

# May 2024

The theme for this month is...  
今月のテーマは・・・

JOHN/ヨハネ 14:26

HOLY SPIRIT  
OUR HELPER

助け主・聖霊

Tokyo Worship Tabernacle 東京賛美の宮

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# WEDNESDAY PRAYER & FASTING

## 水曜日の祈りと断食

### ★ 5/1 Romans/ ローマ 8:26

Heavenly Father, You know what I need far more than I know and how to ask for it. Therefore direct us during our prayers as to how to pray rightly and what to pray for, in Jesus' name.

天の父よ、あなたは私に何が必要か、それをどのように求めるかを私以上によく知っておられます。イエスの御名によって、祈る時に適切な祈り方と何のために祈ったらいいか導きを与えてください。

Ama sa Langit, alam mo kung ano ang kailangan ko, higit pa sa alam ko at kung paano ito hihilingin. Kaya't ituro nyo sa amin sa panahon ng aming mga panalangin sa kung paano manalangin nang tama at kung ano ang dapat ipanalangin, sa Pangalan ni Hesus.

### 5/6, 7, 8 John/ ヨハネ 14:26 (NKJV); Mark/ マルコ 13:11

Let us pray that the Holy Spirit will be our Helper, Comforter, Guide, Teacher of the Truth, and to lead us in our everyday life, and what to say in our anxious moments.

聖霊が私たちの助け主、慰め主、ガイド、真理の先生となり、日々の生活を導き、不安な時に何を語るべきか導かれるように祈りましょう。

Ipanalangin natin na ang Banal na Espiritu ay maging ating katulong, mang-aaliw, tagapagturo ng katotohanan, at ang gagabay sa ating pang-araw-araw na buhay, at kung ano ang sasabihin sa atin sa panahon nang pagkabalisa.

### 5/15 Acts/ 使徒行伝 10:38; Acts/ 使徒行伝 1:8; Acts/ 使徒行伝 4:31

Let us pray for anointing and empowerment by the Holy Spirit – to witness with boldness and power, and bring healing and deliverance to the lives of people that are spiritually bound and oppressed.

大胆さと力によって伝道するために、霊的に囚われ抑圧されている人びとに癒しと解放を与えるために、聖霊の油注ぎと力が与えられるように祈りましょう。

Manalangin tayo para sa pagpapahid at pagpapalakas ng Banal na Espiritu – upang sumaksi na may katapangan at kapangyarihan at magdala ng kagalingan at kalayaan sa buhay ng mga taong espirituwal na nagagapos at naapi.

### 5/22 John/ ヨハネ 6:63; Romans/ ローマ 8:11

Heavenly Father, quicken us by Your life-giving Spirit as we hear and apply Your word in our daily walk, and not to depend on or trust in our own abilities.

天の父よ、あなたのみ言葉を聞いて実践し、自分の能力に頼ったり信頼しないように、あなたの命を与える霊によって私たちを生かしてください。

Ama sa Langit, buhayin mo kami sa pamamagitan ng inyong nagbibigay-buhay na Espiritu habang pinapakinggan at isinasabuhay namin ang iyong mga salita sa pang-araw-araw namin paglakad at hindi kami umaasa o nagtitiwala sa sarili namin mga kakayanan.

### 5/29 1 Corinthians/ コリント第一 2:9-10

Heavenly Father, by Your Holy Spirit dwelling inside of us, reveal to us what we need to do in order to be enlightened and claim the abundant blessings that You have prepared for us the Church in Jesus' name.

あなたが教会のために用意された豊かな祝福を受け取るために、私たちのうちに宿るあなたの聖霊によって目が開かれ理解するために何をすべきであることを明らかにしてください。

Ama sa Langit, sa pamamagitan ng inyong Banal na Espiritu na nananahan sa amin, ihayag nyo sa amin ang kailangan naming gawin upang maliwanagan at maangkin ang masaganang pagpapala na inihanda mo para sa amin ang Simbahan sa pangalan ni Hesus.

