

March 2025

The theme for this month is...



Tokyo Worship Tabernacle 東京賛美の宮
Japan United Pentecostal Church :: 日本ユナイテッドペンテコステ教会

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Wednesday Prayer & Fasting

水曜日の祈りと断食

★ Ephesians/ エペソ 1:17-18

3/
3,4,5

WEEK 1

Heavenly Father, grant us that our faith practice is not by just blindly believing the scriptures and religious teachings, but by revelation knowledge and understanding of God and His truth.

天の父なる神様、私たちの信仰の実践が、ただ聖句や宗教的な教えを盲目的に信じるのではなく、神様とその真理についての啓示的な知識と理解によるものとなるようにしてください。

Ama sa Langit, ipagkaloob sa amin na ang aming pagsagawa ng pananampalataya ay hindi lamang sa pamamagitan ng bulag na paniniwala sa mga banal na kasulatan at relihiyosong pagtuturo, kundi sa pamamagitan ng pagpapahayag ng kaalaman at pag-unawa sa Diyos at sa Kanyang katotohanan.

Matthew/ マタイ 14:28-31

3/12

WEEK 2

Heavenly Father, help us that when we take a step of faith, we will fix our eyes only on Jesus, and not be distracted and panic or doubt at any time.

天の父なる神様、私たちが信仰の一步を踏み出す時、イエスだけに目を留め、常に気を取られ、慌てたり疑ったりすることがないように助けてください。

Ama sa Langit, tulungan Mo kami na kapag kami ay gumawa ng hakbang sa pananampalataya, maituon namin ang aming mga mata kay Hesus lamang at hindi magambala at mataranta o magduda sa anumang oras.

Galatians/ ガラテヤ 2:20

3/19

WEEK 3

Lord Jesus, help me to die to my fleshly affections and desires, and surrender to the leading of Your Holy Spirit in order to live in victory over lust, Satan and the world system.

主イエスよ、欲望、サタン、この世のシステムに勝利して生きるために、私が肉の情欲や欲望に対して死に、あなたの聖霊の導きに委ねることができるようにしてください。

Panginoong Hesus, tulungan Mo akong mapuksa sa aking makalaman na mga pagsinta at hangarin, at sumuko sa pangunguna ng Iyong Banal na Espiritu upang mabuhay sa tagumpay laban sa laman, kay Satanas at sa sistema ng mundo.

1 Corinthians/ コリント第一 2:5; 2 Corinthians/ コリント第二 5:7

3/26

WEEK 4

Heavenly Father, we pray that our faith will not depend on what we see or feel, or what the world says, but on what God's word says.

天の父なる神様、私たちの信仰が、目に見えたり、感じたり、世間が言うことに左右されるのではなく、神様の御言葉が言うことに頼るものとなるように祈ります。

Ama sa Langit, dalangin namin na ang aming pananampalataya ay hindi lamang nakadepende sa aming nakikita o nararamdaman o sa sinasabi ng mundo, kundi sa sinasabi ng salita ng Diyos.

Friday Night Prayer

金曜日夜の祈り

Luke/ ルカ 5:5

3/7

Let us pray that we will have faith in God's word, and be willing to believe and obey His instructions, even when the situation we face seems hopeless.

私たちが直面する状況が絶望的に思えるときでも、神様の御言葉を信じ、自ら進んで神様の指示に従うことができるように祈りましょう。

WEEK 1

Manalangin tayo na magkaroon ng pananampalataya sa salita ng Diyos, at maging handang maniwala at sumunod sa Kanyang mga tagubilin, kahit na sa sitwasyon na ang kinakaharap natin ay tila walang pag-asa.

Matthew/ マタイ 8:24-26; Mark / マルコ 11:23

3/14

Heavenly Father, grant me the courage to speak boldly to my problems, challenges and storms of life and declare Your promises over my life, family and my church.

天の父なる神様、私の問題、試練、人生の嵐に対して大胆に語りかけ、私の人生、家族、教会の上にあなたの約束を宣言する勇気を与えてください。

WEEK 2

Ama sa Langit, bigyan Mo ako ng lakas ng loob na magsalita na may tapang sa aking problema, hamon at mga unos sa buhay at ipahayag ang Iyong mga pangako sa aking buhay, pamilya at sa aking simbahan.

James/ ヤコブ 1:2-4

3/21

Lord Jesus, help me to persevere through trials and challenges, knowing that trials are not meant to destroy me but to strengthen my faith and build resilience in me.

主イエスよ、試練は私を滅ぼすためではなく、私の信仰を強め、私の中に回復力を築くためにあることを知って、試練や困難を忍耐強く乗り越えることができるようにしてください。

WEEK 3

Panginoong Hesus, tulungan Mo akong magsigasi sa mga pagsubok at hamon, nalalaman na ang mga pagsubok ay hindi para sirain ako ngunit palakasin ang aking pananampalataya at bumuo ng katatagan sa akin.

Acts/ 使徒行伝 3:5; Matthew/ マタイ 9:20-21

3/28

Let us pray that when we come to church, or ask anything of God, we will have a high expectation that we will receive what we asked for without doubting.

私たちが教会に来る時、あるいは神様に何かを求める時、疑わずに求めたものが与えられるという大きな期待を持つことができるように祈りましょう。

WEEK 4

Manalangin tayo na kapag tayo pumunta sa simbahan o humingi ng anumang bagay sa Diyos, tayo ay magkaroon ng mataas na ekspektasyon na matatanggap natin ang ating hiniling nang walang pag-aalinlangan.

About TWT's Fasting & Prayer

TWT の断食と祈りの日について



Wednesday is TWT's official fasting day, while Friday is TWT's official day of prayer. Saints gather together on Friday night to pray in unity. The purpose of the prayer meeting is to intercede - pray for others. We are encouraged to pray for the Church, for unsaved souls to come to the knowledge of Christ, for countries and governments, and for the advancement of God's kingdom.

水曜日はTWTの断食の日、金曜日はTWTの祈りの日です。聖徒は金曜の夜に心を一つにして共に祈ります。祈りの集会の目的はとりなしの祈り（他の人のために祈ること）をするためです。私たちは教会のため、人々がキリストを知るために、世界中の国とその政府のため、そして神の御国の前進のために祈ります。



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