

Title: The Torch of Prayer Warriors 300

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Preface

The Prayer Warriors 300 Project is the grace of God and it has reached an important milestone: we have collected manuscripts of 300 prayer warriors. This has convinced me that God wants me continuously to get involved in this ministry, and I have become even more enthusiastic!

This book is a continuation of my first book: "Passing on the Life of Prayer." The focus of this book "The Torch of Prayer Warriors 300" is to help the reader to persist on their daily prayer life for 30 minutes to reach the level of "praying without ceasing".

The Cry for Prayer Practice, and The Success of Prayer Practice, and The Encouragement of Prayer Practice, three sections in this book, will strongly motivate the prayer life of our prayer warriors as we move toward the vision of "making the church a house of prayer for all nations."

I am very thankful for my friend Anthony Po Ka-ho who has done a good job in translation and turned the original Chinese manuscript of this book into an English version. I also thank you for Elder Ken who continuously provided help in doing editing for my book. May the Lord bless our prayer life through this book.

Your prayer coworker
John Lai

June 1, 25

Foreword

Pastor John Lai, who lives up to his Chinese name (Li Guang Chuan), has determined to spread the Gospel. Pastor Lai has pastored for many years, and he is very experienced.

After retiring from pastoral work, he continues to speak about the importance of prayer, especially during the epidemic. With the convenience of the Internet, information spread everywhere. Many brothers and sisters from various places come to join prayer conferences and they have benefited a lot. Pastor Lai does everything himself, convene the brothers and sisters from various churches of North America Bay Area to join prayer camps and experience the sweetness of fellowshiping with God. Many brothers and sisters are touched deeply. Therefore, they are willing to make more efforts in their prayer life.

Plenty of theological students and future preachers received great help from Pastor Lai's teachings. Christian Leadership Institute has invited Pastor Lai to teach courses for us; many students have gained a lot. He also teaches at our Asian school branch; students loved him so much. They respond and say we need to pray; may God uphold our church. Pastor Lai's "Theology of Prayer" has helped us a lot. Pastor Lai's courses will discuss the necessity of prayer from biblical and theological perspective, give many practical examples, and require students to practice in class, and offer great help to theological students.

Faith needs to be passed on. The most important part of faith is the inheritance of prayer life, which needs to be passed on from generation to generation. As the title of this book "The torch of Prayer Warriors 300" says that passing-on is the most important thing in the Christian faith. Pastor Lai has retired but continued to work in his old age, passing on his knowledge of the Lord, his experience, and his understanding of the faith to the next generation.

Pray that the Lord will use this book to help many brothers and sisters in the church. May our prayer life become a sweet-smelling offering that reaches God.

Pastor William Sun
President of Christian Leadership Institute
June 2025

The Vision of 300 Prayer Warriors

Why are my prayers not answered by God?

How can I meet God in a moment (quality time) of prayer?

How can I make my church love prayer?

If the above is your problem, this program is for you!

Content

We want to recruit and train 300 prayer warriors from around the world, and collect 300 articles on personal prayer exercises. We want our participants to pray for half an hour daily so that their prayer life can grow, make an impact on the church, and realize the vision of the Lord Jesus: to make the church a house of prayer for all nations!

Why pray for half an hour?

The Teachings of the Lord Jesus

Gaining power

Prayer is interactive

Haste means Death of Prayer

Four types of Methods

Basic Training Method

The Lord's Prayer Pattern

Reading Prayer Slowly

Reading Prayer Quickly

Division of Labor

We can achieve our target through various combination of the number of groups and the number of people therein.

$$2 \times 150 = 300$$

$$3 \times 100 = 300$$

$$4 \times 75 = 300$$

$$5 \times 60 = 300$$

Strategies

Praying in Pairs towards four Goals (PPFG):

Sharing Life. Encouraging Growth. Impacting Life. Passing on the life of prayer.

Principle Mobilization:

Six Principles of Interactions:

Interaction with God. Interaction with people. The church in action. Stay in action. God-fueled action. Glory to God.

Training material for praying 30 minutes daily:

To match the above vision, Pastor John Lai's book, "Passing on the Life of Prayer" is available for purchase online.

Twenty-four helpful videos are also available online. This book and videos are helpful to us to reach to our prayer life to pray for 30 minutes daily. We can also use these tools in small group and Sunday school class. Everyone is welcome to use them!

Book and 24 videos on line:

<http://www.unitedpray.org/passing-on-the-life-of-prayer/>

(The electronic book is here.)

You can also find a 24 video (15 minutes each) to help the prayer life to us by clicking the following section under this link

[Helpful Videos in Prayer\(Eng\)](#)

Motivation

Passion, Deepening, Widespread, Long-lasting

Models of prayer

(Jesus, Apostle Paul, Daniel)

To start:

Encourage brothers and sisters to fast for one meal every Monday and pray for half an hour during that time. In other words, practice praying for half

an hour at least once a week. Then pray for half an hour some other time during the week. Build up the habit so that we can pray half an hour every day.

Personal Startup:

Four Practices of Prayer (ACTS):

Worship and Praise (5 mins) + Confession and Self-Reflection (5 mins) + Giving thanks (5 mins) + Intercessory Prayer (15 mins) = 30 mins.

Any time in the morning (10 mins) + Any time at noon (10 mins) + Any time at night (10 mins) = 30 mins.

Any time in the morning or at noon (15 mins) + Any time at night (15 mins) = 30 mins.

Group Launch:

Ask God for brothers and sisters who are willing to learn to pray and form them into discipleship groups. As a group (two to five people) brothers and sisters can agree on a time when they can study the book “Passing on the Life of Prayer” and watch the 24 helpful videos together. They can learn to encourage, care and pray for one another.

The two training requirements in discipleship (caring and teachings) will go hand in hand. As a result, the disciple’s heart will respond, and his actions will follow! This is what Jesus did for the two discouraged disciples at Emmaus – transforming their lives (Luke 24:13 – 35).

After completing the course of reading the book and watching the 24 videos, all participants will surely improve their prayer life and eventually they will pray for half an hour every day. Their prayer life will become fruitful, satisfying and overflowing!

The Results after completion of the training course:

We will experience an abundant spiritual life, living water flowing from within. We will see miracles, spiritual growth, breakthroughs, and vision for missionary work.

We start with one person fasting and praying. Then we set up discipleship groups. One day, we will fulfill the vision of 300 prayer warriors around the world. All by the grace of the Lord!

The Torch of Prayer Practice

The following is a script to suggest on how to practice prayer for 30 minutes each day, whether for self-cultivation or to teach others. The title of the script is

“May the Lord teach us how to pray.”

The script has four parts: Part 1: Four Prayer Exercises; Part 2: Seeking God’s Face; Part 3: Listening to God’s Word; and Part 4: Praying with the Bible. Through these four parts, we can enter into a state of “river of living water” and “abundance” in our prayer life!

Part 1: Four Prayer Exercises

Worship and praise, confession, thanksgiving and supplication are four essential practices in our prayer. Regularly practicing worship and praise can strengthen our faith in God. Make us have full confidence in God; “Worship and Praise” can also remind us of our honorable place before God. It has boosted our morale! “Confession” can keep our interaction with God the Father fresh and vibrant. “Giving thanks” becomes a great motivation for us to draw closer to God. “Supplication” helps us learn to shepherd those we love and those who do not yet believe in Christ, just as the Lord Jesus did!

My book, “Passing on the Life of Prayer” and the 24 helpful videos are having detailed teachings on prayer practice, including the four basic practices I just mentioned. If we learn and practice according to the book and the videos, we can reach the milestone of 30 minutes of prayer life every day, and we will experience transformation in our prayer life, enabling us to give joyful and amazing testimonies about prayer. Therefore, we cannot neglect the constant practice in prayer. The Bible tells us that practicing godliness is beneficial in all things (1 Timothy 4:8), which of course includes prayer.

Part 2: Seeking God’s Face

In the four prayer exercises, we can should focus on worship and praise exercises. Another interpretation or way to say “worship and praise” is that we should seek God’s face. Psalm 105:4 says: “Seek the face of the Lord and his power; seek his face continually.” What is the face of God? The face of God is God Himself. When we come before Him, we worship and praise this unique and true God, to worship and praise His great virtue, power, goodness, wisdom, dignity and glory. We must submit to His name, love Him, surrender to Him, seek Him and obey Him!

We must get rid of our bad prayer habits: our habitual prayer starts with our own needs, centering on ourselves and prioritizing them. We must eliminate this bad habit. Instead, our prayers should begin with God, centering on Him, His attributes, His actions and His will, and then we mention our own needs.

The book “Transforming Life Prayer” provides excellent teaching on this truth. The author of this book Daniel Henderson says: “Seek God’s face, and everything will change.” This change will transform your spiritual life. I have also seen believers whose entire prayer life has been transformed by focusing on worship and praise in their prayer practices. Therefore, in our prayer practice, we must focus on seeking God’s face!

Part 3: Listening to God’s Word

The four basic exercises of prayer teach us that we are speaking to God, but we must not forget that God will also speak to us. In our daily lives, we must learn to listen to God’s voice. Often, we fail to hear God speaking to us because we lack the attitude and habit of listening. We should listen to God speaking to us, like Samuel, who said to God, “Speak, for your servant is listening!” (1 Samuel 3:10).

