

A GUIDE FOR PERSONAL DEVOTIONS
AND GROUP PRAYER

40 DAYS OF
PRAYER & FASTING
FOR THE NATIONS

PAYA LEBAR METHODIST CHURCH

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An Invitation

Throughout the centuries Lent has been a special season for the Church around the world to commemorate Jesus' 40 days in the wilderness. It is a time set aside for reflection, repentance and fervent prayer. Together with our PLMC family, you are invited to join in the 40 Days of Prayer & Fasting for the nations – to align our hearts more deeply with God's during this Year of Expansion. Let us intentionally intercede for God's powerful work in the world and for those who are yet to be reached with the Gospel!

Over the course of six weeks, this guide will provide you with short reflections on essential missions themes and prayer pointers for the nations, the Church (including trippers and field workers) and a personal response to the Lord.

Will you join to 'stand in the gap' for the nations? God is looking for willing intercessors (Isaiah 59:16) who will seek His heart for the world in a place of intimate fellowship. As we discipline our lives to pray and fast, may we catch the heartbeat of God who gives us the authority to declare His glorious purposes!

Almighty God of Love,

Thank you for Your great and beautiful mission in the world. Here I am – I yield to You in this journey of prayer & fasting. Fill me anew with Your Holy Spirit. Help me to deny and humble myself, that I may learn how very dependent I am on You. Share the burdens, grief and joy of Your own heart with me. Show me what You're doing among the nations, so that I can join with You in Your Kingdom purpose.

A Word on Fasting

Fasting is a long-standing biblical practice we find in both the Old and the New Testaments. Daniel, for instance, mourned and fasted before the Lord on behalf of his people who were kept in Babylonian captivity (Daniel 10). The early church sent out their first missionaries, Barnabas and Paul, in obedience to the Spirit's leading during a time of fasting and prayer (Acts 13). Today, believers still fast for similar reasons: to seek the Lord in a place of surrender, to repent for personal sin or the wrongdoing of the wider community, or to express their faith in God for breakthroughs in their circumstances and in the world.

Traditionally, fasting involves abstaining from food. Nowadays, many Christians also choose to fast from other pleasures and habits such as social media, or even sports. Through this kind of voluntary denial of things we usually enjoy, we empty ourselves of desires and distractions and get to hear and encounter God in deeper ways.

Fasting is not an end in itself but a means of drawing closer to God, a spiritual discipline filled with His grace. Our Creator knows our human condition, and invites us to practise self-control over our bodies, to focus on spiritual nourishment rather than physical comfort. Experiencing physical hunger in a place of earnest seeking helps us to cultivate a deeper spiritual hunger and sensitivity to the things of God.

It is important to remember that it is only in Christ that we can confidently and directly approach the throne of God (Eph 3:12, Heb 4:16). Fasting is not a prerequisite to fellowship with God, but His gift to help us surrender our body and soul to Him. Even Jesus Himself, who had perfect divine communion, chose to fast as He sought to do the will of the Father.

Let us consider these coming 40 Days as a blessed opportunity to practise humble self-denial that will propel us into deeper joy of intimacy and partnering with God in prayer—to see His Kingdom come in the nations!

Ways to fast during these 40 Days

Prayer Altar on Wednesday:

We would like to encourage you to commit to a One Meal Fast on Wednesday evenings: Abstain from dinner to gather with friends, family or cell group members and use this guide to lead you into reflection and prayer.

Other ways to hold a short fast during Lent:

- Total Fast: Abstain from beverages and solid food for 24 hours. Take only water.
- Drinks-only Fast: Abstain from solid food for 24 hours. Take only water and liquid food such as milk, Milo or other health beverages.
- Social Media Fast: Commit a certain number of hours or days to abstain from Facebook, Instagram, Tik Tok, etc.
- Exercise Fast: Though sports is healthy, skip a few sessions to free up larger periods of time for prayer.

“The Power of Prayer”

Testimony from PLMC Missions Director Dr. Scott Tey

“The only condition that is to give worldwide power to this Gospel is prayer, and the spread of this Gospel will depend on prayer.

The energy that is to give it marvellous momentum and conquering power over all its malignant and powerful foes is the energy of prayer.”

E. M. Bounds

Years ago on the mission field, my family and I faced one of our greatest challenges. The six-month-long winter was about to start and we didn't have enough finances to pay the necessary heater fees. In faith, our family knelt down to pray to our Lord, Jehovah Nissi, asking Him to provide so that we would not need to live in freezing temperatures that reach down to -40° Celsius.

