

CITY HARVEST CHURCH
CHURCHWIDE PRAYER MEETINGS





Early Morning
& Late Night

Prayer Meetings'25

Kong Hee

Mon-Fri, 17-21 Feb 2025

 5am-7am

 10pm-12am

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Produced and printed in Singapore.

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Monday (Early Morning)

PRAYER OF DEVOTION

The ultimate goal of our spiritual journey is union with God—experiencing the loving communion of the Father, Son, and Holy Spirit, and being transformed into people of love who overflow divine love to the world.

Prayer is not merely about asking God for things; it is about opening ourselves to the Triune God, allowing His presence and power to shape us. It is not about persuading God to change His mind, but about receiving His grace to pray, believe, and trust in His action in our lives. Through prayer, God pours out His grace to save, heal, deliver, and provide in every situation.

More than that, in prayer, we seek communion with God. Common ways of doing this include thanksgiving, praise, and worship (Ps 96:9; 100:4). We thank God for His goodness, praise Him for His greatness, and worship Him for His holiness. These practices help us overcome fear, for God is love, and there is no fear in love (1 John 4:16, 18).

1. Thanksgiving centres us in the present as we focus on God's goodness, unlike fear, which usually dwells on future anxieties.
2. Praise is a spiritual weapon, especially when offered as a sacrifice during difficult times. God inhabits the praises of His people, bringing salvation and deliverance (Ps 22:3).
3. Worship is intimate communion, cherishing God for His love and purity, and recognising that His lovingkindness is better than life (Ps 63:3-4). As C.S. Lewis said, *"In worship, God imparts Himself to us."*

Reflection

- Can you recall a specific time when thanksgiving, praise, and worship in prayer helped you overcome fear or anxiety?
- How has communion with God through prayer transformed you and shaped your love for others?
- If prayer involves responding to God's grace (to pray) and then trusting His action in your life (after prayer), how might this shift your approach to daily prayer?

Monday (Late Night)
PRAYER OF REPENTANCE

Jesus teaches us to regularly bring our sins before God, praying, *“Forgive us our sins, for we also forgive everyone who sins against us”* (Luke 11:4).

When we accept Christ into our lives, our sins are completely forgiven, but the battle with sin is ongoing. Sin continues to affect our relationship with God, and we must address it to experience the fullness of life He desires for us. This is why confessing our sins is crucial (1 John 1:8-9). Some Christians, fearing they will become “sin-” or “guilt-conscious”, forget that without confession, they can never be “God-conscious”. Without holiness, no one will see the Lord (Heb 12:14).

Martin Luther emphasised that salvation is by grace through faith alone. When he nailed his *Ninety-Five Theses* to the door of the church in Wittenberg, the first article stated, *“Jesus willed the entire life of believers to be one of repentance.”* Luther would meditate daily on the Ten Commandments, examining his thoughts, deeds, and attitudes. If he sensed any violation, he would bring it before God in prayer.

Similarly, we should regularly examine our hearts for pride, anger, greed, lust, envy, fleshly cravings, and spiritual apathy. We must also take authority over unclean spirits that seek to stir up our sinful nature, calling on the name of Jesus.

Reflection

- How often do you examine your heart and confess your sins, and how does this impact your relationship with God?
- In what ways have you experienced the battle with sin, and how do you address it in daily prayer?
- What does it mean to you that the Christian life is one of continual repentance, and how does this shape your walk with God?

Tuesday (Early Morning)
PRAYER OF FAITH

One day, as Jesus and His disciples walked towards Jerusalem, He became hungry and saw a fig tree. Finding no fruit on it, He said, *“May no one ever eat fruit from you again.”* The next morning, the disciples were astonished to see the tree had withered. When they asked how this happened, Jesus replied, *“Have faith in God ... Truly I tell you, if anyone says to this mountain, ‘Go, throw yourself into the sea,’ and does not doubt in their heart but believes that what they say will happen, it will be done for them. Therefore I tell you, whatever you ask for in prayer, believe that you have received it, and it will be yours”* (Mark 11:22-24).

Jesus used the mountain to illustrate the power of prayer. Mountains represent obstacles and challenges such as sickness, grief, debt, or addiction—whether self-inflicted or imposed. In Scripture, mountains also symbolise encounters with God, where our struggles meet His transforming presence. For Jesus, the mountain was both a place of temptation (Matt 4:8) and transfiguration (17:1-2). Similarly, our struggles can lead us to God’s transforming presence when we turn to Him in prayer.

