

*devotional*

A CALL TO  
**SPIRITUAL REFORMATION**



*for GCF Nuvali's Prayer and Fasting Week*

FEBRUARY 17 to 24

*devotional*

DAY ONE



*Monday*

A.W. TOZER

## TEACH ME TO LISTEN

Scripture reading: *1 Samuel 3:10*

Lord, teach me to listen. The times are noisy and my ears are weary with the thousand raucous sounds which continuously assault them. Give me the spirit of the boy Samuel when he said to Thee, "Speak, for thy servant heareth." Let me hear Thee speaking in my heart. Let me get used to the sound of Thy voice, that its tones may be familiar when the sounds of earth die away and the only sound will be the music of Thy speaking voice. Amen.

### Prayer Items:

1. *Pray for our country.*
2. *Pray for our President.*
3. *Pray for our economy.*

*devotional*

DAY TWO

MARTIN LLOYD-JONES

## WHAT OUR LORD PRAYS FOR

Scripture reading: *John 17:15*

The primary object of Christ's prayer is not so much that His followers may be one with one another as that they may be kept in true unity with Him, with God the Father, and therefore with each other. That is the nature of communion. Obviously this has to be worked out in greater detail, and never perhaps was this more necessary than today.

The next thing He prays for them is that they may be kept from the evil one - the devil, the god of this world, the prince of the power of the air - and the evil that is in the world as the result of his activities and effort. Our Lord does not pray that they may be taken out of the world.

We sometimes wish we could pray that; the idea of monasticism is somewhere down in the depths of all of us. We want to retire out of the world and arrive

*Tuesday*



in the some magic circle where nothing can disturb us. There is a longing in the suffering, persecuted Christian to get out of the world. But our Lord does not pray that they may be taken out of the world in any sense, nor that they may be taken out of it by death, but rather that in it they may be kept from evil.

Your business and mine as Christian people is to be in the midst of this world and its affairs and still remain true and loyal to God and be kept from the evil. "Pure religion and undefiled before God and the Father is this," says James, not to retire out of every vocation in life, but rather to visit the fatherless and widows in their affliction, and to keep himself unspotted from the world" (James 1:27). The task of the Christian is to be in the midst of this world and its affairs in order that he or she may do this work of evangelism.

### Prayer Items:

1. *Pray for CBAP Project PAGASA – May the Lord provide Conservative Baptist Association of the Philippines its own place located at Bgy. Pagasa (back of SM North Edsa).*
2. *Pray for the leaders of CBAP especially our General Director Dr. Rey Avante.*

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JOSH MCDOWELL

## CENTERED ON CHRIST

Scripture reading: *Ephesians 1:4,9*

Before God spoke the universe into being, before He shaped this planet into a beautiful paradise, before He breathed into humans the breadth of life... He had a plan to deal with sin and death. He knew sin would enter your world and you would be separated from Him. His plan was miraculous and merciful. It was centered on Christ with the mission to restore your relationship with Him.

Truth is, without Jesus coming to earth to die, you and all who have lived before you or will live after you are doomed. There is no hope for forgiveness by God unless Jesus showed up in human form and offered Himself as a sacrifice for sin. He was, and is, your only hope of forgiveness. "For he has rescued us from the kingdom of darkness (death) and transferred us into the Kingdom of his dear Son, who purchased our freedom and forgave our sins" (Colossians 1:13-14).

God's entire plan of salvation was, and is, centered on the amazing Incarnation (God in Christ becoming human) and purchasing your freedom from death.

DAY THREE

### Prayer Items:

1. *Pray for the whole Greenhills Christian Fellowship (GCF) Family of Churches.*
2. *Pray for the Conservative Baptist Christian Fellowship (CBCF) Family of Churches.*



MARTIN LLOYD-JONES

## ASSURANCE IN PRAYER

Scripture reading: *1 John 3:21-22*

Over and above my confidence is y right of access; I must have assurance with regard to my petitions.