We should cultivate the habit of listening to God who will speak to us. Every day, in everything we do, we should ask God: “God! What is your opinion? What is your view? Please tell me. God is willing to speak to us because He loves us and cares for us. Psalm 139:17-18 says: How precious to me are your thoughts, God! How vast is the sum of them! Were I to

count them, they would outnumber the grains of sand – when I awake, I am still with you.

I want to share with my experience of listening to God. Once, when I was returning to Hong Kong from the US, my handbag disappeared from the baggage cart while I was waiting for my luggage after getting off the plane. I was very anxious and searched everywhere but couldn't find it. So, I called the police, and the customs officer told me to go upstairs to the person in charge of monitoring the security cameras to check the footage and see who stole it. At that moment, I prayed to God, asking what to do. A thought came to my mind: "Go to the end of the baggage carousel and look there." As soon as I got there, I found it! It was miraculous; God spoke to me! There is a book called "Hearing God" by Dallas Willard that can be very helpful for us in listening to God to speak to us!

Part 4: Praying with the Bible

During these 30-minute session of the four basic prayer exercises, we can sometimes use the Bible to pray. The Holy Spirit will fill our prayers with faith, joy and power through God's Word. We can meditate on God's Word, continually meditating on it, asking God to help us understand His Word, and to enjoy His presence and sweetness through it. More importantly, we should apply God's Word to prayer and to experience God in our daily life.

How do we pray using the Bible? The best way is to pray using the Bible verses you have just read after your morning devotions. A long time ago, during my devotion reading, in 1 Chronicles 20:8: "These were descendants of Rapha in Gath, and they fell at the hands of David and his men." These "sons of great men" were very powerful enemies of the Israelites, yet they were killed by David's servants because God was with them!

Similarly, today we are children of God and we may encounter difficulties like those "sons of great men". But we are the army of Jehovah, and God is with us; we will surely overcome them. On that very day, I encountered a similar difficulty in my life, one that I couldn't overcome. After reading this Bible verse, my faith was kindled. I praised the Lord, for I am the army

of Jehovah, He is my commander, and He will surely lead me to victory. So that day, I meditated on this verse all day, praying with it, and I praised God, knowing that He would fight for me. The next day in the morning, I woke up to find that God had resolved my “son of a great man” dilemma. Praise be to the Lord!

The four aspects of prayer practice mentioned above are repetitive and related, but each aspect has its own focus. We should use and practice them repeatedly to make out 30 minutes of prayer fulfilling. In this way, your prayer life will be transformed into a river of living water and a state of abundance. May God bless everyone’s learning and practice!

The Cry for Prayer Practice

God sees me

A member in Christ

I started practicing for half an hour every day from the beginning of the class. It was difficult at first, but I thank God that I persisted for a while, half an hour every day. But then I gradually reduced it to a few minutes, and later to about twenty minutes, ten minutes, or even just a few minutes left sometimes. In this process of practice, there seemed to be difficulty, which was that I didn't seem to enjoy the feeling of being close to the Lord as much, and I always felt that something was missing.

Just when I was feeling discouraged, my prayer class teacher Pastor Lai sent me a message encouraging me to write a personal prayer exercise, which inspired me once again. It was like timely rain nourishing my parched soul. Writing this reminds me of Psalm 63:1 [A psalm of David. When he was in the Desert of Judah] You, God, are my God, earnestly I seek you; I thirst for you, my whole being longs for you, in a dry and parched land where there is no water. May my heart, like David's, be thirsty for God in the dry, weary and waterless land; may this also be my prayer.

During the practice, I also experienced God speaking to me. A brother had a problem he needed to solve, and I didn't know how to answer him, so I prayed. Suddenly, God gave me an idea and a thought, and I knew how to answer and help him. Another brother was going through a difficult time, and I didn't know how to comfort and encourage him. I prayed to God, and He showed me a passage of scripture, Isaiah 43:1b: Do not fear, for I have redeemed you; I have summoned you by name; you are mine. 2 When you pass through the waters, I will be with you; and when you pass through the rivers, they will not sweep over you. When you walk through the fire, you will not be burned; the flames will not set you ablaze. This passage was like a light shining down; it was wonderful, and it was perfectly suited to this brother's situation.

Looking back now, the feeling of something missing during the practice was actually a lack of longing and love for God. But I am grateful that God sent Pastor Lai's message timely, which I was amazed at the Most High God who loves me and upholds me to the end! Amen!

Feedbacks about Prayer Practice

Xiaofan

During this period of study, I diligently practiced the book “Passing on the Life of Prayer” in Chinese version written by Pastor Lai and watched the corresponding lesson message in 20 videos of the book. This systematic study has given me a deeper understanding of prayer, especially in terms of how to pray using God’s word, providing me with more practical practice and experience.

In the past, I often found myself lacking in words when praying, unsure how to express my worship, gratitude, intercession and confession to God. But through the guidance of this book and the videos, I began to understand that God’s word itself is the foundation of our prayer. When I use scripture as the starting point for prayer, transform God’s promises into my cries, and convert the truth of the Bible into a response of faith, I find that prayer is no longer just a collection of my own words, but a genuine spiritual communion with God. This scripture-centered prayer has filled my spirit more fully with God’s word.

During my studies, the video explanations further helped me solidify the content of the book. In particular, the concrete examples enabled me to connect abstract teachings with real life, showing me how to respond and pray with God’s word in different situations. These examples not only helped me understand God’s will but also showed me how prayer can transform a person’s life and circumstances.

The reflection questions posed at the end of each video were also very helpful. They reminded me not to just “watch” or “learn” but to truly “practice” and “respond.” Guided by these questions, I began to reflect more on my daily prayer life: Is it persistent? Is it rooted in God’s word? Do I have faith and an attitude of obedience? These questions made it crystal clear to me that prayer is not only a spiritual exercise, but also an important part of the disciple’s spiritual growth.

This has been a valuable learning experience and I sincerely hope that more brothers and sisters can join in this kind of study, not only to enhance their understanding of prayer but also to live a godly life in closeness to God in their daily lives. May God continue to use this course to edify His children and raise up an army of prayer. Amen!

Growth Experience for Prayer Warriors in 30-Minutes

Daniel

I am Pastor Daniel, currently on missionary work in Africa. In this foreign land, my daily life is filled with busyness of serving and learning Arabic. Although the winters in Africa are not as cold as those in the north, I have experienced a period of inner “winter” on my spiritual journey. Although I have a regular prayer meeting Kingdom Prayer Altar, my personal time for private prayer seems meager. In the midst of my weary daily life, I often neglect the time for intimate communion with my Heavenly Father.

A spiritual awakening

Just this January, I met pastor John Lai, a spiritual elder full of God’s word and anointing. He traveled a long way to Country E to train us overseas workers. In just one day, he shared many precious words he had received from the Lord, especially regarding prayer exercises. He repeatedly emphasized, “You must put effort into prayer!”

When I heard these words, my heart was deeply touched by the Holy Spirit. I began to realize that although I had been working hard to share the gospel and serve God, my personal relationship with the Father seemed weak and powerless. I was like a busy servant, running for Lord, but neglecting my intimate companionship with Him. In prayer, I confessed to the Lord: “Lord, I have been too busy, and I have neglected my intimate relationship with You.”

But my Heavenly Father did not rebuke me. Instead, I felt His abundant love and waiting. He gently said to me, “My child, I have been waiting for you. I have endless grace to give you.” At that moment, tears welled up in my eyes. I knew that God was calling me back to a life of intimate prayer.

The starting point of 30 minutes of private prayer

After the training, pastor Lai gave me three books. These books were not just words, but also spiritual keys, helping me to enter deeper in prayer. I resolved to begin with 30 minutes of private prayer each day to restore my intimate relationship with God. However, I also know that it wouldn't be easy for me to maintain a consistent prayer life alone. Just as I was praying and seeking for God's help, He touched my heart and spoke to me: "Go and encourage other to build an altar of prayer together." This reminded me of pastor Lai, who doesn't only pray himself but also constantly encourages and equipped others to pray together.

Invite people to pray together

I realized that if I could lead more people into prayer, I myself would be more steadfast on his path!

So, I not only started practicing 30 minutes of private prayer every day, but I also created a prayer group, inviting a group of brothers and sisters who are also thirsty for God to pursue prayer together. Every day we share our prayer experiences, insights and testimonies in the group. This is not just the formation of a habit, but a renewal of our spiritual life.

The power of 30 minutes of prayer

When I persisted in prayer for 30 minutes every day, I began to discover that God was doing a tremendous job in my life!

1. Deeper Anointing and Filling by the Holy Spirit: Every time I pray, I can deeply feel the filling of the Holy Spirit. His anointing flows like a stream, washing away my fatigue and stress from the whole day.
2. Have greater confidence in facing challenges

In the past, I often felt helpless and anxious when facing challenges and difficulties. But now, my heart is more steadfast because God's word and prayer have given me strength. When difficulties arise, I am no longer afraid, but instead come before God immediately, entrusting my troubles to Him in prayer and everything becomes clear!

3. A change in spiritual perspective

In the past, my goal in ministry was always to strive to spread the gospel and lead more people to know Jesus. But now, I'm beginning to understand that teaching others to pray is more important than simply speaking the gospel! It is because I realize that only when a person truly encounters God in prayer can they have a vibrant faith, rather than a lifeless religious life.

