

metrotabernacle

10 DAYS PRAYER FASTING &

Prayer Guide

8 MAY- 17 MAY, 2024

JOEL 2:28-29

"AND IT SHALL COME TO PASS
AFTERWARD THAT I WILL POUR
OUT MY SPIRIT ON ALL FLESH;
YOUR SONS AND YOUR
DAUGHTERS SHALL PROPHECY,
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.



I SHALL POUR OUT MY SPIRIT ON EVERYONE

The promise of the great outpouring of the Holy Spirit is available to all people, regardless of gender, age, or status, for the purpose of empowering and fulfilling our purposes and destinies on earth.

Jesus instructed His disciples to wait for this promise (Luke 24:49), indicating the importance of expecting and preparing for it. We should actively desire and seek the outpouring of the Holy Spirit for ourselves, our families, our churches, our nation, and beyond, aligning ourselves prophetically with God's timing and ways for spiritual refreshment and revival.


For this purpose, we have adopted the AG's 10-day Prayer and Fasting Guide for your devotion and prayer leading up to Pentecost Weekend.

For more general guide and information about fasting and prayer, Scan the QR below or head on over to: <https://metrotab.org/prayer-fasting-guide/>



10 DAYS PRAYER FASTING &

8 MAY- 17 MAY, 2024



DAY 1 Wed, 8 May 2024

Intimacy With The Holy Spirit Through Speaking In Tongues

Bible Reading :

1 Corinthians 14:1-2,4

Pursue love, and desire spiritual gifts, but especially that you may prophesy.

For he who speaks in a tongue does not speak to men but to God, for no one understands him, however, in the spirit he speaks mysteries. He who speaks in a tongue edifies himself, but he who prophesies edifies the church.

Devotion :

All Christians have a relationship with the Holy Spirit through salvation, but not all Christians draw close enough to have intimacy with HIM. There is a difference between a relationship and intimacy.

We have a relationship with friends and family BUT intimacy is only with our spouse.

The Holy Spirit is a PERSONAL friend, who longs and desires you to live in a sincere LOVE RELATIONSHIP with HIM.

This love relationship and intimacy only comes through the surrender of our lives to the Holy Spirit, by speaking in tongues.


The scripture says, as you speak in tongues to God in the Spirit, we speak mysteries. This is our personal and intimate communication between the Holy Spirit and you.

Therefore, the more you speak in tongues, you have intimacy with the Holy Spirit, and HE edifies and satisfies you.

Prayer Points :

- Invite the Holy Spirit to be your Best Friend.
- Speak in Tongues until you sense a Spirit breakthrough.
- Pray for the desire to continue to enjoy HIS fellowship and intimate communion as HE speaks to you.





DAY 2 Thu, 9 May 2024

The Anointing of The Holy Spirit

Bible Reading :

1 John 2:20,27

But you have an anointing from The Holy One, and you know all things. But the anointing which you have received from HIM abides in you, and you do not need that anyone teach you; but as the same anointing teaches you concerning all things, and is true, and is not a lie, and just as it has taught you, you will abide in HIM.

Devotion :

The Anointing is the indwelling presence of The Holy Spirit in us. This anointing which you have received from HIM abides within you and it stirs the believer to have a spiritual breakthrough. The anointing breaks the yoke. (Isa. 10:27)


The Holy Spirit is the Power of GOD within us. It is like a full cup of water that overflows. Therefore, the overflow of the Anointing of GOD empowers a man or a woman to do supernatural things.

The release of the power of GOD is a result of walking in intimate fellowship with the Holy Spirit and Obedience to the voice of the Spirit.

Prayer Points :

- Pray for a passion for the Presence of God.
- Pray for your spiritual ears to be opened to hear the voice of The Holy Spirit.
- Pray for God's grace to be able to hear and obey God's voice.





DAY 3 Fri, 10 May 2024

Boldness in our Journey with the Holy Spirit

Bible Reading :

Acts 4:13

Now when they saw the boldness of Peter and John and perceived that they were uneducated and untrained men, they marvelled. And they realised that they had been with Jesus.

Devotion :

It was after the day of Pentecost that Peter and John became bold, fearless and did miracles. They were filled, they were led and they were empowered to do great exploits. Intimacy with Jesus is the key to boldness and boldness is the key to miracles.


Get into your secret place, develop intimacy with the Holy Spirit and then step out and live in the faith zone.

