoyed a pleasant meal. After which, Jesus put on a towel and washed his disciples' feet. After these things, Jesus dropped a major bombshell on his disciples. He told them that he will be betrayed by one of their own number (verses 21-30). He also told them that he was going to be going away (verses 31- 33). They learned the horrific news that Peter would also deny Him (verses 36-38). The Savior's words must have broken their hearts, shattered their confidence, and left them devastated. That is why we have the precious words of Chapter 14.

We need to remember this particular text when the tough times come our way: trials and tribulations are slated for all of God's children. John 16:33 tells us that we *“shall”* have tribulation. Job 14:1 and 5:7 remind us that trials are part and parcel of the human existence. The truth is this: hard times will come!

However, in the midst of our difficulties, we can have peace! The Word *“Let”* is a call for us to be involved in the troublesome times of life. We're not called upon to sit idly by while we are undergoing difficult situations. We do have recourse in the time of trouble - Philippians 4:6-7; Matthew 11:28; 1 Peter 5:7; Psalms 55:22; 2 Timothy 1:7. The best plan of escape from our fears is to run to the safe arms of Jesus. You are never safer than when you are in his arms.

Go with fear and worry ruin your life! Instead, bring your fears to Jesus and he will give you peace in place of fear.

## **III. A FAITH TO EMBRACE – John 14: 1**

The word believe is a life altering word and from it comes the word faith – a short word with big effects!

The Word believe means *“to think to be true, to be persuaded of, to have confidence in.”* Literally, the word means *“to exercise faith in someone or something.”*

The faith that Sustains and Saves!

*“Ye believe in God”* - the faith that will bring you through the valleys! It believes that God exists and that He is in absolute control of all things - Hebrew 11:6.

When it comes to God, we can have faith:

1. His Promises - Romans 4:21; 8:28...
2. His Power - Ephesians 3:20; Job 42:2...
3. His Plans - Psalm 37:23; Jeremiah 29:11

If you can ever learn to trust God completely, without reservation, then you have the very tool you need to loosen fear's grip on your life! As soon as you come to the place where you know God will do as He has promised and you leave your life up to Him and His will, then you are free! Brothers and sisters, you can trust the Lord!

*"Believe also in Me"* - It isn't enough just to believe that there is a God. After all, the devils also believe that and they aren't saved - James 2:19. The saving faith believes in the Gospel message and grabs to it, 1 Corinthians 15:3-4.

The Gospel is a simple message but not simplistic! It is a message about the death, burial and resurrection of the Lord Jesus Christ; in other words, it is the message of the victory of Jesus over sin whose final result is death. And this victory is given to whom accepts Jesus as His Savior. But, don't stop by merely believing that these were actual historic events! Embrace them by faith and be saved by the grace of God - John 14:6; Mark 16:16. Embrace Jesus Christ by faith and rest your future in His capable hands!

*"There is peace in believing, and joy in the Holy Ghost. Believing brings peace, and trusting in God brings joy. Believe, believe! My soul says, believe. Rest in God. He is able to keep that which you have committed to His trust. He will bring you off more than conqueror through Him who hath loved you."* (The Faith I Live By, p. 121).

Each and everyone is invited to embrace this faith which helps us to keep this peace - eirene - though the different circumstances of life!

#### **IV. A FUTURE TO ENVISION**

This peace is important for it enables us to envision a future that man could ever hope do on this earth. This future includes two important points.

A. It Includes A Precious Place - *"In My Father's house are many mansions."*

We need to remember that we are not home yet! While the troubles and trials we face are part of this earthly existence, they will not follow us where we are headed! Praise God, the burdens of life are temporary at best, 1 Peter 1:6.

Dear Christians, we are just *"pilgrims and strangers"* passing through enemy territory - it will be far better when we get home! After all, the best is yet to come, Philippians 1:21-23.

B. It Includes A Powerful Promise - *"I will come again."*

Every day, you and I live with one of the greatest promises the world has ever known as our support. We have our Savior's promise that He will personally return to receive His people unto Himself one day - verse 3; 1 Thessalonians 4:16-17.

This is why, Jesus is inviting us to not let our heart be troubled but to have peace in Him. This kind of peace comes through the faith that ties us to Him.

*"The only way to gain peace and joy is to have a living connection with Him who gave His life for us, who died that we might live, and who lives to unite His power with the efforts of those who are striving to overcome."* (In Heavenly Places, p. 33).

## CONCLUSION

Dear brothers and sisters, the Bible reminds us this morning of this very important aspect

The questions below urge each one of us to have a deep inner examination as we are called to experience this peace which is a manifestation of the fruit of the Spirit:

1. What are you afraid of today? If you will come to Him, the Lord can and will replace your fear with His precious peace!
2. Do you have peace in your heart? What things take away your peace? Spend some time praying, surrendering those things and claiming God's promises.
3. Are you taking God at His Word? Do His promises give you peace in the midst of difficult situations?

*“Words cannot describe the peace and joy possessed by him who takes God at His word. Trials do not disturb him, slights do not vex him. Self is crucified. Day by day his duties may become more taxing, his temptations stronger, his trials more severe; but he does not falter; for he receives strength equal to his need.”*  
(*My Life Today*, p. 51).

4. Are you able to get your eyes above your trials, and see the gates of home? Pray that God will give you His peace as you face trials.

If the burdens of life have gotten you down, I invite you to come before the Lord, as we continue to EXPERIENCE THE FRUIT OF THE SPIRIT through these 10 days, and let Him help you cast your gaze higher than this earth;

There is help and hope in Him! You will find and keep your peace in Him.

“Let not your heart be troubled...Peace I leave with you; my peace I give to you!”

Let's pray.

*Pastor Wesley Orioux  
Prayer Ministry, IOUC*





## Day 4—Peace

### John 14:25-31 & Matthew 6:25-34

#### **Suggestions for Intercessory Prayer**

Feel free to claim other promises as well. Remember, all of God's biddings are His enablings!

➤ **Praise God that we can find peace in obeying His law.**

Great peace have those who love Your law, and nothing causes them to stumble. Ps. 119:165

➤ **Praise God that He suffered for us that we may have peace.**

But He was wounded for our transgressions, He was bruised for our iniquities; the chastisement for our peace was upon Him, and by His stripes we are healed. Isa. 53:5

For Christ also suffered once for sins, the just for the unjust, that He might bring us to God, being put to death in the flesh but made alive by the Spirit. 1 Pet. 3:18

➤ **Pray that God will give you His peace that surpasses all understanding.**

Be anxious for nothing, but in everything by prayer and supplication, with thanksgiving, let your requests be made known to God; and the peace of God, which surpasses all understanding, will guard your hearts and minds through Christ Jesus. Phil. 4:6, 7

Peace I leave with you, My peace I give to you; not as the world gives do I give to you. Let not your heart be troubled, neither let it be afraid. John 14:27

➤ **Pray that God will teach you to abide in Him and in His peace.**

You will keep him in perfect peace, whose mind is stayed on You, because he trusts in You. Isa. 26:3

Now may the God of hope fill you with all joy and peace in believing, that you may abound in hope by the power of the Holy Spirit. Rom. 15:13

➤ **Pray that God will teach you how to pursue peace with Him and with other people.**

Pursue peace with all people, and holiness, without which no one will see the Lord. Heb. 12:14

Now the fruit of righteousness is sown in peace by those who make peace. James 3:18

Blessed are the peacemakers, for they shall be called sons of God. Matt. 5:9

- **Pray that God will teach you to allow Him to fight for you and give you His peace in any difficult situations.**  
The Lord will fight for you, and you shall hold your peace. Ex. 14:14  
  
Come to Me, all you who labor and are heavy laden, and I will give you rest. Take My yoke upon you and learn from Me, for I am gentle and lowly in heart, and you will find rest for your souls. For My yoke is easy and My burden is light. Matt. 11:28-30
- **Do you know any people who need God's peace in their hearts? Pray for them.**  
“For the mountains shall depart and the hills be removed, but My kindness shall not depart from you, nor shall My covenant of peace be removed,” says the Lord, who has mercy on you. Isa. 54:10  
  
Behold, I will bring it health and healing; I will heal them and reveal to them the abundance of peace and truth. Jer. 33:6
- **Do you know any people who are passing through trials? Pray for them, asking that God will give them His peace.**  
These things I have spoken to you, that in Me you may have peace. In the world you will have tribulation; but be of good cheer, I have overcome the world. John 16:33  
  
My Presence will go with you, and I will give you rest. Ex. 33:14
- **Pray for those who are suffering for Christ's sake, asking that God's peace will abide in their hearts. If you know of specific people, pray for them by name.**  
The work of righteousness will be peace, and the effect of righteousness, quietness and assurance forever. Isa. 32:17  
  
Therefore, having been justified by faith, we have peace with God through our Lord Jesus Christ, through whom also we have access by faith into this grace in which we stand, and rejoice in hope of the glory of God. Rom. 5:1, 2
- **Do you know any people who need to make peace with God and other people? Pray for them.**  
And the God of peace will crush Satan under your feet shortly. The grace of our Lord Jesus Christ be with you. Amen. Rom. 16:20  
  
Be at peace among yourselves. 1 Thess. 5:13b
- **Pray for the protection of our young people from ever-increasing worldly influences. Pray that they will focus on the Word of God and service to others. Pray by name for the young people you know who need God's protection.**  
Let no one despise your youth, but be an example to the believers in word, in conduct, in love, in spirit, in faith, in purity. 1 Tim. 4:12
- **Mission to the Cities—Pray for the Inter-American Division and the cities they are trying to win for Christ: Mexico City, Mexico; Caracas, Venezuela; Bogotá, Colombia; Nassau, Bahamas; Belize City, Belize; Georgetown, Guyana; Cali, Colombia; Cayenne, French Guiana; Guatemala City, Guatemala; Quetzaltenango, Guatemala; Port-au-Prince, Haiti; Tegucigalpa,**