1. **Ask God for help.** Jesus says, *“Ask and you will receive, and your joy will be complete”* (John 16:24). Come boldly to His throne (Heb 4:16) and ask for salvation, healing, deliverance, provision, wisdom, and power.
2. **Ask according to God’s will.** Pray for things worthy of His holy character, avoiding selfish or unholy desires (John 15:7; 1 John 5:14-15).
3. **Ask in Jesus’ name.** Pray with the authority of His name (Mark 16:16-17).

Reflection

- Reflecting on Jesus' words in Mark 11:22-24, what personal "mountains" are you currently facing, and how can you trust God to help you overcome these obstacles through faith and prayer?
- How does praying in alignment with God's will influence how you bring your prayer requests to Him and how does this deepen your relationship with God?
- What does it mean to pray in Jesus' name, and how does this understanding build your confidence in prayer?

Tuesday (Late Night)

PERSEVERING PRAYER

Jesus says, *“Ask and it will be given to you; seek and you will find; knock and the door will be opened to you”* (Luke 11:9). In Greek, the verbs for “ask”, “seek”, and “knock” are in the present imperative tense, suggesting ongoing, continuous action. A more literal rendering might be: “Keep on asking, and it will be given to you ... keep on seeking, and you will find ... keep on knocking, and the door will be opened to you.” This shows that prayer is not a one-time act, but a continuous practice—we must persevere in our prayers!

This teaching contrasts with the hyper-faith movement, which claims that asking God more than once demonstrates unbelief, as if God did not hear the first time. Such teachings discourage persistent prayer, but Jesus teaches otherwise.

Luke 18:1 says, *“Then Jesus told his disciples a parable to show them that they should always pray and not give up.”* The parable is about a widow who repeatedly approaches an unjust judge for justice. Though the judge does not care about people, he eventually grants her request because of her persistence. Jesus explains that if an unjust judge responds to persistence, how much more will God—who is loving and just—answer the prayers of His people who cry out to Him day and night?

Jesus concludes with a question: *“However, when the Son of Man comes, will he find faith on the earth?”* (Luke 18:8). To Jesus, persistent prayer is a sign of faith—a faith that endures through trials, doubts, and delays.

Reflection

- How does the Greek understanding of “ask, seek, and knock” encourage persistence in your prayer life?
- What challenges or doubts tempt you to stop praying, and how does the widow’s persistence inspire you to persevere?
- How does persistent prayer reflect faith, and how can you cultivate this kind of faith in your daily life?

Wednesday (Early Morning)

PRAYING THE SCRIPTURES

The Bible is not only a guide for truth and principles; it is a powerful prayer book. The ultimate purpose of God's Word is to draw us closer to Him. The Spirit is actively at work, moving over our circumstances. The moment we release God's Word in our prayers, He moves into creative action. In doing so, we align our requests with His will (1 John 5:14, Gen 1:2-3).

1. **Praying the Scriptures elevates us from depression:** When burdened by condemnation, faith struggles do rise. Praying passages like Psalm 3:1-4 or Psalm 61:1-3 lifts our spirits by focusing on God as our shield and refuge, dispelling fear, restoring confidence, and strengthening our faith.
2. **Praying the Scriptures enlarges our vision:** Regularly praying the Scriptures fills us with hope. Passages like Isaiah 49:16 remind us of God's deep love for us, replacing limited thinking with His expansive thoughts, helping us see beyond our current circumstances and align with His eternal purpose.
3. **Praying the Scriptures explains our situation:** Praying the Scriptures during challenges provides divine perspective. Psalm 38, for example, guides us in self-reflection and reveals the nature of our struggles, helping us understand God's character and His plan for restoration. We gain clarity and wisdom to navigate our circumstances.
4. **Praying the Scriptures expands our vocabulary:** Just as Mary's prayer in Luke 1:46-47, filled with Old Testament verses, demonstrates, praying the Scriptures adds beauty, depth, meaning, and effectiveness to our prayers.

5. **Praying the Scriptures helps us express our emotions:** Scripture helps us articulate and process our feelings, including pain and rejection, as seen in Job 30:1, 9-10. God's Word balances our feelings with His wisdom, aligning our hearts with His peace, healing, and comfort as we pray.

Reflection

- In what ways has praying the Scriptures helped you align your heart and requests with God's will, and how has this shaped your expectations of His response?
- Can you recall a time when praying according to God's Word resulted in a tangible experience of God's creative action in your life?
- How has incorporating Scriptures into your prayers transformed your prayer life and deepened your relationship with God?

