

MUCH  
MORE  
OF THE  
HOLY  
SPIRIT



*When the day of  
Pentecost* *came*  
*acts 2:1*

10 DAYS OF PRAYER & FASTING  
26 MAY - 4 JUNE 2022

AFTER THE RESURRECTION OF JESUS, HE SPENT TIME WITH HIS DISCIPLES FOR FORTY DAYS. JUST BEFORE HIS ASCENSION, HE PROMISED THEM THE GIFT OF THE HOLY SPIRIT THAT WOULD EMPOWER THEM TO CONTINUE HIS WORK ON EARTH. THIS PROMISE WAS FULFILLED ON THE DAY OF PENTECOST.

*[On that day], they were all together in one place. Suddenly a sound like the blowing of a violent wind came from heaven and filled the whole house where they were sitting. They saw what seemed to be tongues of fire that separated and came to rest on each of them.*

*All of them were filled with the Holy Spirit and began to speak in other tongues as the Spirit enabled them. (Acts 2:1-4)*

From then on, the lives of the disciples were never the same again. They were fully convinced and convicted of the Gospel truth, and empowered to continue the work of Jesus on earth. The book of Acts records the work of these early disciples which led to the birth of the church. The day of Pentecost changed everything.

The promise of the gift is a personal, permanent indwelling of the Holy Spirit in the physical temple of our body (1 Corinthians 6:9). Now, Jesus continues to do and teach through the Holy Spirit in the growing and spreading church. It marks the great manifestation of the tangible presence and powerful move of God across the earth.

Today, the same Holy Spirit can empower our lives and the church just as He did in the book of Acts. He is always at work all times. We need His empowerment! The church is powerless without the Holy Spirit.

**A powerless Christianity is the symptom of the Spiritless life.  
A life baptized by the Holy Spirit is filled with wonder-working  
power from God – Larry Keefauver**

As we go through these ten days of Fasting and Prayer, we will discover how the Holy Spirit desires to empower us as the vessels for His glory. On our part, we need to desire and hunger much more of Him and to be sensitive to His presence and leading so that we can be His vessels.

We are so excited for you as you seek and partner with the Holy Spirit for the much more He has in store for you. Therefore, we would like to stand together with you in prayer and run this exciting journey with you. Submit to us your prayer(s) that you really want to see a breakthrough this year here –

<https://metrotab.org/pray/>



Finally, be available to pray and spend time with God daily. Fix a place and time where you can seek Him every day. **If you do not plan to fast and pray, you will not.**

# IS THIS YOUR FIRST TIME PARTICIPATING IN THE FASTING & PRAYER?

## What is Fasting?

Fasting positions us for what God desires to do in our lives. It will deepen our hunger for God and sharpen our focus on Him as it demonstrates our dependence on God. Furthermore, it is our spiritual duty. (Mark 2:20)

## What is Prayer?

Prayer is making our requests to God based on a relationship with Him. He wants us to spend time in getting to know Him and His purposes and His ways as we pray. He wants to reveal to us things about our lives and our part in His plan for His glory.

## Why do we Fast?

Prayer can be effective alone, and God certainly answers prayer even if it is not accompanied by fasting. But when you combine fasting and prayer, they become even more powerful (Matthew 17:21). You strategically target your need with the greatest spiritual strength that is available to you - fasting restores and strengthens prayer!

# TYPES OF FASTING

THERE ARE MANY  
TYPES OF FASTING  
AS LISTED BELOW:

## TOTAL FAST

Abstain from solid food for 24 hours. Take only water. If you choose to go for a total fast for over 21 days, please seek the advice of your doctor.

## PARTIAL FAST

Abstain from solid food for an extended part of the day. Take only water. The time frame is a matter of the individual's commitment to the Lord. For example, some may keep it at 12 hours from 7 a.m. to 7 p.m. Others may prefer a shorter period, from 8 a.m. to 4 p.m., breaking fast with a light snack.

## ONE-MEAL FAST

Sacrifice one full meal a day. For example: lunch fast or dinner fast.

## DANIEL FAST

Abstain from meat and other delicacies. Take only small portions of fresh fruit, vegetables, and juices.

## LIQUID FAST

During a fast, some people drink only water. Others take various kinds of fluid, such as fruit juices, broth, soya bean, etc. It is wise to abstain from strong stimulants, such as tea or coffee.