**Honduras; Mérida, Mexico; Puerto Rico (entire island); Santiago de los Caballeros, Dominican Republic; and Maracaibo, Venezuela. Pray that members can develop strategies for reaching these large cities.**

If any of you lacks wisdom, let him ask of God, who gives to all liberally and without reproach, and it will be given to him. James 1:5

➤ **Pray for any personal needs or anything on your heart.**

Do not remember the former things, nor consider the things of old. Behold, I will do a new thing, now it shall spring forth; shall you not know it? I will even make a road in the wilderness and rivers in the desert. Isa. 43:18, 19

➤ **Praise God that He has heard you and that He will do exceedingly abundantly above all that we ask or think.**

Now to Him who is able to do exceedingly abundantly above all that we ask or think, according to the power that works in us, to Him be glory in the church by Christ Jesus to all generations, forever and ever. Amen. Eph. 3:20, 21

At the end of prayer time, you may want to form groups of two or three and pray for the seven people that you have on your list. Pray that they will seek for God's peace in their hearts. Claim 1 Peter 3:11 for them: "Let him turn away from evil and do good; let him seek peace and pursue it." If you have a personal prayer request that you are not comfortable praying about in the large group, feel free to share with your partner and pray about it together.

### **Suggested Songs**

"Have Thine Own Way, Lord" (*SDA Hymnal* #567); "Be Still My Soul" (*SDA Hymnal* #461); "Wonderful Peace" (**SDA Hymnal** #466); "Leaning on the Everlasting Arms" (*SDA Hymnal* #469); "Turn Your Eyes Upon Jesus" (*SDA Hymnal* #290).

### **Ellen White on Peace**

*But the fruit of the Spirit is . . . peace.—Gal. 5:22*

The Lord has determined that every soul who obeys His word shall have His joy, His peace, His continual keeping power. Such men and women are brought near Him always, not only when they kneel before Him in prayer, but when they take up the duties of life. He has prepared for them an abiding place with Himself, where the life is purified from all grossness, all unloveliness. By this unbroken communion with Him, they are made colaborers with Him in their lifework (*My Life Today*, p. 51).

Some are not at peace, not at rest; they are in a state of constant fretfulness, and permit impulse and passion to rule their hearts. They know not what it means to experience peace and rest in Christ. They are as a ship without anchor, driven with the wind and tossed. But those whose minds are controlled by the Holy Spirit walk in humility and meekness; for they work in Christ's lines, and will be kept in perfect peace, while those who are not controlled by the Holy Spirit are like the restless sea (*Ye Shall Receive Power*, p. 73).

There are some who are seeking, always seeking, for the goodly pearl. But they do not make an entire surrender of their wrong habits. They do not die to self that Christ may live in them. Therefore they do not find the precious pearl. . . . They never know what it is to have peace and harmony in the soul; for without entire self-surrender there is no rest, no joy. Almost Christians, yet not fully Christians, they seem near the kingdom of heaven, but they cannot enter there. Almost but not wholly saved means to be not almost but wholly lost. . . . (*In Heavenly Places*, p. 49).

*The only way to gain peace and joy is to have a living connection with Him who gave His life for us, who died that we might live, and who lives to unite His power with the efforts of those who are striving to overcome* (*In Heavenly Places*, p. 33).

**Words cannot describe the peace and joy possessed by him who takes God at His word. Trials do not disturb him, slights do not vex him. Self is crucified. Day by day his duties may become more taxing, his temptations stronger, his trials more severe; but he does not falter; for he receives strength equal to his need** (*My Life Today*, p. 51).

There is peace in believing, and joy in the Holy Ghost. Believing brings peace, and trusting in God brings joy. Believe, believe! my soul says, believe. Rest in God. He is able to keep that which you have committed to His trust. He will bring you off more than conqueror through Him who hath loved you (*The Faith I Live By*, p. 121).

### **Questions for Personal Reflection**

1. Do you have peace in your heart? What things take away your peace? Spend some time praying, surrendering those things and claiming God's promises.
2. Are you taking God at His Word? Do His promises give you peace in the midst of difficult situations? Pray that God will give you His peace as you face trials.



**Let's  
Pray!**



## Day 5—Longsuffering

### Luke 23:26-43

#### Suggestions for Intercessory Prayer

Feel free to claim other promises as well. Remember, all of God's biddings are His enablings!

- **Praise God that He is the One who gives us the power to change.**  
“Not by might nor by power, but by My Spirit,” says the Lord of hosts. Zech. 4:6b
- **Praise God for the ways you see His longsuffering toward you.**  
The Lord is not slack concerning His promise, as some count slackness, but is longsuffering toward us, not willing that any should perish but that all should come to repentance. 2 Pet. 3:9
- **Praise God that He never disappoints those who wait on Him.**  
But those who wait on the Lord shall renew their strength; they shall mount up with wings like eagles, they shall run and not be weary, they shall walk and not faint. Isa. 40:31
- **Ask the Lord to teach you longsuffering.**  
Rest in the Lord, and wait patiently for Him; do not fret because of him who prospers in his way, because of the man who brings wicked schemes to pass. Cease from anger, and forsake wrath; Do not fret—it only causes harm. Ps. 37:7, 8  
Strengthened with all might, according to his glorious power, for all patience and longsuffering with joy. Col. 1:11
- **Ask the Lord to teach you how to repay good for evil. Pray for any specific situations in which you need to learn to repay good for evil.**  
Repay no one evil for evil. Have regard for good things in the sight of all men. If it is possible, as much as depends on you, live peaceably with all men. Beloved, do not avenge yourselves, but rather give place to wrath; for it is written, “Vengeance is Mine, I will repay,” says the Lord. Therefore “If your enemy is hungry, feed him; if he is thirsty, give him a drink; for in so doing you will heap coals of fire on his head.” Do not be overcome by evil, but overcome evil with good. Rom. 12:17-21
- **Ask God to help you see the trials He allows to come upon you as a means of teaching you longsuffering. If you are passing through such a trial, pray specifically for it in your prayer.**  
My brethren, count it all joy when you fall into various trials, knowing that the testing of your faith produces patience. James 1:2, 3  
Therefore we do not lose heart. Even though our outward man is perishing, yet the inward man is being renewed day by day. For our light affliction, which is but for a moment, is working for us a far more exceeding and eternal weight of glory. 2 Cor. 4:16, 17

- **Ask God to remind you to pray for those who are mistreating you.**  
Therefore, as the elect of God, holy and beloved, put on tender mercies, kindness, humility, meekness, longsuffering; bearing with one another, and forgiving one another. Col. 3:12, 13a
- **Do you know any people going through trials? Pray that the Lord will teach them longsuffering.**  
And we know that all things work together for good to those who love God, to those who are the called according to His purpose. Rom. 8:28
- **Pray for worldwide unity in every congregation and church entity, based on respect for God’s Word, humble prayer, the Holy Spirit’s power, respect for accepted church policy/process, and full engagement in the mission of the church. Pray for humility in our lives so we will be united in our submission to God’s leading and in the process of making unified church decisions.**  
Now I plead with you, brethren, by the name of our Lord Jesus Christ, that you all speak the same thing, and that there be no divisions among you, but that you be perfectly joined together in the same mind and in the same judgment. 1 Cor. 1:10
- **Pray for strong cooperation and unity between the church organization and supporting ministries in the evangelistic outreach of our church.**  
And let us consider one another in order to stir up love and good works, not forsaking the assembling of ourselves together, as is the manner of some, but exhorting one another, and so much the more as you see the Day approaching. Heb. 10:24, 25
- **Pray for the use of every appropriate social media format to share the three angels’ messages in a creative and fresh manner with the busy people of today.**  
I am the vine, you are the branches. He who abides in Me, and I in him, bears much fruit; for without Me you can do nothing. John 15:5
- **Mission to the Cities—Pray for the North American Division as they try to reach out to the following cities: New York City, New York; Calgary, Canada; Indianapolis, Indiana; St. Louis, Missouri; Seattle, Washington; San Francisco, California; Oakland, California; Tampa, Florida; and Oklahoma City, Oklahoma. Pray also for the Northern Asia-Pacific Division and the cities they are trying reach: Tokyo, Japan; Daegu, Korea; Daejon, Korea; Wuxi, China; and Ulaanbaatar, Mongolia. Pray for God’s Spirit to work powerfully in these cities.**  
“Not by might nor by power, but by My Spirit,” says the LORD of hosts. Zech. 4:6
- **Pray for any personal needs or anything on your heart.**  
And my God shall supply all your need according to His riches in glory by Christ Jesus. Phil. 4:19
- **Praise God that He has a thousand ways to provide where we see none and that He will answer your prayers.**  
For the LORD God is a sun and shield; the LORD will give grace and glory; no good thing will He withhold from those who walk uprightly. Ps. 84:11

At the end of prayer time, you may want to form groups of two or three and pray for the seven people that you have on your list. Pray that He will teach them longsuffering. Claim Colossians 1:11 for them: “Strengthened with all might, according to His glorious power, for all patience and longsuffering with joy. . . .” If you have a personal prayer request that you are not comfortable praying about in the large group, feel free to share with your partner and pray about it together.

