



Fifteen Minute Retreats

ZACHARIAS TANEE FOMUM

FIFTEEN MINUTE RETREATS

(An Except From “*Retreats For Spiritual Progress*”)

By

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FIFTEEN MINUTE RETREATS



Fifteen minutes is a lot of time! A lot can happen in fifteen minutes. A day of twenty-four hours is ninety-six fifteen minute periods. Those who manage the days most successfully divide the day into the ninety-six fifteen minute periods and labour to take care of each of those periods. By so doing, they take care of hours, days, weeks and years.

Someone may not be able to find time to pray for one hour in a stretch in the morning, afternoon or evening. For others if they found time, they might not know how to use it. Each of these groups of people can use the suggested programme for fifteen minute retreats that are in the following pages and find their prayer life transformed.

There is no one who cannot find fifteen minute periods during his day to go on retreat. We suggest that the fifteen minute periods could be found through many ways including the following:

1. Withdraw into the toilet for fifteen minutes each morning and there have your first fifteen minute retreat.
2. Wake up fifteen minutes earlier and have the time for your retreat.

3. Get to your place of work about twenty minutes before the official time that work starts. Lock your office and have your fifteen minute retreat.
4. Stay in your office for twenty minutes after others have gone and have your fifteen minute retreat.

By having four fifteen minute retreats a day, one has actually spent one hour before God. Many people will find that they accomplish far more in four retreats of fifteen minutes than in one retreat of one hour. The advantage of fifteen minute retreats is that even people who cannot concentrate for long periods are able to concentrate for fifteen minutes and thereby pray effectively. Also, the retreat is over before the person is bored. The person thus looks forward to the next retreat. There is the additional advantage that most believers have enough to talk to the Lord about in fifteen minutes. This solves the problem of people who are confused about what to say to God for a long period of time. Then, even the busiest people have time for this retreat, and children too.

It is hoped that the fifteen minute retreats will help the one who retreats to enjoy the Lord so much that he will find that the fifteen minute period is insufficient for his communion with the Lord and therefore he must go on longer retreats. This is good. It is excellent.

However, there is a command in the Bible (Ephesians 5:16) about making the most of the time (RSV) or “redeeming the time” (KJV). One way to make the most of the time or to redeem the time is to ensure that the various fifteen minute periods that are often wasted: waiting for a plane or for a visitor or for a meal or for the next programme, are converted into retreat time for the glory of God. This means that even the advanced disciple who

may perhaps even go on a one year retreat, will continue to have many fifteen minute retreats in order to redeem the time. The fifteen minutes could be divided into:

One period of fifteen minutes;

Two periods of seven and eight minutes;

Three periods of five minutes;

Five periods of three minutes;

Fifteen periods of one minute.

In the pages following, we have used the fifteen periods of one minute each, since most believers will be able to have enough to talk to the Lord about any topic for one minute, whereas some believers may not have enough to say to the Lord about a topic for three minutes.

IN THE MORNING



1. First minute :

Thanksgiving for the night.

Thanksgiving for a new day.

Thanksgiving for the good works pre-planned by the Lord for that day.

2. Second minute :

Consecration to the Lord.

Receiving the infilling with the Holy Spirit.

3. Third minute :

Asking for daily bread.

Asking for other basic needs: transportation, and so on.

4. Fourth minute :

Placing your body, life, job, finances, feelings, mind and will under the blood of Jesus.

Placing all you love and all that is theirs under the blood of Jesus for protection from the attacks of Satan.

5. Fifth minute :

Praying for your job and all that is happening there and will happen there that day.

6. Sixth minute :

Further praying for your job.

7. Seventh minute:

Praying for the right attitude to all you will meet that day.

8. Eighth minute :

Ask to be led to the person you will witness to that day.

9. Ninth minute :

Ask that the person to whom you will witness to that day be saved.

10. Tenth minute :

Pray for all the appointments you have during the day.

11. Eleventh minute:

Pray for your family members.

12. Twelfth minute :

Pray for your friend, friends and all you love.

13. Thirteenth minute:

Pray about your physical appearance: what you will wear and how you will wear it.

14. Fourteenth minute:

Pray about your attitude to time for the day: how to use it; how to redeem it and how to prepare to account for it at the Judgment Seat of the Lord.

15. Fifteenth minute :

Ask the Lord to prepare your heart for all the unexpected events and all the unexpected people who will come your way that day.

Praise the Lord.

AT NOON



1. First minute :

Confess any sin committed since morning

Receive the infilling with the Holy Spirit.

2. Second minute :

Thank God for all that has happened since morning.

Mention specific items and thank Him for answered prayers.

3. Third minute :

Pray for your assembly.

4. Fourth minute :

Pray for your spiritual leader.

5. Fifth minute :

Pray for five people who have not yet believed.

6. Sixth minute :

Pray for the next five people on your

list who have not yet believed in the Lord.

7. Seventh minute:

Pray for five believers.

8. Eighth minute :

Pray for five backsliders.

9. Ninth minute :

Pray for two organizations (ministries) serving the Lord's interest in your country or in any part of the world.