When we are full of the Holy Spirit (totally surrendered), we are filled with boldness; but if we are in control, we will remain mediocre. People who lead mediocre lives do not change history or make big impacts in the world around them. It is the people who step out in faith and boldness, who dare to take risks, who impact the world and are remembered.

Prayer Points :

- Pray for supernatural boldness and confidence to be led by the Holy Spirit.
- Pray that we will know our God, be strong and do great exploits.
- Pray for grace that we will totally surrender our lives to the Holy Spirit.





DAY 4 Sat, 11 May 2024

Living in the Fear of God

Bible Reading :

Act 5:3,9,11,12,14,15

3 Then Peter said, "Ananias, how is it that Satan has so filled your heart that you have lied to the Holy Spirit and have kept for yourself some of the money you received for the land?"

9 Peter said to her, "How could you conspire to test the Spirit of the Lord? Listen! The feet of the men who buried your husband are at the door, and they will carry you out also."

11 Great fear seized the whole church and all who heard about these events

12 The apostles performed many signs and wonders among the people. And all the believers used to meet together in Solomon's Colonnade.

14 Nevertheless, more and more men and women believed in the Lord and were added to their number.

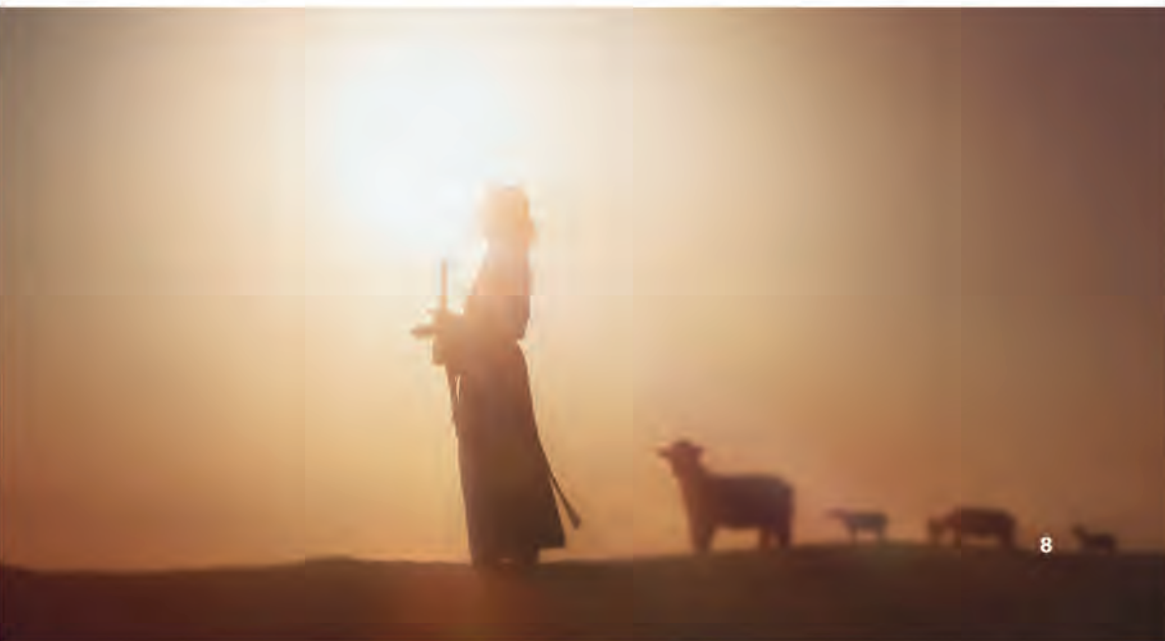
15 As a result, people brought the sick into the streets and laid them on beds and mats so that at least Peter's shadow might fall on some of them as he passed by.


Devotion :

The Holy Spirit causes people to walk in the fear of God not in the fear of man. Instead of fearing people, we begin to love them, value them and lead them to their call and purpose. To fear God is not the same as being fearful of God. Being fearful of God means to be driven by fear, resulting in punishment. However, to fear God means to honour and love Him enough not to do anything to displease Him. We must have a sense of awe, reverence and high respect for Him, holding Him in utmost esteem and admiration.

Prayer Points :

- Pray that the fear of God will come upon our lives, our families and the church.
- Pray that whatever we do, we will wholeheartedly do it unto the Lord and not unto men, seeking validation, approval and positions.
- Pray that God will deliver us from every fear and that our hearts will be filled with His perfect love, which casts out every fear.