On the day of payment, I went to the ATM with fear and trembling, still trusting God to come through for us. To my surprise, the money we needed was there! Later, we found out about a Chinese Indonesian church that had spent time in prayer and allowed Jesus to reveal our needs to them—the exact amount we needed! What a wonderful God!

Our experience with the Lord exemplifies the power of prayer and the privilege we share to pray for God's intervention on behalf of labourers in the field (missionaries and missions partners) and His great work in the harvest (the nations). Therefore, I have great trust that our 40 Days of Prayer & Fasting will bear much fruit for His Kingdom!

Every Tribe and Tongue

“After this I looked, and there before me was a great multitude that no one could count, from every nation, tribe, people and language, before the throne before the Lamb.” [...] And they cried out in a loud voice: “Salvation belongs to our God who sits on the throne, and to the Lamb!”

Revelation 7:9-10

From the first light of Creation, God had the nations on His heart. He longed for mankind to be His people, and for Him to be our God. We were made to worship and commune with Him.

Apostle John’s heavenly vision shows that this desire of God is for people from every nation, tribe, language and tongue. No one is excluded. Indeed, all are invited to come worship before the throne of God—to declare that He is the One who saves, and to sing of the worthiness and authority of Jesus! Do we, too, carry this heartcry for all peoples to pledge allegiance to our awesome God?

Reflect & Pray:

1. As we embark on this 40-day journey, pray that God will expand our hearts and vision beyond the walls of our homes and church, to yearn for the salvation of all peoples and nations.
2. Is there a people group or culture that you have closed your heart to? Ask the Holy Spirit for help to overcome any prejudice or judgement, to see all peoples as image-bearers of God.
3. Is there someone around you from another ‘tongue and tribe’ whom you could invite into a deeper relationship with God? Pray for boldness to cross cultural barriers and witness about Jesus.
4. Pray for PLMC to be a safe place for every culture, a church that truly is motivated by this heavenly vision of every nation before the throne of God.

Personal Response:

Lord of the Nations, let me catch afresh the glorious vision of Your throne, how You have given Yourself to redeem and save every single tongue and tribe. I thank You for Your great purpose to bring all peoples together into a new family. Show me this week how I can love others, even when they are different from me, so that one day we will declare in one voice: “Salvation belongs to our God!” In Your glorious name, Amen!

India

- This country has the most Unreached People Groups (UPG) in the entire world.¹
- Pray for an increase in well-trained labourers into this harvest field.
- Pray for the softening of the hearts of those who resort to violence against Christians in the land. Pray for bold perseverance and protection for our fellow believers .
- Intercede for the most vulnerable and oppressed in India's society: women and children (especially orphans).²
- Pray for PLMC's missions partners: for protection of workers, for provision of livelihood and ministry needs, and for the planting of indigenous churches amongst UPGs such as the Kond, Kui, Mali and others.
- Pray that more STM trippers will rise up and be willing to support the churches there to serve the poor, the needy and the unreached.

Prayer for the nations

South Asia

Sri Lanka

- A civil war of several decades has left many people in this beautiful country emotionally scarred.³ Pray for God's healing over division and trauma.
- Our STM team recently visited a ministry reaching the tea and rubber plantation workers in Sri Lanka: Pray for exploited workers in the tea plantation as well as young girls who were physically violated and the churches that are providing shelter for them.

Nepal

- Intercede for unity amongst churches, and strength in partnerships between indigenous churches and foreign mission agencies. Misunderstandings, conflicts and splits are too common.
- Pray that Christians will not toil for material wealth, but continue to pursue missional lives in wisdom and courage.
- Pray for a transformation in the perception of Christianity as a foreign, mostly Western 'intrusion'. Pray that the Gospel may reach and touch lives in culturally appropriate ways.
- Pray for the STM teams that will go to Nepal in the Year of Expansion to support the local churches through medical and community outreaches.

Bangladesh

- Some 25% of the population live below the poverty line. Pray for long-term transformation in this land of desperate need.
- The Bengali Shaikh (over 133 million) remain one of the largest UPG in the world.⁴ Ask God for a Kingdom breakthrough amongst these people.
- Pray for well-trained, godly leadership within the church that invests in robust discipleship to strengthen the church in the decades ahead.
- Intercede for migrant workers in SG to come to faith and share the Gospel with their families and friends back home.
- Pray for PLMC's missions partners to be protected by the Lord and for new believers to stand firm in the faith despite hardships and persecution.