Spiritual Breakthroughs Through Prayer

During this time, I personally witnessed many brothers and sisters experience breakthroughs through 30 minutes of daily prayer. Some who were spiritually barren have now been rekindled their passion for the Lord; some have received healing in prayer; and some have experienced God's miraculous guidance in their workplaces and families.

Even my own ministry goals have undergone a fundamental shift as a result—in the past I focused on outward evangelism, but now I yearn to build an army of prayer, equipped more people to delve into the depths of prayer.

I know this is just the beginning. God is leading me into deeper streams of prayer, shaping me into a soldier of prayer, and urging me to ignite the prayer lives of many more.

Keep moving forward steadfastly until the Lord returns.

I will continue to practice 30 minutes of private prayer every day, because it is not only my spiritual exercise, but also the wellspring of my life. I also pray that God will strengthen me and enable me to continuously break through on this path until the Lord's return.

I firmly believe that a person who can pray is a person who truly experiences God; and a person who leads others in prayer is the one who can truly build a spiritual army!

Thank you, Heavenly Father, thank you, pastor Lai; and thank you to all my family members who walk with me on the path of prayer. May we all become valiant warriors of prayer; and may this generation be transformed through our prayers! Amen!

My Prayer Journey

Yuen Kin Kwok

Thank God for preparing this prayer learning course for our Bari Church; this is God's grace. I personally am greatly anxious to learn about prayer. Although I am preacher, I pray very little. My personal prayer life and in family prayers together are very short, averaging only 3-4 minutes. It's not that I don't know how to pray, nor that I don't know the importance of prayer, but rather that I lack joy and patience in prayer. I don't experience interaction with God in prayer. Therefore, my prayers lack flavor and I've lost my motivation. Lord, forgive my sins, for I don't seek you and prayed to you earnestly. Therefore, I sincerely hope that this prayer learning will change my prayer life, enabling me to pray for God's glory, God's kingdom and God's will. May my prayer life be following with God's heart and I become a blessing to others.

Feedback after training

I thank God for His grace that He allows me to be His child and I can draw near to Him through prayer. What a blessing this is! But I have often failed to cherish this blessing and have not drawn near to God properly, which has caused me to lose many blessings.

We thank God for guiding Pastor Lai to come to start this prayer training, teaching us the methods of prayer, and igniting our passion for prayer. We see many changes in the brothers and sisters who participated in the training. They pray more, their prayers are more extensive, and their prayers are more passionate. This shows that this prayer training course is blessed by God.

I myself have been taught and reminded in prayer, realizing that I still have much to improve in this area. I've learned that action is extremely important in the study of prayer, and it must be collective action. Acting alone is easily weakened; mutual support and encouragement are the long-term solution. Most importantly, it's about interacting with God in prayer.

Thank be to God for His grace, and I prayed that He will continue to guide me in prayer. I also pray that God will bless Pastor Lai's ministry further; so that it may become a glorious testimony to God and a channel of blessing for people.

The Success of Prayer Practice

Prayer Practice Training

Brother Ji Mingxin

Here are some testimonies I would like to share with you regarding my experience in prayer and discipleship training.

Since Pastor John Lai retired and he established the Home of Christ Prayer Training Center, I have been following in his footsteps and was deeply influenced by his prayer practices. When Pastor Lai used the book “Passing on the Life of Prayer” and the corresponding 20 videos of this book in Chinese version to train people to learn to pray, I follow his teaching plan.

Whenever I interacted with Pastor Lai during training, he always mentions the vision of “Praying in Pairs towards Four Goals” (PPFG): sharing life, encouraging growth, impacting others, and passing on the life of prayer. He encourages us that we don’t pray by myself only, but we need to make use of group starting with two people to help each other to learn prayer.

To work out the vision of prayer from Pastor Lai, I prayed daily, and also was asking God to give me a good opportunity and wisdom to invite brothers who also want to learn prayer together. God answered my prayer. After praying for a while, God truly gave me a good opportunity.

I usually arrive at church early every Sunday. On one particular Sunday after I finished my ministry work in the main chapel of my church, I saw a brother. This brother is Brother Kong Lin, our leader in the 2014 short-term mission team in mid-west of America, a top student from Beijing University, and a computer engineer. That day, because he was in charge of the church’s sound system, he arrived at church early, so I quietly asked him: “Can we learn to pray together?” He replied, “Yes!” I knew then that he was the brother the Lord had prepared, and I thanked the Lord for giving me such a good brother! Later, when I invited two other brothers to pray together—one a mechanical engineer and the other a senior

member of our church—they both quickly agreed to become my group members.

Thank God! I have prayer partners now. But how do I begin the training? This is another question for me. I still need to rely on prayer, seeking God's help and guidance. After many days of prayer, God opened a path for me. One day, Pastor Lai asked me if I had found prayer partners. I said I did, but I still didn't know how to begin, how to start prayer training with these two engineers and a senior brother. The pastor gave me an answer: gather them together to watch the 20 Chinese videos, then everyone can share their feedback and insights after watching the video lesson, and then practice to pray with one another. Pastor Lai said he have used this method to guide several brothers and pastors' wives.

However, I still felt it was not enough. After discussing with my wife, we decided that our group should meet once every two weeks. My wife and I also discussed preparing food before each meeting, so that everyone could eat first and share their personal daily life for the past two weeks. Then, we start to watch the video to learn the prayer lesson and pray together.

When we reached the prayer lesson 12, I invited Pastor Lai to join our prayer group to give us a brief summary. I also asked each of the brothers to join the "300 Prayer Warriors" group. Each one needs to write a personal prayer practice journal and turns it to pastor Lai. Thank God, they all completed their personal prayer journal on time.

I feel that God is a true and living God, who personally led us to this prayer training class, laying a solid foundation of prayer life for three of my group members. Praise the Lord!

Feedback after Prayer Training

Pastor Liang Zhe

Peace be with you, Pastor Lai! I am very grateful to Pastor Lai for including me in the program of 300 Prayer Warriors and for his continued encouragement and guidance in prayer courses and ministry over the past two years.

The books and prayer practice collections which I brought back from the Prayer Conference in 2024 have been a great blessing to our brothers and sisters in Germany. For the past two years, our church has been learning prayer practices through videos and books. The Chinese version has been very effective, the English version has had a good impact, and the German version is still being promoted.

What benefited me personally was assisting Pastor Lai in leading prayer training courses for the regional groups in Rimi and Bari, Italy. Through the German church and the two prayer courses in Italy, I saw that 30 minutes of prayer practice every day is indeed the starting point for believers' spiritual growth; and through such practice, the church can truly fulfill the vision that "the temple of God is the house of prayer for all nations."

Whenever I share the vision above, I first read and grasp the scripture that "believers are the temple where the Holy Spirit dwells." I invite my church members to examine the spiritual situation of their own temple. Through the enlightenment of the Holy Spirit, they see the disorder and defilement of their own temple. The Holy Spirit is guiding them to overturn tables and drive out those engaged in business, just as Jesus did.

This process takes for three lessons. After the temple is cleansed; and the second step is to ask them whether they are willing to dedicate the temple to the Lord, praying that the Holy Spirit will accept it and gladly dwell in it. The third step is that they are willing to allow the Lord's Spirit to fill the temple, full of the love and grace of the Lord. The fourth step is that they

are willing to serve the Lord through prayer, that is, the work of intercessory prayer.

Through these four steps of practice, I've noticed that members become to grasp the vision that their body is a temple of prayer. When everyone has this vision and strives towards it, the church can become a temple of prayer.

In summary, "Passing on the Life of Prayer" and its videos in Chinese version are excellent teaching materials. We always start each class by watching the videos, and then each student gives feedback of the lesson content. The videos are also divided into segments according to their academic level.

In addition, I also learned from Pastor Lai's ministry that prayer ministry should be closely integrated with mission ministry, and that prayer should be firmly grasped in terms of intercessory prayer, watchfulness, and guidance for missions, so that prayer can become a synchronous partner for missionaries.

This is a very valuable insight from Pastor Lai, who always encourages the 300 prayer warriors to pray earnestly for missionary work.

Being able to participate in this is a great blessing to myself, both spiritually and in ministry. Although I haven't yet been able to keep up with Pastor Lai's pace, I dare not slack off and am striving to catch up. I also firmly believe that the vision God has given to Pastor Lai and the Prayer Training Center will be fulfilled. It is because it is God's will. And I admired that Pastor Lai and his colleagues have been working tirelessly towards it.

From “Abundance” to “Legacy”

Jiehong Liu

(This is a reflection written by a fellow worker who diligently practices prayer, using materials from the book and videos on “Passing on the Life of Prayer” to help her, and also finished attending one of the “Prayer Training Classes” by pastor Lai.)

A little sharing of gain and experience

I am very grateful to God for giving me this opportunity to participate twice in the Italian prayer group study led by Pastor Lai. I was attracted and inspired by the brothers and sister who are thirsty for learning prayer, and I also saw my own shortcomings and areas for improvement when I saw Pastor Lai handling the training class with passionate explanations, wise answers to questions, correct understanding and application of the Bible, and timely encouragement to the participants. A transmitter is not only a transmitter of knowledge, but also a transmitter of life. I need to know God more, become familiar with His word, obey the Holy Spirit, and pray without ceasing.