Wednesday (Late Night)

PRAYER OF FORGIVENESS

In Mark 11, Jesus teaches about mountain-moving prayer and highlights the importance of forgiveness. He says, *“And when you stand praying, if you hold anything against anyone, forgive them, so that your Father in heaven may forgive you your sins”* (v. 25). This does not suggest that salvation is earned through works, but rather that forgiveness is evidence of a life transformed by God’s grace.

The prayer of forgiveness reflects what spiritual ancients called active spirituality—areas of discipleship and spiritual formation that require our initiative. Without intentional action, we will not grow in spiritual maturity. For example, attending church regularly for worship, fellowship, and service is a work of grace, yet it requires effort on our part: getting out of bed, preparing, and participating. This effort is not about earning salvation but about opening our hearts and minds for the Lord to work more deeply in us. All spiritual disciplines, including forgiveness, are expressions of this active spirituality.

Jesus calls us to include forgiveness in prayer, as seen in the Lord’s Prayer: *“Forgive us our sins, for we also forgive everyone who sins against us”* (Luke 11:4). Through forgiveness, we imitate Jesus, who forgave His enemies even while on the cross. Forgiveness reflects Jesus’ character—no one loves or forgives more than He does.

Love and forgiveness are two sides of the same coin—you cannot truly love without forgiving. Though fear of being hurt may hinder forgiveness, holding onto offences only harms us. Forgiveness is a choice to end our own suffering, not for others’ sake, but because God first forgave us (Col 3:13).

Reflection

- Can you think of a time when forgiving someone was a struggle, but you chose to do so in prayer—how has that helped you grow spiritually, and what changes have you noticed in your walk with God as a result?
- How has understanding God’s forgiveness towards you helped you to forgive others, especially in challenging situations?
- How does the concept of active spirituality—intentional actions—resonate with you in your walk with God, and what practical steps will you take to respond?

Thursday (Early Morning)
PRAYER OF INTERCESSION

When Israel’s moral and spiritual state became deeply corrupt, rebellious, and sinful, God longed for repentance and desired to restore His people. He did not delight in judgment but sought a way to forgive and heal. God searched for someone to intercede on behalf of the people—to *“stand before me in the gap on behalf of the land”* (Ezek 22:30)—to prevent destruction, but He found no one.

Intercession is the act of praying on behalf of others, asking God to intervene in their lives and meet their needs. It involves standing in the gap for individuals, groups, or nations, expressing love, compassion, and faith in God’s response.

Throughout the Bible, we see examples of intercession: Abraham interceded for Sodom (Gen 18:16-33), Moses interceded for Israel (Ex 32:11-14), and Jesus interceded for His disciples and the world in His High Priestly Prayer (John 17). This practice is encouraged throughout Scripture, as seen in 1 Timothy 2:1-2, where believers are urged to pray for *“all people”* and for *“kings and all those in authority”*.

Intercessory prayer has four key characteristics:

1. **Selflessness and Other-focused:** Intercessors put others' needs before their own (Phil 2:4).
2. **Faith and Compassion:** It demonstrates a deep concern for others and trust in God’s intervention (James 5:15-18).
3. **Role of the Holy Spirit:** The Spirit helps believers pray according to God’s will (Rom 8:26-27).

4. **Persistence and Boldness:** Intercessors are encouraged to keep praying until the answer comes (Luke 11:9-10).

Reflection

- How can you actively practise intercessory prayer, and who might you intercede for?
- How does the Holy Spirit help in your intercessory prayers?
- What can you learn from the intercession of Abraham, Moses, and Jesus?

Thursday (Late Night)

PRAYER OF CONSECRATION

The prayer of consecration is an act of obedience and surrender, where we dedicate ourselves, our lives, or what we possess to God's service, aligning with His will and purposes. It is an offering of ourselves wholly for His glory, trusting that He will guide and use us according to His plan. For example, Hannah dedicated her son Samuel to the Lord in prayer even before his birth (1 Sam 1:11).

The ultimate example is Jesus in the Garden of Gethsemane. As He faced the reality of the cross, the Holy Spirit came upon Him. Jesus prayed, *"Abba, Father ... everything is possible for you. Take this cup from me. Yet not what I will, but what you will"* (Mark 14:36). His words reveal the intense conflict between His human desire to avoid suffering and His divine commitment to fulfilling His Father's will. Through the prayer of consecration, Jesus received the grace to fully surrender to God's plan and won the eternal victory for humanity.