James puts it like this: “If any of you lacks wisdom, let him ask of God...” But notice this: “But let him ask in faith, nothing wavering. For he that wavereth is like a wave of the sea driven with the wind and tossed. For let not that man think that that he shall receive any thing of the Lord” (James 1:5-7). If you are uncertain, doubtful or hesitant and lacking assurance in your petition, you will not get your request, says James. Listen to the psalmist in Psalm 66:18: “If I regard iniquity in my heart, the Lord will not hear me.” If I go to God with a double mind, holding on to my sin and knowing that I am living a wrong life, I will not have confidence in my prayer. “God is greater than our heart, and knoweth all things” (1 John 3:20); if I am condemning myself and know I am wrong, how much more so must God.

Now I think that our Lord Himself has answered this question in John’s Gospel. He put it like this: “If ye abide in me, and my words abide in you, ye shall ask what ye will, and it shall be done unto you” (John 15:7). Or again: “I have chosen you, and ordained you, that ye should go and bring forth fruit, and that your fruit should remain; that whatsoever ye shall ask of the Father in my name, he may give it you” (John 15:16).

If I am keeping God’s commandments, then I can be certain that my life is being controlled by the Holy Spirit, and therefore I know that any petitions and desires I may have were created in me by the Holy Spirit.

### Prayer Items:

1. *Pray for the whole Greenhills Christian Fellowship (GCF) Family of Churches.*
2. *Pray for the Conservative Baptist Christian Fellowship (CBCF) Family of Churches.*



Thursday



## HELPFUL FASTING GUIDELINES

1. *Enjoy bread.* The underlying issue in this first guideline is appetite stimulation. Since natural grain bread does not activate the craving for more food in the same way as other more palatable foods, it does not generally lead to over-indulgence.
2. *Choose beverages that are helpful.* We evaluate beverages in terms of whether they lead to self-control or over indulgence. It makes sense to develop an appreciation for water and to drink six to eight or more glasses of water a day.
3. *Cultivate a preference for staples.* Because of the cravings of the appetite and the temptations to overeat, we should cultivate a preference for staples such as whole grains, legumes, vegetables and fruit. “Delicacies” are to be eaten sparingly.
4. *Reduce food intake.* We especially recommend to do this for this next seven days (except those who cannot do so because of medical reasons). This means depriving yourself to some degree of normal foods for a certain period of time.
5. *Imagine Jesus at the table.* In this mealtime engagement of imaginative contemplation, we must be careful to follow the Biblical representation of Jesus as a loving compassionate person who enjoyed the company of common peoples, and not as one who looked across the table in a stern or disapproving manner.
6. *Turn attention away from food to other matters.* Since preoccupation with the food on our plates can lead to loss of control, it is wise to direct our attention elsewhere - engaging in a polite conversation, listening to background music or pausing after each bite to put down our utensils, giving our digestive processes time to communicate the feeling of fullness.
7. *Strive for self-control.* This is the most important because it corresponds to the purpose of the exercises: the conquest of self, to be able to restrain cravings and other compulsive behaviors are evidences of spiritual growth.
8. *Determine the amount for the next meal.* Rule is, after dinner or anytime, arrange for the next meal. The decision needs to be made at a time when we do not desire food. It is crucial to resist any temptation to increase the amount of food that you have decided for the next meal.

# SUGGESTIONS FOR PRAYER

## **A- ADORATION**

We worship God for who He is and what He has done and will continue to do. We focus on the greatness and goodness of God and acknowledge Him in our lives. We express that His glory and pleasure is more important than our concerns and needs.

## **C- CONFESSION**

We confess our sins to God. To confess means to “say the same thing”. Meaning when God says something is sin, we acknowledge that it is indeed sin. We do not make excuses for or make light of it. We agree with God and we turn away from sin.

## **T - THANKSGIVING**

We thank God for however He will answer our prayers. We always pray with an attitude of gratitude.

## **S - SUPPLICATION**

We humbly bring before God our requests and the requests of others. We express our dependence and trust in God as our healer, provider, protector, comforter, guide and friend.