DAY 5 Sun, 12 May 2024

Rooted in the Holy Spirit to Bear Fruit

Bible Reading :

Gal 5:22-23

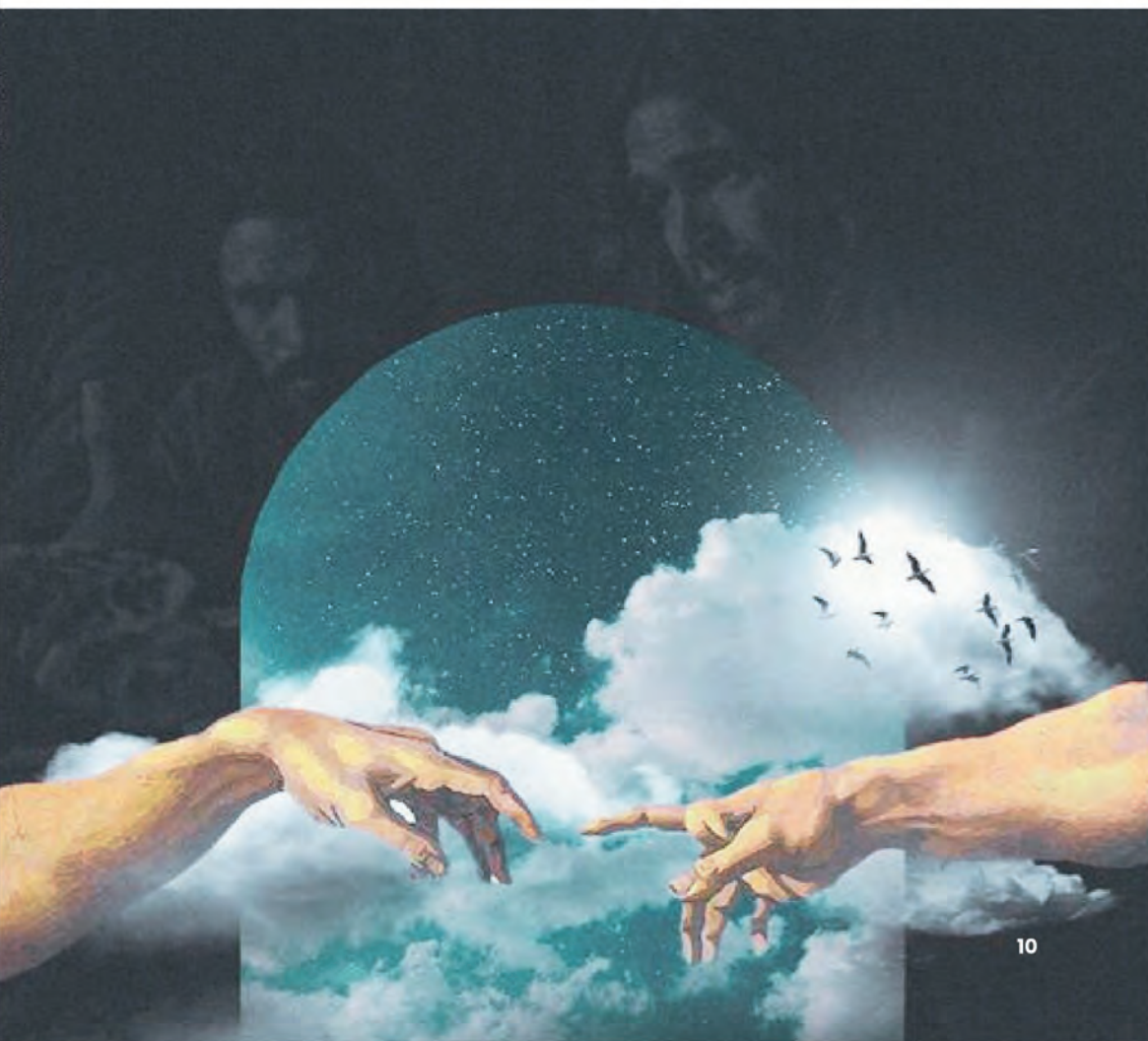
But the fruit of the Spirit is love, joy, peace, forbearance, kindness, goodness, faithfulness, gentleness and self-control. Against such things there is no law.


Devotion :

A tree planted into good soil will always bear good fruits. Likewise, abiding in His holy presence, will enable us to become more like Jesus, having the fruit of love, joy, peace, forbearance, kindness, goodness, faithfulness, gentleness and self-control. When you abide in intimacy with the Lord, you will bear the fruit of the Spirit; being transformed into the likeness of Jesus. As we live in the end times, every believer needs to be rooted in the Holy Spirit, to bear fruit and to be the salt and light. Let's have evangelistic lifestyle, let our lives shine so that people will see our good works and glorify our Father in heaven.

