Join us to pray for the COVID-19, world, Malaysia, Sarawak, church, family and our self.
We want you to join the assigned time-slot that has been given to your small group.
Of course, you are more than welcome to join us to
keep watch and pray throughout the whole vigil.

8:30pm (Thursday, 09 April) to 2:30pm (Friday, 10 April)

How Do I Fast?

Fasting confirms our total dependence on God by finding Him as a source of our sustenance beyond food. On the night that Jesus was betrayed, He asked His disciples to watch and pray. This year, we at Trinity would like to spend the whole night of Thursday and part of Good Friday to fast.

This is in line with the practice of John Wesley who throughout his life fasted from after dinner on Thursday until tea time on Friday.

We will start fasting after the Maundy Thursday Family Love Feast and will breakfast together on Friday after the Good Friday Family service.

There are 3 formats of fasting and we encourage you to select one that is most appropriate for your health and lifestyle.

1. **TOTAL FAST** - Abstain from all solid food for the designated period. Take only water.
2. **ONE MEAL FAST** - Sacrifice either your breakfast or lunch on Friday. Use that time to pray.
3. **DANIEL FAST** - follow the example of Daniel in abstaining from meat and other delicacies. Take only small portions of fresh vegetables, fruits and juice

Things To Note:

- During the full fast, you can drink more water, and live your normal life (Mat 6:16-18).
- Use the regular meal times to pray. Praying, singing, reading the bible, meditating, being silent, or anything else, is for drawing near to God and trusting in Him fully.
- When breaking fast, do not eat too much too quickly. Eat some light porridge, biscuits, or juice, and then slowly increase the quantity of food intake.

Prayer Vigil 2020

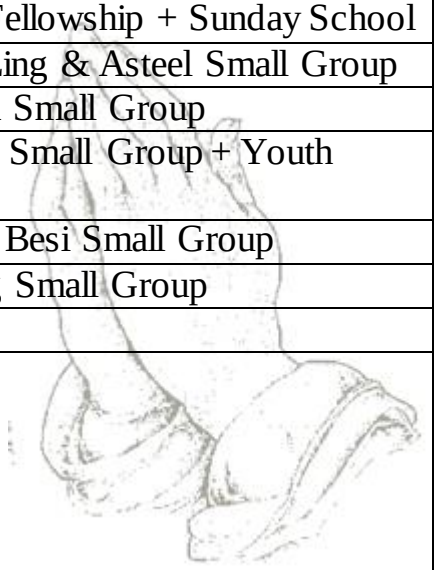
Date： 09/04-10/04

Time： 8:30pm-2:30pm (18 hours)

Time	Fellowship Group/ Small Group
09/04	
8:30-9:30pm	Zone A – Jln. Rengas (Charles Pan), Hui Sing Garden (Julie Ng)
9:30-10:30pm	Zone A – BDC (Dominic Seng), Ellis Rd (Peter Kong)
10:30-11:30pm	Zone B – Tabuan Jaya 1 (Lulu Kong), Pelita Heights (Francis Ang)
11:30-12:30pm	Zone C – Stampin 4 (Hong BS), Stampin 7 (Gorden Law), Stampin 3/5 (Lai Kui Fah)
10/04	
12:30-1:30am	Zone B – Rubber Rd. (Michael Kho), Zone C – Sg, Maong (Susan Soon), Zone D – Treecell3 (Eric Ting)
1:30-2:30am	Zone D – Treecell4 (Kien Kuok), Treecell5 (Cindy Chow)
2:30-3:30am	Zone E – Tabuan Desa (Jonathan Ngu), Foochow Rd 1 (Paul Pau)
3:30-4:30am	Zone E – Foochow Rd 2 (Jonathan Sim), Jln. Kumpang (Steven Hii)
4:30-5:30am	Zone F – Batu Lintang (Chieng Yu Tang), Tabuan Jaya 2 (Ngu Lui Lin), Tabuan Jaya 3 (Ting Hie)
5:30-6:30am	Chinese Congregation - Methodist Women and Senior Fellowship
6:30-7:30am	Chinese Congregation - Adult Fellowship + Junior Youth Fellowship
7:30-8:30am	Chinese Congregation - Youth Fellowship + KUCF
8:30-9:30am	Chinese Congregation - Young Adult Fellowship + Sunday School
9:30-10:30am	BM Congregation – Demak Laut,Lee Ling & Asteel Small Group
10:30-11:30am	BM Congregation – Stutong & Sekama Small Group
11:30-12:30pm	BM Congregation – KMC Flat & Belia Small Group + Youth Fellowship
12:30-1:30pm	BM Congregation – Bintawa & Kilang Besi Small Group
1:30-2:30pm	BM Congregation – Chawan & Matang Small Group

How：

a) Individual
b) Family
c) Small Group - Zoom Cloud Meeting



Prayer Vigil 2020

Only a handful can be held with our both hands, Trust in God:

When you let go, God will take over.

There is nothing too difficult for Him to do.

Prayer leads our hearts to our one and only God.

Preparation: Stand before God, confess our sins and ask for forgiveness

(Find a quiet and holy place, allow the Holy Spirit to fill you, and ask our Heavenly Father to guide you into a time of prayer and meditation to experience God's grace.)

Songs: For Your Name Is Holy

I enter the Holy of Holies
I enter through the blood of the Lamb
I enter to worship You only
I enter to honor I am

Lord I worship You, I worship You
Lord I worship You, I worship You
For Your name is Holy, Holy Lord
For Your name is Holy, Holy Lord

Give Thanks to God

- Rejoice always, pray continually, and give thanks in all circumstances; for this is God's will for you in Christ Jesus. (1 Thessalonians 5: 16-18)
- Give thanks for everything. This should be the attitude that God wants for His children.
- Give thanks for everything, you shall find God's grace in your life.
- With of gratitude in all things, your eyes will see God more than yourself.
- With gratitude in all things, you minister to those in need with joy and become a channel for God's blessing.

Confession:

- But God demonstrates his own love for us in this: While we were still sinners, Christ died for us. (Romans 5: 8)
- If we claim to be without sin, we deceive ourselves and the truth is not in us. If we confess our sins, he is faithful and just and will forgive us our sins and purify us from all unrighteousness.（1 John 1: 8-9）
- God knows me better than I do. He knows how bad and how dirty I am, weak and helpless. But He loves me as who I am. Before I even made any effort, He had chosen to love me. I am not worthy to receive any grace, but God gives me extraordinary grace.

Scripture:

- Also, seek the peace and prosperity of the city to which I have carried you into exile. Pray to the Lord for it, because if it prospers, you too will prosper." (Jeremiah 29：7)

Prayer: Heavenly Father, I am comforted by your presence. Your faithfulness and promise never fail! Guide me not to focus on my problems all the time, turn my worries into worship, and believe that you are at war together with me. At this crucial time, you are looking for more people who are willing to pray, seek and obey you. Therefore, guide me to lean on You alone, and be calm in You in all circumstances. I pray in Jesus most precious name. Amen!

1. Covid-19

a. PRAY FOR HEALTHCARE/ FRONTLINE PROFESSIONALS

i. Ask God to protect the health professionals (doctors, nurses, ambulance crews, researchers, etc), national security (police & army), immigration, fire & rescue, cleaners and many more) who are caring for those that are affected by the virus, as they deal with the rising number of cases daily and the intense pressures that come with this crisis.

ii. Ask God to give them peace, wisdom and strength, to anoint them for their jobs and also to protect them from any infection. Pray for protection over their family members as well as to honor them for their commitment and sacrifice.

b. People who are in self-isolation, infected and their family members

i. Pray for those who are affected by this time of isolation. Ask God to make His presence known in times of being alone & in solitude.

ii. Ask God to make His presence known in this time of illness, and to protect, strengthen and heal those who are infected and their family members.

iii. Ask God to comfort those who are grieving over the loss of loved ones, those that are facing uncertainty in the midst of self-quarantine and those whose friends or family members that are still in the hospital.

c. Self and Other Nations

i. Ask God to take away the fear and anxiety and put in us a sense of thanksgiving, purpose and peace in pursuing God. Also, pray that God can improve your health and protect others from the exposure to Covid-19.

ii. Ask God to halt the spread of the Covid-19 Coronavirus. Pray for God's particular intervention in other nations that has the most infection [Italy, Spain US and the forecasted next epicenter in South Asia, especially India, Pakistan and Bangladesh].

2. National policy

Scripture:

- I urge, then, first of all, that petitions, prayers, intercession and thanksgiving be made for all people—for kings and all those in authority, that we may live peaceful and quiet lives in all godliness and holiness. (1 Timothy 2:1-2)

Song: Jamie Rivera - Heal Our Land

If my people will humble themselves
Humble themselves and pray
If they seek my face and humble themselves
And turn from their wicked ways
I will hear from heaven and forgive their sins
I will hear from heaven and heal their land

Lord, heal our land
Father, heal our land
Hear our cry and turn our nation back to You
Lord, heal our land
Hear us oh, Lord, and heal our land
Forgive our sin and heal our broken land

Lord, we vow our knee, we humble ourselves
Humble ourselves and pray
Lord, we seek your face and humble ourselves
And turn from my wicked ways
Father in Your mercy, forgive our sins
Father in Your mercy, come heal our land