Ask the Lord of the Harvest

He [Jesus] told them, “The harvest is plentiful, but the workers are few. Ask the Lord of the harvest, therefore, to send out workers into His harvest field.”

Luke 10:2

Jesus said, “The harvest is plentiful.” All around us, people constantly seek love, search for fulfilment, and long for a purpose that only Christ can provide. Yet, “the workers are few.”

Do you hear the inherent call to action, the urgency of God’s mission? Like a ripe harvest ready to be gathered, people everywhere are waiting to hear the Good News. Without enough workers, however, this precious harvest may be left uncollected, its potential lost. And here is the beauty of Christ’s invitation: There are no qualification, no educational or professional prerequisite to be a worker in His field—only a heart willing to obey. Let us pray for God to send more workers, and be open to respond to His invitation ourselves.

Reflect & Pray:

1. How many workers do you know personally? Are they enough to harvest billions of souls? Ask the Lord in faith to send more workers to proclaim His Kingdom.
2. Pray for the workers who are labouring in the field to serve with love and perseverance.
3. Will you be the worker to be sent out into the Lord’s harvest field? Pray that the Lord will show how you can best participate in God’s mission.

Personal Response:

Lord of the Harvest, thank You for the faithful workers You have sent to labour in Your harvest. Cover them each day with Your grace and mercy. Yet, Lord, we know the workers are still too few for the abundant harvest You have prepared. Please send more labourers into Your fields and open my eyes to see how plentiful the harvest truly is. If You call me to be among them, help me to respond with joyful obedience. In Your precious name, Amen!

China

- The Church continues to grow in embracing World missions by sending field workers.⁵ Pray that believers will be thoroughly equipped for this often- challenging cross-cultural task.
- Pray for continued church growth and pure biblical teaching amid ongoing persecution⁶ ; for Jesus' teachings to take deep root in the culture, exposing all false religions and cults.
- Pray for the Gospel to bring deep transformation to the government, families and society in light of growing social pressures and mental health problems.

Mongolia

- Barely 2% of the population in this country are Christians. Pray for effective discipleship to be accessible in remote areas and for openness to the Gospel in cities, especially amongst families and youth. There is also a push for more translation and distribution of God's Word in Mongolian.
- There are many false churches/cults. Pray for God to give Mongolians discernment against false teaching and to obey God's truth.
- Pray for PLMC's missions partners: for more workers to join the youth ministries and for churches to grow deeper in discipleship; for monthly trips to Umnudelger, Nalaikh and South Gobi by the local team to encourage church members there.

Prayer for the nations

East Asia

Japan

- Pray for the future of Japan: that despite issues like economic decline, ageing population and natural disasters, people will find hope in Christ.
- Pray that the Church in Japan will develop genuine relationships with their community that will help people discover God's truth and grace.
- Intercede specifically for ministry workers' efforts; for God to transform this country by His Gospel and for Japan to become a missionary-sending nation.
- Pray for PLMC's missionaries Yutaro & Sara: for their marriage to minister to Japanese people's brokenness, and for their campus ministry to build up the next generation of Christians.



Christ's Love Compels Us

“For Christ’s love compels us, because we are convinced that one died for all, and therefore all died. And He died for all, that those who live should no longer live for themselves but for Him who died for them and was raised again.”

2 Corinthians 5:14-15

These powerful, poignant words by Apostle Paul were a challenge written to the Corinthian church and are, to this very day, a mirror to every believer. So called ‘super-apostles’ tried to discredit Paul and his team. Their critics boasted in outward appearances, but Paul’s ministry was based on what really matters: the love of Christ as the foundational motivation for Kingdom work. Let us likewise consider what compels us in our missions endeavours. Is it ‘for show’, or is ‘to sow’ the truth that our Lord Jesus died for all and was raised to life?

Reflect & Pray:

1. What compels you to join in God’s mission? Is it obligation, self-ambition, pity? To earn the praise of man, or simply to go on a holiday? Let us pray that our hearts will be moved once again by God’s immense love for us, that we may in turn go out to love and serve others.
2. Where do you spend most of your time and resources? Pray that our lives will be spent on loving those around us and God’s mission in this world.
3. Ask God to uplift and sustain all of PLMC’s field workers, mission partners and trippers in His love.
4. Intercede for Kingdom work amongst the nations to be guarded from “the wolves” who pretend to declare Christ but are in it for their own glory. Pray that the love of Christ will compel true Gospel workers into unreached areas.