## Suggested Songs

“Have Thine Own Way, Lord” (*SDA Hymnal* #567); “Not I, but Christ” (*SDA Hymnal* #570); “Pass Me Not, O Gentle Savior” (*SDA Hymnal* #569); “Give of Your Best to the Master” (*SDA Hymnal* #572); “Blessed Assurance” (*SDA Hymnal* #462).

## Ellen White on Longsuffering

*But the fruit of the Spirit is . . . longsuffering.—Gal. 5:22*

Love is the law of Christ’s kingdom. The Lord calls upon every one to reach a high standard. The lives of His people are to reveal love, meekness, long-suffering. Long-suffering bears something, yea, many things, without seeking to be avenged by word or act.

“Long-suffering” is patience with offence; long endurance. If you are long-suffering, you will not impart to others your supposed knowledge of your brother’s mistakes and errors. You will seek to help and save him, because he has been purchased with the blood of Christ. “Tell him his fault between thee and him alone: if he shall hear thee, thou hast gained thy brother.” “Brethren, if a man be overtaken in a fault, ye which are spiritual restore such a one in the spirit of meekness, considering thyself, lest thou also be tempted.” To be long-suffering is not to be gloomy and sad, sour and hardhearted; it is to be exactly the opposite (*My Life Today*, p. 52).

The love of Jesus needs to be brought to bear upon our lives. It will have a softening, subduing influence upon our hearts and characters. It will prompt us to forgive our brethren, even though they have done us injury. Divine love must flow from our hearts in gentle words and kindly actions to one another. The fruit of these good works will hang as rich clusters upon the vine of character. “The fruit of the Spirit is love, joy, peace, long-suffering, gentleness, goodness, faith, meekness, temperance” (*Review and Herald*, Nov. 16, 1886, par. 10).

Try to live peaceably with all men, and let the atmosphere surrounding your soul be sweet and fragrant. The Lord hears every unwise word that is spoken. If you will battle against selfish human nature, you will go forward steadily in the work of overcoming hereditary and cultivated tendencies to wrong. By patience, long-suffering, and forbearance you will accomplish much. Remember that you cannot be humiliated by the unwise speeches of someone else, but that when you answer unwisely, you lose a victory that you might have gained. Be very careful of your words.

Forbearance and unselfishness mark the words and deeds of those who are born again to live the new life in Christ (*My Life Today*, p. 52).

## Questions for Personal Reflection

1. Do you have the habit of taking revenge when someone does something wrong to you? How do you react when people treat you badly? Ask God to teach you to be longsuffering. Claim His promises.
2. Is there someone in your life that steps on your toes and does it purposefully? Ask God to give you patience, love, and forgiveness for that person and to help you show them His love.



Let's  
Pray!



## Day 6—Kindness Philippians 2:1-11

### Suggestions for Intercessory Prayer

Feel free to claim other promises as well. Remember, all of God's biddings are His enablings!

➤ **Praise God that He calls us to do unto others what we want them to do to us.**

And just as you want men to do to you, you also do to them likewise. Luke 6:31

➤ **Praise God that He can give you the strength to be kind.**

For we are His workmanship, created in Christ Jesus for good works, which God prepared beforehand that we should walk in them. Eph. 2:10

Therefore, as the elect of God, holy and beloved, put on tender mercies, kindness, humility, meekness, longsuffering. Col. 3:12

➤ **Praise God for specific situations in which you could see His kindness toward you. Praise God that He can make you and keep you blameless until He comes again.**

Now may the God of peace Himself sanctify you completely; and may your whole spirit, soul, and body be preserved blameless at the coming of our Lord Jesus Christ. He who calls you is faithful, who also will do it. 1 Thess. 5:23, 24

Being confident of this very thing, that He who has begun a good work in you will complete it until the day of Jesus Christ. Phil. 1:6

➤ **Ask God to give you the strength to be kind to everyone, including your family members and enemies.**

But love your enemies, do good, and lend, hoping for nothing in return; and your reward will be great, and you will be sons of the Most High. For He is kind to the unthankful and evil. Luke 6:35

➤ **Has anyone been unkind to you? Pray that God will teach you how to be kind to that person. Pray also that God will give you forgiveness in your heart toward that person.**

Be kindly affectionate to one another with brotherly love, in honor giving preference to one another. Rom. 12:10

And be kind to one another, tenderhearted, forgiving one another, even as God in Christ forgave you. Eph. 4:32



- **Pray that God will show you how to be kind to strangers.**  
Let brotherly love continue. Do not forget to entertain strangers, for by so doing some have unwittingly entertained angels. Heb. 13:1, 2
- **Ask God to make you a new creation and give you a new heart. Tell Him about the people to whom you need to show more kindness.**  
Therefore, if anyone is in Christ, he is a new creation; old things have passed away; behold, all things have become new. 2 Cor. 5:17
- **Pray that God will give a full understanding of Christ's method (comprehensive health ministry), allowing all church members to meet people's needs and follow Christ's pattern of service to others.**  
For so the Lord has commanded us: "I have set you as a light to the Gentiles, that you should be for salvation to the ends of the earth." Acts 13:47  
So Jesus said to them again, "Peace to you! As the Father has sent Me, I also send you." And when He had said this, He breathed on them, and said to them, "Receive the Holy Spirit." John 20:21, 22
- **Pray for a tremendous increase in spiritual support for Seventh-day Adventist young people who attend public campuses. Pray that they become vibrant missionaries serving others at public universities and colleges worldwide.**  
Therefore do not be ashamed of the testimony of our Lord. 2 Tim. 1:8  
I charge you therefore before God and the Lord Jesus Christ, who will judge the living and the dead at His appearing and His kingdom: Preach the word! Be ready in season and out of season. Convince, rebuke, exhort, with all longsuffering and teaching. 2 Tim. 4:1, 2
- **Pray for all members to spend more time in Bible study and prayer, allowing God to fully direct His people according to His will and not ours.**  
All Scripture is given by inspiration of God, and is profitable for doctrine, for reproof, for correction, for instruction in righteousness, that the man of God may be complete, thoroughly equipped for every good work. 2 Tim. 3:16, 17
- **Mission to the Cities—Pray for the South American Division and the 43 cities on which they have chosen to concentrate their outreach. Pray also for the South Pacific Division and the cities they have chosen to reach for Christ: Sydney, Australia; Christchurch, New Zealand; Lae, Papua New Guinea; and Apia, Samoa. Pray that God will send workers and that He will bless their efforts.**  
As You sent Me into the world, I also have sent them into the world. John 17:18
- **Pray for any personal needs or anything on your heart.**  
Now to Him who is able to do exceedingly abundantly above all that we ask or think, according to the power that works in us, to Him be glory in the church by Christ Jesus to all generations, forever and ever. Amen. Eph. 3:20, 21
- **Praise God that whatever you ask in His name and according to His will, He will do for you.**  
Now this is the confidence that we have in Him, that if we ask anything according to His will, He hears us. And if we know that He hears us, whatever we ask, we know that we have the petitions that we have asked of Him. 1 John 5:14, 15

At the end of prayer time you may want to form groups of two or three and pray for the seven people that you have on your list. Pray that they learn from Jesus how to be kind and affectionate. Claim 1 John 3:18 for them: “My little children, let us not love in word or in tongue, but in deed and in truth.” If you have a personal prayer request that you are not comfortable praying about in the large group, feel free to share with your partner and pray about it together.

### **Suggested Songs**

“Under His Wings” (*SDA Hymnal* #529); “The Lord Is My Light” (*SDA Hymnal* #515); “Like Jesus” (*SDA Hymnal* #492); “Open My Eyes That I May See” (*SDA Hymnal* #326); “Wholly Thine” (*SDA Hymnal* #308); “I Will Sing of Jesus’ Love” (*SDA Hymnal* #183).

### **Ellen White on Kindness**

*But the fruit of the Spirit is . . . kindness.—Gal. 5:22*

The Lord will help every one of us where we need help the most in the grand work of overcoming and conquering self. Let the law of kindness be upon your lips and the oil of grace in your heart. This will produce wonderful results. You will be tender, sympathetic, courteous. You need all these graces. The Holy Spirit must be received and brought into your character; then it will be as holy fire, giving forth incense which will rise up to God, not from lips that condemn, but as a healer of the souls of men. Your countenance will express the image of the divine (*Ye Shall Receive Power*, p. 81).

No sharp, critical, blunt, or severe words should be spoken. This is common fire, and must be left out of all our councils and intercourse with our brethren. God requires every soul in His service to kindle their censers from the coals of sacred fire. The common, severe, harsh words that come from your lips so readily must be withheld, and the Spirit of God speak through the human agent. By beholding the character of Christ you will become changed into His likeness. The grace of Christ alone can change your heart and then you will reflect the image of the Lord Jesus. God calls upon us to be like Him—pure, holy, and undefiled. We are to bear the divine image (*Ye Shall Receive Power*, p. 81).

The Lord Jesus is our only helper. Through His grace we shall learn to cultivate love, to educate ourselves to speak kindly and tenderly. Through His grace our cold, harsh manners will be transformed. The law of kindness will be upon our lips, and those who are under the precious influences of the Holy Spirit, will not feel that it is an evidence of weakness to weep with those who weep, to rejoice with them that rejoice. We are to cultivate heavenly excellences of character. We are to learn what it means to have good-will toward all men, a sincere desire to be as sunshine and not as shadow in the lives of others (*God’s Amazing Grace*, p. 299).

Seize every opportunity to contribute to the happiness of those around you, sharing with them your affection. Words of kindness, looks of sympathy, expressions of appreciation, would to many a struggling, lonely one be as a cup of cold water to a thirsty soul. . . (*God’s Amazing Grace*, p. 299).