Lord, heal our land
Father, heal our land
Hear our cry and turn our nation back to You
Lord, heal our land
Hear us oh, Lord, and heal our land
Forgive our sin and heal our broken land

Lord, heal our land
Father, heal our land
Hear our cry and turn our nation back to You
Lord, heal our land
Hear us oh, Lord, and heal our land
Forgive our sin and heal our broken land

a. Pray for Politicians and National Leaders

i. Ask God to give exceptional wisdom to international, national and local political leaders as they make crucial decisions to protect the people, and to bring excellent advisers in order to guide them to make all the crucial and necessary actions.

ii. Ask God to give them the ability to communicate clearly, compassionately and transparently to the public.

b. National policy

i. Ask God to reduce the burden of the people through government policies while maintaining the well-being of nation.

ii. Ask God reduce our nation's debt through efficient government policies that can and lead Malaysia towards prosperity.

c. Islamization

i. Ask God to intervene and destroy all the works of the devil, and to suppress all the tactics to convert Christians.

ii. Ask God to raise up awareness in all of the churches to teach and guide the future generations to prevent them from fall into this trap.

3. Life

a. Live in harmony among all Malaysians

i. Pray that God will bless Malaysians through this outbreak, to break down barriers and confrontations between races. Also, pray that God can encourage mutual acceptance and tolerance among all the different races.

b. Work

i. Ask God to provide for those that are in financial difficulty as they are unable to work, and for business leaders as they are facing such unprecedented disruption to life.

ii. Pray for business leaders as they are making difficult decisions which will affect the lives of their employees: God, give these men and women wisdom, and help them to lead self-sacrificially.

c. Uncertainty in Life

i. Ask God to bless and guard families as they are adjusting to the situation where everyone are being held home as businesses and schools are closed. Ask that He will guide people in their new realities.

ii. Pray for college and university students, whose courses of study are changing to online courses, whose placements are cancelled or delayed, and for those that have their graduation cancelled or postponed: God, show them that while life is uncertain, their trust is in You.

4. Personal relationship with God

Scripture:

- May these words of my mouth and this meditation of my heart be pleasing in your sight, LORD, my Rock and my Redeemer. (Psalm 19: 14)

Song: Search Me, O God

Search me, O God,
And know my heart today;
Try me, O Savior,
Know my thoughts, I pray.
See if there be
Some wicked way in me;
Cleanse me from every sin
And set me free.

I praise Thee, Lord,
For cleansing me from sin;
Fulfill Thy Word,
And make me pure within.
Fill me with fire
Where once I burned with shame;
Grant my desire
To magnify Thy name.

Lord, take my life,
And make it wholly Thine;
Fill my poor heart
With Thy great love divine.
Take all my will,
My passion, self and pride;
I now surrender, Lord
In me abide.

O Holy Ghost,
Revival comes from Thee;
Send a revival,
Start the work in me.
Thy Word declares
Thou wilt supply our need;
For blessings now,
O Lord, I humbly plead.

Prayer: Every day, I ask God for three things, to know Him more, to respect and love Him deeper, to follow Him more carefully. Amen!

a. Spirituality:

i. Ask the Lord to remove the weakness of the body, to keep praying, and to watch and pray.

ii. Dedicate oneself to loving His Word, reading the Scriptures, learning His commands, and knowing the full truth.

iii. Self-cleanse for individuals, free from lowly things, escape the selfish desires of young people, and ask the Lord to keep us free from temptation, from evil, and not allow any sin to govern ourselves, so that individuals can be prayerful and to be obedient to God's Word.

b. Act as a person:

i. Ask the Lord to teach us to be gratitude in all things during good times or a time of adversity.

ii. Become an associate to the shepherd and leaders of the church by supporting church ministry with intercession and actions.

iii. Fresh anointing in our everyday life. Our life is under the control of the Holy Spirit, consider and obey the things of the Holy Spirit which lead us to a victorious life, and a life that bears fruit of the Holy Spirit.

c. Workplace:

i. Allow the heart of Christ to work as the criterion for judgment, as we strive not to be biased nor greedy for improper benefits and reputation.

ii. Be loyal to each post, serve diligently, and abide to the law of the community. We are to live a blameless life and strive to be the light and salt in our workplace to testify for the Lord.

iii. Be a good steward of money by doing tithing, using it where God wants us to and let the people hear about the gospel and know more about God.

