

Imitation of Christ – Unceasing Prayer

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**Protection against epidemic of Novel Coronavirus
(COVID-19)**

**Protection against satanic attack and spiritual
infection – Prayer in spirit**



An open book with hands clasped in prayer over it. The hands are clasped together in a traditional prayer position, resting on the pages of the book. The book is open, and the pages are visible. The background is a wooden surface, possibly a desk or table. The lighting is warm and soft, creating a peaceful atmosphere.

📖 Matthew 26:41 (NIV)

“Watch and pray so that you will not fall into temptation. The spirit is willing, but the flesh is weak.”

Jesus is the Lord of prayer

Learn from Jesus, Pray always

1. He got up early and prayed in the wilderness

 **Mark 1:35(NKJV)**

Now in the morning, having risen a long while before daylight, He went out and departed to a solitary place; and there He prayed.

2. He withdrew from crowd after work and went to pray on the mountain

 **Matthew 14:23 (NIV)**

After he had dismissed them, he went up on a mountainside by himself to pray. Later that night, he was there alone,



3. He prayed all night before he chose his disciples

 **Luke 6:12–13 (NIV)**

12 One of those days Jesus went out to a mountainside to pray, and spent the night praying to God.

13 When morning came, he called his disciples to him and chose twelve of them, whom he also designated apostles

4. He prayed and the heaven was opened



5. He prayed and He was transformed

 **Luke 9:28–29 (NIV)**

28 About eight days after Jesus said this, he took Peter, John and James with him and went up onto a mountain to pray.

29 As he was praying, the appearance of his face changed, and his clothes became as bright as a flash of lightning.

Pray in the Spirit

Fear --> Bravery

Oppression --> Deliverance

Anxiety --> Peace

Sick --> Healthy



6. He prayed in struggles in times of agonies and temptation

 **Lk 22:44 - Jesus prayed so intensely at the end of His life that He even sweat drops of blood.**

 **Heb 5:7 - Sometimes prayer requires wrestling in the Spirit just like Jesus praying in great passion.**



An open book with a bookmark is placed on a wooden surface. The text is overlaid on the left side of the image.

 **Matthew 26:38–39 (NIV)**

38 Then he said to them, “My soul is overwhelmed with sorrow to the point of death. Stay here and keep watch with me.”

39 Going a little farther, he fell with his face to the ground and prayed, “My Father, if it is possible, may this cup be taken from me. Yet not as I will, but as you will.”



 **Hebrews 5:7 (NIV)**

During the days of Jesus' life on earth, he offered up prayers and petitions with fervent cries and tears to the one who could save him from death, and he was heard because of his reverent submission.

Jesus promised:

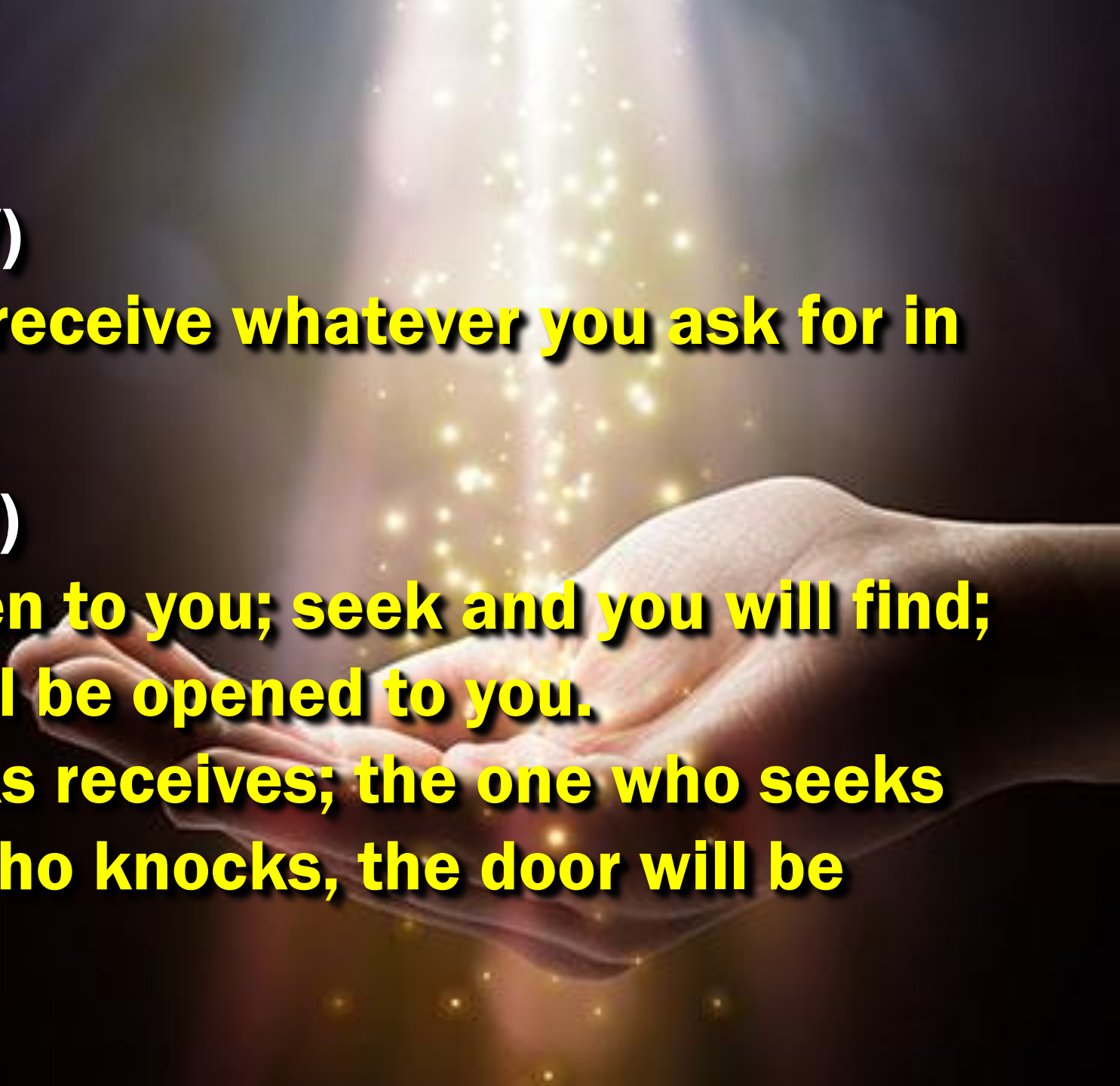
 **Matthew 21:22 (NIV)**

If you believe, you will receive whatever you ask for in prayer.

 **Matthew 7:7–8 (NIV)**

⁷ Ask and it will be given to you; seek and you will find; knock and the door will be opened to you.

⁸ For everyone who asks receives; the one who seeks finds; and to the one who knocks, the door will be opened.



 **Matthew 26:41 (NIV)**

Watch and pray so that you will not fall into temptation. The spirit is willing, but the flesh is weak.

Many Christians are unwilling to pay the price that Jesus paid when it comes to interceding with God.



Spiritual Discipline for Metropolitans

How to implement?

- **Make the first to be the first**
(Praying is the most powerful too against spiritual and physical infection)
- **Readjust your habit, reduce time of leisure/browsing internet/watching TV...**
- **Get rid of evil bondage/ had habit by the power of the Lord**

- **Reserve time to pray everyday**
- **Meditate on the Word of God. Pray with God's Words. His Words will not return in vain.**
- **Reduce you diet (encourage fasting 1-2 meals a week), if some money is saved, remember and help those in need.**



Conclusion

In times of treat (physical as well as spiritual), remember to build the spiritual habit of praying to resist against attack.

 **Ephesians 6:18 (NKJV)**

18 praying always with all prayer and supplication in the Spirit, being watchful to this end with all perseverance and supplication for all the saints—