Prayer Points :

- Pray that our old self will die, in order for the Holy Spirit to manifest His fruit in our lives
- Pray that our lives will speak the gospel and people will be drawn to the love of the Father.
- Pray that we will live and walk in the Spirit as a living testimony unto the Lord.





DAY 6 Mon, 13 May 2024

Power Evangelism to Reach the World

Bible Reading :

Isaiah 61:1-2

The Spirit of the Sovereign Lord is on me, because the Lord has anointed me; to proclaim good news to the poor. He has sent me to bind up the broken-hearted, to proclaim freedom for the captives and release from darkness for the prisoners, to proclaim the year of the Lord's favour


Devotion :

The Holy Spirit is given to us to help us fulfil Jesus's agenda to reach the world. The Holy Spirit is not poured upon us believers to make us rich and famous. Without the Holy Spirit, we get obsessed with titles, positions and ranks. With the Holy Spirit, we care about His calling, purpose and mission. Power evangelism comes with a demonstration of God's power through signs and wonders. Every believer needs to be filled, have God encounters and be awakened through the power of the Holy Spirit for God to flow in and through us to reach out to those in need; for lives to be touched and be set free.

Prayer Points :

- Pray that we will wait, long and yearn to be in His presence.
- Pray that God will come in a fresh way and empower His children. All will have fresh encounters with God.
- Pray that there will be such a great awakening and urgency in our hearts to reach the lost and to proclaim the year of the Lord's favour.





DAY 7 Tue, 14 May 2024

Pursuit after the Holy Spirit; Praying in the Spirit.

Bible Reading :

Romans 8:26-28

In the same way, the Spirit helps us in our weakness. We do not know what we ought to pray for, but the Spirit Himself intercedes for us through wordless groans. And He who searches our hearts knows the mind of the Spirit, because the Spirit intercedes for God's people in accordance with the will of God.

And we know that in all things God works for the good of those who love Him, who have been called according to His purpose.

Devotion :


The Holy Spirit is given to every Christian when one comes to faith in Christ. God gives us His own Spirit as a deposit. We can become weak in our faith in our resistance to sinful desires. God's Spirit in us makes all the difference. He steps in and continually helps us in our weakness.

We have access to our Father God. As we pray, sometimes we find ourselves at a loss for words what to pray for. Thankfully, we have the strength of the Holy Spirit who aids us in our human weakness, who steps in and carries those unsaid "groanings"— thoughts and feelings we simply cannot express in human words—to God. The Holy Spirit prays on our behalf with groanings that cannot be uttered. We can rely on the Spirit's leading to pray effectively according to God's good purpose and will.

Prayer Points :

- Pray that we will guard the deposit of the Holy Spirit in us.
- Pray that our prayers will be directed by the Holy Spirit.
- Pray the Holy Spirit will give us a prayer burdens.
(some specific things or persons).





DAY 8 Wed, 15 May 2024

The Secret of Tapping into the Supernatural Power of God

Bible Reading :

Luke 24:49 And now I will send the Holy Spirit, just as my Father promised. But stay here in the city until the Holy Spirit comes and fills you with power from heaven.

Acts 1:8 But you will receive power when the Holy Spirit comes on you; and you will be My witnesses in Jerusalem, and in all Judea and Samaria, and to the ends of the earth."

Devotion :

We need God's supernatural power which comes with the anointing of the Holy Spirit to be complete and ready for the tasks that awaits us. Let's ask the Holy Spirit to teach us to wait in His presence for His power to be released.


5 secrets of tapping into the supernatural power of God :

1. Faith – Faith is the key that opens the supernatural realm within which we can benefit from God's power in ways beyond human understanding. (Mark 11:23-24). The breakthrough will happen in the spirit realm, which will then manifest itself in the natural realm.