## OBJECT FAST

Some people decide to fast from something completely unrelated to food, such as TV or computer time and other activities that take away their attention from God.

# FASTING & PRAYER GUIDE

## When is a suitable time of day for us to begin?

Do plan to be available to pray and spend time with God daily. Fix a place and time where you can seek Him in the 'secret place'. If you do not plan to pray, you will not.

There is no fixed rule as to when is a good time. Some prefer mornings while others, nights (Ps. 55:17, 63:1). The principal issue is we set aside a time for prayer. This requires discipline.

Since it is also the fasting week, we can opt to set aside our lunch time to pray.

## How do we begin?

The Bible says, "Let us enter the gates with thanksgiving..." (Ps 100:4)

Begin with praise and thanksgiving to God for all He has done and is going to do. Prepare some familiar praise and worship songs as you begin your daily session.

Take some time to read the daily verses given. Allow the Holy Spirit to speak/minister to you through these verses. You can use the prayer guide for our prayer items.

End your session also with praise and thanksgiving.

## How long is long enough?

Where are you in your walk with God? Maybe you never think at all about prayer. For some of you, prayer is something new. At the beginning, it may be just few minutes. As time goes on, your communion with God should last longer.

There is no rule to say how long you should pray. The effective prayer is not measured by how loud or how long or how eloquent you are. Your prayer will be effective and touch the heart of God when you are sincere and when you ask for things according to His will. God looks at your heart, not your external appearance. (1 Sam. 16:7)

## A SIMPLE GUIDELINE FOR BEGINNERS

*10 mins*  
**In Worship**

+

*10 mins*  
**In Reading The Word**

+

*10 mins*  
**In Prayer!**

DAY 1 | Thursday, 26 May

## WAITING EXPECTANTLY FOR PENTECOST

LUKE 24:49; JOHN 7:37-39; ACTS 1:4-5; ISAIAH 40:31, 64:1-4; PSALM 27:14

Jesus told the disciples to wait in Jerusalem for the arrival of the gift of the Holy Spirit. Waiting is never easy especially in today's impatient world as quick answers and decisions are expected even among the believers. But waiting speaks about obedience, submission and trust.

The early church began with waiting on God, not passively but actively, steadfastly and expectantly. They waited faithfully and prayerfully (Acts 1:14). They kept the atmosphere of prayer. This is how much the disciples trusted in the promise of Jesus. When we trust, we will submit and wait in expectation till the arrival of the promise. Here, the disciples waited and the Holy Spirit came upon them (Acts 2:1).

What a fulfillment of the promise because the disciples were willing to wait for it! There is power in waiting!

### REFLECTION AND PRAYER

Ask the Lord to create a hunger and thirst for the presence for the Holy Spirit in your heart and learn to wait for His touch and leading in your daily life. While waiting, be prepared like the disciples - spend time reading the Word, worshipping, praying and being in communion with our God.

Do not rush through your time with God.



## BE BAPTIZED WITH THE HOLY SPIRIT

ACTS 1:5, 2:4, 17-18, 38-39; 2 COR. 1:21-22; GALATIANS 3:2, 13-14

The Holy Spirit is the greatest gift for an empowered Christian life. It is a promise to all who believe -not for a select few. The gift is made available simply through faith, and not by works.

When we are baptized with the Holy Spirit, Jesus dwells in us and we become the carriers of His presence. Our lives will never be the same again. We can do so much more through the empowerment of the Holy Spirit.

If you have not received the gift of the Holy Spirit, ask with expectation today! And by faith, you shall receive!

Here are the simple steps to receive the baptism:

- Ask in faith for the baptism of the Holy Spirit in the name of Jesus. You can say a simple prayer as given below:

*"Lord Jesus, I come to You and ask You to baptize me in the Holy Spirit. By faith, I receive the baptism now. Lead me, anoint and empower me for Your service from this day forward. Thank You, Lord Jesus, for baptizing me in Your Holy Spirit. Thank You, Jesus for the gift. In Your name, Amen."*

- The initial evidence of the baptism is the speaking in other tongues (Acts 2:4) – do open your mouth and allow the utterance that is stirring inside you to come forth. If none, just start with praying in a known language and allow it to just flow. Do not be afraid; The Holy Spirit will not force you, but you need to cooperate with Him.

