

## FRIDAY NOON PRAYER

Can we spare 5 to 10 minutes each Friday at 12noon to intercede for TRAC - specifically for the Spirit to refresh everyone of us - to rekindle our flame to reach out with the Gospel of Christ to save the lost.

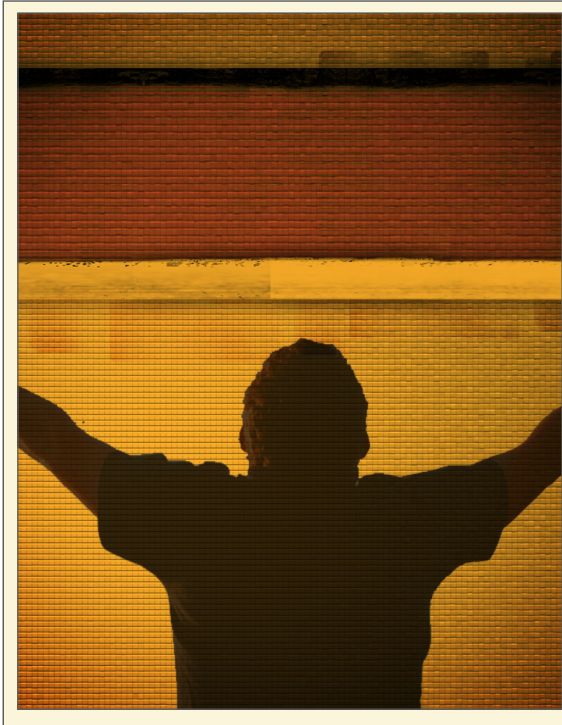
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## M.E.T.H.O.D.I.S.T

Many years ago, a close friend who was a UMC Pastor shared with me the vision of his Annual Conference to see the word/name "Methodist" come to mean prayer. So I have attempted to introduce that in this prayer calender. Let the name M.E.T.H.O.D.I.S.T come to signify prayer and the people called Methodists a people committed to prayer

"When we work, we work. When we pray, God works" (John Wesley)

Rev Lawrence Francis  
TRAC Prayer Director



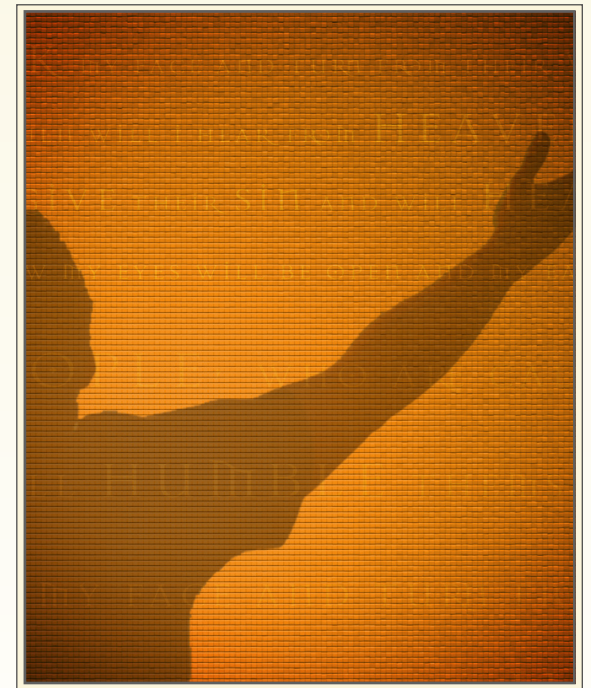
"Of all spiritual disciplines  
prayer is the most central  
because it ushers us into  
perpetual communion with  
the Father."

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Richard J. Foster  
"Celebration of Discipline-  
The Path to Spiritual Growth"

# TRAC

## PRAYER UPDATE JANUARY



✠ PSALM 141:2 ✠

May my prayer be set before you like incense;  
may the lifting up of my hands be like the evening  
sacrifice.