10. Tenth minute :

Pray for the ministry that you are a part of physically or financially.

11. Eleventh minute:

Continue to pray for the ministry that you are a part of.

12. Twelfth minute :

Continue to pray for the ministry that you are a part of.

13. Thirteenth minute:

Pray for an unevangelized area or country.

14. Fourteenth minute:

Pray for the leaders (political) of your nation.

15. Fifteenth minute :

Thank the Lord for the privilege of praying. Thank the Lord for this prayer session. Sing a song unto the Lord.

IN THE EVENING



1. First minute :

Confession of all sins committed in thought, word and deed since the afternoon. Repentance and a forsaking of sin and the sinful way. Receive the infilling with the Holy Spirit.

2. Second minute :

Pray for your prayer life.

3. Third minute :

Pray for any outstanding needs in the direction of your spiritual growth and progress. This could include problems in fasting.

4. Fourth minute :

More praying for any outstanding needs in the realm of your spiritual progress and growth. This could include problems in ministry.

5. Fifth minute :

Further praying for any outstanding needs in the realm of your spiritual progress and growth. This could include problems in the realm of Christian character.

6. Sixth minute :

Pray for personal ministry to the Lord.

7. Seventh minute:

Pray for personal ministry to the Body of Christ.

8. Eighth minute :

Pray for personal ministry to the world.

9. Ninth minute :

Pray for guidance about the expansion of personal ministry.

10. Tenth minute:

Pray for co-labourers.

11. Eleventh minute:

Further prayer for co-labourers.

12. Twelfth minute:

Pray for the ministry of your friend and/or loved one.

13. Thirteenth minute:

Pray for the enemies of your ministry

14. Fourteenth minute:

Pray for growth in spiritual experience.

15. Fifteenth minute:

Thanksgiving for all that has happened. Write down the key things to be remembered.

AT NIGHT



1. First minute:

The confession of all sin committed since the last time of prayer. Thanksgiving to the the Lord for all that was accomplished during the day and especially since one last prayed.

2. Second minute:

Pray for signs to follow personal ministry.

3. Third minute :

Pray for signs to follow the ministry of another minister.

4. Fourth minute:

Pray for the expansion of personal ministry.

5. Fifth minute :

Pray for the healing of some believers.

6. Sixth minute :

Pray for the healing for some unbelievers.

7. Seventh minute:

Pray for any financial needs.

8. Eighth minute :

Pray for any material project you are involved in.

9. Ninth minute :

Pray for Bible translating and producing organizations.

10 Tenth minute :

Pray for the advance of the gospel in a particular Moslem country.

11 Eleventh minute:

Pray for the advance of the gospel in a Hindu country.

12 Twelfth minute :

Pray for the advance of the gospel in China.

13. Thirteenth minute:

Pray for the advance of the gospel in an unreached tribe like the Pygmies.

14 Fourteenth minute:

Praise for the blessings you have received in Christ.

15 Fifteenth minute :

Praise and thanksgiving for the accomplishments of the day. Commitment of self and all those whom you love to the Lord for protection throughout the night.

You may find that there is more to pray about than the time allows you and that what was intended to take one minute takes two, five or ten minutes. There is no problem with that. It only means that you have to schedule other prayer times to accomplish your programme. Endeavour to do that.

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Zacharias Tanee Fomum



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VERY IMPORTANT!!!



If you have not yet received Jesus as your Lord and Saviour, I encourage you to receive Him. Here are some steps to help you,

ADMIT that you are a sinner by nature and by practice and that on your own you are without hope. Tell God you have personally sinned against Him in your thoughts, words and deeds. Confess your sins to Him, one after another in a sincere prayer. Do not leave out any sins that you can remember. Truly turn from your sinful ways and abandon them. If you stole, steal no more. If you have been committing adultery or fornication, stop it. God will not forgive you if you have no desire to stop sinning in all areas of your life, but if you are sincere, He will give you the power to stop sinning.

BELIEVE that Jesus Christ, who is God's Son, is the only Way, the only Truth and the only Life. Jesus said, "*I am the way, the truth and the life; no one comes to the Father, but by me*" (John 14:6). The Bible says, "*For there is one God, and there is one mediator between God and men, the man Christ Jesus, who gave himself as a ransom for all*" (1 Timothy 2:5-6). "*And there is salvation in no one else (apart from Jesus), for there is no*

other name under heaven given among men by which we must be saved” (Acts 4:12). But to all who received him, who believed in his name, he gave power to become children of God...” (John 1:12). BUT,

CONSIDER the cost of following Him. Jesus said that all who follow Him must deny themselves, and this includes selfish financial, social and other interests. He also wants His followers to take up their crosses and follow Him. Are you prepared to abandon your own interests daily for those of Christ? Are you prepared to be led in a new direction by Him? Are you prepared to suffer for Him and die for Him if need be? Jesus will have nothing to do with half-hearted people. His demands are total. He will only receive and forgive those who are prepared to follow Him **AT ANY COST**. Think about it and count the cost. If you are prepared to follow Him, come what may, then there is something to do.