1. My learning and practice

Previously, my prayers mainly focused on drawing closer to God, relationship with Him, my spiritual growth, and my ability to serve. I rarely prayed for others. After studying the book “Passing on the Life of Prayer” in Chinese version, I felt ashamed and indebted. I began praying for 30 minutes every day. Intercessory prayers were broadening my horizons, and expanding. My prayers are including family, brothers and sisters in Christ, friends, colleagues, my country, and the church.

Intercessory prayers shortened the distance between me and those I prayed for; my heart became softer, more considerate, compassionate and caring. I long for God to help me understand their deepest needs, their difficulties, their circumstances, and their unspoken burdens, and to be willing to listen to their stories. I am willing to offer companionship to people who need me. Therefore, my prayers gradually were deepened from being superficial to profound.

2. Leading and delegating my ministry burdens

I led a small group and a prayer partner, who was my assistant. I preached the message from the book “Passing on the Life of Prayer” as sermons on Sundays, and Thursday’s prayer meetings. We read the Bible with a prayer heart and prayed with the words of scripture. The prayer meetings began with hymns, followed by prayers based on a passage from Psalm. Andrew Murray’s “The Secret of Intercessory Prayer” served as the message content, followed by intercessory prayer time. Everyone shared their needs, which were written down one by one. Each person could share their prayer need and we prayed for each other one by one. My prayer partner has now begun sharing the message from “Passing on the Life of Prayer.” I will now begin discipling a new coworker in prayer.

3. Life transformation through prayer

First, the mute believers disappeared, for everyone began to pray aloud, progressing from stuttering to fluent and natural prayer, coming from the heart.

Secondly, faith is built through prayer. It’s not about focusing on the outcome, but on the process and entrusting the result to God. Believe that God hears prayers, and that everything God gives is good; turn complaints into gratitude, and anxiety into quiet waiting. When encountering difficulties, don’t try to solve them yourself or seek help from others, but first pray and entrust them to God, asking Him to guide you on your path.

Thirdly, we experience God’s blessings and power in prayer. One brother suffers from bipolar disorder, a mental illness that used to relapse two to three times a year, requiring hospitalization. Since beginning intercessory prayer, he has been relapse-free for three years and his emotions are stable.

A new seeker came to church because he suffered from the after-effects of a stroke, resulting in weakness in his right hand. His son also suffered a stroke that damaged his central nervous system, leaving him unable to speak and with a curled right hand. He wanted to try and see if God could

heal him. Through his studies, he came to know God, and he built up his faith in God through prayer. His right hand was recovered, and his son regained his memory. He could use a mobile phone, and could take his parents on trips. Although his spoken language and right hand have not yet fully recovered, he has witnessed God's work and power and decided to be baptized at Easter in April. Besides, these, there are many other blessings and accomplishments from God—but I won't go into detail.

4. Challenge

The practice and vision casting of prayer cannot be accomplished through our own efforts, strength, or desires; it can only be achieved through the word of the Lord Jesus and the power of the Holy Spirit. Apart from the Lord Jesus, we can do nothing. All glory to God.

The practice and promotion of prayer is not something that can be achieved overnight; it requires long-term persistence. Learning knowledge and methods is only the beginning; what is more important is establishing a stable prayer life, building a close relationship with God, and experiencing a transformation in one's life. Although our group has made progress in prayer, most of us do not have a fixed time for prayer. The next step is for everyone to establish a fixed time for prayer, striving for 30 minutes of prayer every day.

The Encouragement to Prayer Practice

The following articles promote biblical truths about the “Prayer Warriors 300” program, which involves 30 minutes of prayer practice daily. These messages have been shared on different occasions, and we hope that God will use them to inspire our fellow workers in leading others to practice prayer!

Let the Legacy of “Prayer Warriors 300” Begin to Navigate!

July 20, 23

Thank be to the Lord, we celebrate the ministry of “Prayer Warriors 300” because we have now collected 100 personal prayer exercise texts, which means we have 100 members participating in Prayer Warriors 300 Program.

As we are moving forward to reach our goal of 300 prayer articles, we should begin the work of passing on the torch now. How do we do this? We must begin to encourage discipleship training. So how do we conduct discipleship training in the form of prayer to “passing on the torch”?

Among these 100 prayer warriors, we should encourage each of them to take on the work of leading disciples. Each of them should lead at least one or a small group of disciples to practice prayer, so that those being led can achieve the goal of praying for half an hour every day! In fact, some co-workers are already doing the work of leading and the results are quite good!

So how do we lead? There are two key points: one is to set up an example, which means that the testimonies or practices written by each author in the prayer articles serve as examples for leadership; the second is to do the work of teaching, which means teaching the biblical truths about prayer. You can use each lesson of my book “Passing on the Life of Prayer” as a teaching tool.

But some fellow workers might ask: I haven't even reached the point of praying for half an hour every day, so how can I set an example to lead others? The answer is that we, as leaders, move forward together in prayer practice with those we lead, which is called on-the-job-training.

When will we stop leading our disciples? I can only tell you that we should lead them to a milestone, which is when they (the ones being led) reach the point where they can pray for 30 minutes every day. Then we will let him go. Those who have reached this milestone will have the strength to find another disciple to lead!

According to biblical teachings, leading disciples is a lifelong ministry. We can see this in the examples of Jesus leading Peter and Paul does Timothy. They set up a good example as a model for us! After Jesus rose from the dead, He still sought out the disillusioned Peter, encouraging him not to lose heart (he had denied Jesus three times). In Peter's later years, when he left Rome fearing persecution, Jesus appeared to him, leading Peter to bravely return to Rome and be martyred for the Lord! When Paul was about to be guillotined, he still wrote a second letter to Timothy, encouraging him not to lose heart! At that time, Paul had been leading his disciple Timothy for at least 25 years! Timothy ultimately became an outstanding pastor, and church history records his martyrdom for the Lord!

Jesus Christ is our best example! We should imitate Him in leading disciples in prayer and ministry. The Bible tells us He is a "living prayer" (Hebrews 7:25)! He is still in heaven praying for believers still living on earth! Perhaps we should lead our disciples to the same extent as Jesus! Our leadership of disciple may continue until he leaves this world, or perhaps we ourselves will continue leading until we leave this world.

This is a great challenge, but it is the path God has given us to lead our disciples. This path is viable and will succeed! Because our Lord Jesus successfully led his disciples. The Apostle Paul also walked this path successfully, so we will succeed too. We will surely succeed with the Lord's help! I encourage these 100 co-workers to begin to lead now. This Prayer Warriors 300 <Passing on the Torch> ministry must set sail now, without

delay! Let us move forward the vision of the Lord Jesus that our church will become a “temple of prayer for all nations”. May the Lord bless you all, Amen!

The Teaching of Jesus on Prayer

1. The Purpose of Prayer

Looking at Jesus' teachings on prayer in the Sermon on the Mount, we see a significant difference between his instructions and our understanding about prayer. Jesus said that our view of prayer is completely different from His view of prayer; our focus in prayer is our own needs, while Jesus said the focus of prayer should be God's needs.

In Matthew 6:7-8, Jesus said that our prayers should not be like those of the Gentiles. The Gentiles constantly use repetitive phrases in their prayers to their god. What exactly do these repetitive phrases describe in their prayers? They express their needs. They are afraid that their needs will not be heard by their god, so they desperately use repetition to emphasize their needs. Jesus said that your prayers should not be like theirs; the Father already knows your needs, so the focus of your prayers should not be your own needs. This is a very clear teaching!

So how should we pray? We should pray for God's needs. What are God's needs? His kingdom, His authority, and His glory (Matthew 6:13b). The entire content of the Lord's Prayer is about these three things. Even our own needs, our interpersonal relationships, and our struggles with our enemies are all for the purpose of manifesting God's glory. Glorifying God means establishing a relationship with Him, giving Him a place, and allowing Him to receive respect and thanks—this is what it means to glorify God. Paul defines glorifying God most clearly in Romans 11:36: "For from him and through him and for him are all things. To him be the glory forever! Amen." This includes even the practice of prayer. I personally believe this is the best explanation of glorifying God!

Paul said that we eat and drink for the glory of God. If we do even the most basic necessities of life like eating and drinking, how much more so should we do for the glory of God in other aspects of life? Therefore, all our personal prayers must be connected with God's glory, God's kingdom, and His authority.

Late bishop Kou had a prayer that I will never forget! His prayer for healing from heart disease was a God-glorifying prayer! How did he pray? He said: “God! If my healing does not glorify You, then take me away, lest I live on earth and dishonor Your name!” Now let’s look at Jesus’ life on earth; his entire prayer life was about manifesting God’s kingdom, God’s authority and God’s glory. Three examples will clearly illustrate this path of prayer.

- A. Jesus’ 40-day fast and prayer in the wilderness repelled Satan’s attacks. His prayer demonstrated God’s authority!
- B. Jesus’ prayer in the Garden of Gethsemane demonstrated His obedience, allowing God’s will to be done on earth as it is in heaven. His obedience also serves as an example for us. Let us, in any difficult circumstances, obey the Father’s will to fulfill God’s commission and manifest His glory!
- C. Jesus’ parting prayer for His disciples (John 17) was for the sake of God’s kingdom and glory: He wanted us to be united, this is, to love one another, and through this love, to let others know that we are Jesus’ disciples, with the aim of bringing more people into God’s kingdom!