### REFLECTION AND PRAYER

It takes faith to receive the gift of the Holy Spirit. As the baptism of the Holy Spirit is received, do enjoy communing with Him and keep praying in tongues (Romans 8:26-27). Give thanks and praise God for the gift received. Ask the Lord to remove the fear or doubt when speaking in tongues.



DAY 3 | Saturday, 28 May

## THE FULLNESS OF THE HOLY SPIRIT

ACTS 6:3, 11:24, 13:52; GALATIANS 5:16; EPHESIANS 5:18

The baptism of the Holy Spirit is only the beginning of our relationship with Him. For it to grow, we need to go deeper and deeper into Him. As we avail ourselves, He will lead us stage by stage for a deeper trusting fellowship with Him.

Read Ezekiel 47:1-5. It is not about how much we have the Holy Spirit but how much the Holy Spirit has of us. We can only have as much of Him as we are willing to receive. To receive Him, we must yield to Him and accept His control and leading. He will never force us to yield to Him. Therefore, it is always a constant struggle to either us having the full control or to give Him all control to work in and through us.

We can still grieve and/or quench the Holy Spirit (Ephesians 4:30; 1 Thessalonians 5:19). This will hinder us from experience the fullness of the Spirit. It is an ongoing process for spiritual growth and maturity that requires our daily submission as we pursue our spiritual walk.

When we are filled with the Holy Spirit, there is less of us, our ways and our desires, and more of Him leading every aspect of our lives. We will be so conscious of the presence of God and live a life that glorifies and pleases unto Him.

### REFLECTION AND PRAYER

The flow of the Spirit will continually refresh and re-energize your walk in the Spirit. Your walk will be stale or stagnant without His continual filling. Learn to tap into the flow of the Spirit. It will never run dry. Allow the Holy Spirit to have all of you as you seek the faith and courage to go deeper with Him. Ask the Holy Spirit to reveal areas that you need to let go and ask for His strength and help to relinquish full control to Him.



DAY 4 | Sunday, 29 May

## EMPOWERED FOR A SPIRIT-LED LIFE

ROMANS 8; GAL 5:16-18; EPH 3:16-21; 2 COR 3:17; ZECHARIAH 4:6

This Spirit of God is not a spirit of slavery but a spirit of adoption. God makes us His sons and daughters. As children and heirs of God, we have full right to receive His inheritance (1 Peter 1:4).

As we live according to the Spirit, we will be walking in newness of life and free from all flesh, condemnation, our past, sin, bondage and eternity in hell. Our minds are under the influence of the Holy Spirit – our choices and desires will be in tune with His leading and desire. His peace is our portion!

Living a Spirit-led life includes enduring hardship, pain, weakness, and loss. Though we share in Christ's sufferings, the Holy Spirit inside us will empower us for victories over all the challenges and attacks of the enemy. The devil comes to steal and destroy our hope and our future in God, but we are more than conquerors in God.

### REFLECTION AND PRAYER

God has truly set you free. You are commanded to not use your freedom to indulge the flesh and be burdened again by a yoke of slavery (Galatians 5:1). Allow the Holy Spirit to lead your lives so that you will not carry out the desires of the flesh (Galatians 5:16).

Keep renewing our minds with the Word of God (Romans 12:2); ask for a hunger and understanding when reading the Word, for discernment, wisdom and strength to resist temptations and work of the enemy.





## DAY 5 | Monday, 30 May

### UNITY – IN ONE ACCORD

ACTS 2:44-47; JHN 17:20-23; ROM 15:5-7; 1 COR 1:10; EPH 4:2-3; PSA 133:1

The disciples were gathered in 'one accord' as they waited for the promise of the Spirit and even after the gift was received, they continued as one body meeting daily with one accord, one mind and one purpose.

Paul exhorts believers to diligently keep the unity of the Spirit. Unity is the state of being one or single-minded. Despite their challenges and sufferings, the early church members were steadfast in maintaining the unity of the Spirit.

Similarly, let us demonstrate true love, patience and forgiveness that we may be true witnesses of Christ in a world full of anger, disappointment and hopelessness (Colossians 3: 11-13). We should live in mutual harmony out of love for each other in accordance with Christ Jesus. There is oneness and strength in unity (Ecclesiastes 4:12).

Unity is prerequisite for the growth and advancement of the work of God on earth. It is still one of the vital keys to getting God's work done in such a self-centered world. When we stay united, God's presence will dwell richly among us.

Our testimony as Christians depends on our unity.

