

Cleaned by
 the blood of Christ, we have been
 purified by the word of truth,
 that we might present ourselves
 to God as holy, blameless
 people, zealous of good works,
 which God has prepared for us
 to walk in. For we are His
 chosen people, who have been
 predestined for adoption as
 sons and daughters through
 Jesus Christ our Lord, in
 accordance with His will,
 to the praise of His glorious
 grace, which He has freely
 bestowed on us in Christ
 Jesus. For He has made us
 known to Himself in the
 mystery of His will, according
 to which He has chosen us
 in Christ before the world
 began, that we should be
 holy and blameless before
 Him, in love, as He has
 chosen us in Himself, in
 love, just as He has predestined
 us for adoption as sons and
 daughters through Jesus
 Christ our Lord, in accordance
 with His will, to the praise
 of His glorious grace, which
 He has freely bestowed on
 us in Christ Jesus.

EPHESIANS

IN CHRIST



Midyear Prayer and Fasting
 JULY 3-5, 2018

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VICTORY

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FASTING 101

Connect

All of us have needs and wants. Needs are things that we cannot live without. Wants are things we would like to have. What are some of your needs? What are some of your wants?

There are many things we need and want. But sometimes, we focus so much on our needs and wants that we put aside our relationship with God. Fasting lets us focus more on God by setting aside our needs and wants.

What is fasting?

Fasting is stopping an activity (like eating) for a period of time to focus more on God. We replace eating or using our gadgets with time with God. This means praying, worshiping, and reading the Bible. These activities build our relationship with God.

When our parents speak to us, we should pay attention and listen to them. Fasting helps us pay attention and listen to God. It helps us put aside distractions. We say to God, "I am going to listen to You because You are my Father. I trust You!"

Jesus gave us an example of fasting in Matthew 4. Jesus knew that He would need strength and power for His ministry. He prepared by fasting for forty days in the desert. During this time, He was tempted by Satan. His response to that temptation is the truth we can hold on to for strength when we fast:

... *“People do not live by bread alone, but by every word that comes from the mouth of God.”*

MATTHEW 4:4 (NLT)

Fasting is usually keeping yourself from eating and drinking as you devote more time for God. But you can also fast from different media (TV, video games) and technology (gadgets, Internet) if you cannot fast from food. The important thing is to keep your focus away from the things the world offers to spend more time with God.

Before Fasting

1. Pray.

Spend time reading the Bible before the fast. Ask the Holy Spirit for guidance in your prayers. Write down your specific prayer requests for your family, friends, church, and nation.

2. Commit.

Pray about the kind of fast that you will do and commit to it ahead of time. Ask God for grace to help you follow through with your decision. Also, ask your parents and maybe even your doctor if you are allowed to do a specific type of food fast.

3. Act.

If you will be fasting from food, start eating smaller portions a few days before you fast. Avoid sugary and fatty foods. Ask someone to be your prayer partner throughout the fast.

While Fasting

1. Focus.

Set aside time to read God's Word and pray. This devotional will help you go through your fast. Just be ready to listen to God's voice and do what the Holy Spirit is telling you.

2. Pray.

If you can, join at least one prayer meeting in your church. Pray for your family, church, pastors, nation, campuses, and missions throughout the week.

3. Fill up.

During mealtimes, if you're fasting from food, read the Bible and pray instead. Drink plenty of water and rest as much as you can. You may find yourself becoming physically weak, tired, impatient, or irritated. If you're doing a different type of fast, read the Bible and pray during the time you would normally do what you are fasting from (for example, browsing through social media or playing video games).

After Fasting

1. Eat.

If you fasted from food, reintroduce solid food gradually. Your body will need time to adjust to a normal diet. Start with fruits, juices, and salad, then add more vegetables. Eat small portions throughout the day. It may be tempting, but try not to eat junk food and sweets right away. Whether you fasted from food or finished a different type of fast, remember what God revealed to you as you spent time with Him. Take what you learned from the fast into your everyday life.

2. Pray.

Don't stop praying! Trust that God will keep His promises and knows what He's doing. Don't stop believing in and listening to God. Be in faith and expect God to answer your prayers!

FASTING COMMITMENTS

Day 1

Fasting Options:

- Social Media Fast
- Gadget Fast
- Skip One Meal
- Other _____

Prayer Meeting(s) to Attend:

Day 2

Fasting Options:

- Social Media Fast
- Gadget Fast
- Skip One Meal
- Other _____

Prayer Meeting(s) to Attend:

Day 3

Fasting Options:

- Social Media Fast
- Gadget Fast
- Skip One Meal
- Other _____

Prayer Meeting(s) to Attend:

I AM THANKFUL TO GOD FOR ...

How did God answer your prayers so far this year?

FOR THE REST OF 2018, I AM CONTINUING TO BELIEVE GOD FOR ...

What are your prayer requests for the rest of this year?

Myself (e.g. to be closer to God)

My Family (e.g. good health for parents)

My School (e.g. good grades)

My Friends (e.g. for friends to know Jesus)

Others (e.g. for more people to know Christ)

My family member or friend who will pray with me for these things
is _____ .

RECEIVING EVERY SPIRITUAL BLESSING

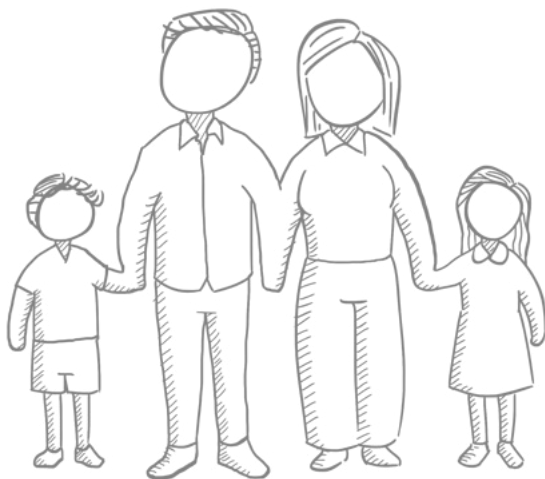
READ **Ephesians 1:3,19-21**


Give praise to the God and Father of our Lord Jesus Christ. He has blessed us with every spiritual blessing. Those blessings come from the heavenly world. They belong to us because we belong to Christ.

EPHESIANS 1:3

How do you know that you are the child of your mother and father? You bear their last name! You place your name on your things to show that they belong to you. Your last name tells the world which family you belong to. Because you are part of that family, you can walk straight into your house, open the refrigerator, and eat whatever your mother or father put there. It wasn't bought with your money, but you're free to eat it. Why? Because you bear the family's name.

Paul tells us that because we belong to Christ, we are able to receive every blessing from the heavenly world. What is your "last name"? Your faith in Jesus and the presence of the Holy Spirit in your life. Because of these, you belong to God's family and bear His name, and all His blessings and treasures are also yours!





Since Jesus has already won the biggest fight, you can claim through the Holy Spirit that you have won over any challenge and trial you will ever face. Do you want to befriend someone? Ask the Holy Spirit for courage and love. Do you want to keep on doing well in class? Ask the Holy Spirit for strength and ability. Do you want to help the poor kids in your neighborhood? Ask the Holy Spirit to provide. With God, you can do all these things.

People who are part of the same family have activities that they like to do together. They also follow certain rules. You are part of God's family. How you think and act, and even the things that you want, should show that you truly belong to God's family.

POWER TRUTH **I am able to receive every spiritual blessing because of Christ!**

APPLY

How does it feel knowing that you are part of God's family?
How does it change your view of yourself and others?

Because you are part of God's family, what spiritual blessings do you think you can ask Him for? How will you use these to bless others?

PRAY

Heavenly Father, thank You that because I am in Christ, I have received every spiritual blessing from You. I know that even though there are trials and spiritual battles that I have to face, I will win because Christ is the ultimate winner. I pray that as I live for You every day, the Holy Spirit will help me and give me power to live out my salvation, bravely fight the battles ahead of me, preach the gospel to others, and not give up on my faith. In Jesus' name, I pray. Amen.

SHARING IN GOD'S KINGDOM

READ Ephesians 2:4-7

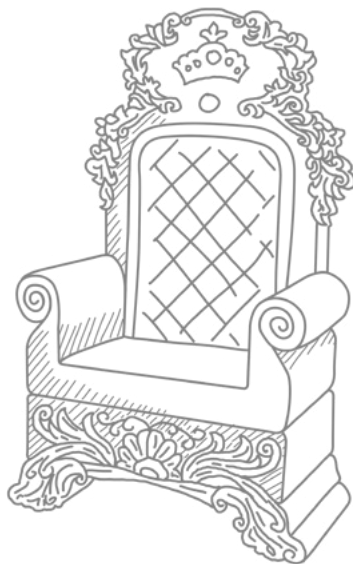
God raised us up with Christ. He has seated us with him in his heavenly kingdom. That's because we belong to Christ Jesus.


EPHESIANS 2:6

Have you ever been a visitor in someone else's home? Is it the same as being in your own house? In someone else's house, you can't eat whatever you want or watch any TV channel you like, because it's not yours.

When Paul said that we are seated with Christ in His heavenly kingdom, he was saying that we share God's home. We're not visitors! Here are some things we share because we are seated with Christ.

Rest. When you are in your own home, you don't have to worry. You know that your parents are taking care of everything. Being seated with Christ, like being at home, means that you can rest knowing that He has already taken care of everything.





Rules. At home, your parents establish certain rules you have to follow (for example, not being allowed to use gadgets on weekdays). The rules at home do not apply to other kids. Why? They are not your parents' children. You belong to God's home because Jesus seated you with Him in heaven. Because you belong to God's home, you obey God's rules.

Relationship. You are much closer to your parents than to the owners of the house you are visiting. Your relationship with your parents is stronger: you can run to, play with, and give requests to your parents. Because you are seated with Christ (in Christ's home), you can do the same with Him! Your relationship with Him should be just as close as the one with your parents.

POWER TRUTH **Because I belong to Christ,
I share in His kingdom!**

APPLY

Are there things that make you scared or nervous? Do you need help to do something? Go to God the way you can go to your parents for help. Write down a verse that will help you boldly do what He asks of you. God is always excited to hear from you!

PRAY

Heavenly Father, thank You for the great Love that You have for me. I understand that I have now been made alive in Christ and have been seated with Him in His heavenly kingdom, which is God's home. Thank You that because of this, I am able to rest and confidently draw near to You. Help me to remember the power and victory You have shared with me, so that I can Live a Life of freedom. May You be glorified in every area of my Life as I dwell in Your grace and kindness. ALL this I pray in the name of Jesus. Amen.

DISPLAYING GOD'S WISDOM

READ Ephesians 3:8-10


⁹I was chosen to explain to everyone this mysterious plan that God, the Creator of all things, had kept secret from the beginning. ¹⁰God's purpose in all this was to use the church to display his wisdom in its rich variety to all the unseen rulers and authorities in the heavenly places.

EPHESIANS 3:9,10 (NLT)

Games usually have several levels. Before the game even starts, it provides directions to be followed or goals to be accomplished, such as collecting specific items or finishing a given path to complete the level. Why? Often we do not know what the succeeding levels will look like, but the directions and goals help us finish each level till we complete the whole game.

Like maps, goals, and directions in games, God has provided you with His wisdom through the people of God, the Church. The Church helps you get a better understanding of His plans and purposes and how He accomplishes them in and through you. We see God's wisdom through the Church in three ways:





Redemption. Redemption means “to be bought back.” We were all bought back from our sins by Jesus when He died for us on the cross. At first, it seemed that Jesus’ enemies had won when Jesus was crucified and died. But when He rose from the dead, it turned out to be the most wonderful thing that ever happened to us! No matter how your plans seem to fail or succeed, trust God and His wisdom to fulfill His own plan and purpose in your life, in His way and in His time. Seeing the Church that Jesus redeemed through the cross reminds us of His great wisdom.

Reconciliation. In the same way that Jesus came to the world to bring everyone back (or reconcile us) to Himself, He came to bring peace to different groups and divisions. He united them all together as one body—the Church. God calls us to be at peace with others, but also to show them how to be at peace with one another.

Reflection. Jesus came down to earth to show us what God the Father is like, which is how we should live, think, and act. Obeying Jesus makes us reflections of God’s light to others. When we follow the directions God has given to us, we start displaying God’s light to the dark world.

POWER TRUTH **I am used by God
to display His wisdom!**

APPLY

Are you reflecting God's Love and wisdom to the people around you? How do you reflect God's Light?

Think of people who need to see God's Light. List down their names and commit to pray for them.

PRAY

Heavenly Father, thank You for the grace that You have given to me so that I can display Your wisdom to others. As I live out my life according to Your calling for me, may You help me see the areas in my life that need Your grace and power. May I encourage others by the way I live for You, by Your power and grace. In Jesus' name, I pray. Amen.

STAYING STRONG

READ Ephesians 6:10-12

¹⁰To end my letter I tell you, be strong in the Lord and in his great power.


¹¹Wear the full armor of God. Wear God's armor so that you can fight against the devil's clever tricks.

EPHESIANS 6:10,11 (ERV)

Do you remember the first time you rode your bike or swam in a pool? Maybe, aside from having a guardian near you, you were wearing full gear, like a helmet and kneepads for biking, or arm floaters and a life vest for swimming. When we know we have to do something dangerous or something we are not good at yet, we prepare ourselves with the right gear.

We also have to prepare with the right gear for the Christian life. Why? Because when we became Christians, God's enemy became our enemy. Whether you like it or not, you are in a spiritual battle with a real enemy. But don't be scared! Like any loving and wise parent, God has already prepared for you the full gear that you have to wear.





First, you must **put on the armor of God!** Paul says in Romans 13:14 to clothe ourselves with Jesus. Jesus is our armor. No matter how strong the enemy is, the stronger One who is in us will always overpower the enemy. How do you clothe yourself with Jesus? Respond to challenges and trials the way Jesus would respond. As you do this, God will enable and empower you to overcome those battles.

Second, **keep on praying!** When you pray during problems and challenges, it's like saying, "God! I need you! Help!" But remember, you should not only pray during emergencies; you should pray at all times. God is always with you, but when you pray at all times, you are telling Him you want to hear His voice too.

Third, **preach the gospel!** We don't only want to keep ourselves safe and secure. We want to share this to others! If you see someone having a hard time swimming and you have full swimming gear and your guardian beside you, wouldn't you help your friend? You can give him your hand so your floaters will save both of you. Or better yet, have your guardian help him. When we share the good news of Jesus Christ, it's like pulling people closer to God so they can also be safe and secure.

POWER TRUTH | **am strong because Jesus is in me!**

APPLY

We looked at three ways (put on the armor of God, pray, and preach the gospel) to put on the full gear in the Christian life. Now that you know you always need to wear full protective gear, which of these three will you commit to doing regularly? Share this with your parents, siblings, or Victory group leader so they can help you keep your commitment.

PRAY

Heavenly Father, I know that without You, I am weak and not able to fight the battles ahead of me. But with You, I have the grace and strength that will help me overcome these battles. May Your Holy Spirit enable me to stand strong despite the challenges I face. I pray that as I put on the armor of God, pray in the Spirit, and proclaim the gospel boldly, others will get to know You. In Jesus' name I pray. Amen!

Blessed be the God and Father of our Lord Jesus Christ,
who has blessed us in Christ with every spiritual blessing
in the heavenly places . . .

EPHESIANS 1:3



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