2. The Power of Prayer

When Jesus was on earth, He assured us that our prayers would be effective, and that God the Father would hear them and give us the best. We should pray to accomplish God’s will, not our own! In this way, we will see God’s wondrous works!

“Ask and it will be given to you; seek and you will find; knock and the door will be opened to you. For everyone who asks receives; the one who seeks finds; and to the one who knocks, the door will be opened. Which of you, if your son asks for bread, will give him a stone? Or if he asks for a fish, will give him a snake? If you, then, though you are evil, know how to give good gifts to your children, how much more will your Father in heaven give good gifts to those who ask him!” (Matthew 7:7-11)

“So I say to you: Ask and it will be given to you; seek and you will find; knock and the door will be opened to you. For everyone who asks receives, the one who seeks finds; and to the one who knocks, the door will be opened. Which of you fathers, if your son asks for a fish, will give him a snake instead? Or if he asks for an egg, will give him a scorpion? If you then, though you are evil, know how to give good gifts to your children, how much more will your Father in heaven give the Holy Spirit to those who ask him!” (Luke 11:9-13)

If we pray about God’s affairs. God will give us the best. The Holy Spirit is the best gift the Father wants to give to those who seek Him. Why? Because the Holy Spirit guides us to accomplish God’s will. By doing what He wants, we can manifest God’s kingdom, authority and glory!

We see that God has given the guidance of the Holy Spirit to the Antioch Church, enabling this church to open the door to missionary work and spread the gospel far and wide.

Now in the church at Antioch there were prophets and teachers: Barnabas, Simeon called Niger, Lucius of Cyrene, Manaen (who had been brought up with Herod the tetrarch) and Saul. While they were worshiping the Lord and fasting, the Holy Spirit said, “Set apart for me Barnabas and Saul for the work to which I have called them. So after they had fasted and prayed, they placed their hands on them and sent them off. (Acts 13:1-3)

We see in the Book of Acts that the Holy Spirit miraculously guides us. He not only urges us on, but He also restrains us, leading us to walk in God’s will for His kingdom, His authority and His glory. Paul and his missionary team were twice hindered by the Holy Spirit during their second missionary journey; they were prevented from preaching the gospel in those two places (Acts 16:6-7). There are two possible reasons. One is that Bithynia was not their field, not the place where they were meant to preach the gospel; Bithynia belonged to Peter’s missionary field (this is Pastor Tang Chongrong’s interpretation). Another reason might be that the timing was not right; they could not preach in Asia and there was a

more urgent need elsewhere. Later, when the missionary team arrived in Troas, God led them to Philippi in Europe, where they established the first church in Europe! From then on, the gospel spread throughout Europe—truly miraculous!

After some time, during his third missionary journey, Paul returned to Asia, a place the Holy Spirit had previously forbidden him to preach the gospel (Acts 19:10). This time, the Holy Spirit did not forbid him from preaching there, and he spent nearly three years spreading the gospel throughout Asia, establishing a church in Ephesus. This is the Holy Spirit's greatest gift, because the Holy Spirit guides us according to God's will, leading us to walk in His ways. Sometimes we pray earnestly, but God seems not to hear our prayers. In fact, God hears our prayers according to His will. This is something we do not expect.

Many years ago, Pastor Bian Yunbo came to our church and spoke about how, during the Cultural Revolution in China, Christians throughout China were persecuted, preachers were imprisoned, and Bibles were confiscated. Brothers and sisters prayed earnestly for God's church. After a long period of prayer, it seemed there was no effect. They thought Christianity would disappear from mainland China, and they could never imagine the work of the Holy Spirit, who used miracles and wonders, and the flourishing of family groups. Many people have come to believe in the Lord, and it was only after the reform and opening up that they discovered Christianity had flourished greatly in China, with more than 70 million believers. This is something no one expected to happen!

Therefore, we must not lose heart in prayer. We must pray for the glory and authority of God's kingdom. We must pray that God's will be done. In this way, we will see the guidance of the Holy Spirit to accomplish God's plan, and our prayers will never be in vain!

3. The Joy of Prayer

Jesus promised us the fulling joy that comes with answered prayer. Prayer is an exciting and joyful thing. Prayer may seem like a difficult and painful task, but ultimately it brings us great joy because God has heard us!

“In that day you will no longer ask me anything. I tell you the truth, my Father will give you whatever you ask in my name. Until now you have not asked for anything in my name. Ask and you will receive and your joy will be complete.”

Jesus prophesied here, foretelling the day after His ascension when the Holy Spirit would descend upon His disciples. At that time, the disciples prayed to God and they saw the unfolding of God’s kingdom, God’s authority, and God’s glory because God had heard their prayers. The church in the apostolic era was filled with joy. Why? Because God heard their prayers Jesus said: “We will be overflowing with joy!” This overflowing joy is not only what Jesus promised, but also what Hebrews 11:6 says about God rewarding those who earnestly seek Him – that is, rewarding us according to God’s will. Receiving God’s reward brings fulfilling joy.

This fulfilling joy becomes a powerful motivation, enabling us to continue praying and propelling our prayer life forward! Isn’t this our experience of having our prayers answered? We will experience the truth taught by Paul: “Rejoice always, pray continually, give thanks in all circumstances.” Answered prayer brings joy and gratitude, and joy certainly inspire prayer practice! Therefore, we should pray for God’s kingdom, God’s glory, and we will experience this joy of being answered – a joy that overflows.

4. Our Response

The 2024 Global Chinese Prayer Conference and the 2024 English Prayer Conference are testimonies brought about the joy of having our prayers answered!

Inspiring a Passion for Prayer

(Romans 12:11)

The importance of prayer is self-evident. Preachers should especially prioritize prayer (Acts 6:4). The apostles said, “And will give our attention to prayer and the ministry of the word.” Martin Luther said, “A spiritual leader must possess three qualities: prayer, reading and reflection!” He devoted his best three hours each day to prayer. John Wesley, greatly used by God, spent five hours a day in prayer for a period of time.

In my own observation, among preachers in the Bay Area, those willing to dedicate two hours a day to focus on prayer are extremely rare, and even those willing to spend half an hour a day in prayer are just a handful. The Bay Area lives in a culture that emphasizes action, rational planning, and immediate results. Promoting the spiritual practice of prayer is no easy task. By God’s mercy, I have a burden from God for this spiritual practice, so I am willing to strive forward, do my duty, and continuously learn and promote it. I hope to help some fellow workers and brothers and sisters move in this direction and encourage one another so that we may be more zealous in serving the Lord and please God more!

Paul said, “Never be lacking in zeal, but keep your spiritual fervor, serving the Lord” (Romans 12:11). This verse is something every worker of the Lord should yearn for. I’ll apply this verse in such a way: how beautiful it is to be fervent in spirit, constantly praying to the Lord – this is precisely the topic I want to share today. We should be fervent in spirit in everything we do to have action. Many times, we lack action, service, or even prayer because our hearts are not fervent enough, or even cold as ice, and as a result, we cannot accomplish anything!

I particularly like Jeremiah 20:9, which describes the great fire in Jeremiah’s heart, a fire that could not be contained within him and had to erupt. This fire was to proclaim the message of the Lord. Jeremiah lived in a difficult era; God wanted him to proclaim the message of God’s judgement on the Kingdom of Judah: that the nation would perish, that the people of Judah must repent, and that they must surrender to the enemy to survive. What

was the reaction to this message? Hostility, insults and arrest. No one would listen to this message!

If we were Jeremiah, we would surely be discouraged and disheartened, afraid to preach or even wanting to give up, because preaching might have the opposite effect! But when Jeremiah thought this way, he had a fire in his heart, and he couldn't help but preach. Although people didn't listen, and even opposed him, his heart was burned with passion, and he wanted to continue preaching God's word. This is the fervor we admire. We hope our prayer life will be like this: no matter the circumstances, we will have a burning heart and pray constantly. This is the kind of prayer passion we should pursue!

How can we ignite a passion for prayer? This is a very broad and deep topic, and I hope to share four key points in this lecture for your reference and study together:

(1) Preparing the Mindset for Prayer

A. A Heart of Worship and Praise

The Bible often links worship and praise together, making them difficult to separate. Strictly speaking, worship is our submission to God's position, while praise is a response of love and appreciation for God's being and doing. The response of love and appreciation is the praise we express. Jehovah reigns on the praise of Israel. Even in unfavorable circumstances, we should still worship and praise God. Why? Because it demonstrates our faith in God, believing that He still controls our circumstances. He has plan and purpose, accomplishing His good will even in adverse situations.

After Paul and Silas worshipped and praised God in prison (Acts 16:25-26), an earthquake occurred, bringing salvation to the jailer's entire family, making them important members of the newly established Philippian church. After Peter and John were released and they worshipped, praised and prayed (Acts 4:23-31), a great earthquake occurred, and the entire congregation was filled with the

Holy Spirit, continuing to boldly proclaim God's word and performing miracles of healing. Job also worshipped and praised after his suffering (Job 1:20-21). What he received was: My ears had heard of you but now my eyes have seen you. Therefore, I despise myself and repent in dust and ashes (Job 42:5-6).