Personal Response:

Lord of Loving Kindness, I know that love should be the defining hallmark of a disciple of Jesus. Yet, so many times, I fall short. Today, I open myself to receive Your love anew, and to make every effort to live, think, speak and behave in ways that express the love of Christ in the world. Fill me again, Holy Spirit, and purify my every desire and motivation to reflect the heart of my Saviour. In Your powerful name, Amen!

Thailand

- Understanding of the Gospel is often weak among new believers. Pray for a breakthrough for local workers to disciple new believers more effectively, especially to navigate living as Jesus' followers in a mostly Buddhist culture.
- A lack of ministry workers pushes young believers into leadership positions when some are not ready. Pray that God will guard and mature them. Pray also against burn-out and for unity among church workers.
- Rural ministries tend to lack resources, both financially and spiritually. Ask for God's provision and more field workers in rural spaces.
- Pray for the STM trippers serving the displaced people from Myanmar. Pray for them to be filled with God's compassion for those in need and for the refugees to find comfort, healing and hope in Christ.

Prayer for the nations

Southeast Asia (Part 1)

Vietnam

- There's a widely held prophecy that a revival will begin in the north of the country and spread to the south. Pray for unity and humility among believers of all denominations to see this word come true.
- Pray for effective witnessing of the Gospel: Bible translation is still a big need for minority groups, to receive the God's word and discipleship in their heart language.
- Pray for our PLMC missionaries B & L: for their ministry to bear fruit and wisdom and strength as they care for their family.
 - A small but growing fathering movement is happening. Ask God for a generation of godly men to model Biblical fathering that will bring restoration to the neglected and abused.
 - Small-scale sustainable farming has been taught to about 300 believers spread over 14 different locations in Vietnam. Pray that the church will continue this method to support their families and for outreach to their communities.

Philippines

- Catholicism remains the most practised religion. Witchcraft and animism still hold a strong influence, even in the lives of Christians.⁷ Pray for the turning of hearts towards the true Gospel.
- Pray for the Filipino church to be rooted in sound theology and for all denominations to be united in their endeavours to send out more missionaries.
- Pray for the Lord's provision for ministry workers who faithfully reach out to their surrounding communities, and for protection from natural disasters.



Messengers of Hope

“How beautiful on the mountains are the feet of those who bring good news, who proclaim peace, who bring good tidings, who proclaim salvation, who say to Zion, ‘Your God reigns!’”

Isaiah 52:7

Who are the people around us that need to hear the message of hope and freedom? In the verses before Isaiah 52:7, we see that people were oppressed and enslaved—the very people God wants us to bring the Good News to. We might think of the oppressed and enslaved as those in poverty or in rural villages, but even in urban areas, people live in oppression and bondage. Such chains aren’t always physical but might be emotional pain, addiction, or hopelessness. God calls us to bring the message of His salvation into all these forms of darkness.

We have the privilege of sharing the Good News—news that has the power to set people free from their circumstances or lifestyle choices. What a joy it is to be the bearers of such a life-changing message of hope!

Reflect & Pray:

1. Think about the places your feet have taken you. How many of those places do you bring the Good News with you? Are you proclaiming peace and salvation wherever you go—whether at home, work, or in your community?
2. Ask God to open your eyes to opportunities He places in your path to bring His peace and freedom to others. Pray for courage and boldness to share His salvation and deliverance.

Personal Response:

Lord of Hope, You have given me the great privilege to bear the Good News of Your salvation, though You are all-powerful and could have done it alone. Thank You for choosing me as Your messenger. May my feet be beautiful, bringing peace and proclaiming Your reign through both my words and actions. Use me to share Your message with joy and urgency, and help me to be faithful to the task You have given me. I pray that those in bondage will hear the Gospel and experience the freedom only You can bring. In Your beautiful name, Amen!

Myanmar

- Pray that the civil war in Myanmar will end; for the nation to be rebuilt on foundations of justice, righteousness and equality for all people, led by leaders who fear God and love the people.
- Pray for God to intervene against the chaos and fighting in this land. Let us contend against the dark powers (Eph 6:12) that are at work in this nation and pray for those responsible to repent.
- Ask for the outpouring of God's Spirit over Myanmar in this time of crisis, that God will draw millions of people from all tribes and tongues to Himself and to strengthen the local believers.
- Pray for provision of safety, food and shelter for the nearly 3.5 million internally displaced persons (IDPs)⁸ and for healing of the trauma a majority of Myanmar's people suffer from the ongoing conflict.

Prayer for the nations

Southeast Asia (Part 2)

Cambodia

- Cambodia has the largest percentage of Gen Z population in Asia⁹ as many of the older generation were killed during the genocide. Pray that the younger generation will find their identity in Christ and for healing from the wounds of the past.
- Human trafficking and child labour remain an issue.¹⁰ Ask for God's justice and protection for the oppressed.
- Pray for greater unity between Christian organisations and different church denominations.
- Pray that people will be set free from ancestral worship and idolatry to acknowledge the Creator God.
- Pray that this generation of church leaders will shepherd their members with wisdom, holiness, and power in the Spirit.
- Pray for the PLMC Youth STM team who will be ministering to the children and youth in Cambodia, that indeed, they will be the messengers of hope to them.



Commissioned to Go

Jesus came to them and said, “All authority in heaven and on earth has been given to me. Go and make disciples of all nations, baptising them in the name of the Father and of the Son and of the Holy Spirit, teaching them to obey everything I have commanded you. And surely I am with you, to the very end of the age.”

Matthew 28:18–20

Most believers are familiar with this command of our Lord to disciple the nations, and rightly so. Just as Jesus commissioned His first followers, He is similarly commissioning us today. How will we respond? With reluctance or faith? With hesitant obedience or joyful commitment?

Taking the first step is often difficult. Feelings of inadequacies, concerns for safety, or simply our busy-ness often hold us back. Let us make a choice this week to obey His command and to rest assured that even in our weakness, He is with us always. In our going, we get to experience the Lord’s awesome presence—what a privilege!

Reflect & Pray:

1. Where or to whom is the Lord asking you to go? Is He asking you to share the Gospel with a friend? Take a ferry to a neighbouring country? Go to a nation you have never been to? Pray for courage to obey the Lord’s leading.
2. Pray for our trippers to minister boldly in the authority of Jesus—to share testimonies, to pray for the sick, and to serve with compassion.
3. Ask the Lord to encourage missions workers across the world who feel lonely or weary with His manifest presence.

Personal Response:

Lord of Heaven and Earth, thank You that You are with me each day. Help me to trust that You have authority over all things so I need not fear. Strengthen my faith and disciple me daily to obey Your Word. Wherever I go, whoever I meet, help me to share what You have done in my life and pass on the Good News of Your Kingdom. Fill me with Your Spirit and send me. In Your mighty name, Amen!

Malaysia

- Pray for cultural and ethnic divisions to be bridged in Christ; that God will uproot any bitterness and racial prejudice among the people.
- Malaysia is home to almost 200,000 refugees—many are from Myanmar, as well as some from the most unreached nations in the world (e.g. Yemen, Somalia, Afghanistan, Syria and Iraq). Ask for God's love to be revealed to those who have experienced persecution and trauma, and for the Church to be a conduit of God's mercy and healing.
- Pray for ElShaddai Ministry serving the refugees. Let us trust God for more MET teams to serve them through teaching English and baking skills, and by helping to refurbish the Centre, etc.

Prayer for the nations

Singapore's Neighbours

Indonesia

- Hundreds of people groups still do not have the word of God in their heart language. Ask the Spirit to empower all those working on Bible translation.
- Pray that believers will resist syncretism and grow deeper in God's truth; that they will not be afraid of evil spirits, but know their full authority in Christ.
- Intercede for local ministry workers, especially those active in remote and difficult places, that God will provide all their needs and that they will be well-cared for emotionally and spiritually.
- Pray for the many METs by cell groups to the Riau Islands: for seeds of long-term transformation to be planted in trippers and those they serve; for trippers to go with a heart of humility and to serve with cross-cultural sensitivity. Intercede also for ongoing church planting works to multiply in the Islands.
- Pray for our PLMC Missioners 'Dan & Esther' as they embark on a new attachment with their Missions organisation in Indonesia, especially to transit well with a young baby. Pray for divine protection and good relationships with teammates as well as with the local community.



Spirit-Empowered Witnesses

“But you will receive power when the Holy Spirit comes on you; and you will be my witnesses in Jerusalem, and in all Judea and Samaria, and to the ends of the earth.”

Acts 1:8

The disciples were focused on re-establishing Israel’s earthly political kingdom. However, Jesus’ desire was that they spread the Good News of the Kingdom of God throughout the world. This too should be our heart’s desire, to go wherever the Gospel is not— even to the farthest ends of the earth.