Live in the sunshine of the Saviour's love. Then your influence will bless the world. Let the Spirit of Christ control you. Let the law of kindness be ever on your lips. Forbearance and unselfishness mark the words and actions of those who are born again, to live the new life in Christ (*God's Amazing Grace*, p. 299).

We may talk of the blessings of the Holy Spirit, and pray in regard to receiving them; but unless the human agent is worked by the Spirit of God, He reveals that he has Him not. When the Spirit molds and fashions the character after the divine similitude, He will be unmistakably revealed in every word we speak and in everything we do, showing to the world that there is a marked difference between the children of light and the children of darkness. The Lord wants us to stand stiffly for the faith once delivered to the saints. We are to speak the truth in love. Our great Teacher says, "Take my yoke upon you, and learn of me, for I am meek and lowly in heart: and ye shall find rest unto your souls. For my yoke is easy, and my burden is light" (Matthew 11:29, 30) (*Ye Shall Receive Power*, p. 81).

### **Questions for Personal Reflection**

1. Are you characterized by kindness? How do you react when people are not kind to you? Would you like to be able to reflect God's kindness? Ask God to teach you how to be kind. Claim His promises for you.
2. Make a list of things that you can do for others to show them kindness and ask God for opportunities to show His kindness, especially to those who seem to deserve it least.



**Let's  
Pray!**



## Day 7—Goodness

### Romans 12:9-21

#### Suggestions for Intercessory Prayer

Feel free to claim other promises as well. Remember, all of God's biddings are His enableings!

➤ **Praise God for His goodness toward you.**

Oh, how great is Your goodness, which You have laid up for those who fear You, which You have prepared for those who trust in You in the presence of the sons of men! You shall hide them in the secret place of Your presence from the plots of man; You shall keep them secretly in a pavilion from the strife of tongues. Ps. 31:19, 20

Surely goodness and mercy shall follow me all the days of my life; and I will dwell in the house of the Lord forever. Ps. 23:6

➤ **Praise God that a good man obtains favor of the Lord.**

A good man obtains favor from the Lord. Prov. 12:2

➤ **Praise God for specific situations in which you could see His goodness toward you.**

I would have lost heart, unless I had believed that I would see the goodness of the Lord in the land of the living. Ps. 27:13

➤ **Praise God that all things work together for the best for those who love God.**

And we know that all things work together for good to those who love God, to those who are the called according to His purpose. Rom. 8:28

➤ **Ask God for wisdom and understanding that you may do everything in the meekness of wisdom.**

Who is wise and understanding among you? Let him show by good conduct that his works are done in the meekness of wisdom. James 3:13

➤ **Ask God to show you how to manifest goodness toward your family members and your brothers and sisters in Christ.**

And let us not grow weary while doing good, for in due season we shall reap if we do not lose heart. Therefore, as we have opportunity, let us do good to all, especially to those who are of the household of faith. Gal. 6:9, 10

➤ **Ask God to help you show goodness to strangers.**

But do not forget to do good and to share, for with such sacrifices God is well pleased. Heb. 13:16

➤ **Pray that you will not take for granted the good things you receive and that God will remind you that everything good comes from Him.**

Every good gift and every perfect gift is from above, and comes down from the Father of lights, with whom there is no variation or shadow of turning. James 1:17

- **Pray that the Lord will teach you to see and appreciate His goodness.**  
Oh, taste and see that the Lord is good; blessed is the man who trusts in Him! Ps. 34:8
- **Pray for increased interest in studying the books of Daniel and Revelation. Pray that people will understand and proclaim the sanctuary service as a beautiful explanation of the salvation process. Pray for clear focus on Christ and His work for us during His life on earth, His death on the cross, His resurrection, His current ministry for us in the Most Holy Place in heaven, and His soon second coming.**  
Be diligent to present yourself approved to God, a worker who does not need to be ashamed, rightly dividing the word of truth. 2 Tim. 2:15  
Now this is the main point of the things we are saying! We have such a High Priest who is seated at the right hand of the throne of the Majesty in the heavens, a Minister of the sanctuary and of the true tabernacle, which the Lord erected, and not man. Heb. 8:1, 2
- **Pray for increased participation and commitment in evangelistic outreach by all church members and institutions as they support the ongoing mission of the church.**  
Let your light so shine before men, that they may see your good works and glorify your Father in heaven. Matt. 5:16
- **Pray for the establishment of thousands of “centers of influence,” especially in large cities around the world, and pray that these centers make a huge difference in people’s lives as they experience God’s truth through Christian service.**  
You are the salt of the earth; but if the salt loses its flavor, how shall it be seasoned? It is then good for nothing but to be thrown out and trampled underfoot by men. You are the light of the world. A city that is set on a hill cannot be hidden. Nor do they light a lamp and put it under a basket, but on a lampstand, and it gives light to all who are in the house. Let your light so shine before men, that they may see your good works and glorify your Father in heaven. Matt. 5:13-16
- **Mission to the Cities—Pray for the Southern Africa-Indian Ocean Division and the cities they are trying to win for Christ: Luanda, Angola; Antananarivo, Madagascar; Lilongwe, Malawi; Maputo, Mozambique; Saurimo, Angola; Bloemfontein, South Africa; Lubango, Angola; Kitwe, Zambia; and Harare, Zimbabwe. Pray also for the Southern Asia Division and the cities in India they are trying to win for Christ: Mumbai, Kochi, Bidar, New Delhi, Coimbatore, Surat, Imphal, and Vijayawada. Pray that God’s Word will bear fruit.**  
So shall My word be that goes forth from My mouth; it shall not return to Me void, but it shall accomplish what I please, and it shall prosper in the thing for which I sent it. Isa. 55:11
- **Pray for any personal needs or anything on your heart.**  
Delight yourself also in the Lord, and He shall give you the desires of your heart. Ps. 37:4
- **Praise God that He delights to answer your prayers and that He is going to answer at the right time and in the right way.**

Therefore I say to you, whatever things you ask when you pray, believe that you receive them, and you will have them. Mark 11:24

At the end of prayer time you may want to form groups of two or three and pray for the seven people that you have on your list. Pray that they will see God's goodness and will want to have it in their hearts and reflect it to others. Claim Matthew 12:35 for them: "A good man out of the good treasure of his heart brings forth good things, and an evil man out of the evil treasure brings forth evil things." If you have a personal prayer request that you are not comfortable praying about in the large group, feel free to share with your partner and pray about it together.

### **Suggested Songs**

"God Is So Good"; "Jesus Loves Me" (*SDA Hymnal* #190); "Day by Day" (*SDA Hymnal* #532); "I Need Thee Every Hour" (*SDA Hymnal* #483); "Leaning on the Everlasting Arms" (*SDA Hymnal* #469).

### **Ellen White on Goodness**

*But the fruit of the Spirit is . . . goodness.—Gal. 5:22*

True goodness is accounted of Heaven as true greatness. The condition of the moral affections determines the worth of the man. A person may have property and intellect, and yet be valueless, because the glowing fire of goodness has never burned upon the altar of his heart.

Goodness is the result of divine power transforming human nature. By believing in Christ, the fallen race he has redeemed may obtain that faith which works by love and purifies the soul from all defilement. Then Christlike attributes appear: for by beholding Christ men become changed into the same image from glory to glory, from character to character. Good fruit is produced. The character is fashioned after the divine similitude, and integrity, uprightness, and true benevolence are manifested toward the sinful race.

The Lord has placed every human being on test and trial. He desires to prove and to try us, to see if we will be good and do good in this life, to see if he can trust us with eternal riches, and make us members of the royal family, children of the heavenly King.

There is no limit to the good you may do. If you make the Word of God the rule of your life, and govern your actions by its precepts, making all your purposes and exertions in the fulfilling of your duty a blessing and not a curse to others, success will crown your efforts. You have placed yourself in connection with God; you have become a channel of light to others. You are honored by becoming co-laborers with Jesus; and no higher honor can you receive than the blessed benediction from the lips of the Saviour: "Well done, good and faithful servant" (*My Life Today*, p. 54).

### **Questions for Personal Reflection**

1. In what ways have you seen God's goodness in your life recently? Take some time to thank God for what He has done.
2. What can you do to reflect the same goodness to others? Ask God to show what can you do and to give you the strength to reflect His goodness to others.



**Let's  
Pray!**



## Day 8—Faithfulness

### Hebrews 11:1-11

#### Suggestions for Intercessory Prayer

Feel free to claim other promises as well. Remember, all of God's biddings are His enablings!