The effects of our worship and praise are sometimes immediately visible and sometimes take years to manifest, but they all prove that God is in control of everything, and He plans everything to accomplish His good will. Worship and praise mean that we need God, not that God needs us! Whenever we worship and praise God, we think of His greatness, holiness, power and wisdom, and our spiritual life is uplifted and our fervor for prayer will be ignited!

B. A Heart of Joy and Gratitude

There are two kinds of joy: the joy of accomplishment and the joy of spiritual blessings of salvation (Romans 5:2-3; Luke 10:20). We should find joy in spiritual blessings and in God himself. Jesus told his disciples that they should be joyful, not because the demons were submitted to them, but because their names were recorded in heaven. The joy of spiritual blessings often makes us look to the future, transcending immediate suffering, just as a pregnant mother rejoices for her unborn child. As a result, she is downplaying the pain of the giving birth. Furthermore, we must remember the Lord's grace; his grace is multifaceted! Constant joy and gratitude easily cultivate a heart for prayer and they are readily ignited to have a passion for prayer (1 Thessalonians 5:16-18)!

C. Examining one's own heart and confessing one's sins

D. Fasting and seeking God.

Sin and the world rob us of our desire to pray! Sin hardens us (Hebrews 3:13); the world will shut Jesus out of our hearts, preventing Him from knocking (Revelation 3:17-20). Therefore, we must constantly confess our sins and cleanse ourselves of our love for the world (Psalm 32:3; Psalm 139:23-24) so we can have the desire and passion for prayer!

E A heart willing to attend prayer meetings

A single match burns out quickly, but many matches burn with much greater light and heat (Hebrews 10:24-5). Attending prayer meetings will often inspire a passion for prayer!

F A quiet place to be alone with God is essential for preparing a prayerful heart

The heart is easily agitated, like Martha's (Luke 10:40). We must cultivate a quiet mind like Mary's, finding a place to be alone with God (entering a private room to pray). The Lord Jesus also went to the wilderness to pray early in the morning and evening. One reason for this was that He wanted to be alone with God in the quiet place (Mark 1:35; Luke 5:16-17).

In short, we must prepare our hearts, the aforementioned mind-sets, to have the passion for prayer. As the Bible says: "Guard your heart, for from it spring the issues of life" (Proverbs 4:23).

When I first started preaching, I was in charge of leading a mission, having just graduated from seminary and lacking experience. Sometimes, I would go to the mountain of Mission Hill at 5a.m. on Sundays to pray alone, and as a result on that Sunday I felt full of power. Especially when praying for the brothers and sisters, I was full of faith and God's word. My wife once sarcastically remarked that my prayers for the brothers and sisters were those of a "professional prayer". Why did she say that?

Because when I was on the phone with someone, after only a few words, I quickly became absorbed in prayer, speaking fluently and passionately for the other person. This was unbelievable, as if I were just talking without feeling. I told her that this was a truly unfair comment. If I didn't feel moved, passionate, capable and connected to God's word, I couldn't perform this kind of professional prayer. Therefore, spending time alone with God, filling our hearts with His power, the passion and words of God will naturally bring forth a passionate expression to me in prayer!

(2) Adjusting the Focus of Prayer

Matthew 6:13b is the conclusion of the Lord's Prayer. This conclusion tells us why we should have this kind of prayer (Matthew 6:9-13a). The Lord's Prayer teaches us that such prayer has a focus: this focus is on praying for God Himself and what God cares about. Even our personal needs should be directed towards this focus; this is the true meaning of prayer! When the Lord Jesus told his disciples that the true meaning of life is to live for His gospel, otherwise life loses its true meaning. This focus coincides with the focus of prayer. Matthew 10:13 tells us that Jesus emphasized, "I must pray for the peace of others first." But this verse also tells us about the blessing of intercessory prayer will fall upon us. Intercessory prayer for others is a never-ending service (Job 42:10)!

The Lord Jesus' example of prayer also focuses on a single point: God the Father (John 5:19) and His disciples (John 17). The prayers of Moses (Exodus 33:18) and the Apostle Paul (Philippians 3:8) also centered on God Himself and His things. Their fervent prayer naturally flowed with passion!

When our prayers are focused, they bring an increase to us in faith and joy: (Hebrews 11:6, John 16:23-24)! In this way, our prayer life grows through the increase of faith and joy, and our passion for prayer will overflow!

In my personal prayer life, I often ask the Lord of the harvest to send workers to the church to help me do His holy work. As a result, I experience an increase in faith and joy, and I am willing to spend time asking God to send workers to accomplish His work. Once, in a public setting, I told an eighty-year-old pastor, who was still faithfully pastoring a church, that I had retired. He was astonished, because he was still working at eighty, while I was retiring before I was seventy. I said to him: "Thank the Lord, for I have a successor." He was very envious and asked me for my secret. I told him my secret was the promise that Lord Jesus gave me: "Ask the Lord of the harvest to send workers to reap His harvest." Indeed, when I was retired, God already provided four full-time co-workers and many layman coworkers in a

small church of 200 adults and children. Though small, the church was complete in every way, and my heart was filled with gratitude! These workers, whether hired or chosen by myself, all came through prayer.

Six months before my retirement, something truly dramatically happened. One Sunday, after I finished preaching and announced to the congregation that I would be retired in six months, an elder who was still serving told me that he had already resigned two weeks ago and was ready to go to study in the Seminary to equip himself to be a full-time pastor. When I heard this, I was so moved that tears streamed down my face. It was because I trusted in God that after I retired, He would provide someone to fill my role, and now it became true. God is truly wondrous! Therefore, when our prayer focus is on God and His work, you will experience growth in faith and the joy of answered prayers. Both will increase your fervor for prayer!

(3) Grasp the Secret of Prayer

This secret is the Holy Spirit (Zechariah 12:10) and the Word (Luke 24:32). The Holy Spirit will ignite a fire of love for God within us, drawing us closer to Him and prompting us to pray to Him. How can the Holy Spirit and the Word help us in prayer in our daily lives?

We should learn from the Lord Jesus, who often prayed through the Holy Spirit. For example, He relied on the Holy Spirit (Matthew 11:25-30). When Jesus was doubted on his role by his fellow worker John the Baptist—was He the Messiah? When the Pharisees judged Him as a glutton and a drunkard, and when His preaching in Capernaum was fruitless, He was still able to pray and give thanks to God the Father. Why? It is because He obeyed the Holy Spirit. Even in adversity, He still prayed fervently to God. He thanked God, saying it wasn't his faults, but the faults of others! His obedience to God despite these difficult circumstances enabled him to thank Him!

We should also learn from Mary, who often meditated on God's word in prayer (Luke 1:46-55). Mary was able to utter the prayer of praise to the Savior because she often meditated and understood God's word,

and then obeyed it. From her prayers, we discovered that she was very familiar with God's promises to Abraham and the patriarchs!

Not only should we constantly obey the Holy Spirit and meditate on the Word of the Lord, but we should also be filled with the Holy Spirit (Ephesians 5:17-6:20) and the Word of God (Colossians 3:16-4:6). From those two passages, we can tell that the result of prayer in two different aspects are the same; their relationship is very close, like two sides of a coin, inseparable. The result of being filled with the Holy Spirit and the Word of God will also enrich the content of our prayers. We can express our prayers in the area from worship, praise, teaching, thanksgiving, marital relationships, parenting, master-servant relationships, personal conduct, spiritual warfare, and even mission opportunities. All will be connected to prayer when we are full of the Holy Spirit and filled with the Word of God.

Why did Jesus spend an entire night praying for the selection of his disciples? He was a man filled with the Holy Spirit (Hebrews 9:14) and full of the Word. How did He pray (John 10:3)? He prayed for His disciple one by one. He prayed for them as if calling his own sheep: "The shepherd calls his own sheep by name and leads them out."

How do we grasp this secret (the Holy Spirit and the Word) to pray? We begin by relying on the Holy Spirit and meditating on the Word of the Lord in our daily life, and then gradually enter into the state of being filled with the Holy Spirit and the Word.

We must firmly believe in the truth that "all things work together for the good to those who love God" and pray with an attitude of constant obedience to the Holy Spirit. Just as the Lord Jesus, through obedience to the Holy Spirit on the path to the cross (Acts 2:23). An attitude of obedience allows the Holy Spirit to work freely within us, bringing us closer to God and it will raise a passion for prayer. The Lord Jesus was filled with the Holy Spirit, and his secret was obedience (Hebrews 9:14)! Furthermore, we should enjoy our "Daily Bread" (the light of your daily devotions) as our daily reflection on the Word of God, and use this light

in our daily prayers. In this way, you can grasp the Holy Spirit and the Word of God and your prayer life will move forward.

(4) A Plan for Practice

We should dedicate the best half hour of each day to practice prayer, and we should approach it with the mindset of a battle. In prayer, we should firmly believe that God will strengthen us to overcome the weaknesses of the flesh, enabling us to maintain thirty minutes of prayer daily. He who dwells in the shelter of the Most high will rest in the shadow of the Almighty (Psalm 91:1). “Dwelling” means spending time alone with God and in prayer; in doing so, power will come from God. Without a regular prayer life, there is no true prayer life. It is because a regular prayer life draws upon the power of prayer. Like Abraham’s persistent altar service (Genesis 12:7), and like the Lord’s Jesus’ frequent prayer on mountain (Luke 22:39), they are examples of passionate prayer. A disciplined and consistent daily prayer time will keep your prayer life alive and keep your prayer passion burning brighter and brighter!