2. Prayer – Jesus started and ended with prayer. We are called to embrace a prayerful life, which will give us the strength to overcome the challenges of life. Prayer moves God's hand and releases His spirit and power into our lives for the accomplishment of His will.
 3. Surrender - completely surrender yourself to God for His use – Let go and let God work. We are all called to surrender our life's direction into the hands of God. This is a call for us to give room for God's will to be done in our lives. Abraham abandoned his own plans and surrendered to God's lead.
 4. Love - be motivated by love – A person that doesn't love, doesn't know God. Love should be the foundation of everything that we do. Power is something that can easily lead to pride and self-inflation, thereby invoking God's anger. To overcome such feelings, we need to learn and practice genuine love for God and for one another. Jesus commanded us to love our neighbor as ourselves. It was love that drove Jesus to the cross to defeat sin. Love makes us receptive to God's power and anointing for greater purposes.
- Desire - desire spiritual gifts with passion. Anyone who is serious
5. about tapping into the supernatural power of God must earnestly desire and pursue spiritual gifts with passion. These gifts are for the edification of the church and the spread of the gospel.

Prayer Points :

- Pray and ask God to reveal your spiritual gifts so that you can develop them and bring glory to His holy name.
- Pray that our mustard seed faith increases and arises in our hearts to do great exploits for Him because without faith, it is impossible to please Him.
- Pray that we will be patient to wait on the promises of God to be fulfilled.



DAY 9 Thu, 16 May 2024

The Fellowship with the Holy Spirit Revealing the Hidden Things

Bible Reading :

John 16:12-14

I have much more to say to you, more than you can now bear. But when He, the Spirit of truth, comes, He will guide you into all the truth. He will not speak on His own; He will speak only what He hears, and He will tell you what is yet to come. He will glorify Me because it is from Me that He will receive what He will make known to you.

Acts 16:6-10

Paul and his companions travelled throughout the region of Phrygia and Galatia, having been kept by the Holy Spirit from preaching the word in the province of Asia. When they came to the border of Mysia, they tried to enter Bithynia, but the Spirit of Jesus would not allow them to. So they passed by Mysia and went down to Troas. During the night Paul had a vision of a man of Macedonia standing and begging him, "Come over to Macedonia and help us." After Paul had seen the vision, we got ready at once to leave for Macedonia, concluding that God had called us to preach the gospel to them.

Devotion :

The Intervention of the Holy Spirit

When we fellowship with the Holy Spirit, suddenly He will intervene and reveal truth/word of knowledge to us. As we worship and be in His presence, we learn to tune our spiritual ears to the voice of the Holy Spirit. We will grow in daily fellowship with the Holy Spirit as we read and respond to the His Word. Build our intimacy with the Holy Spirit through praying in tongues.


The Active Involvement of the Holy Spirit

He works in us by renewing our minds to become like the mind of Christ. He does this by convicting us of sin and leading us to repentance. Be led by the Spirit and be open to God's gifts, then the fruits fruit of the Spirit will be evident in our lives. In this way, people will see that the Holy Spirit is actively living in our lives, in our work, in the way we treat others and in the way we serve the community.

Prayer Points :

- Pray that God will breathe life into our spirit man and that we will be open to have fellowship with the Holy Spirit.
- Pray that we will find favour in the eyes of God for Him to trust us with the hidden secrets in His heart.
- Pray that we will hear the voice of the Holy Spirit accurately; leading and directing our daily steps.





DAY 10 Fri, 17 May 2024

The Fresh & New Experience of a Mighty Rushing Wind

Bible Reading :

Acts 2:1-2

When the Day of Pentecost had fully come, they were all with one accord in one place. And suddenly there came a sound from heaven, as of a rushing mighty wind, and it filled the whole house where they were sitting.

Joshua 3:4

Yet there shall be a space between you and it, about two thousand cubits by measure: come not near unto it, that ye may know the away by which ye must go: for ye have not passed this way heretofore.

Devotion :

We need a fresh experience of a mighty rushing wind and the key to this is to raise our expectations. Expect a fresh explosion. Expect the manifested power of God which can transform us. Expect the fulfilment of these prophecies and promises. Expect heaven to invade earth. Expect supernatural breakthroughs. Expect power from on high, in ways we have never seen or experience before. Expect divine interventions, fresh anointing, new power and new wine.

Prayer Points :

- Pray that we will experience and encounter a 3rd Pentecost.
- Pray that the church will arise and shine; prepare herself to be the bride without spot or blemish.
- Pray that this will be the day of revival and breakthroughs.



Congratulations for completing the
10 Days of Prayer & Fasting

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.



metrotab




metrotab



metrotabtv

www.metrotab.org



metrotabernacle

1 8 & 1 9 M A Y
Saturday **5pm** | Sunday **10am**

p e n t e c o s t
WEEKEND

I will pour out my Spirit on everyone
Joel 2:28-29