- Jan 1 Make a list of your blessings and thank the Lord
- 2 School Term Begins:  
Our Methodist Private Schools/College  
Wesley Methodist Schools Ipoh, KL,  
Melaka, Klang, Seremban  
Methodist College KL.  
Jeremiah School (2-25)
- 3-6 **Friday @ 12 Noon: PRAY for TRAC Churches (Eastern)**
- Wesley Kuantan
  - Wesley Kuala Lipis
  - Wesley Raub
  - Christ Bentong
- 7-9 Good to Great Preaching Workshop (TRAC) -  
For TRAC Pastors @ KL Wesley  
Instructor: Rev Dr William Lawrence  
Pray for Pastors to be good/great preachers.
- 10 **Friday @ 12 noon: PRAY for TRAC Churches (Southern)**
- BOM Meeting
- 11 TRAC Executive Board Meeting  
Firm Up Plans/Directions for 2014  
Unfinished Business 38<sup>th</sup> TRAC Session
- 12 Move, Holy Spirit in our midst.  
Let a spirit of prayer fall upon us, in TRAC.  
Matt 21:13 "My House shall be called a House of Prayer."
- 13-14 **Empower us. Enable us. Equip-us. Without you, we can do nothing.**  
Pray that TRAC churches will be Spirit-filled churches.
- a. Manifesting in our life, ministry and witness the Fruit of the Spirit (Gal 5:22) and the Gifts of the Holy Spirit (1 Cor 12: 4-11; Eph 4:11-13; Rom 12:5-8)
- b. That our Preaching will be accompanied with signs and wonders.  
Acts 4:29 "Now, Lord, consider their threats and enable your servants to speak your Word with great boldness. Stretch out your hand to heal and perform signs and wonders through the name of your holy servant, Jesus."

- 15 Thank you, Abba-Father that you are our Heavenly Father and we are your beloved children.  
"Gal 4:6-7 'Because you are his sons, God sent the Spirit of his Son into our hearts,  
The Spirit who calls out, "Abba, Father.' So you are no longer a slave but God's child; and since you are his child, God has made you also his heir."
- 16 Heal and restore all who are 'broken and crushed' in spirit .  
Prov 15:13 "A happy heart makes the face cheerful but heartache crushes the spirit."  
Prov 18:14 "The human spirit can endure in sickness but a crushed spirit who can bear."
- 17 Open our eyes that we may see what you see.  
our ears that we may hear what you say.  
our hearts that we may receive what you give us.  
However, as it is written: "What no eye has seen. What no ear has heard. And what no human mind has conceived-the things God has prepared for those who love him-these are the things God has revealed to us by his Spirit...this is what we speak, not in words taught us by human wisdom but in words taught by the Spirit...." 1 Cor 2:9-10, 13.
- 18 Deliver us from all known sins. Forgive us and cleanse us from all unrighteousness.  
1 John 1:9 " If we confess our sins, he is faithful and just and will forgive us our sins and cleanse us from all unrighteousness."
- Friday @ 12 noon: PRAY for TRAC Churches (Selangor)**
- 19-22 Intercede for TRAC President, DSs, Pastors, Conference Lay Leaders  
1 Timothy 3:2ff "Now the overseer is to be above reproach, faithful to his wife, temperate, self-controlled, respectable, hospitable, able to teach, not given to drunkenness, not violent but gentle, not quarrelsome, not a lover of money. He must manage his own family well and see that his children obey him and he must do so in a manner worthy of full respect. If anyone does not know how to manage his own family, how can he take care of

- God's church?....He must also have a good reputation with outsiders so that he will not fall into disgrace and into the devil's trap."
- 23-24 "Salvation is found in no one else, for there is no other name under heaven given to mankind by which we must be saved." (Acts 4:12)  
Pray for unsaved siblings, close relatives and friends.  
Pray for the salvation of our "brothers" and for Christ to manifest Himself among them.
- 25-27 Teach me. Teach my children.  
Exod 33:13 "Teach me your ways so I may know you and continue to find favour with You."  
Deut 4:9 "Teach them to your children and to their children after them.  
Pray that the church and parents will take seriously the teaching/nurturing and equipping Ministry for life-long discipleship:children-youth-young adults-older adults and seniors.
- 28 New Church at Kota Kemuning :  
**Living Hope Methodist Church**  
14 & 14-1 Jalan Sg Burung U33/U. Seksyen 32. Bukit Rimau. 40460. Shah Alam.  
1st Service 9th February @ 10.00 am  
New Church at Kota Damansara :  
**Living Stone Methodist Church**  
L 1-08 Cova Square. Jalan Teknologi. PJU 5, Kota Damansara. 47810 Petaling Jaya  
1st Service 16 February @ 11.00 am  
Pray for the Core Team members. Pray for the renovations and furnishings.  
Pray for TRAC to catch a Vision for Strategic Church Planting; to Release Resources (send the best People and Money)
- 29-31 **Friday@ 12 noon: PRAY for TRAC Churches (Federal Territory)**
- Wesley Kuala Lumpur
  - Grace Sentul
  - Faith Cheras
  - Wesley Kepong
  - Christ Ampang
  - Life Puchong