INVITE Jesus to come into your heart and life. He says, *“Behold I stand at the door and knock. If anyone hears my voice and opens the door (to his heart and life), I will come in to him and eat with him, and he with me ”* (Revelation 3:20). Why don't you pray a prayer like the following one or one of your own construction as the Holy Spirit leads?

“Lord Jesus, I am a wretched, lost sinner who has sinned in thought, word and deed. Forgive all my sins and cleanse me. Receive me, Saviour and transform me into a child of God. Come into my heart now and give me eternal life right now. I will follow you at all costs, trusting the Holy Spirit to give me all the power I need.”

When you pray this prayer sincerely, Jesus answers at once and justifies you before God and makes you His child.

Please write to me (ztfbooks@cmfionline.org) and I will pray for you and help you as you go on with Jesus Christ.

ABOUT THE AUTHOR



Zacharias Tanee FOMUM

1945-2009

Founding Leader,

[Christian Missionary Fellowship International](#)

(C.M.F.I)

Professor [Zacharias Tanee Fomum](#) was born in the flesh on 20th June 1945 and became born again on 13th June 1956. On 1st October 1966, He consecrated his life to the Lord Jesus and to His service, and was filled with the Holy Spirit on 24th October 1970. He was taken to be with the Lord on 14th March, 2009.

Pr Fomum was admitted to a first class in the Bachelor of Science degree, graduating as a prize winning student from Fourah Bay College in the University of Sierra Leone in October 1969. At the age of 28, he was awarded a Ph.D. in Organic Chemistry by the University of Makerere,

Kampala in Uganda. In October 2005, he was awarded a Doctor of Science (D.Sc) by the University of Durham, Great Britain. This higher doctorate was in recognition of his distinct contributions to scientific knowledge through research. As a Professor of Organic Chemistry in the University of Yaounde 1, Cameroon, Professor Fomum supervised or co-supervised more than 100 Master's Degree and Doctoral Degree theses and co-authored over 160 scientific articles in leading international journals. He considered Jesus Christ the Lord of Science ("For by Him all things were created..." – Colossians 1:16), and scientific research an act of obedience to God's command to "subdue the earth" (Genesis 1:28). He therefore made the Lord Jesus the Director of his research laboratory while he took the place of deputy director, and attributed his outstanding success as a scientist to Jesus' revelational leadership.

In more than 40 years of Christian ministry, Pr Fomum travelled extensively, preaching the Gospel, planting churches and training spiritual leaders. He made more than:

- 700 missionary journeys within Cameroon, which ranged from one day to three weeks in duration.
- 500 missionary journeys to more than 70 different nations in all the six continents. These ranged from two days to six weeks in duration.

By the time of his going to be with the Lord in 2009, he had preached in over 1000 localities in Cameroon, sent over 200 national missionaries into many localities in Cameroon and planted over 1300 churches in the various administrative provinces of Cameroon. At his base in Yaounde, he planted and built a mega-church with his co-workers which grew to a steady membership of about 12,000. Pr Fomum was the founding team-leader of

Christian Missionary Fellowship International (CMFI); an evangelism, soul-winning, disciple making, Church-planting and missionary-sending movement with more than 200 international missionaries and thousands of churches in 65 nations spread across Africa, Europe, the Americas, Asia and Oceania. In the course of their ministry, Pr Fomum and his team witnessed more than 10,000 recorded healing miracles performed by God in answer to prayer in the name of Jesus Christ. These miracles include instant healings of headaches, cancers, HIV/AIDS, blindness, deafness, dumbness, paralysis, madness, and new teeth and organs received.

Pr Fomum read the entire Bible more than 60 times, read more than 1350 books on the Christian faith and authored over 150 books to advance the Gospel of Jesus Christ. 5 million copies of these books are in circulation in 12 languages as well as 16 million gospel tracts in 17 languages.

Pr Fomum was a man who sought God. He spent between 15 minutes and six hours daily alone with God in what he called Daily Dynamic Encounters with God (DDEWG). During these DDEWG he read God's Word, meditated on it, listened to God's voice, heard God speak to him, recorded what God was saying to him and prayed it through. He thus had over 18,000 DDEWG. He also had over 60 periods of withdrawing to seek God alone for periods that ranged from 3 to 21 days (which he termed Retreats for Spiritual Progress). The time he spent seeking God slowly transformed him into a man who hungered, thirsted and panted after God. His unceasing heart cry was: "Oh, that I would have more of God!"

Pr Fomum was a man of prayer and a leading teacher on prayer in many churches and conferences around the world. He considered prayer to be the most important work that can be done for God and for man. He was a man

of faith who believed that God answers prayer. He kept a record of his prayer requests and had over 50, 000 recorded answers to prayer in his prayer books. He carried out over 100 Prayer Walks of between five and forty-seven kilometres in towns and cities around the world. He and his team carried out over 57 Prayer Crusades (periods of forty days and nights during which at least eight hours are invested into prayer each day). They also carried out over 80 Prayer Sieges (times of near non-stop praying that ranges from 24 hours to 120 hours). He authored the Prayer Power Series, a 13-volume set of books on various aspects of prayer; Supplication, