

DUO 3: EXAUCÉ MAFOULOU & GÉDÉON L

Theme: Redeeming the time, constantly fixing our eyes on the Lord

PART 1 – EXAUCÉ

A. Becoming aware of the value of time

Faith is synonymous with **trust**.

In the case of the people of Israel, they came out of the land of Egypt with a **promise**. All they had to do was believe in that promise in order to enter into it. But they did not.

“Then the Lord said to Moses, ‘How long will this people despise Me? And how long will they not believe in Me, despite all the signs which I have performed among them?’”

Numbers 14:11

This lack of faith condemned them to **wander for forty years in the wilderness**, causing them to lose precious time.

“According to the number of the days in which you spied out the land, forty days, for each day you shall bear your guilt one year, namely forty years, and you shall know My rejection.

I, the Lord, have spoken this. I will surely do so to all this evil congregation who are gathered together against Me. In this wilderness they shall be consumed, and there they shall die.”

Numbers 14:34–35

Lack of faith causes you to lose the **value of time**.

But the one who believes understands that time is precious; they do not waste it on futile things, but use it to **prepare themselves** and be **ready** when the promise is fulfilled.

Faith and time are closely linked.

PRAYER POINTS

1. Becoming aware of your realities

Becoming aware of one's realities helps us understand the value of time.

The reality for the people of Israel was that their lack of faith would lead to their destruction.

- Ask God to open your eyes to the realities you are not yet aware of.

2. Redeeming time for future generations

We do not redeem time only for our own lives, but also for the generations to come.

You, your descendants, and the nations that will come from you will pay the price of wasted time if you do not become aware of it today.

"I am reminded of your sincere faith, which first lived in your grandmother Lois and in your mother Eunice and, I am persuaded, now lives in you also."

2 Timothy 1:5

Timothy is the **third generation** of Christians.

The faith of his grandmother and his mother deeply impacted his life.

When Timothy began serving God, he was still very young. This was possible because his grandmother and mother had **paid the price** and had **taught him the Word of God**.

There are many children here whose parents and grandparents paid the price so that you could hold on to God from a young age.

This is a **grace**, but also a **responsibility**: to ensure that this faith continues.

The faith of Lois and Eunice was so deep that it marked the mind and heart of the apostle Paul.

PRAYER POINTS

- Ask the Holy Spirit to make you a **woman / a man of faith**.
- Ask that your faith would **mark generations**, cross eras, and influence those who will come after you.
- Declare **blessings**, fulfilled destinies, and a living faith over future generations.

PART 2 – GÉDÉON L

PRAYER EXHORTATION

Theme: Stir up the fire within you

Based on 2 Timothy chapters 1 and 2

EXHORTATION

In his second letter to Timothy, Paul encourages a young person just like us. He tells him:

- Do not be discouraged
- Do not be afraid
- Stir up the gift of God within you
- Remain strong through trials

KEY VERSES

- **2 Timothy 1:6** – Stir up the gift of God.
- **2 Timothy 1:7** – God has not given us a spirit of fear.
- **2 Timothy 2:3** – Endure hardship as a good soldier.
- **2 Timothy 2:21** – Be a vessel fit for use.

PRAYER POINTS

1. PRAYER TO STIR UP THE FIRE

(2 Timothy 1:6)

Prayer:

Lord, stir up the spiritual fire within me.

2. PRAYER OF WARFARE AGAINST FEAR

(2 Timothy 1:7)

Prayer:

“Spirit of fear, leave my life in the name of Jesus.”

3. PRAYER FOR STRENGTH

(2 Timothy 2:3)

Prayer:

“Lord, give me the strength to persevere.”

4. PRAYER FOR PURIFICATION

(2 Timothy 2:21)

Prayer:

Purify my life and make me useful to You.

5. PRAYER TO IMPACT OTHERS

(2 Timothy 2:2)

Prayer:

“Make me someone who builds and edifies others.”

SUPPORTING VERSE

“But you, beloved, building yourselves up on your most holy faith, praying in the Holy Spirit.”

Jude 1:20