Prayer is initiated by God. Besides the Holy Spirit inspiring us to pray, we also see that God the Father Himself is working, prompting people to pray. For example (Genesis 18:17): God told Abraham that He was going to destroy Sodom and Gomorrah. This inspired Abraham to pray for Sodom and Lot. The fervor of prayer is also an example of God stirring it up (Luke 22:43). Jesus prayed in the Garden of Gethsemane, but his strength was insufficient. Angels strengthened him, making his prayer more earnest, and his sweat fell like drops of blood. Although prayer is initiated by God, and fervor is given to us by Him, people must do our part and we need to cooperate. How can people cooperate? Cooperation involves the four points mentioned above. In this way, our fervor for prayer will naturally increase, and our hearts will often burn with zeal for prayer!

We should thank and praise God for giving us such precious spiritual authority “prayer” so that we may receive blessings from Him. We should give glory to Him, as Paul said: “For from him and through him

and for him are all things. To him be the glory forever!” Amen! (Romans 11:36)

My Gethsemane Garden?

The true purpose of prayer, as Pastor Rick Warren said, is to pray to the point where we emulate the life of Jesus' prayer—that is the most important thing! The Apostle Paul, in his later years, clearly stated the purpose of spiritual pursuit in Philippians: “But one thing I do: Forgetting what is behind and straining toward what is ahead, I press on toward the goal.” What is this goal? It is to imitate Christ and receive the same abundant spiritual life as Christ!

The topic I'm sharing today, “My Garden of Gethsemane?” might seem strange—it's about the Lord Jesus' prayer in Gethsemane, a prayer unparalleled to us in its scope. But today, I want to use His experience of prayer in Gethsemane as an example for us to learn from. The Lord, facing the most important and fiercest spiritual battle, was able to triumph through prayer.

Brothers and sisters, today we might encounter a situation on our life's journey: we clearly know God's will, we know very well that we must continue, but you say that: I lack strength, I am weak, I cannot go on, yet I know I should continue. What should I do? This is a spiritual battle. Faced with such struggle and battle, we must rely on prayer to persevere and gain victory.

Today I will talk about three key points: first, the Garden of Gethsemane of the Lord Jesus; second, the Garden of Gethsemane of the disciples; and finally, third, my Garden of Gethsemane?

1. The Garden of Gethsemane of Jesus (Luke 22:39-46)

The passage from the Bible, recounting Jesus' prayer in the Garden of Gethsemane, reflects that his prayer life was frequent, earnest and obedient—three key points that we could never fully learn in our life in the lesson of prayer. Prayer must be frequent. I promoted an unusual initiative and a prayer learning slogan at my Prayer Training Center: Set aside 30 minutes for prayer every day. This is not legalism, but a spiritual

discipline performed through the grace of the Lord. From the perspective of biblical truth, being a teacher, a soldier, a famer and an athlete all require practice. How much more so does training a mature prayer warrior! Only Christians who have a consistent 30-minute prayer routine every day will have an impact!

Jesus prayed so earnestly that he almost died, for he himself said, “My soul is so overwhelmed that I am dying.” Jesus fasted and prayed, he prayed all night long, yet the Bible doesn’t use the word “earnest.” Only in the Garden of Gethsemane is Jesus’ prayer described as extremely earnest. Clearly, when you or I pray sincerely today, compared to Jesus, there’s simply no comparison!

We can say that Jesus prayed so earnestly in the Garden of Gethsemane that he was on the verge of death, or to put it another way: Why did Jesus still pray so earnestly amidst the sorrow and pressure of death? Because Jesus was bearing the cost of the sins of you, me and all of humanity; this pressure rested on his shoulders. He was bearing this pressure with his physical body, and the pressure was so great that he was on the verge of death. We must understand that he used his humanity, not his divinity to bear this pressure and pain. Humanity is flesh and blood; it experiences pain and pressure. Therefore, his physical body could no longer withstand it—in Cantonese terms, he couldn’t take it anymore, he was on the verge of death. So why didn’t he die? What is the secret?

John Piper, a servant of God, shared a very valuable insight that helps us understand this secret. He said that the Lord Jesus faced two spiritual battlefronts: the first: “Father, if you are willing, take this cup away.” This conditional battle expressed his inner pain, his inability to bear the pressure, and his inability to continue. The second battlefront: “Yet not my will, but yours be done.” This second battlefront expressed his determination to take on the responsibility and his willingness to continue. A key point in his ability to overcome the first battlefront was the strengthening he received from the angels. This is the secret to the Lord Jesus’ victory in the spiritual battle in the Garden of Gethsemane through prayer!

Only in this way can we understand the interpretation of this passage (Hebrews 5:7-9). The Lord Jesus was the only begotten Son of God, obedient to the Father. Even in the face of the suffering of the cross, He still showed His obedience and embraced the suffering of the cross, unlike us who are initially disobedient and only learn the lesson of obedience through suffering. He is an example of absolute obedience to the Father. Therefore, Paul said in Philippians chapter 2, “He poured out his obedience to death, even on a cross!” Jesus wept loudly and prayed in the Garden of Gethsemane, and his prayer was answered.

This answered prayer meant that He was fulfilling the Father’s will and walking the path of the cross, not escaping the bitter cup of the cross. Because when He was arrested. He said something like that: “Don’t you want me to ask the Father to send twelve legions of angels to rescue me from this suffering?” He wouldn’t make that kind of prayer; on the contrary, he willingly walked this path, making a prayer for the Father’s approval! And the Father granted the prayer of His beloved Son!

This helps us understand the mystery and importance of Jesus’ prayer in the Garden of Gethsemane. Jesus was entirely human, a man of flesh and blood facing the suffering of the cross. He was willing to obey and to pray earnestly, but his flesh could not bear it. Therefore, the Father sent angels to strengthen him, making him more obedient and more earnest in his prayer, until he prayed to the point where his sweat fell like blood. I believe it takes the full strength of one’s being to reach such a point. This is unimaginable and unexperienced for us! Through prayer, Jesus received strength from the angels, and thus, filled with power, he bravely walked on the path of the cross, accomplishing the great salvation!

2. Disciple’s Garden of Gethsemane

The disciples’ spiritual struggle in the Garden of Gethsemane was clearly a failure. The reason for their failure was that they did not pray. Their hearts were willing, but their flesh was weak. Where did we find their weakness? They were tired and unable to pray; they were sorrowful and unable to pray, so they could only sleep. Isn’t this the situation of you and me? Many

a time we cannot pray because we are too tired, or in a bad mood, and in no motivation to pray. So how do you solve this problem? Did Jesus provide an answer?

Jesus did provide an answer: telling them to watch and pray lest they fall into temptation. What does this answer mean? Temptation is being put to the test. Jesus was reminding his disciples that this was a time of spiritual warfare, a time for battle, not a time for sleep. You can't sleep, you can't be sad, because this isn't the time to sleep, this isn't the time to be in a bad mood, this is the time to fight, to face the enemy, because when you're not careful, you will fail and your enemy will defeat you! Judas led a large army to arrest Jesus. Would you stand by the Lord's side or run away? As a result, the disciples fled one by one, lacking the faith to stand firm, because they didn't pray; they were all sleeping, they were all sorrowful. If they had been willing to pray, like Jesus, they would have had sufficient faith and strength to stand by the Lord's side, and they would not have run away or denied Jesus!

Next, let's think about this: if we encounter a difficulty, we should pray with all our might, to the point of almost dying like Jesus. Would it be possible for me to lose my life? Jesus was strengthened by angels sent by God. What about us? Will we die? My answer is no, unless God allows it! Because I have read all the books on prayer and have not found a single saint who prayed to the point of death.

Therefore, let us pray continually, and we will surely regain our strength in prayer, soaring like an eagle on wings, gaining wisdom and power to overcome difficulties and win the spiritual battle! (Isaiah 40:31)

Therefore, we can draw the following conclusion:

- Jesus saw prayer as a weapon to win a spiritual battle
- Jesus experienced God's power in prayer
- Jesus won the victory on the cross through prayer
- (John 18:4-6)
- Prayer is a spiritual exercise in learning to obey God's will

- (Hebrews 5:7-8)
- Prayer is a spiritual exercise in which God strengthens us to accomplished His will

3. My Garden of Gethsemane?

In my ministry journey, I have encountered many spiritual struggles, difficulties and seemingly insurmountable obstacles, but I have triumphed through prayer. I share this particular one with you all! Let me sing a song in the first stanza to you to tell my story:

- The Pilgrim's Journey
- The path is winding and full of thorns, the journey to heaven is difficult, the world hesitates, but I urge forward, for the difficult road leads to heaven.
- As long as heaven endures and earth remains, my will to follow you will never change; whether there will be misfortune or fortune, safety or danger in my future, it is all up to the Lord to decide.

When I was hesitated to respond to God's calling to be a full-time pastor during the situation when my ailing health shows to me that it was impossible for me to make this decision to say "yes" to God. God used this song in a particular morning, after my long prayers for almost two hours, to strengthen my resolve to dedicate myself, to be unafraid of difficulties, to do the ministry of preaching full-time for 34 years, and up to this day I am still healthy doing the preaching ministry! Glory to the God Father!