### REFLECTION AND PRAYER

Within unity, there is diversity. We are different parts of the whole body of Christ. But each part is joined together for the full functioning of the whole body. Let us embrace God's grace and have the union of mind, sympathy, love, a tender heart, and a humble mind to stay in accord and be faithful to fulfill God's calling together. Ask the Holy Spirit to give you the sense of belonging in church, to have the humility and be Christlike in all circumstances.



DAY 6 | Tuesday, 31 May

## AS A WITNESS FOR HIS GLORY

ACTS 1:8; 2:21, 4:31, 5:32; MATT 5:16; ROM 10:14-15; 1 PET 3:15; 1 JHN 1:1-4

The first message from Peter after the Pentecost is not about the gift but of Jesus. The Pentecostal outpouring was intended to bear powerful witness to Jesus.

To be a witness is to tell the truth of what we have seen, heard, and experienced. God always wanted His people to be His witnesses on earth to the things in heaven. The authority to witness is given by Jesus (Matthew 28:19-20). The power and boldness to witness is given as a result of the work of the Holy Spirit (Acts 1:8).

The disciples were fully convicted, convinced and empowered to proclaim the truth wherever they went. They went beyond their own expectation, limitations, distractions, fears and challenges. Despite hardship, persecution and opposition, they overcame their fear. They were empowered with boldness and courage for boundless and fruitful witnessing. The Gospel was spread and many who heard, believed.

The disciples did not wait for ideal or perfect conditions to be one. We need to be His witness in such a chaotic hurting world today. It shall be our commission until its final consummation when Jesus returns. Do expect the door of salvation to remain open and all who call on the name of the Lord will be saved!

### REFLECTION AND PRAYER

Your own testimony is the best you can share. It is not just sharing the Gospel but sharing a real-life experience and encounter with God. Be present, have a listening ear and be sensitive to the needs of the people surrounding you. Pray that God will fill you with the Holy Spirit, empowering and equipping you for witnessing.

In order to be an effective witness for Christ, one must have the true knowledge of the Gospel. Therefore, be diligent in digging and applying the Word. Ask for revelation and new understanding of the Bible.



DAY 7 | Wednesday, 1 June

## THE COMFORTER & THE SPIRIT OF TRUTH

JHN 14:16-18, 26, 16:7-15; 1 COR 2:10-16; HEB 4:7,12; JAMES 1:5; 1 JHN 2:26-28

When Jesus promised us the Holy Spirit, He was referred to as our Advocate and Counselor, our teacher and instructor, our Comforter and our ever-present Helper in all seasons simply because He will provide us the support, strength, and counsel and intercede for us when we are too overwhelmed to pray and plead.

The Holy Spirit will reveal to us the depths of God, remind us of the teachings of Christ and give us the wisdom of God when we need it. He will also lead us into a full and proper understanding of the whole truth of God's revelation to man through the Bible. He is also the Spirit of truth and will guide us into all truth and help us to discern the work and lies of the enemy, so that we can be a true victorious disciple of Jesus.

His ways include correction, rebuke, conviction, guidance, comfort, encouragement, affirmation and/or admonition, etc. However, He will not impose His ways on us.

We need to acknowledge His truth and respond to His teaching and molding.

### REFLECTION AND PRAYER

The Holy Spirit is the best Guide for us on earth. Be willing to be a good listener and student of the Word. It is necessary to make time to read and study the Bible along with the Spirit. Ask Him to show you its meaning and its application.



DAY 8 | Thursday, 2 June

## THE REFINERS' FIRE

MATT 3:11-12; HEB 12:4-11; MAL 3:2-4; 1 COR 3:13; 1 PET 4:12-13; DEUT 8:2-3

It is the essence of the Holy Spirit's work to make us holy and to be more Christlike. All of us will go through the process of refining by Him – stages of growth and cleansing – until we are mature, attaining to the whole measure of the fullness of Christ.

The Holy Spirit is the refiner's fire. He will refine us through circumstances and challenges of life. He will purify, cleanse, mold and transform our lives inside out, making us holy before God. He allows His fire to consume us and burn away what is unholy, unclean and impure. This fire reveals the true condition of our hearts. There will always be inner struggles simply because He deals with our characters. It will be an ongoing process of divine dealings and desert experiences, of pain and broken-heartedness, of changes and loss of control, and of disappointment and long waiting.