The prayer of consecration involves willingness, as God requires not only obedience but also a willing heart. Jesus warned His disciples, *"Watch and pray so that you will not fall into temptation. The spirit is willing, but the flesh is weak"* (v. 38). This prayer helps us overcome the resistance of the carnal mind, enabling full surrender and obedience through God's grace. Philippians 2:12-13 says, *"Work out your salvation with fear and trembling, for it is God who works in you to will and to act in order to fulfill his good purpose."* These verses highlight the partnership of Christian spirituality: God provides the strength and the capacity for willingness and obedience, but we must respond to His grace and dedicate ourselves fully. The prayer of consecration empowers us to do just that.

Reflection

- How does Jesus' prayer in Gethsemane inspire you to surrender more fully to God's will?
- In what ways can you practically align your life with God's purposes through consecration?
- Which areas of your life need greater trust and obedience to God?

Friday (Early Morning)
PRAYER OF SURRENDER

What happens when your prayers go unanswered? What if silence is God's response? In His darkest moment, Jesus asked for the burden of the cross to be removed, but God was silent. Hours later, He cried, "*My God, my God, why have you forsaken me?*" (Matt 27:46). Yet, Jesus surrendered completely to God's will: "*Father ... not my will, but yours be done*" (Luke 22:42).

The spiritual ancients largely agree that the root of all unhappiness is attachment—the belief that we need something or someone to feel happy or complete. Whether it is money, relationships, success, or status, these attachments become idols, promising peace but only delivering anxiety. Jesus teaches that true peace comes when we let go of the need for life to go a certain way (Matt 6:25-34). Spiritual formation happens when we detach from everything that is not of God (Matt 16:24-25; Phil 3:7-8; Col 3:1-2). True freedom comes when it no longer matters if we are healed, rich, or successful, because we trust the Spirit to use every circumstance to draw us closer to God and transform us into Christ's image.

Teresa of Avila's prayer captures this perfectly:

*Let nothing disturb you,
Let nothing frighten you.
All things pass away,
God never changes.
Patience obtains all things.
Whoever has God lacks nothing.
God alone suffices.*

This prayer embodies surrender and the highest level of faith—trusting in God's love no matter what happens. Even if our worst

fears come true, we will not fear, because Jesus is with us and will make all things beautiful in His time. We can freely surrender our lives and future to Him.

Reflection

- How do you respond when God is silent or your prayers seem unanswered?
- What attachments do you need to release to experience true peace?
- In what areas of your life do you need to surrender more fully to God's will, trusting that His timing is perfect?

Friday (Late Night)
SILENT PRAYER

Silent prayer, or contemplative prayer, focuses on being in God’s presence without words. It involves quieting the mind, calming the body, and opening the heart to receive God’s guidance, moving beyond life’s distractions to rest in His presence.

In 1 Kings 19, Elijah has a profound encounter with God. The Lord leads him to a cave on a mountain, where Elijah witnesses powerful phenomena—whirlwinds, earthquakes, and fire. However, God is not in any of these dramatic displays. Instead, it is in the stillness and quietness that Elijah hears God’s voice, described as the “*sound of sheer silence*” (v. 12, NRSV). In silence and solitude, Elijah receives healing and guidance. This moment reveals that God often speaks most clearly in quietness. When we quiet ourselves, we make space to hear God’s voice more clearly.

The prayer of silence involves five key aspects:

1. **Silence:** Quieting the mind and surroundings to hear God.
2. **Focus on God’s Presence:** Rather than asking for specific things, recognise His love and closeness.
3. **Inner Stillness:** Moving beyond distractions to a peaceful state.
4. **Surrender:** Trusting God by letting go of your will and concerns.
5. **Union with God:** Deepening the relationship with God over time, fostering intimacy.

Using the name “Yahweh” has deep significance in Scripture and, in silent prayer, invites reverence and openness to God’s Spirit. Pair it

with your breath—inhale *Yah*, exhale *weh*—to centre yourself in His presence. As you pray, focus on God’s qualities like love, holiness, sovereignty, and power. Silent prayer is about making space for God to move and speak in your heart, not forcing a specific outcome.

Reflection

- How does quieting your mind in prayer help you hear God’s voice more clearly?
- In what ways does surrendering your will during silent prayer deepen your relationship with God?
- What are some specific qualities of God (e.g., love, holiness, goodness) that you can focus on during silent prayer to enhance your prayer experience?

Notes

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Name _____

	Mon	Tue	Wed	Thu	Fri
Early Morning	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Late Night	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Please bring this booklet with you when you attend our early morning and late night prayer meetings. We believe that prayer is the key to revival.

Join us at chc.org.sg/prayer.