- **Praise God for His faithfulness and forgiveness.**  
If we confess our sins, He is faithful and just to forgive us our sins and to cleanse us from all unrighteousness. 1 John 1:9
- **Praise God for the gift of faith.**  
For by grace you have been saved through faith, and that not of yourselves; it is the gift of God. Eph. 2:8
- **Praise God that He does not change and remains faithful even when we are faithless.**  
If we are faithless, He remains faithful; He cannot deny Himself. 2 Tim. 2:13
- **Praise God that He rewards our faithfulness.**  
A faithful man will abound with blessings. Prov. 28:20a
- **Pray that God will make you faithful in the small things. Tell Him some of those small things in which you need to learn to be faithful.**  
He who is faithful in what is least is faithful also in much; and he who is unjust in what is least is unjust also in much. Luke 16:10
- **Pray that God will give you faith and help you believe.**  
Jesus said to him, "If you can believe, all things are possible to him who believes."  
Mark 9:23  
  
So the Lord said, "If you have faith as a mustard seed, you can say to this mulberry tree, 'Be pulled up by the roots and be planted in the sea,' and it would obey you."  
Luke 17:6
- **Pray that God will teach you to walk by faith and not by sight. Pray for specific situations in which you need to learn to walk by faith and not by sight.**  
For we walk by faith, not by sight. 2 Cor. 5:7
- **Pray that you will not trust in the wisdom of men but in the power of God.**  
That your faith should not be in the wisdom of men but in the power of God. 1 Cor. 2:5
- **Pray that God will increase your faith.**  
And the apostles said to the Lord, "Increase our faith." Luke 17:5
- **Pray for your local pastor, asking that God will give your pastor an abundant measure of faith.**  
And whatever things you ask in prayer, believing, you will receive. Matt. 21:22

- **Pray that every church leader around the world holds deeply to a faithful spiritual and evangelistic perspective. Plead with the Lord to guard pastors and church members against losing the prophetic identity of who we are as the Seventh-day Adventist Church, God’s remnant church at the end of time.**

But you are a chosen generation, a royal priesthood, a holy nation, His own special people, that you may proclaim the praises of Him who called you out of darkness into His marvelous light; who once were not a people but are now the people of God, who had not obtained mercy but now have obtained mercy. 1 Peter 2:9, 10

- **Pray for the increased use of Christian literature by all church members and for increased emphasis on literature evangelism, both through hard copy and electronic formats.**

But this I say: He who sows sparingly will also reap sparingly, and he who sows bountifully will also reap bountifully. 2 Cor. 9:6

- **Mission to the Cities—Pray for the Southern-Asia Pacific Division and the cities on which they are concentrating their efforts: Metro Manila, Philippines; Dhaka, Bangladesh; Cebu, Philippines; Makassar, Indonesia; Yangon, Myanmar; Urdaneta, Philippines; Karachi, Pakistan; Kota Kinabalo, Malaysia; Davao, Philippines; and Medan, Indonesia. Pray for the workers to be filled and empowered by the Holy Spirit.**

But you shall receive power when the Holy Spirit has come upon you; and you shall be witnesses to Me in Jerusalem, and in all Judea and Samaria, and to the end of the earth. Acts 1:8

- **Pray for any personal needs or anything on your heart.**

Ask, and it will be given to you; seek, and you will find; knock, and it will be opened to you. Matt. 7:7

- **Praise God for being faithful in listening and answering your prayers. Praise Him for what He is going to do.**

And whatever things you ask in prayer, believing, you will receive. Matt. 21:22

At the end of prayer time you may want to form groups of two or three and pray for the seven people that you have on your list. Pray that God will increase their faith. Claim Hebrews 11:6 for them: “But without faith it is impossible to please Him, for he who comes to God must believe that He is, and that He is a rewarder of those who diligently seek Him.” If you have a personal prayer request that you are not comfortable praying about in the large group, feel free to share with your partner and pray about it together.

### **Suggested Songs**

“Tis So Sweet to Trust in Jesus” (SDA Hymnal #524); “Standing on the Promises” (SDA Hymnal #518); “My Faith Is Built on Nothing Less” (SDA Hymnal #522); “It Is Well with My Soul” (SDA Hymnal #530).



## Ellen White on Faith and Faithfulness

*But the fruit of the Spirit is . . . faithfulness.—Gal. 5:22*

In coming to Christ there must be an exercise of faith. We need to bring Him into our everyday life; then we shall have peace and joy, and we shall know by experience the meaning of His word, “If ye keep my commandments, ye shall abide in my love, even as I have kept my Father’s commandments, and abide in his love” (John 15:10). Our faith must claim the promise, that we may abide in the love of Jesus. Jesus said, “These things have I spoken unto you, that my joy might remain in you, and that your joy might be full” (verse 11).

Faith works by love and purifies the soul. Through faith the Holy Spirit finds access to the heart, and creates holiness therein. Man cannot become an agent to work the works of Christ unless he is in communion with God through the Holy Spirit. We can be fitted for heaven only through a transformation of character; we must have Christ’s righteousness as our credentials, if we would find access to the Father. We must be partakers of the divine nature, having escaped the corruption that is in the world through lust. We must daily be transformed by the influence of the Holy Spirit; for it is the work of the Holy Spirit to elevate the taste, to sanctify the heart, to ennoble the whole man, by presenting to the soul the matchless charms of Jesus (*Ye Shall Receive Power*, p. 77).

Every act of life, however small, has its bearing for good or for evil. Faithfulness or neglect in what are apparently the smallest duties may open the door for life’s richest blessings or its greatest calamities. It is little things that test the character. It is the unpretending acts of daily self-denial, performed with a cheerful, willing heart, that God smiles upon. We are not to live for self, but for others. And it is only by self-forgetfulness, by cherishing a loving, helpful spirit, that we can make our life a blessing. The little attentions, the small, simple courtesies, go far to make up the sum of life’s happiness, and the neglect of these constitutes no small share of human wretchedness (*Conflict and Courage*, p. 52).

Upon your faithfulness in this work not only the well-being of others but your own eternal destiny depends. Christ is seeking to uplift all who will be lifted to companionship with Himself, that we may be one with Him as He is one with the Father. He permits us to come in contact with suffering and calamity in order to call us out of our selfishness; He seeks to develop in us the attributes of His character—compassion, tenderness, and love. By accepting this work of ministry we place ourselves in His school, to be fitted for the courts of God (*Christ’s Object Lessons*, p. 388).

Those who enter the work as “eye-servants” will find that their work cannot bear the inspection of mortals or of angels. The thing essential for successful work is a knowledge of Christ; for this knowledge will give sound principles of right, [and] impart a noble, unselfish spirit, like that of our Savior whom we profess to serve. Faithfulness, economy, care-taking, thoroughness, should characterize all our work, wherever we may be, whether in the kitchen, in the workshop, in the office of publication, in the sanitarium, in the college, or wherever we are stationed in the vineyard of the Lord. “He that is faithful in that which is least is faithful also in much: and he that is unjust in the least is unjust also in much” (*Review and Herald*, Sept. 22, 1891).

We are to behold Christ, and by beholding to become changed. We must come to Him, as to an open, inexhaustible fountain, from which we may drink again and again, and ever find a fresh supply. We are to respond to the drawing of His love, to feed on the Bread of Life which came down from heaven, to drink of the Water of Life which flows from the throne of God. We are to keep looking up, that faith may bind us to the throne of God. Do

not look down, as though you were bound to the earth. Do not keep up an examination of your faith, pulling it up, as though it were a flower, to see if it has any root. Faith grows imperceptibly (*Ye Shall Receive Power*, p. 77).

### **Questions for Personal Reflection**

1. Do you have faith in God even in the most difficult situations? Ask God to increase your faith! Claim His promises.
2. Read the last paragraph above. Make a list of things you can do to increase your faith. Ask God to teach you how to apply them in your life.



**Let's  
Pray!**



## Day 9—Gentleness

### James 3:13-18 & Colossians 3:12-17

#### Suggestions for Intercessory Prayer

Feel free to claim other promises as well. Remember, all of God's biddings are His enableings!

- **Praise God for the ways Jesus set an example of how to be gentle.**  
He was oppressed and He was afflicted, yet He opened not His mouth; He was led as a lamb to the slaughter, and as a sheep before its shearers is silent, so He opened not His mouth. Isa. 53:7
- **Praise God that He is calling us to learn from Him and that by imitating Him we can have peace.**  
Take My yoke upon you and learn from Me, for I am gentle and lowly in heart, and you will find rest for your souls. Matt. 11:29
- **Praise God that His gentleness is making us great.**  
You have also given me the shield of Your salvation; Your right hand has held me up, Your gentleness has made me great. Ps. 18:35
- **Praise God that He teaches the humble His ways.**  
The humble He guides in justice, and the humble He teaches His way. Ps. 25:9
- **Ask God to give you His gentle wisdom.**  
But the wisdom that is from above is first pure, then peaceable, gentle, willing to yield, full of mercy and good fruits, without partiality and without hypocrisy. James 3:17
- **Ask God to teach you how to be gentle.**  
But you, O man of God, flee these things and pursue righteousness, godliness, faith, love, patience, gentleness. 1 Tim. 6:11  
  
Do not let your adornment be merely outward—arranging the hair, wearing gold, or putting on fine apparel—rather let it be the hidden person of the heart, with the incorruptible beauty of a gentle and quiet spirit, which is very precious in the sight of God. 1 Pet. 3:3, 4
- **Pray that God will teach you how to lift up with gentleness someone who is weak and has fallen.**  
Brethren, if a man is overtaken in any trespass, you who are spiritual restore such a one in a spirit of gentleness, considering yourself lest you also be tempted. Gal. 6:1
- **Ask the Lord to teach you to be gentle even to those who are not gentle toward you.**  
Let your gentleness be known to all men. The Lord is at hand. Phil. 4:5

