



---

## A LIVING SANCTUARY

---

We will now take a trip into the sanctuary and try to see what lessons we can learn from it. The subject of the sanctuary should be carefully studied, as it is one of the foundation stones of our faith and hope. It shows us the work that Christ is doing for us. It reveals to us His character. It also tells us what Christ expects from us and how we should live on earth. It reminds us that we should live with a view of eternity and that we cannot do anything in our own power. It is only because of Christ and His sacrifice that our sins can be forgiven and His righteousness given to us. “The subject of the sanctuary . . . should be clearly understood by the people of God” (The Faith I Live By, p. 203). “We all need to keep the subject of the sanctuary in mind. God forbid that the clatter of words coming from human lips should lessen the belief of our people in the truth that there is a sanctuary in heaven, and that a pattern of this sanctuary was once built on this earth. God desires His people to become familiar with this pattern, keeping ever before their minds the heavenly sanctuary, where God is all and in all. We must keep our minds braced by prayer and a study of God’s Word, that we may grasp these truths” (E. G. White Letter 233, 1904, emphasis supplied).

Prayer is meant to strengthen our faith. That is why we encourage you to claim God’s promises in your prayer time. They will help you take your eyes off yourself and your weaknesses and set them on Jesus. “Every promise in the Word of God is for us.



# 6 Days of Prayer – A Living Sanctuary

Day 1 - January 16<sup>th</sup> 2022

## Enter His Gates with Thanksgiving

*“Enter into his gates with thanksgiving, and into his courts with praise: be thankful unto him, and bless his name.” Ps. 100:4*

### Suggested Format for the Prayer Time

#### *Praise (approximately 10 minutes)*

- Begin your prayer time by praising God for who He is, for His love, His wisdom, His holiness, etc.
- Praise God that “in His presence is fullness of joy” (Ps. 16:11).
- Praise God for the sanctuary and the lessons we can learn from it.

#### *Confession and Claiming Victory Over Sin (approximately 5 minutes)*

- Ask God to show you what sins you need to confess in your heart. Claim His victory over those sins.
- Ask God for forgiveness for not always having a thankful heart.
- Thank God that He forgives you according to 1 John 1:9.

#### *Supplication and Intercession (approximately 35 minutes)*

- Pray that God will give you a thankful spirit.
- Pray that you will learn to rejoice in trials through the Holy Spirit that abides in your heart daily.
- Pray that your words will be words of praise and thankfulness that will point people to Jesus.
- Ask God to help you reflect Him in your speech.
- Pray that God will help you understand the message of the sanctuary and its significance for your life.
- Pray that we will lift up Christ and Him crucified and coming again—for He is our Saviour and Lord, who has given us His last warning message of love and redemption to proclaim to the world.
- Pray for all church members to feel a burden for souls as we follow in Christ’s steps and interact with those who need a personal relationship with the Lord.
- Pray for a spiritual revival for Seventh-day Adventist young people attending public colleges and universities worldwide. Pray that they become vibrant ambassadors and missionaries for Christ.
- Pray for Adventist Mission as it coordinates church planting projects around the world and seeks the funds needed to send Global Mission pioneers into unentered areas.
- Pray for people who live in the world’s large cities and are surrounded by so many things that distract them from Jesus. Pray that they would be able to hear the whisper of the Holy Spirit amid their surroundings.
- Pray for God to raise up medical missionaries to plant churches among the 830 people groups within the 11 countries of East-Central Africa Division.
- Pray for God to raise up young people to plant churches for the 750 people groups within the 13 countries of Euro-Asia Division.
- Pray for Adventist Chaplaincy Ministries as they mobilize chaplains and interested members to minister to those in prison.
- Pray that the seven (or more) people on your list will see their need and open their hearts to the Holy Spirit.
- Ask God to give you opportunities to express your thankfulness to Him in front of these seven people. Ask Him also to show you how to do this.

## 6 Days of Prayer – A Living Sanctuary

- Pray for any personal needs you have.

**Thanksgiving** (approximately 10 minutes)

- Thank God for the joy you can experience in His presence.
- Thank God for the privilege of being a witness through your words of praise and thankfulness.
- Thank God for the amazing things He is going to do these ten days.

### Suggested Songs to Sing

“O Worship the Lord” (SDA Hymnal #6); “Joyful, Joyful We Adore Thee” (SDA Hymnal #12); “My Maker and My King” (SDA Hymnal #15); “Rejoice Ye Pure in Heart!” (SDA Hymnal #27); “Wake the Song” (SDA Hymnal #34).

### Enter Into His Gates with Thanksgiving

*“Enter into his gates with thanksgiving, and into his courts with praise: be thankful unto him, and bless his name.” Ps. 100:4*

Make your work pleasant with songs of praise. If you would have a clean record in the books of heaven, never fret or scold. Let your daily prayer be, “Lord, teach me to do my best. Teach me how to do better work. Give me energy and cheerfulness.” . . . Bring Christ into all that you do. Then your lives will be filled with brightness and thanksgiving. . . . Let us do our best, moving forward cheerfully in the service of the Lord, with our hearts filled with His joy. (*Child Guidance*, p. 148)

As you pour out your thank offering, God is glorified, and He gives you more. As you pour out thanksgiving He gives you more joy. We learn to praise God from whom all blessings flow. Shall we not begin right here to turn over the page and forget our murmurings and complainings and faultfinding, and educate the tongue to courteous words, and loving words, and sympathetic words, and tender kindness for one another of His children? (*Reflecting Christ*, p. 285)