5. Family

Scripture:

- But as for me and my household, we will serve the Lord." (Joshua 24: 15b)

a. Couple:

i. Honor the Lord in marriage. Respect each other, appreciate each other, embrace each other in love, and become each other's best partners and advocates.

ii. Ask the Lord to break all unholy connections in our life and build relationships in Jesus Christ. Husbands and wives must respect their marriage, and to keep their duties in order to grow in obedience and respect.

iii. For the families of believers that are at the verge of separation, pray that they can seek healing from the Lord and restore these broken families. Pray that God can pour out His Godly love to the families so that they can forgive one another and also to communicate frankly with one another.

b. Faith:

i. Parents should live a life that becomes a witness to their children, and also to have the wisdom to share the virtue and power of the Lord with their children.

ii. Parents to guide their children and to have patience in teaching and guide for each of their children. Pray that the parents will have wisdom in disciplining them, and to know how to pray for each of their children's needs.

iii. Pray that families can walk together in all circumstance. Pray that all the families are able to sacrifice their time to serve and to nurture a healthy Christian family. Pray that the families can be more familiar with the word of the Lord in deeper understanding and in maturity. Pray that there will be growth in spiritual life that leads to a victorious Christian life.

c. Family members:

i. Elderly parents: ask for our Heavenly Father to heal the sick, the weak, and those that are fearful. Pray that God's powerful hand can comfort them and to increase their faith and their trust for the Lord.

ii. Unbelieving family members: uphold prayers over them and declare over everything that prevents them from knowing Jesus Christ will collapse and disintegrate in the power of God. Ask God to open their spiritual eyes to see the Lord's salvation and accept Jesus as their personal savior.

iii. The love of a child for the Lord is far greater than for any love in the world. Pray that all the children will have the fear of the Lord in obeying the law and the teachings of the Lord. This is so that they will not be easily tempted by their sinful desires and also by the devil.

6. Church

Scripture:

- And pray in the Spirit on all occasions with all kinds of prayers and requests. With this in mind, be alert and always keep on praying for all the Lord's people. (Ephesians 6:18)

Song: **At The Cross (Love Ran Red)**

There's a place where mercy reigns
And never dies
There's a place where streams of grace
Flow deep and wide

Where all the love I've ever found
Comes like a flood
Comes flowing down

Chorus:

At the cross, at the cross
I surrender my life
I'm in awe of You
I'm in awe of You
Where Your love ran red
And my sin washed white
I owe all to You
I owe all to You, Jesus

There's a place where sin and shame
Are powerless
Where my heart has peace with God
And forgiveness

Where all the love I've ever found
Comes like a flood
Comes flowing down

[Chorus]

Here my hope is found
Here on holy ground
Here I bow down
Here I bow down

Here arms open wide
Here You save my life
Here I bow down
Here I bow

At the cross, at the cross
I surrender my life
I'm in awe of You
I'm in awe of You
Where Your love ran red
And my sin washed white

I owe all to You
I owe all to You

I owe all to You
I owe all to You, Jesus, Jesus

Your love ran red
Your love ran red

Pastors:

i. To be close to the Lord every day, to be renewed each day by God's strength and spirit, and also to enjoy the joy of serving God in ministry.
ii. Maintain the holiness as a minister. Ask God to provide for them good health: emotionally, physically and spiritually. Pray that all the pastors will not fall into temptations like sex, power, and money.
iii. Ask the Lord to use the pastors as a channel for the Word of God, to unravel the Word of God to God's people. Help believers in standing firm for the Word of God.
iv. Pray over the families of all the pastors to serve God in awe and walk together as family in all circumstance. Pray that the family can act as a supporter and an advocate for all the pastors. Pray that all the pastors will not neglect their family responsibilities. Pray for the pastor's spouse to be healthy and strong to face off all the challenges in life.

a. Leader:

i. To have a good life testimony, willingly obeying the Holy Spirit, and to have Godly wisdom in everything that they do.
ii. Make good use of their time to continually enrich themselves with the word of God, and to increase their spiritual insights from the Lord day by day.
iii. Be faithful in their ministry by doing their part as a leader and also to nurture and build a strong foundation for the next generation.
iv. Pray for the leaders' family, so that they can respect and support them with practical actions as as to ensure that there are no obstacle that could stop them from serving the Lord.

b. Believer / Ministry:

i. Be humble always and have a teachable heart. Listen to the word of God attentively, and fight against temptation and sin.
ii. Believers do their part in serving the Lord with their gifts, enabling the church to develop and grow healthily in the Lord.
iii. Groups or fellowships or courses (currently through online or information), or family worship can continue on with meeting together, fellowshipping with one another and worship the Lord together. Besides, to build up their faith to be firm and do not deviate from the Lord 's words, and share and inspire the Lord 's love with each other.

Declare the Lord's Prayer

Our Father, Who art in heaven,
Hallowed be Thy Name.
Thy Kingdom come.
Thy Will be done,
on earth as it is in Heaven.
Give us this day our daily bread.
And forgive us our trespasses,
as we forgive those who trespass against us.
And lead us not into temptation,
but deliver us from evil. Amen.

~ We don't ask God to give us a peaceful life,

We are seeking peace in God.~