- **Are there any people and situations in your life where you need to learn more gentleness? Pray for those situations, asking that you will learn from Him how to be gentle.**  
It is God who arms me with strength, and makes my way perfect. Ps. 18:32
- **Pray that God will teach you how to humble yourself.**  
Therefore humble yourselves under the mighty hand of God, that He may exalt you in due time. 1 Peter 5:6  
And whoever exalts himself will be humbled, and he who humbles himself will be exalted. Matt. 23:12
- **Pray for greater support and interest by all church members and leaders in maintaining Seventh-day Adventist education as truly Seventh-day Adventist in content and emphasis. This is so vital to the church's future workforce and mission perspective.**  
Train up a child in the way he should go, and when he is old he will not depart from it. Prov. 22:6
- **Pray for an increased emphasis on small-group outreach, so that all members are participating in personal witnessing and proclaiming God's great truth in these last days.**  
But sanctify the Lord God in your hearts, and always be ready to give a defense to everyone who asks you a reason for the hope that is in you, with meekness and fear. 1 Pet. 3:15
- **Mission to the Cities—Pray for the Trans-European Division and the cities they are trying to win for Christ: London, England; Zagreb, Croatia; Tallinn, Estonia; Dublin, Ireland; Copenhagen, Denmark; Helsinki, Finland; Budapest, Hungary; Bergen, Norway; Randstad, Netherlands; Warsaw, Poland; Belgrade, Serbia; and Gothenburg, Sweden. Pray for people to have a deep hunger for the Word of God.**  
“Behold, the days are coming,” says the Lord GOD, “That I will send a famine on the land, not a famine of bread, nor a thirst for water, but of hearing the words of the LORD.” Amos 8:11
- **Pray for any personal needs or anything on your heart.**  
But I am poor and needy; yet the Lord thinks upon me. You are my help and my deliverer; do not delay, O my God. Ps. 40:17
- **Praise God that He does not withhold anything good from His children and that He is going to answer your prayers.**  
Yet you do not have because you do not ask. . . . Until now you have asked nothing in My name. Ask, and you will receive, that your joy may be full. James 4:2; John 16:24

At the end of prayer time you may want to form groups of two or three and pray for the seven people that you have on your list. Pray that God will make them gentle and that they can be witnesses for Him. Claim James 1:19, 20 for them: “So then, my beloved brethren, let every man be swift to hear, slow to speak, slow to wrath; for the wrath of man does not produce the righteousness of God.” If you have a personal prayer request that you are not comfortable praying about in the large group, feel free to share with your partner and pray about it together.

## Suggested Songs

“I Love You Lord”; “Like Jesus” (SDA Hymnal #492); “Take Time to Be Holy” (SDA Hymnal #500); “I Need the Prayers” (SDA Hymnal #505); “Under His Wings” (SDA Hymnal #531).

## Ellen White on Gentleness

*But the fruit of the Spirit is . . . gentleness.—Gal. 5:22, 23*

You are to represent Christ in His meekness and gentleness and love. True gentleness is a gem of great value in the sight of God (*My Life Today*, p. 53).

If we have Christ abiding with us, we shall be Christians at home as well as abroad. He who is a Christian will have kind words for his relatives and associates. He will be kind, courteous, loving, sympathetic, and will be educating himself for an abode with the family above. If he is a member of the royal family, he will represent the kingdom to which he is going. He will speak with gentleness to his children, for he will realize that they, too, are heirs of God, members of the heavenly court. Among the children of God no spirit of harshness dwells; for “the fruit of the Spirit is love, joy, peace, longsuffering, gentleness, goodness, faith, meekness, temperance: against such there is no law.” The spirit that is cherished in the home is the spirit that will be manifested in the church (*Ye Shall Receive Power*, p. 75).

No member of the family can enclose himself within himself, where other members of the family shall not feel his influence and spirit. The very expression of the countenance has an influence for good or evil. His spirit, his words, his actions, his attitude toward others, are unmistakable. . . . If he is filled with the love of Christ, he will manifest courtesy, kindness, tender regard for the feelings of others, and will communicate to his associates, by his acts of love, a tender, grateful, happy feeling. It will be made manifest that he is living for Jesus. . . . He will be able to say to the Lord, “Thy gentleness hath made me great” (*My Life Today*, p. 53).

Oh, we must educate the soul to be pitiful, gentle, tender, full of forgiveness and compassion. While we lay aside all vanity, all foolish talking, jesting, and joking, we are not to become cold, unsympathetic, and unsocial. The Spirit of the Lord is to rest upon you until you shall be like a fragrant flower from the garden of God. You are to keep talking of the light, of Jesus, the Sun of righteousness, until you shall change from glory to glory, from character to character, going on from strength to strength, and reflecting more and more of the precious image of Jesus. When you do this, the Lord will write in the books of heaven, “Well done,” because you represent Jesus (*Ye Shall Receive Power*, p. 75).

## Questions for Personal Reflection

1. In what areas of life do you need to be more gentle? To what people could you show more gentleness?
2. Make a list of people to whom you could be more gentle and ask God to give you His gentleness so that you may reflect Him to them. Praise Him in advance for the victory He is going to give you.



Let's  
Pray!



## Day 10—Self-Control

### Matthew 4:1-11

#### Suggestions for Intercessory Prayer

Feel free to claim other promises as well. Remember, all of God's biddings are His enablings!

- **Praise God that He gives you strength to have self-control. Praise God for the ways He has given you strength to have self-control in specific situations.**

It is God who arms me with strength, and makes my way perfect. Ps. 18:32

- **Praise God that His strength is made perfect in your weakness.**

And He said to me, "My grace is sufficient for you, for My strength is made perfect in weakness." 2 Cor. 12:9

- **Praise God that He is the one who gives you willingness and helps you to have self-control.**

For it is God who works in you both to will and to do for His good pleasure. Phil. 2:13

Now thanks be to God who always leads us in triumph in Christ, and through us diffuses the fragrance of His knowledge in every place. 2 Cor. 2:14

- **Ask God to make you willing to have self-control.**

I beseech you therefore, brethren, by the mercies of God, that you present your bodies a living sacrifice, holy, acceptable to God, which is your reasonable service. And do not be conformed to this world, but be transformed by the renewing of your mind, that you may prove what is that good and acceptable and perfect will of God. Rom. 12:1, 2

- **Ask God to help you hate the things of the world and to give you love for Him and Him only. Tell Him about those things that you need to learn to hate.**

Do not love the world or the things in the world. If anyone loves the world, the love of the Father is not in him. For all that is in the world—the lust of the flesh, the lust of the eyes, and the pride of life—is not of the Father but is of the world. And the world is passing away, and the lust of it; but he who does the will of God abides forever. 1 John 2:15-17

- **Ask God to remind you every time you are tempted that your body is the temple of the Holy Spirit.**

Or do you not know that your body is the temple of the Holy Spirit who is in you, whom you have from God, and you are not your own? For you were bought at a price; therefore glorify God in your body and in your spirit, which are God's. 1 Cor. 6:19, 20

As His divine power has given to us all things that pertain to life and godliness, through the knowledge of Him who called us by glory and virtue, by which have

been given to us exceedingly great and precious promises, that through these you may be partakers of the divine nature, having escaped the corruption that is in the world through lust. 2 Pet. 1:3, 4

➤ **Ask God to help you do everything for His glory.**

Therefore, whether you eat or drink, or whatever you do, do all to the glory of God. 1 Cor. 10:31

➤ **Ask God to help you live a life hidden in Him.**

I have been crucified with Christ; it is no longer I who live, but Christ lives in me; and the life which I now live in the flesh I live by faith in the Son of God, who loved me and gave Himself for me. Gal. 2:20

➤ **Pray for the united evangelistic and witnessing activities of every Seventh-day Adventist man, woman, and child around the world. Pray that we are empowered by the Holy Spirit as we submit to His leading in our lives.**

But the Lord said to me: “Do not say, ‘I am a youth,’ for you shall go to all to whom I send you, and whatever I command you, you shall speak. Do not be afraid of their faces, for I am with you to deliver you,” says the Lord. Jer. 1:7, 8

➤ **Pray that God will bring to the forefront godly, teachable, and humble leaders for the future who will provide Christ-centered leadership as His church fulfills its heaven-born mandate to the world.**

You also, as living stones, are being built up a spiritual house, a holy priesthood, to offer up spiritual sacrifices acceptable to God through Jesus Christ. 1 Pet. 2:5

➤ **Pray that Christ will bring peace and love into Seventh-day Adventist families and homes. Pray that His presence will drive away abuse and stress through the sanctifying power of His righteousness.**

But above all these things, put on love, which is the bond of perfection. And let the peace of God rule in your hearts, to which also you were called in one body; and be thankful. Col. 3:14, 15

➤ **Mission to the Cities—Pray for the West-Central Africa Division and the cities they are working to reach for Christ: Lagos, Nigeria; Douala, Cameroon; Calabar, Nigeria; Accra, Ghana; Abuja, Nigeria; and Lome, Togo. Pray that people will see their need of Christ and call upon Him.**

For “whoever calls on the name of the LORD shall be saved.” Rom. 10:13

➤ **Pray for any personal needs or anything on your heart.**

And my God shall supply all your need according to his riches in glory by Christ Jesus. Phil. 4:19

➤ **Praise God that nothing is impossible with Him and that He has heard and answered your prayers.**

For the eyes of the Lord run to and fro throughout the whole earth, to show Himself strong on behalf of those whose heart is loyal to Him. 2 Chron. 16:9a

At the end of prayer time you may want to form groups of two or three and pray for the seven people that you have on your list. Pray that they will treat their bodies as the temple of the Holy Spirit and that they will have self-control. Claim 1 Cor. 10:13 for them: “No temptation has overtaken you except such as is common to man; but God is faithful, who will not allow you to be tempted beyond what you are able, but with the temptation will also make the way of escape, that you may be able to bear it.” If you have a personal prayer request that you are not comfortable praying about in the large group, feel free to share with your partner and pray about it together.