The process of the whole refining fire of God is very difficult, but it's a necessary part of our spiritual growth. God is more interested in our being (who we are) than our doing (what we do). He wants us to mature before a greater commission is given.

### REFLECTION AND PRAYER

Are you willing to allow God to purify you, even in hidden areas? He refines you out of His fatherly love for you. It is never meant to destroy or shame you. Do not be discouraged or give up. God refines and disciplines us for our good, in order that we may share in His holiness. In the end, it produces a harvest of righteousness and peace for those who have been trained by it.

Therefore, ask God to reveal areas of your life that needed to go through the consuming fire. Ask for the joy, grace, hope and strength as you learn to surrender completely to His refining.



DAY 9 | Friday, 3 June

## FRUITS & GIFTS OF THE HOLY SPIRIT

ROM 12:3-8; EPH 4:7-13; 1 COR 12:4-11; 1 PETER 4:10-11; GAL 5:22-23

Both the fruit and gifts of the Spirit are an integral evidence of the Holy Spirit in us.

The fruit of the Spirit (Galatians 5:22-23) is the outworking of the active and dynamic nature and character of Christ by the power of the Holy Spirit in us. The Holy Spirit empowers us to manifest the fruit of the Spirit. However, it needs to be nurtured, cultivated and to surrender to the prompting of the Spirit in circumstances in our daily lives. It acts as our testimony to the world that the presence of God is working and molding us.

The gifts refers to the revelation and power of the work and ministry of God available to equip us to glorify God and edify others. They are given for the unity of the church as each gift is necessary and equally important for the whole church to work together fruitfully. It reminds us of our dependence upon one another and not think highly of ourselves. Being gifted is not about our ability but about our willingness to be used by Him.

For the gifts to be fully developed in us, we need to also demonstrate a consistency in showing the fruit in our lives for an effective ministry.

### REFLECTION AND PRAYER

The fruit and gifts of the Holy Spirit are given for growth and edification purpose.

When we face overwhelming challenges in our lives, we can depend on the Holy Spirit to help us respond with the fruit. Ask for His leading and activation when we feel the pressure to live by the flesh.

At the same time, continue to seek God to identify, recognize and activate the gift given to you. You are to prove to be a good steward before God is able to expand your gifting. We need to be in the right place that has been assigned to us to exercise the gift that we have received too. Are we a good and effective steward? Ask the Holy Spirit to help you to be one.



DAY 10 | Saturday, 4 June

## THE SUPERNATURAL NATURAL CHURCH

ACTS 2:43, MARK 16:15-18; LUKE 4:18-19; JOHN 14:12

After Pentecost, the disciples were no longer scattered individuals but a church – a body meeting daily with one accord, one mind and one purpose.

The church continued to be full of the Spirit and power with many miraculous salvation, healings, signs and wonders. They had fruitful Kingdom ministry, resulting in life-transformation and eternity-altering impact in the lives of people.

We have the same Holy Spirit. The same dunamis power He gave the disciples in the day of Pentecost, He longs to give us today. Jesus promised that we will do greater works than Him and truly without Him we can do nothing.

Let there be a deep hunger in our hearts today for a mighty outpouring of God's Spirit upon our lives and our church. Let's aspire to exercise the authority and the limitless power God gives us and not rely on our own strength or attempt. The indwelling Spirit is greater than the enemy outside of us. We are more than able to overcome and conquer the enemy's attacks over our lives, families, church, nation and beyond.

Truly it is the time for the great outpouring of the Holy Spirit upon our church!

### REFLECTION AND PRAYER

God is looking and seeking for people who will hunger for and want more of the Holy Spirit! There's no substitute for the supernatural power of the Holy Spirit in your life. You must go back to the basics - the word, the worship, unity, discipleship, the praying, the fellowship, personal holiness and the faith in God. Pray that our church will be strong in all these areas.

Let's be sensitive to the leading and the voice of the Holy Spirit today and avail yourselves to be the vessels of His power! Pray that our church will be overflowing with the Holy Spirit. Ask for a great outpouring and leading of the Holy Spirit – greater manifestation of healing, miracles, sign and wonders, salvation, deliverance, restoration and transformation.



Congratulations for completing the

**10 DAYS OF FASTING & PRAYER**

*We would like to hear your testimony as it will encourage many to continue to pursue their fasting experience.*

*Scan the code to submit your testimony.*



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