### 5/3 Zechariah/ ゼカリヤ 4:6

Heavenly Father, we know that it is not within our power – financial or strength – to overcome the challenges we face; so empower us by Your Spirit to overcome every situation and bring You glory in Jesus' name.

天の父よ、私たちが直面する試練を乗り越えるためには私たちの力（経済的・強さ）では不可能であることを知っています。なので、あなたに栄光をささげるために、イエスの御名によって全ての状況を乗り越えることができるようあなたの霊によって私たちに力を与えてください。

Ama sa Langit, alam namin na wala sa aming kapangyarihan – pinansyal o lakas – na malampasan ang mga hamon na kinahaharap namin; kaya't bigyan nyo kami kalakasan sa pamamagitan ng inyong Banal na Espiritu upang mapagtagumpayan ang bawat sitwasyon at magbigay kaluwalhatian sa pangalan ni Hesus.

### 5/10 Titus/ テトス 3:5

Let us pray for the unsaved people not to trust in their own goodness or righteousness for their salvation, but to desire God's mercy for forgiveness of their sins and infilling of the Holy Spirit for regeneration.

まだ救われていない人びとのために、彼らが自分が良い人間であることや自分自身の義に頼るのではなく、彼らの罪のゆるしと聖霊に満たされることによる再生のために神のあわれみを求めるよう祈りましょう。

Manalangin tayo para sa hindi pa naliligtas na mga tao na wag magtiwala sa sarili nilang kabutihan o katuwiran para sa kanilang kaligtasan, ngunit hangarin nila ang awa ng Diyos para sa kapatawaran ng kanilang mga kasalanan at pagpupuspos ng Banal na Espiritu para sa pagbabagong buhay.

### 5/17 John/ ヨハネ 7:38-39; Acts/ 使徒行伝 2:4

Lord Jesus, as You are risen and glorified, we pray that Your promise of the Holy Spirit will be poured out this Pentecost Day as happened two thousand years ago.

主イエスよ、あなたがよみがえられ、栄光ある姿になった今、2000年前にペンテコステの日に起きたのと同じようにあなたが約束された聖霊が注がれるよう祈ります。

Panginoong Hesus, habang ikaw ay nabuhay at niluwalhati, kami ay dumadalangin na ang iyong pangako ng Banal na Espiritu ay ibuhos sa araw ng Pentecostes gaya ng naganap dalawang libong taon na ang nakaraan.

### 5/24 Jude/ ユダ 1:20; Galatians/ ガラテヤ 5:22-23

Heavenly Father, grant us the grace to pray in the Spirit everyday in order to bear spiritual fruit that builds true Christian character for maturity and growth, and for intimacy with You in Jesus' name.

天の父よ、成熟と成長、そしてあなたとの親密さのために御霊（みたま）の実を結ぶために真のクリスチャンとしての性質を作るために毎日霊によって祈る恵みを与えてください。

Ama sa Langit, pagkalooban mo kami nang biyaya na manalangin sa Espiritu araw-araw upang magbunga ng espirituwal na bunga na bumuo ng tunay na katangiang Kristyano para sa kapanahunan at paglago, at para sa mas malalim pa na kaugnayan sa inyo sa pangalan ni Hesus.

### 5/31 Luke/ ルカ 24:47,49

Lord Jesus, help us to realize our need for the Holy Spirit when we evangelize because it is He that convicts and draws people to repentance and not ourselves or our words.

主イエスよ、伝道するときに聖霊が必要であることに気がつくことができるよう助けてください。私たち自身や私たちの語る言葉ではなく聖霊が人びとの心に訴え彼らを悔い改めに導くからです。

Panginoong Hesus, tulungan mo kaming mapagtanto ang aming pangangailangan ng Banal na Espiritu kapag kami ay nag-ebanghelyo dahil siya ang humihikayat at umaakit ng mga taong magsisi at hindi dahil sa aming mga sarili o mga salita.

## 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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