## Suggested Songs

“I Love You Lord”; “Jesus Loves Me” (*SDA Hymnal* #190); “A Child of the King” (*SDA Hymnal* #468); “I Will Sing of Jesus’ Love” (*SDA Hymnal* #183); “Stand Up! Stand Up for Jesus” (*SDA Hymnal* #618); “Onward, Christian Soldiers!” (*SDA Hymnal* #612).

## Ellen White on Self-Control

*But the fruit of the Spirit is . . . self-control.—Gal. 5:22, 23*

God requires all men to render their bodies to Him a living sacrifice, not a dead or a dying sacrifice, a sacrifice which their own course of action is debilitating, filling with impurities and disease. God calls for a living sacrifice. The body, He tells us, is the temple of the Holy Ghost, the habitation of His Spirit, and He requires all who bear His image to take care of their bodies for the purpose of His service and His glory. “Ye are not your own,” says the inspired apostle, “ye are bought with a price”; wherefore “glorify God in your body, and in your spirit, which are God’s” (1 Corinthians 6:19, 20). In order to do this, add to virtue knowledge, and to knowledge temperance, and to temperance patience.

It is a duty to know how to preserve the body in the very best condition of health, and it is a sacred duty to live up to the light which God has graciously given. If we close our eyes to the light for fear we shall see our wrongs, which we are unwilling to forsake, our sins are not lessened but increased. If light is turned from in one case, it will be disregarded in another.

It is just as much sin to violate the laws of our being as to break one of the Ten Commandments, for we cannot do either without breaking God’s law. We cannot love the Lord with all our heart, mind, soul, and strength while we are loving our appetites, our tastes, a great deal better than we love the Lord. We are daily lessening our strength to glorify God, when He requires all our strength, all our mind. By our wrong habits we are lessening our hold on life, and yet professing to be Christ’s followers, preparing for the finishing touch of immortality. . . (*Ye Shall Receive Power*, p. 79).

A strict compliance with the Bible requirements will be a blessing, not only to the soul, but to the body. The fruit of the Spirit is not only love, joy, and peace, but temperance also. We are enjoined not to defile our bodies, for they are the temples of the Holy Ghost. The case of Daniel shows us, that, through religious principle, young men may triumph over the lust of the flesh and remain true to God’s requirements, even though it cost them a great sacrifice. What if he had made a compromise with those heathen officers, and had yielded to the pressure of the occasion by eating and drinking as was customary with the Babylonians? That one wrong step would probably have led to others, until, his connection with heaven being severed, he would have been borne away by temptation. But while he clung to God with unwavering trust, the spirit of prophetic power came upon him. While he was instructed of man in the duties of court life, he was taught of God to read the mysteries of future ages (*Testimonies for the Church*, vol. 4, p. 570).

*Closely examine your own hearts, and in your lives imitate the unerring Pattern, and all will be well with you. Preserve a clear conscience before God. In all you do glorify His name. Divest yourselves of selfishness and selfish love* (*Testimonies for the Church*, vol. 2, p. 71).

## Questions for Personal Reflection

1. In which areas of life do you need more self-control? Make a list of them and present them to God. Claim His promises for victory and praise Him in advance for the victory He is going to give.
2. Do you know anyone else who needs more self-control? Take some time to pray and claim God’s promises for this person as well.



Let's  
Pray!





**DAY 11 – SABBATH 17th JANUARY 2015**  
**WALKING IN THE SPIRIT AS CHILDREN OF THE LIGHT**

**Scripture reading: Ephesians 5:8-14**

**INTRODUCTION**

Experiencing the fruit of the Spirit implies that we walk in the spirit. After having examined the different manifestations of the fruit of the Spirit from Galatians 5:22, we'll talk today about walking in the Spirit as children of light and our study text is found in Ephesians 5: 8-14.

Ephesians, chapter 5, talks about change - change from the state of darkness to the state of light. Light and darkness are two words that are completely opposite, the opposition does not lie only in their spelling but also in their nature.

While the devil is now trying to deceive humans by compromise, God shows us clearly that this way is fatal. He who walks in the Spirit is a child of light and that light is manifest through his actions in the life of every day.

**THE CHILD OF LIGHT WALKING IN THE SPIRIT:**

- How has he changed? How is he characterized? What is his responsibility? How is he called?

These are important issues that we will look into through these verses of Ephesians 5.

But before we go there, it's important to remember something that we may have the tendency to put aside or forget - the flesh against the spirit! Let's review this sad but realistic point together so that we can understand the extent of our role and responsibility.

**I. SPIRITUAL v/s FLESH**

While we are delivered from the world, we still possess a deep familiarity with the world and its ways. There is still a part of us, the fleshly part, which still desires the things of the world we left behind when we accepted Jesus-Christ as Savior and Lord.

Beyond that, there is:

- pressure for the saints of God to be more like the world around them.
- overt pressure from advertising, entertainment, and other forms of media for us to do what the world does.
- subtle pressure even from people we love who would like to see us behave a little more like them. They would like to see us do the things they do.
- pressure from within as the flesh reaches out for the things that are now forbidden to it.

While there is pressure to go back, there is also pressure to go forward. Just as surely as the flesh and the world longs for us to conform to its ways, the Spirit of God and the resurrected spirit within us want us to be transformed so that we might be what God saved us to be - Galatians 5:16-17; 22; Romans 12:1-2.; Galatians 5:17.

Ephesians 5: 7 says, “Be not ye therefore partakers with them...” and verses 8-14 teach us how to make that a reality in our lives; these verses point out some insights that speak to us about **Walking in the Spirit as children of light.**

We live in a hard, dark world, a world that is dominated and driven by sin. In the midst of that darkness and depravity, God has redeemed a people. He has redeemed a people that He expects to be different. He has redeemed a people He has empowered to be different with the fruit of the Spirit as we have experienced during these special 10 days of prayer. The Holy Spirit, through Paul, tells us how that can become a reality in our lives.

## **II. HOW WE ARE CHANGED? – verse 8**

- What were we before? We “*were sometimes darkness.*”

This means that we were lost and we were sunk in darkness of sin and depravity. We practiced the abominations of darkness. We were blinded by the god of this world - 2 Corinthians 4:4. We lived like every other lost person, and we enjoyed it - Ephesians 2:1-3.

- What we are now? We “*are light in the Lord.*”

When we accepted salvation through Jesus-Christ, we were delivered from darkness.

Colossians 1:13 says, “*Who hath delivered us from the power of darkness, and hath translated us into the kingdom of his dear Son.*”

When the Lord delivered us from darkness, He sets us free from the power of sin. He has changed and made us children of the light. We are not only in the light but we are light by virtue of our union with Christ, who is Himself the light.

Romans 13:12-14, “*The night is far spent, the day is at hand: let us therefore cast off the works of darkness, and let us put on the armour of light. Let us walk honestly, as in the day; not in rioting and drunkenness, not in chambering and wantonness, not in strife and envying. But put ye on the Lord Jesus Christ, and make not provision for the flesh, to fulfil the lusts thereof.*”

Our lives once manifested the works of the world, the flesh and the devil. Sin was a way of life for us. Darkness was where we lived, and what we loved. By the power of grace, the Lord has touched us, saved us, delivered us and changed us. He has brought us out of darkness into His marvelous light.

“*But ye are a chosen generation, a royal priesthood, an holy nation, a peculiar people; that ye should shew forth the praises of him who hath called you out of darkness into his marvellous light,*” 1 Peter 2:9.

Since that is true, we are to “*walk in the spirit as children of light – as light!*” **How?**

We do it by surrendering our all to the Spirit of God, who will produce within us the “*peaceable fruit of righteousness.*” We do it by cultivating the fruit of the Spirit in our single daily life.

### III. HOW WE ARE CHARACTERIZED? – verses 9-10

These two verses deal with the reality of our spiritual walk. If we are truly saved, and walking in the Spirit as children of light, it will be clear from the life we live.

The fruit of the Spirit is the fruit of the light. “Fruit” is used in the sense of result or consequence. As darkness is destructive of growth and fruit, so light is essential to them. Paul says that the “*fruit of light*” is seen in three ways.

- It is seen in Goodness

This word refers to “*uprightness of heart and life.*” It speaks of godliness in the motives, thoughts and actions. It is the quality of godlikeness. This has also to do with our treatment of others. When we practice “*goodness,*” we are walking in love to those around us. We are being God-like toward them, as we treat them like God treats us.

- It is seen in Righteousness

This word refers to our standing before the Lord. When we are receptive to His mercy and His love, God declares us righteous through Jesus-Christ. He takes away all our guilt, imputes the righteousness of Christ to us, and makes us holy in His sight.

Righteousness is seen in our lives when we live out the reality of who we are, and what we have been made in Christ Jesus. It speaks of a godliness that makes a life as being different and as belonging to the Lord.

- It is seen in Truth

This word has to do with honesty, reliability, and trustworthiness. When this quality is seen in the life of a believer, it stands in plain contrast to the hypocritical, deceptive and false ways of the world.

These three characteristics are called “*fruit.*” The good, the right and the true comprise the commandment and the whole duty of man. They are the “*fruit*”, the proof, of the presence of the life of the Lord in us and the desire to do His will.

The three characteristics Paul did mention, goodness, righteousness and truth, are only possible through the work of the Spirit in the life of a redeemed believer.

### IV. HOW WE ARE COMMISSIONED? – verses 11-13

The phrase “*have no fellowship*” means “*do not be a partaker of.*” Those who know the Lord should not be a partaker of those things that are evil, even by association.

We are to avoid all things that are evil. We are to avoid even the appearance of evil - 1 Thessalonians 5:22.

We have to be in the world. If we are not in the world at all, we cannot witness to the lost. However, we must be careful that we do not allow ourselves to get trapped by the ways of the world. We are to be a separate, holy people to the glory of the Lord.