How is my day?

(Psalm 139:16-18)

This is a very ordinary greeting, yet it's also very important. We usually have three responses to this greeting: "Today is great," "Today is okay," and "Today is terrible." In English, we say: "I have a great day," "Today is OK," or "I got a bad day."

Christians should make every day a good day because God can help us to make every day good. This is the message I want to share today.

Someone told a story about a man who died and went up to heaven. God took him to a large house filled with packages of gifts, labeled with different name for each gift. These gifts were meant for believers on earth. However, he noticed many gifts were labeled with his own name, gifts he hadn't received in his lifetime. He asked God in surprise, "Why haven't I received the gifts you gave me?" God replied, "Because you didn't ask for these gifts. They were prepared for you, so they have to stay here." May this message bring you daily blessings from God, making each day wonderful!

1) Every day of David

Today we look at how David lived his daily life, and then learn from him how we live our daily lives.

Let's look at Psalm 139 to understand David's knowledge of God and the grace he received from God, which made his day very good!

The first paragraph (verse 1-6) states that God is omniscient. It mentions seven times that God knows, and that "His knowledge" surpasses anything David could imagine. In our lives, we can experience God's "omniscient" attribute. My wife and I have been married for 43 years, and in my married life, I have deeply felt that the wife God prepared for me far exceeded my imagination. Before marriage, we only met nine times, and each meeting lasted no more than two weeks, yet we knew that God had brought us

together to be husband and wife, so we immediately got engaged and later married. We married without fully understanding each other. After marriage, we discovered that we complement each other perfectly, which is truly amazing. This is God's omniscient arrangement; He knows our needs!

The second paragraph (7-12) speaks of God's omnipresence. The word "there" is mentioned five times. And wherever you are, God is there to guide and support you. We should experience God's omnipresence in our lives. When I was five years old, my mother and I fled to Hong Kong but were unfortunately arrested and imprisoned. I served three months in prison, and I didn't die because God was there supporting me, for that particular three months. In these three months I should have died but I did not. I had fever before I got jailed and after I was relieved from Jail I also had fever. My mom told me later that she assumed that I would get troubled, even to lose my life in the period of jail due to my illness.

The third section (verses 13-16) speaks of God's omnipotence. God's creation is mentioned four times, and His creation is described as wondrous and awesome in human body. His "omnipotence" is manifested in the description of the creation of every human organ; He not only created every part of our bodies, but He also protects and maintains our created organs. My glaucoma, which should have been very bad, now allows me to see very clearly, even surprising the doctor! This is God's protection!

The fourth paragraph (verses 17-18) describes how David felt that God's grace towards him throughout his life was precious and endless.

The fifth section (verses 19-22) speaks of God's holiness and righteousness, and that He cannot tolerate evil.

The sixth paragraph (verses 23-24) describes the author David's prayer in response to the great God he knew. A person's attitude toward God can be reflected upon how deep of a person who knows about Him.

Therefore, after reading Psalm 139 of David, we can draw the following conclusion:

The God David knew:
All-knowing,
Omnipresent,
Omnipotent, Holy,
and Righteous,
Full of Lovingkindness

David's relationship with God:
A very close personal shepherd
(experiencing God's daily blessings and guidance)
He hates what God hates, and stands with God.

David attitude toward God was reflected in his prayer:
"Search me, O God, and know my heart; test me and know my thoughts;
see if there is any evil way in me; and guide me in the way everlasting."

Why was David able to write this poem?

I believe that this poem reveals David's worldview and values:

By your hand save me from such people, LORD, from those of this world whose reward is in this life. May what you have stored up for the wicked fill their bullies; may their children gorge themselves on it, and may there be leftovers for their little ones. Ask for me, I will be vindicated and will see your face; when I awake, I will be satisfied with seeing your likeness.

(Psalm 17:14-15)

David was not satisfied with the "contentment" of world view in his life; he longed for the "contentment" view of life that was with God.

David always walked with God:

"I keep my eyes always on the LORD. With him at my right hand, I will not be shaken. Therefore, my heart is glad and my tongue rejoices; my body also will rest secure, because you will not abandon me to the realm of the dead, nor will you let your faithful one see decay. You make known to me

the path of life; you will fill me with joy in your presence, with eternal pleasures at your right hand.” (Psalm 16:8-11)

Examples from David’s daily life

David and his men reached Ziklag on the third day. Now the Amalekites had raided the Negev and Ziklag. They had attacked Ziklag and burned it, and had taken captive the women and everyone else in it, both young and old. They killed none of them, but carried them off as they went on their way. When David and his men reached Ziklag, they found it destroyed by fire and their wives and sons and daughters taken captive. So David and his wept aloud until they had no strength left to weep. David’s two wives had been captured –Ahinoam of Jezreel and Abigail, the widow of Nabal of Carmel. David was greatly distressed because the men were talking of stoning him; each one was bitter in spirit because of his sons and daughters. But David found strength in the LORD his God.

David turned his bad day to be a good one by asking God. (1 Sam. 30:1-6)

2) My Today

Can we know God and experience His daily blessings and guidance like David? David could converse with God in any circumstances, just as he did with his friends.

Our Challenge

Have I ever heard God speak to me?

Someone asked Joan of Arc a question: “You say that God is always speaking to you, so why has God never spoken to me?” She replied: “God is always speaking to you, but you just haven’ t heard it.”

How do I experience God speaking to me?

Philippians 2:13 tell us: For it is God who works in you to will and to act in order to fulfil his good purpose. 1 Corinthians 2:16 for, Who has known the mind of the Lord so as to instruct him? But we have the mind of Christ. The Holy Spirit dwells within us, constantly moving within us and reminding us of God’s word. He also guides our thoughts, enabling us to know His will. This is how God speaks to us. We should always pay

attention to the small voice within us and pray continually. Through this practice, we will improve ourselves understand God's voice.

God's promises and encouragement:

Your strength will equal your days. (Deuteronomy 33:25)

The Lord has done it this very day; let us rejoice today and be glad. (Psalm 118:24)

Trust in the Lord with all you heart and lean not on you own understanding; in all your ways submit to him, and he will make your paths straight. (Proverbs 3:5-6)

Our relationship with the Lord is like that of a vine and its branches, or like that of Jesus and God the Father: we must be passive yet proactive, waiting for God (passive) before acting (active). A common mistake we make is that we are "proactive" first, leaving God "passive." Like David wanted to build a temple for God, yet he did not ask God first. It turned out that God let his son Solomon build the temple instead of David. We are always "proactive" making God listen to our plans, leaving God in a "passive" position.

"A time is coming and in fact has come when you will be scattered, each to your own home. You will leave me all alone. Yet I am not alone, for my Father is with me." John 16:32. Jesus set up a very good example; he always was with the Father consulting him and enjoyed the companionship with His Father.

Jesus gave them this answer: "Very truly I tell you, the Son can do nothing by himself; he can do only what he sees his Father doing, because whatever the Father does the Son also does." (John 5:19)

Personal example: Family devotions

Before the 2019 epidemic, we organized a family devotional time every other Saturday evening at 6:00 pm for an hour and a half. Our six families formed a large family of 16 people, scattered in different places – Canada, Hong Kong, and the United States—united through zooming. The

members ranged in age from young to old: five people aged 70-75, six middle-aged people aged 35-45, and six children aged 4.5-11. Organizing this meeting was not easy, but we persisted for several years and we received many spiritual blessings. After the pandemic ended, the meetings faced many difficulties because two families, each with three children. They were very busy with their children's activities on weekends, making it sometimes difficult to gather everyone together. We wondered if we should stop. Was it God's will to stop this family devotion?

But my wife and I kept thinking about it and we decided that we should continue the gatherings, no matter how many people came. If someone couldn't come, they would tell us what to pray for that week, and we would pray for them. Then one time, I was the only one there; nobody come. My wife was also sick; her back hurt so much she couldn't get up. At that moment, I felt discouraged; maybe this family devotional time was over. Why? Because their responses were: one family said they had already arranged for the children to go elsewhere; another family said there were too many gatherings and they couldn't handle it. We took the children bowling. Another elderly relative said to me: I have just returned from church and needed to rest. Another elderly person had gone on a trip. Another young person had told me in advance that he couldn't come. Out of six families, five said they couldn't come. I was the only left for this family devotional meeting.

I should have been extremely frustrated, but at that moment I prayed to God: how should I handle this? When I told God, I felt very calm. I immediately wrote a short text to them through media, I thought that God gave me this idea. I said to them: this was a very important gathering, helping to the spiritual life of this family, especially for the children. It's a time they will cherish and remember this family devotional as they grow up. This moment will have a profound impact on their future spiritual growth and their understanding of God. If you can't come this time, we'll cancel it; that's okay. See you next time. We're waiting for you!

After I sent this text message, what happened? I immediately received five messages, all of which were very positive responses. They sent me two red

Heart signs and thanked me for my words, which comforted their hearts. I believe that these five positive responses are confirmation of God speaking to me through them.

Their response told me not to be discouraged, confirming that this family devotional should continue. I should have felt a very bad day, but then I prayed, and God spoke to me, instructing me to share this message with my family members. Their response made it a great day!

The point of my sharing is to talk to God any moment in your daily life, especially in a bad day. Then you will experience that God will turn your bad day to be a good one like David did.