As followers of Christ we should make our words such as to be a help and an encouragement to one another in the Christian life. Far more than we do, we need to speak of the precious chapters in our experience. We should speak of the mercy and loving-kindness of God, of the matchless depths of the Savior’s love. Our words should be words of praise and thanksgiving. If the mind and heart are full of the love of God, this will be revealed in the conversation. It will not be a difficult matter to impart that which enters into our spiritual life. Great thoughts, noble aspirations, clear perceptions of truth, unselfish purposes, yearnings for piety and holiness, will bear fruit in words that reveal the character of the heart treasure. When Christ is thus revealed in our speech, it will have power in winning souls to Him. (*To Be Like Jesus*, p. 95)

If we truly love Christ, we shall glorify Him by our words. Unbelievers are often convicted as they listen to pure words of praise and gratitude to God. (*The Review and Herald*, Jan. 25, 1898)

To praise God in fullness and sincerity of heart is as much a duty as is prayer. We are to show to the world and to all the heavenly intelligences that we appreciate the wonderful love of God for fallen humanity and that we are expecting larger and yet larger blessings from His infinite fullness. Far more than we do, we need to speak of the precious chapters in our experience. After a special outpouring of the Holy Spirit, our joy in the Lord and our efficiency in His service would be greatly increased by recounting His goodness and His wonderful works in behalf of His children. (*Christ Object Lessons*, pp. 299, 300)

The Lord Jesus is our strength and happiness, the great storehouse from which, on every occasion, men may draw strength. As we study Him, talk of Him, become more and more able to behold Him—as we avail ourselves of His grace and receive the blessings He proffers us, we have something with which to help others. Filled with gratitude, we communicate to others the blessings that have been freely given us. Thus

## 6 Days of Prayer – A Living Sanctuary

receiving and imparting, we grow in grace; and a rich current of praise and gratitude constantly flows from our lips; the sweet spirit of Jesus kindles thanksgiving in our hearts, and our souls are uplifted with a sense of security. The unfailing, inexhaustible righteousness of Christ becomes our righteousness by faith.

Let the fresh blessings of each new day awaken praise in our hearts for these tokens of His loving care.

When you open your eyes in the morning, thank God that He has kept you through the night. Thank Him for His peace in your heart. Morning, noon, and night let gratitude as a sweet perfume ascend to heaven. . . . (*My Life Today*, p. 171)

Praise ye the LORD. Praise God in his sanctuary: praise him in the firmament of his power. Praise him for his mighty acts: praise him according to his excellent greatness. (Ps. 150:1, 2)

You can be just what Christ said His disciples should be—“the light of the world” (Matthew 5:14). You should diffuse that light, hope, and faith to others. You are not to go groaning your way onward in His service, as though He were a hard taskmaster, laying upon you burdens that you cannot carry. This is not the case. He wants you to be filled with joy, to be filled with the blessing of God, to know the length and breadth and height and depth of the love of God, which passeth knowledge. When His name is mentioned He wants it to strike the keynote, and there will be a response in your hearts. Then you can offer up thanksgiving and glory and honor and praise to Him that sitteth on the throne and to the Lamb. (*Faith and Works*, p. 78)

## 6 Days of Prayer – A Living Sanctuary

Day 2— January 17<sup>th</sup> 2022

The Altar of Burnt Offering

*“I beseech you therefore, brethren, by the mercies of God, that ye present your bodies a living sacrifice, holy, acceptable to God, which is your reasonable service.” Rom. 12:1*

### Suggested Format for the Prayer Time

#### *Praise (approximately 10 minutes)*

- Begin your prayer by praising God for who He is.
- Praise God for the gift of salvation.
- Thank God for the sacrifice of Jesus.
- Praise God for the life of Jesus that showed us how to sacrifice self and surrender our will to God.

#### *Confession and Claiming Victory Over Sin (approximately 5 minutes)*

- Ask God to show you which sins you need to confess openly and which you need to confess privately. Claim His victory over those sins.
- Ask God for forgiveness for times when you were afraid to sacrifice that which causes you to stumble.
- Thank God that He forgives you according to 1 John 1:9.

#### *Supplication and Intercession (approximately 35 minutes)*

- Pray that just as the altar of burnt offering was anointed with the holy oil (Ex. 40:10), your life will be anointed with the Holy Ghost, so that whatever you offer and sacrifice to the Lord will be acceptable to God.
- Ask God to take away anything that hinders you from surrendering your time, money, strength, abilities, fears, hopes, and will. Tell Him you want to belong wholly to Christ.
- Does anything in your heart hinder you from giving yourself wholly to Him? Tell Him about it. Ask Him to make you willing to surrender anything.
- Pray for your family members and friends who are afraid to place their whole lives on the altar of sacrifice. Ask God to make them willing to give Him everything.
- Pray that your local pastor and church leaders at different levels will make an unreserved surrender to God and His service.
- Pray that we spend more time on eternal values through Bible study and prayer. Pray for God’s will to be done rather than our own, and ask that the Holy Spirit will keep us from worldly influences and trends that threaten our daily spiritual experience.
- Pray that the young people of our church will not be afraid to crucify self.
- Pray for all peoples of non-Christian backgrounds. Pray that God’s people will learn how to build whatever bridges are necessary to reach them.
- Ask God for godly, teachable, and humble church leaders who will portray Christ-centered leadership in the church’s mission to proclaim the three angels’ messages. And pray that Christ’s righteousness will be at the core of these messages.
- Pray that we will organize many “centers of influence” in large cities around the world. Pray that these centers make a real difference in lives as people discover God’s truth through Christian service.
- Pray that the seven (or more) people on your list will see their need and open their hearts for the Holy Spirit.

## 6 Days of Prayer – A Living Sanctuary

- Pray for any personal needs you have.

### **Thanksgiving** (approximately 10 minutes)

Thank God that He will answer according to His will and in His time.

Thank God that He is willing to take your sinful heart and make it pure and holy.

Thank God that Jesus was willing to live and die, not for Himself but for the One who sent Him.

Thank God for revealing Himself in a special way in your life during these ten days of prayer.

### **Suggested Songs to Sing**

“Live Out Thy Life Within Me” (SDA Hymnal #316); “Yes, Lord, I Give My Life to You”; “I Need Thee Every Hour” (SDA Hymnal #483); “Seek Ye First”; “Draw Me Nearer” (SDA Hymnal #306); “I Surrender All” (SDA Hymnal #309); “Near, Still Nearer” (SDA Hymnal #301); “Wholly Thine” (SDA Hymnal, #308).

### **The Altar of Burnt Offering**

*“I beseech you therefore, brethren, by the mercies of God, that ye present your bodies a living sacrifice, holy, acceptable to God, which is your reasonable service.” Rom. 12:1*

Every morning and evening a lamb of a year old was burned upon the altar, symbolizing the daily consecration of the nation and their constant dependence upon the atoning blood of Christ. Only an offering “without blemish” could be a symbol of His perfect purity who was to offer Himself as “a lamb without blemish and without spot.” 1 Peter 1:19. The apostle Paul says, “I beseech you therefore, brethren, by the mercies of God, that ye present your bodies a living sacrifice, holy, acceptable unto God, which is your reasonable service.” Romans 12:1. Those who love Him with all the heart will desire to give Him the best service of the life, constantly seeking to bring every power of their being into harmony with His will. (*From Eternity Past*, pp. 244, 245)

In order for us to reach this high ideal, that which causes the soul to stumble must be sacrificed. It is through the will that sin retains its hold upon us. . . . Often it seems to us that to surrender the will to God is to consent to go through life maimed or crippled. But it is better, says Christ, for self to be maimed, wounded, crippled, if thus you may enter into life. That which you look upon as disaster is the door to highest benefit. (*Reflecting Christ*, p. 377)

God will accept nothing less than unreserved surrender. Half-hearted, sinful Christians can never enter heaven. There they would find no happiness; for they know nothing of the high, holy principles that govern the members of the royal family. (*This Day with God*, p. 145)

I am crucified with Christ: nevertheless I live; yet not I, but Christ liveth in me: and the life which I now live in the flesh I live by the faith of the Son of God, who loved me, and gave himself for me. (Gal. 2:20)

It will require a sacrifice to give yourself to God; but it is a sacrifice of the lower for the higher, the earthly for the spiritual, the perishable for the eternal. God does not design that our will should be destroyed, for it is only through its exercise that we can accomplish what He would have us do. Our will is to be yielded to Him, that we may receive it again, purified and refined, and so linked in sympathy with the Divine that He can pour through us the tides of His love and power. However bitter and painful this surrender may appear to the willful, wayward heart, yet “it is profitable for thee.” (*Reflecting Christ*, p. 377)

The Lord has a great work for us to do, and He invites us to look to Him, to trust in Him, to walk with Him, to talk with Him. He invites us to make an unreserved surrender of all that we have and are to Him, that when He shall call upon us to sacrifice for Him, we may be ready and willing to obey. We shall enjoy the fullness of divine grace only as we give all to Christ. We shall know the meaning of true happiness only as we keep the fire burning on the altar of sacrifice. God will bequeath the most in the future to those who have done the most in the present. . . . Each day, under different circumstances, He tries us; and in each

## 6 Days of Prayer – A Living Sanctuary

truehearted endeavor He chooses His workers, not because they are perfect, but because they are willing to work unselfishly for Him, and He sees that through connection with Him they may gain perfection. (*Our High Calling*, p. 191)

Christ's call to sacrifice and unreserved surrender means crucifixion of self. In order to obey this call, we must have unquestioning faith in Him as the perfect Example, and we must have a clear realization that we are to represent Him to the world. Those who work for Christ are to work in His lines. They are to live His life. His call to unreserved surrender is to be to them supreme. They are to allow no earthly tie or interest to prevent them from giving Him the homage of their hearts and the service of their lives. Earnestly and untiringly they are to labor with God to save perishing souls from the power of the tempter. (*The Upward Look*, p. 235)

The call to place all on the altar of service comes to each one. We are not all asked to serve as Elisha served, nor are we all bidden to sell everything we have; but God asks us to give His service the first place in our lives, to allow no day to pass without doing something to advance His work in the earth. He does not expect from all the same kind of service. One may be called to ministry in a foreign land; another may be asked to give of his means for the support of gospel work. God accepts the offering of each. It is the consecration of the life and all its interests, that is necessary. Those who make this consecration will hear and obey the call of Heaven. (*Prophets and Kings*, p. 221)

## 6 Days of Prayer – A Living Sanctuary

Day 3—January 18<sup>th</sup> 2022

### The Laver

*“Let us draw near with a true heart in full assurance of faith, having our hearts sprinkled from an evil conscience, and our bodies washed with pure water.” Heb. 10:22*

#### Suggested Format for the Prayer Time

##### **Praise** (approximately 10 minutes)

- Begin your prayer time by praising God for who He is (His character).
- Praise God that He wants to wash away all your sins.
- Praise God that He is calling you to live a pure and holy life.

##### **Confession and Claiming Victory Over Sin** (approximately 5 minutes)

- Ask God to show you if there are any sins you need to confess privately. Claim His victory over those sins.
- Ask God to forgive you for times when your words and acts did not demonstrate purity of character.
- Thank God that He forgives you according to 1 John 1:9.

##### **Supplication and Intercession** (approximately 35 minutes)

- Pray that just as the laver was anointed with the holy oil (Ex. 40:11), the Holy Spirit will cleanse and purify your heart.
- Is there any area in your life in which you do not reflect the cleanliness and purity that Christ desires for you? Surrender it to God.
- Is your home a clean and pure place? Ask God to help you make your home a place where the angels love to dwell.
- Do you sometimes have a hard time keeping your thoughts positive and pure? Surrender your thoughts to God and ask Him to sanctify them.
- Pray that the children and young people in your church will understand the importance of cleanliness and purity in the home and also in their conversations and thoughts.
- Do you know anyone who struggles in the area of inward and outward cleanliness and purity? Lift them up in prayer.
- Pray that we will point people to Christ and His righteousness as the only way to eternal life.
- Pray for increased emphasis on “Revival and Reformation” throughout the world. Pray for this revival for yourself, your family, your church, and your community. Pray also for engagement in worldwide prayer activities, as we plead together for the latter rain of the Holy Spirit and the fulfillment of Joel 2, Hosea 6, and Acts 2.
- Ask God to protect our young people and each of us from worldly influences as we focus on the Bible and selfless service to others
- Pray for the increasing number of secular people in the world who have no interest in religion of any kind. Pray that the Holy Spirit will cut through the walls they have built up in their hearts.
- Pray for the Muslim nations and groups of the world who remain resistant to Jesus Christ. Pray that they hear and respond to the gospel.
- Pray for God to raise up urban missionaries to plant churches for the 806 people groups within the 20 countries of Inter-European Division.
- Pray that the seven (or more) people on your list will allow God to put a desire for purity in their hearts.



## 6 Days of Prayer – A Living Sanctuary

- Pray for any personal needs you have.

### **Thanksgiving** (approximately 10 minutes)

Thank God that the “the inward man is being renewed day by day” (2 Cor. 4:16).

Thank God that He is willing to come and live in your heart.

Thank God that He has sent angels out to answer the prayers you have prayed this week.

### **Suggested Songs to Sing**

“Live Out Thy Life Within Me” (SDA Hymnal #316); “Yes, Lord, I Give My Life to You”; “I Need Thee Every Hour” (SDA Hymnal #483); “Draw Me Nearer” (SDA Hymnal #306); “I Surrender All” (SDA Hymnal #309); “Leaning on the Everlasting Arms” (SDA Hymnal #462); “Fill My Cup, Lord” (SDA Hymnal #493).

### **The Laver**

*“Let us draw near with a true heart in full assurance of faith, having our hearts sprinkled from an evil conscience, and our bodies washed with pure water.” Heb. 10:22*

Between the altar and the door of the tabernacle was the laver, which was also of brass, made from the mirrors that had been the freewill offering of the women of Israel. At the laver the priests were to wash their hands and their feet whenever they went into the sacred apartments, or approached the altar to offer a burnt offering unto the Lord. (*Christ in His Sanctuary*, p. 26)

What impression was this to make upon the people? It was to show them that every particle of dust must be put away before they could go into the presence of God; for he was so high and holy that unless they did comply with these conditions, death would follow. . . . (*Gospel Workers*, 1892, pp. 162, 163)

The Lord requires his ministers to be pure and holy, rightly to represent the principles of truth in their own lives, and by their example to bring others up upon a high level.

God requires all who profess to be his chosen people, though they are not teachers of the truth, to be careful to preserve personal cleanliness and purity, also cleanliness and order in their houses and upon their premises. We are examples to the world, living epistles known and read of all men. God requires all who profess godliness, and especially those who teach the truth to others, to abstain from all appearance of evil. (*Testimonies for the Church*, vol. 2, pp. 614, 615)

Truth never places her delicate feet in a path of uncleanness or impurity. . . . He who was so particular that the children of Israel should cherish habits of cleanliness will not sanction any impurity in the homes of His people today. God looks with disfavor on uncleanness of any kind.

Unclean, neglected corners in the house will tend to make impure, neglected corners in the soul. (*My Life Today*, p. 129)

Christians will be judged by the fruit they bear in reformatory work. Every true Christian will show what the truth of the gospel has done for him. He who has been made a son of God must practice habits of neatness and cleanliness. Every action, however small, has an influence. The Lord desires to make every human being an agency through whom Christ can manifest His Holy Spirit. Christians are in no case to be careless or indifferent in regard to their outward appearance. They are to be neat and trim, though without adornment. They are to be pure inside and out. (*Ye Shall Receive Power*, p. 92)

All the philosophies of human nature have led to confusion and shame when God has not been recognized as all in all. But the precious faith inspired of God imparts strength and nobility of character. As His goodness, His mercy, and His love are dwelt upon, clearer and still clearer will be the perception of truth; higher, holier, the desire for purity of heart and clearness of thought. The soul dwelling in the pure atmosphere of holy thought is transformed by intercourse with God through the study of His Word. Truth is

## 6 Days of Prayer – A Living Sanctuary

so large, so far-reaching, so deep, so broad, that self is lost sight of. The heart is softened and subdued into humility, kindness, and love. (*The Faith I Live By*, p. 223)

God loves purity, cleanliness, order, and holiness. God requires all His people who lack these qualifications to seek them and never rest until they obtain them. They must commence the work of reform and elevate their lives, so that in conversation and deportment their acts, their lives, will be a continual recommendation of their faith and will have such a winning, compelling power upon unbelievers that they will be compelled to acknowledge that they are the children of God.

The truth as it is in Jesus will not degrade but elevate the receiver, purify his life, refine his taste, sanctify his judgment. (*Our High Calling*, p. 230)

Be ye therefore perfect, even as your Father which is in heaven is perfect. (Matt. 5:48)

As God works upon the heart by His Holy Spirit, man must cooperate with Him. The thoughts must be bound about, restricted, withdrawn from branching out and contemplating things that will only weaken and defile the soul. The thoughts must be pure, the meditations of the heart must be clean, if the words of the mouth are to be words acceptable to heaven, and helpful to your associates. (*Ye Shall Receive Power*, p. 52)

Finally, brethren, whatsoever things are true, whatsoever things are honest, whatsoever things are just, whatsoever things are pure, whatsoever things are lovely, whatsoever things are of good report; if there be any virtue, and if there be any praise, think on these things. (Phil. 4:8)

Heaven is pure and holy, and those who pass through the gates of the city of God must here be clothed with inward and outward purity. (*Heaven*, p. 97)

## 6 Days of Prayer – A Living Sanctuary

Day 4 — January 19<sup>th</sup> 2022

### The Lampstand

*“Ye are my witnesses, saith the Lord, that I am God.” Isa. 43:12*

#### Suggested Format for the Prayer Time

##### *Praise (approximately 10 minutes)*

- Begin your prayer time by praising God for who He is (His character).
- Praise God that He is calling us to be His witnesses.
- Praise God that He is a light unto our path.

##### *Confession and Claiming Victory Over Sin (approximately 5 minutes)*

- Ask God to show you the sins you need to confess openly and the ones you need to confess privately. Claim His victory over those sins.
- Have there been times when you were not a good witness for God? Ask Him for forgiveness.
- Thank God that He forgives you according to 1 John 1:9.

##### *Supplication and Intercession (approximately 35 minutes)*

- Pray that just as the lampstand (Ex. 40:9) was anointed with oil, you will be filled with the Holy Spirit and become a light and witness for the Lord.
- Pray that God will help you reveal His character to those around you.
- Ask God for a humble heart so you can see the areas of life in which you do not exert a good influence on others.
- Do you have any areas in your life in which you need to grow in order to reflect Christ? Give God permission to work in those areas.
- Ask God to fill you with His love so that His love can flow from you to others.
- Pray for the involvement of every church member around the world in proclamation of the loud cry. Pray also that, as we submit to the Holy Spirit, He will make us one in Him.
- Pray for increased spiritual and evangelistic understanding by every church administrator around the world as they lift up Christ and the unique mission and message of the Seventh-day Adventist Church. Ask God to help His remnant people, the Seventh-day Adventist Church, never to lose the prophetic identity of who we are.
- Pray for a strong focus on small-group outreach, giving all members the opportunity to participate in personal witnessing about Jesus and His beautiful character. Pray that each of our fundamental beliefs and doctrines is proclaimed with Jesus at the core.
- Pray earnestly that Seventh-day Adventist families may reveal God’s love in the home and community by showing how Christ can bring harmony into homes and remove abuse and stress through the sanctifying power of His righteousness. Pray that we may point others to the blessed opportunity of joining God’s eternal family in heaven.
- Pray for the thousands of Global Mission pioneers who are planting churches, many of them in dangerous situations. Pray for their safety, for wisdom, and for success.
- Pray for God to prepare volunteers to serve the 70 people groups within the Israel Field.
- Pray that the seven (or more) people on your list will see Christ in you and will want to have Him in their hearts too.
- Pray for any personal needs you have (Prov. 3:5, 6).

##### *Thanksgiving (approximately 10 minutes)*

Thank God that He is willing to work on you and change you.

## 6 Days of Prayer – A Living Sanctuary

Thank God that He can make you a light that shines into darkness.

Thank God that He is answering the prayers you prayed according to His will.

### Suggested Songs to Sing

“Not I, but Christ” (SDA Hymnal #570); “He Lives” (SDA Hymnal #251); “Wonderful Words of Life” (SDA Hymnal #286); “I’ll Go Where You Want Me to Go” (SDA Hymnal #573); “Hark! The Voice of Jesus Calling” (SDA Hymnal #359); “This Little Light of Mine” (SDA Hymnal #580); “Give of Your Best to the Master” (SDA Hymnal #572).

### The Lampstand

*“Ye are my witnesses, saith the Lord, that I am God.” Isa. 43:12*

The two olive trees empty the golden oil out of themselves through the golden pipes into the golden bowl from which the lamps of the sanctuary are fed. The golden oil represents the Holy Spirit. With this oil God’s ministers are to be constantly supplied, that they, in turn, may impart it to church. “Not by might, nor by power, but by My Spirit, saith the Lord of hosts.” (Zechariah 4:6. ) (*Testimonies to Ministers*, p. 188)

But the Comforter, which is the Holy Ghost, whom the Father will send in my name, he shall teach you all things, and bring all things to your remembrance, whatsoever I have said unto you. (John 14:26)

And they were all filled with the Holy Ghost, and they spake the word of God with boldness. (Acts 4:31)

But no one can impart that which he or she has not received. In the work of God, humanity can originate nothing. . . . It was the golden oil emptied by the heavenly messengers into the golden tubes, to be conducted from the golden bowl into the lamps of the sanctuary, that produced a continuous bright and shining light. It is the love of God continually transferred to men and women that enables them to impart light. Into the hearts of all who are united to God by faith the golden oil of love flows freely, to shine out again in good works, in real, heartfelt service for God. (*To Be Like Jesus*, p. 261)

Every one of us exerts an influence on those with whom we come in contact. This influence we have from God, and we are responsible for the way it is used. God designs that it shall tell on the side of right; but it rests with each one of us to decide whether our influence shall be pure and elevating, or whether it shall act as a poisonous malaria. Those who are partakers of the divine nature exert an influence that is Christlike. Holy angels attend them on their way, and all with whom they come in contact are helped and blessed. But those who do not receive Christ as their personal Savior cannot influence others for good. . . . Such lose all hope of eternal life themselves, and by their example lead others astray. Guard well your influence; it is “your reasonable service” to place it on the Lord’s side. (*To Be Like Jesus*, p. 94)

The unstudied, unconscious influence of a holy life is the most convincing sermon that can be given in favor of Christianity. (*My Life Today*, p. 122)

Let your light so shine before men, that they may see your good works, and glorify your Father which is in heaven. (Matt. 5:16)

No one can be independent of their fellow beings; for the well-being of each affects others. It is God’s purpose that each person shall feel necessary to others’ welfare, and seek to promote their happiness.

Every soul is surrounded by an atmosphere of its own—an atmosphere, it may be, charged with the life-giving power of faith, courage, and hope, and sweet with the fragrance of love. Or it may be heavy and chill with the gloom of discontent and selfishness, or poisonous with the deadly taint of cherished sin. By the atmosphere surrounding us, every person with whom we come in contact is consciously or unconsciously affected.

## 6 Days of Prayer – A Living Sanctuary

This is a responsibility from which we cannot free ourselves. Our words, our acts, our dress, our deportment, even the expression of the countenance, has an influence. Upon the impression thus made there hang results for good or evil which no one can measure. Every impulse thus imparted is seed sown which will produce its harvest. It is a link in the long chain of human events, extending we know not whither.

If by our example we aid others in the development of good principles, we give them power to do good. In their turn they exert the same influence upon others, and they upon still others. Thus by our unconscious influence thousands may be blessed.

Throw a pebble into the lake, and a wave is formed, and another and another; and as they increase, the circle widens, until it reaches the very shore. So with our influence. Beyond our knowledge or control it tells upon others in blessing or in cursing. (*To Be Like Jesus*, p. 96)

If those who profess to be followers of Christ neglect to shine as lights in the world, the vital power will leave them, and they will become cold and Christless. The spell of indifference will be upon them, a deathlike sluggishness of soul, which will make them bodies of death instead of living representatives of Jesus. All must lift the cross and in modesty, meekness, and lowliness of mind take up their God-given duties, engaging in personal effort for those around them who need help and light.

All who accept these duties will have a rich and varied experience, their own hearts will glow with fervor, and they will be strengthened and stimulated to renewed, persevering efforts to work out their own salvation with fear and trembling, because it is God that worketh in them both to will and to do of His good pleasure. (*To Be Like Jesus*, p. 260)

## 6 Days of Prayer – A Living Sanctuary

Day 5— January 20<sup>th</sup> 2022

### The Manna

*“I am the living bread that came down from heaven: if any man eat of this bread, he shall live for ever: and the bread that I will give is my flesh, which I will give for the life of the world” John 6:51*

#### Suggested Format for the Prayer Time

##### *Praise (approximately 10 minutes)*

- Begin your prayer time by praising God for who He is (His character).
- Praise God that Jesus is the Manna that came down from heaven.
- Praise God for His Word that we can feed upon.

##### *Confession and Claiming Victory Over Sin (approximately 5 minutes)*

- Ask God to show you which sins to confess privately. Claim His victory over those sins.
- Ask God for forgiveness for times when you chose not to feed on the Heavenly Manna.
- Ask God for forgiveness for times when you chose to satisfy your hunger with temporary things.
- Thank God that He forgives you according to 1 John 1:9.

##### *Supplication and Intercession (approximately 35 minutes)*

- Pray that just as the Israelites gathered manna early in the morning, we will individually seek to have a daily, fresh experience with the Lord, eating His flesh and drinking His blood by surrendering fully to Him in obedience.
- Pray that we individually realize that we are nearing the close of probation. May we each allow the Holy Spirit to do whatever He needs to do in our lives to develop our characters.
- Ask God to teach you how to feed on the Heavenly Manna.
- Ask God to give you His Holy Spirit so that you may understand His Word and understand the truth.
- Ask that God will give you a new life as you read His Word and meditate upon Christ and His life.
- Ask God to help you meditate only on those things that build you up spiritually.
- Pray that church leaders (your local pastor, conference, union, division, and General Conference leaders) and their families will feed on the Heavenly Manna every day.
- Pray for the thousands of Global Mission pioneers who are planting churches, many of them in dangerous situations. Pray for their safety, for wisdom, and for success.
- Pray for faithfulness to God, His Word, His Advent message, and His mission for us. Pray for our willingness to follow Him in everything, and ask that He will demonstrate His power in our lives.
- Pray for increased attendance at Sabbath School, where members and invitees can focus on fellowship, mission, Bible study, and local outreach.
- Pray for a mighty revival of primitive godliness to sweep God’s church in the final days. Pray that we may stand for truth though the heavens fall.
- Pray for God to raise up youth to make disciples among the 1,459 people groups within the 20 countries of South Pacific Division.
- Pray that the seven (or more) people on your list will see their need to eat from the Heavenly Manna.
- Pray for any personal needs you have.

##### *Thanksgiving (approximately 10 minutes)*

Thank God that when you eat His food, you never hunger again.

Thank God that Jesus showed us how to feed on Heavenly Manna.

## 6 Days of Prayer – A Living Sanctuary

Thank God for the power of His Word.

### Suggested Songs to Sing

“Break Thou the Bread of Life” (*SDA Hymnal* #271); “Give Me the Bible” (*SDA Hymnal* #272); “I’d Rather Have Jesus” (*SDA Hymnal* #327); “Open My Eyes That I May See” (*SDA Hymnal* #326); “Take the World, but Give Me Jesus” (*SDA Hymnal* #329).

### The Manna

*“I am the living bread that came down from heaven: if any man eat of this bread, he shall live for ever: and the bread that I will give is my flesh, which I will give for the life of the world” John 6:51*

They [Israel] were directed to gather daily an omer for every person; and they were not to leave of it until the morning. Some attempted to keep a supply until the next day, but it was then found to be unfit for food. The provision for the day must be gathered in the morning; for all that remained upon the ground was melted by the sun. . . . On the sixth day the people gathered two omers for every person. The rulers hastened to acquaint Moses with what had been done. His answer was, “This is that which the Lord hath said, Tomorrow is the rest of the holy Sabbath unto the Lord: bake that which ye will bake today, and seethe that ye will seethe; and that which remaineth over lay up for you to be kept until the morning.” (*Patriarchs and Prophets*, pp. 295, 296)

The manna, falling from heaven for the sustenance of Israel, was a type of Him who came from God to give life to the world. Said Jesus, “I am that Bread of life. Your fathers did eat manna in the wilderness, and are dead. This is the bread which cometh down from heaven. . . . If any man eat of this bread, he shall live forever: and the bread that I will give is My flesh, which I will give for the life of the world.” John 6:48-51. And among the promises of blessing to God’s people in the future life it is written, “To him that overcometh will I give to eat of the hidden manna.” Revelation 2:17. (*Patriarchs and Prophets*, p. 297)

Our Saviour is the bread of life, and it is by beholding His love, by receiving it into the soul, that we feed upon the bread which came down from heaven. We receive Christ through His word, and the Holy Spirit is given to open the word of God to our understanding, and bring home its truths to our hearts. We are to pray day by day that as we read His word, God will send His Spirit to reveal to us the truth that will strengthen our souls for the day’s need. (*Prayer*, p. 297)

By looking constantly to Jesus with the eye of faith, we shall be strengthened. God will make the most precious revelations to His hungering, thirsting people. They will find that Christ is a personal Saviour. As they feed upon His word, they find that it is spirit and life. The word destroys the natural, earthly nature, and imparts a new life in Christ Jesus. The Holy Spirit comes to the soul as a Comforter. By the transforming agency of His grace, the image of God is reproduced in the disciple; he becomes a new creature. Love takes the place of hatred, and the heart receives the divine similitude. This is what it means to live “by every word that proceedeth out of the mouth of God.” This is eating the Bread that comes down from heaven. (*The Desire of Ages*, p. 391)

Fill the whole heart with the words of God. They are the living water, quenching your burning thirst. They are the living bread from heaven. Jesus declares, “Except ye eat the flesh of the Son of man, and drink his blood, ye have no life in you.” (John 6:53.) And he explains himself by saying, “The words that I speak unto you, they are spirit, and they are life.” (John 6:63.) Our bodies are built up from what we eat and drink; and as in the natural economy, so in the spiritual economy, it is what we meditate upon that will give tone and strength to our spiritual nature. (*Christian Education*, p. 57)

## 6 Days of Prayer – A Living Sanctuary

“You have the word of the living God, and for the asking you may have the gift of the Holy Spirit to make that word a power to those who believe and obey. The Holy Spirit’s work is to guide into all truth. When you depend on the word of the living God with heart and mind and soul, the channel of communication will be unobstructed. Deep, earnest study of the word under the guidance of the Holy Spirit will give you fresh manna, and the same Spirit will make its use effectual. The exertion made by the youth to discipline the mind for high and holy aspirations will be rewarded. Those who make persevering efforts in this direction, putting the mind to the task of comprehending God’s word, are prepared to be laborers together with God. (*Testimonies for the Church*, vol. 6, pp. 163, 164)

Those with whom the Christian comes in contact have a right to know what has been revealed to the follower of Christ, and he is to make it known both by precept and example. The Christian is to publish the good news of salvation, and he is never to weary of the recital of God’s goodness. He is continually to draw with Christ, and continually to draw from Christ, eating the flesh and drinking the blood of the Son of man, which Jesus declares are His words, that are spirit and life. Thus he will always have a fresh supply of heavenly manna. Every Christian, high or low, rich or poor, learned or ignorant, is to talk of the kingdom of God, to speak of Christ and Him crucified, to those who are in ignorance and sin. You are to speak to sinners; for you know not but God is moving upon their hearts. Never forget that great responsibility attaches to every word you utter in their presence. . . . (*The Publishing Ministry*, p. 285)



## 6 Days of Prayer – A Living Sanctuary

Day 6 —January 21<sup>st</sup> 2022

### The Commandments

*“Open thou mine eyes, that I may behold wondrous things out of thy law.” Ps. 119:18*

#### Suggested Format for the Prayer Time

##### *Praise (approximately 10 minutes)*

- Begin your prayer time by praising God that because He loved us, He gave us His law.
- Praise God that His law is a law of love.
- Praise God that He wants to write His law in your heart.

##### *Confession and Claiming Victory Over Sin (approximately 5 minutes)*

- Ask God to show you the sins that you need to confess privately. Claim His victory over those sins.
- Ask God for forgiveness for times when you willingly chose to go against God’s law.
- Thank God that He forgives you according to 1 John 1:9.

##### *Supplication and Intercession (approximately 35 minutes)*

- Ask that the Holy Spirit will write His law in your mind and heart, according to the promise in Hebrews 10:15-17.
- Ask God to help you live a life full of Christ’s joy.
- Pray that God will give you love in your heart for Him and for those around you.
- Ask God to help you live a life that shows others that His law is a law of love to both God and man.
- Ask God to help you deny self for the truth’s sake so that you can make a holy impression on the world.
- Pray that our church will use every appropriate social media format to share the three angels’ messages in practical, creative, and fresh ways with twenty-first century people.
- Pray for continued focus on the belief of biblical creation, which shows that our world was created in six literal, consecutive days by the word of the Lord.
- Pray for increased participation in evangelistic outreach by all church institutions as they support the ongoing mission of the church.
- Pray for a wide acceptance of comprehensive health ministry (“medical missionary work”), which allows church members to follow Christ’s selfless example of meeting the daily needs of others.
- Pray for refugees around the world who are suffering. Pray especially for those from closed countries to become believers in Jesus while they have the opportunity to interact with Christians.
- Pray for God to call retired teachers and educators to minister to the 2,566 people groups within the 14 countries of Southern Asia-Pacific Division.
- Pray for God to raise up prayer warriors to intercede for the 2,568 people groups within the 4 countries of Southern Asia Division.
- Pray for each local church Sabbath School / Personal Ministries Department as they seek God’s plan to minister to their communities through Bible study and personal witnessing.
- Pray that the seven (or more) people on your list will understand that God’s law is a law of love, and that if they love Him they should keep His commandments.
- Pray for any personal needs you have.

##### *Thanksgiving (approximately 10 minutes)*

Thank God for giving us the law to guide us.

Thank God that He calls us to show others His love.

## 6 Days of Prayer – A Living Sanctuary

Thank God that His law in our hearts can bring our own interests into subordination to high and eternal considerations.

### Suggested Songs to Sing

“Trust and Obey” (*SDA Hymnal* #590); “We’ll Build on the Rock” (*SDA Hymnal* #531); “A Mighty Fortress” (*SDA Hymnal* #506); “Draw Me Nearer” (*SDA Hymnal* #306); “Wholly Thine” (*SDA Hymnal* #308).

### The Commandments

*“Open thou mine eyes, that I may behold wondrous things out of thy law.” Ps. 119:18*

God’s law is the law of love. He has surrounded you with beauty to teach you that you are not placed on earth merely to delve for self, to dig and build, to toil and spin, but to make life bright and joyous and beautiful with the love of Christ—like the flowers, to gladden other lives by the ministry of love. (*Thoughts from the Mount of Blessing*, p. 97)

The law of the Lord is perfect, converting the soul: the testimony of the Lord is sure, making wise the simple. The statutes of the Lord are right, rejoicing the heart: the commandment of the Lord is pure, enlightening the eyes. (Ps. 19:7, 8)

The work Christianity is designed to achieve in the world is not to depreciate the law of God, not to detract from its sacred dignity in the slightest degree, but it is to write that law in the mind and heart. When the law of God is thus implanted in the soul of the believer, he is approaching eternal life through the merits of Jesus. . . .

The object of the gospel is met when this great end is achieved. Its work from age to age is to unite the hearts of His followers in a spirit of universal brotherhood, through belief of the truth, and thus establish heaven’s system of order and harmony in the family of God on earth, that they may be accounted worthy to become members of the royal family above. God, in His wisdom and mercy, tests men and women here, to see if they will obey His voice and respect His law, or rebel as Satan did. . . . (*Sons and Daughters of God*, p. 50)

For this is the love of God, that we keep his commandments: and his commandments are not grievous. For whatsoever is born of God overcometh the world: and this is the victory that overcometh the world, even our faith. (1 John 5:3, 4)

The law of love being the foundation of the government of God, the happiness of all intelligent beings depends upon their perfect accord with its great principles of righteousness. God desires from all His creatures the service of love—service that springs from an appreciation of His character. He takes no pleasure in a forced obedience; and to all He grants freedom of will, that they may render Him voluntary service. (*Patriarchs and Prophets*, p. 34)

God has given His holy law to man as His measure of character. By this law you may see and overcome every defect in your character. You may sever yourself from every idol, and link yourself to the throne of God by the golden chain of grace and truth. (*Bible Echo*, Jan. 14, 1901, par. 3)

The law of love calls for the devotion of body, mind, and soul to the service of God and our fellow men. And this service, while making us a blessing to others, brings the greatest blessing to ourselves. Unselfishness underlies all true development. Through unselfish service we receive the highest culture of every faculty. (*Counsels to Parents, Teachers, and Students*, p. 32)

The yoke that binds to service is the law of God. The great law of love revealed in Eden, proclaimed upon Sinai, and in the new covenant written in the heart, is that which binds the human worker to the will of God. If we were left to follow our own inclinations, to go just where our will would lead us, we should fall into Satan’s ranks and become possessors of his attributes. Therefore God confines us to His will, which is

## 6 Days of Prayer – A Living Sanctuary

high, and noble, and elevating. He desires that we shall patiently and wisely take up the duties of service. The yoke of service Christ Himself has borne in humanity. He said, "I delight to do Thy will, O My God: yea, Thy law is within My heart." Psalm 40:8. "I came down from heaven, not to do Mine own will, but the will of Him that sent Me." John 6:38. Love for God, zeal for His glory, and love for fallen humanity, brought Jesus to earth to suffer and to die. This was the controlling power of His life. This principle He bids us adopt. (*The Desire of Ages*, pp. 329, 330)

To love God and man is the Christian's whole duty. The law of love is written upon the tablets of the soul, the Spirit of God dwells in him, and his character appears in good works. Jesus became poor that through His poverty we might be made rich. What sacrifices are we willing to make for His sake? Have we His love enshrined in our hearts? Do we love our neighbour as Christ loved us? If we have this love for souls, it will lead us to consider carefully whether by our words, our acts, our influence in any way, we are placing temptation before those who have little moral power. We shall not censure the weak and suffering, as the Pharisees were continually doing, but we shall endeavour to remove every stone of stumbling from our brother's path lest the lame be turned out of the way. (*Testimonies for the Church*, vol. 5, pp. 359, 360)

Those who follow Christ's example of self-denial for the truth's sake make a great impression on the world. Their example is convincing and contagious. Men see that there is among God's professed people that faith which works by love and purifies the soul from selfishness. In the lives of those who obey God's commandments, worldlings see convincing evidence that the law of God is a law of love to God and man. (*Testimonies for the Church*, vol. 7, p. 146)

The law of God in our hearts will bring our own interests in subordination to high and eternal considerations. (*Sons and Daughters of God*, p. 50)