We are to guard our heart, our mind and our body. Sin is all around us, but so is the help of the Spirit of God - 1 John 4:4. If we trust Him, He will help us to live lives that are holy and pleasing to Him.

Our responsibility to abstain from sin goes farther than simply not doing sinful things. Here, we are commanded to “*reprove them.*” This means that we are to “*expose*” evil for what it is. When we are silent about sin, we are guilty of encouraging it. When we ignore sin, we are guilty of promoting it.

The word “*reprove*” means “*to refute, to convict, to expose.*” It means that we confront sin by refusing to tolerate it. This means that there are times when we must speak out. We must tell others what the Bible says is right and what it says is wrong. Sometimes our intolerance of sin will be direct, as we deal face to face with those who are involved in sinful activities.

At other times, our reproof of wickedness will be indirect. That is, we do the opposite of what the world around us does, and God uses that to rebuke them for their error. They are selfish, but we are giving. They curse, we bless. They live for self, we live for God and for others. They lie, we speak the truth. Simply living for the Lord is a powerful testimony in the face of evil.

One of our problems is the fact that we don’t take sin seriously enough. We wink at it. We laugh about it. We see those around us who are engaged in sin, and we fail to confront. We just don’t take sin as seriously as we should. While we would never do many of the things those around us do, we enjoy them from a distance. Thus, we were still contaminated by it, because we refuse to take a stand against sin and rebuke it.

- Verse 12 tells us that it is a shame to talk about the things the world does. We love to hear a juicy bit of gossip, don’t we? We talk about the sins of others, passing it around from ear to ear. God says that it is a shame for us to do that!
- Verse 13 tells us how to handle sin. We handle sin by taking every action and exposing it to the light of the Word of God. We are to hold it up to the Bible, and if the Bible is against it, we are to be against it too. If the Bible is for it, we are to be for it. The Word of God alone is to be the standard for our lives.

Light makes things “*manifest,*” or “*easy to see.*” When we walk in the light, it makes the evil of the world around us easy to see. The children of God should walk so holy, so clean, and so close to God that we stand out as beacons of light in a dark world.

As we lift up truth and expose sin, not everyone will be happy. Still, it honors the Lord and is a far better advertisement for Him than a life which partakes of the sins of the world.

*“Ye are the light of the world. A city that is set on a hill cannot be hid. Neither do men light a candle, and put it under a bushel, but on a candlestick; nor does it give light unto all that are in the house. Let your light so shine before men, that they may see your good works, and glorify your Father which is in heaven.”* Matthew 5:14–16.

We are commissioned to be different.

## **V. OUR CALL – verse 14**

Paul closes this section with an invitation for the lost to come to Jesus for salvation. If they will wake up and come to Jesus with all their heart, He will save them and will make them light.

There is a call here for believers to walk up. We have wandered through this world in a spiritual slumber for far too long. It is time to wake up and get about the Savior’s business. When we do, we will be light to a world trapped in darkness. It may just be that the Lord will use that light to save sinners.

Here is how Paul said it elsewhere: “*And that, knowing the time, that now it is high time to awake out of sleep: for now is our salvation nearer than when we believed. The night is far spent, the day is at hand: let us therefore cast off the works of darkness,*

*and let us put on the armour of light. Let us walk honestly, as in the day; not in rioting and drunkenness, not in chambering and wantonness, not in strife and envying. But put ye on the Lord Jesus Christ, and make not provision for the flesh, to fulfil the lusts thereof,”* Romans 13:11–14.

The church needs to heed that today!

## **CONCLUSION**

There was one a great fire in Edinburgh, Scotland, in which people hurried to exit the building through a passage that led to the street. They were almost safe when a rush of smoke met them, blowing into the passage from the outside. The smoke concealed the light just outside, and prevented them from seeing the only chance they had of escape. In their darkness, they did not know that safety was just ahead. Instead of running straight through the smoke, they entered through a door into a room that seemed safe. But soon all the oxygen was exhausted and they all suffocated. If only they had seen the light they might have lived.

We are urged to walk in the Spirit so that we can be children of light for the world needs the light we have to show them. It is the Lord’s will that His children be light in a dark world. It is the power of His light within us that will highlight the differences between us and the lost world around us.

Dear brothers and sisters, God has granted us another 10 days of prayer at the beginning of this new year 2015 – we praise Him for that!

But, the crucial question is where are we now?

- Have you experienced the fruit of the Spirit as children of light?
- Are you the same person that you were before or has there been a change in your relationship with God?
- Does the light of Christ shine through you in this dark world or is it the darkness of this world shining in your life?

These personal issues are crucial because they show your walk in the Spirit!

God is calling you this morning for he wants you to have a spirit-filled walk as a child of light!!!

Dear fellow Christians, let’s seek the Lord today and ask Him to help us to *“walk as children of light full of His Spirit.”*

*Pastor Wesley Orioux  
Prayer Ministry, IOUC*



## Day 11—Walking in the Spirit Suggested Format for Final Sabbath

This final Sabbath should be a time of great rejoicing in all that God has done for you and your church during the Ten Days of Prayer. Design your day to celebrate God's goodness and mighty power. Consider how you have experienced the outpouring of the Holy Spirit during the past ten days. This Sabbath is an opportunity to rejoice in what He has done, is doing, and will do.

### **Theme Text: Ephesians 5:1, 2, 8-21**

Therefore be imitators of God as dear children. And walk in love, as Christ also has loved us and given Himself for us, an offering and a sacrifice to God for a sweet-smelling aroma. . . .

For you were once darkness, but now you are light in the Lord. Walk as children of light (for the fruit of the Spirit is in all goodness, righteousness, and truth), finding out what is acceptable to the Lord. And have no fellowship with the unfruitful works of darkness, but rather expose them. For it is shameful even to speak of those things which are done by them in secret. But all things that are exposed are made manifest by the light, for whatever makes manifest is light. Therefore He says:

“Awake, you who sleep,  
Arise from the dead,  
And Christ will give you light.”

See then that you walk circumspectly, not as fools but as wise, redeeming the time, because the days are evil. Therefore do not be unwise, but understand what the will of the Lord is. And do not be drunk with wine, in which is dissipation; but be filled with the Spirit, speaking to one another in psalms and hymns and spiritual songs, singing and making melody in your heart to the Lord, giving thanks always for all things to God the Father in the name of our Lord Jesus Christ, submitting to one another in the fear of God. Eph. 5:1, 2, 8-21

The needs of each congregation are unique, so please work with local leaders to develop a specific plan for your church. Some suggested items to include in your final Sabbath church service:

- **Biblical Teaching on Ephesians 5:** This could be a sermon or homily, or the passage could be used as a basis for weaving together stories of how God has worked during the Ten Days of Prayer.
- **Testimonies:** Include ample time for testimonies of answered prayer. Those who have participated in the Ten Days of Prayer should have many stories they can share with the congregation, but encourage them to be brief so that everyone can participate. Others may also have stories. It might be good to have some testimonies pre-planned, in addition to having an open sharing time.

- **Prayer Time:** Invite the whole congregation to join in a time of united prayer. You could lead the congregation through an interactive prayer similar to what you have used throughout the week. You might pray over Galatians 5 together. This could be done with people in small groups or with everyone praying together. Another option would be to have several different kinds of prayer throughout the service—small-group, individual, congregational, silent, and so on. Take time to pray the Scriptures that have blessed you.
- **Singing:** This is a day to rejoice in all God has done, and music is a great way to celebrate. If there is a song that has become a theme song for your group, make sure to sing that with the whole congregation.
- **Future Plans:** If God has led you toward a special outreach or ministry through the Ten Days of Prayer, let your church family know about your plans and invite them to join in.
- **Children/Youth:** A children's story about prayer would certainly be appropriate. Also, if you have had any children or youth involved with the regular prayer meetings, have them share their testimonies and/or lead out in a prayer time.
- **Flexibility:** Make sure to be flexible in your plans so that you can follow the Holy Spirit's leading throughout the service.



Let's  
Pray!

## Things to pray for:

- Pray that God will teach you how to abide in Him.
- Pray that God will give you love in your heart for the lost.
- Praise God that gladness is a fruit of righteousness.
- Pray that God will give you His peace that surpasses all understanding.
- Ask the Lord to teach you how to repay good for evil. Pray for those specific situations in which you have to learn to repay good for evil.
- Ask God to give you the strength to be kind to everyone, including your family members and enemies.
- Ask God to show you how to manifest goodness toward your family members and your brothers and sisters in Christ.
- Pray that God will make you faithful in the small things. Tell him some of those small things where you need to learn to be faithful.
- Ask God to teach you how to be gentle.
- Ask God to help you hate the things of the world and give you love for Him and Him only. Tell Him about those things that you need to learn to hate.
- Pray for the young people in our church that they will find joy in following Christ. Lift up the young people from your church by name in prayer.
- Pray for increasing emphasis on the wonderful doctrine of Biblical creation with our earth being created in six, literal, consecutive days by the word of the Lord.
- Mission to the Cities around the world.
- Pray for the worldwide unity in every church and entity and respect for accepted church policy/process and full engagement in the mission of the church. Pray for humility in our lives so we will be united in our submission to God's leading and the process of the church to make commonly-agreed upon decisions.
- Pray for the 60th General Conference Session in San Antonio, for the delegates and the decisions that are going to be made there. Pray that the Holy Spirit will lead in every decision that needs to be made.
- Pray for expanded emphasis on "Revival and Reformation" throughout the world.