Be encouraged! Jesus doesn’t leave us helpless. He has given us His Spirit. As seen in Acts, nothing, not persecution nor even death, could stop the spread of the Gospel when the Holy Spirit was at work in His disciples. Even now, He empowers us daily to step out of our comfort zones, to be powerful witnesses of Jesus the Christ everywhere we go, both in word and deed.

Reflect & Pray:

1. Pray for our trippers to reflect the character of Christ as they serve other believers and the lost, bearing the tangible fruits of the Spirit (Galatians 5:22-23).
2. Pray for our trippers to minister in the works and gifts of the Spirit, demonstrating God’s power and love.
3. Pray for the persecuted body of Christ around the world to be refreshed and empowered by God’s Spirit, to persevere good works of love and faith amidst hardship.
4. Pray for new Gospel work to be established in places all around the world where there is little to no Christian witness.

Personal Response:

Lord of All Creation, I recognise I cannot witness about You and bear lasting fruit without Your Spirit’s help. Strengthen me to boldly step out and share about You, even if I face skepticism, rejection or difficulties. Work Your Spirit’s power through my simple acts of love and service, so that others may experience You as the living God who loves and saves. In Your blessed name, Amen!

Kazakhstan

- Pray for the Gospel to take root in the hearts of more Kazakhs, resulting in the rejection of alcoholism¹¹ and the restoration of families. Pray for believers to boldly share the Gospel with their families.
- Ask for the emergence of well-equipped leaders who teach God's truth, despite the closure of many Bible schools and seminaries, and that the nation will turn from Shamanism.
- Pray for the government to legalise the gathering of religious groups in sizes below 200 pax, so that cell groups and house churches can meet more freely.¹²

Prayer for the nations

Central Asia and
the Middle East

Afghanistan

- Pray for those who are disillusioned with other religions to discover salvation in Jesus, especially from UPGs (Tajik, Uzbek, Pashtun, Hazara).
- Pray for Afghan believers to receive supernatural protection, courage, and perseverance amidst persecution, and intercede for fighters of terrorist groups to experience transformative encounters with Jesus.¹³
- Ask for God's intervention through food and medical assistance for the millions in urgent need.

Northern Iraq

- Much of the brutal violence of the Islamic State has been reduced.¹⁴ Pray for healing from trauma and restoration of the land.
- Ask for the Gospel message to break through hearts hardened by long-standing divisions amongst the country's people groups.
- Intercede for believers to stand firm in their faith despite persecution; many Christian leaders have fled the country, leaving big gaps in the discipleship of believers.¹⁵
- Pray for a Christian NGO (focused on refugee work) which is opening a special needs centre; pray for its teachers and children.

Lebanon

- There has been much trauma in this nation¹⁶, and even Christians are struggling. Many despair of any future in Lebanon and have emigrated due to security and economic reasons.¹⁷ Pray for believers to remain in the land to spread the Good News to their neighbours, and for healing for those broken by the tragedies of war.
- The promotion of religious freedom and legal allowance for conversion provide a unique opportunity for Christian outreach, making Lebanon a crucial hub for ministry in the Middle East. Pray for God's purposes to be established in and through Lebanon.

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Say YES to Missions

In Acts 1:8, Jesus made a clarion call to all believers in the body of Christ to be His witnesses in Jerusalem, Judea and Samaria and to the ends of the earth. In our context, we are to reach those in Singapore, in the nations around Singapore, and those beyond this region, to share the Gospel and disciple people of all nations.

The Great Commission is central to our calling here at Paya Lebar Methodist Church. We are ***a family blessed to bless the community and the nations***. To emphasise our calling to bless the nations, Paya Lebar Methodist Church has themed 2025 as our Year of Expansion. We hope to mobilise the entire church to experience what God is doing in the nations and to join with Him in His work.

For a God-encounter, the PLMC family is encouraged to go on Missions Exposure Trips (METs), which are usually over a weekend to locations close to Singapore, and Short-Term Missions Trips (STMs) that are seven to 10 days in duration as locations are further away.

Prepare to step out by attending the Missions Preparatory Training. You and your cell group can also go through the MomentumYES training curriculum.

Above all, pray and seek the Lord to catch His heartbeat for the nations. Commit to partner Him to impact people and communities for eternity and

Say YES to Missions!

Get Involved

Say YES to Missions! Scan to register and get started:



Missions
Preparatory
Training



Missions
Exposure
Trip (MET)



Short-Term
Missions
Trip (STM)



paya lebar
methodist church


A FAMILY BLESSED TO BLESS THE COMMUNITY AND THE NATIONS

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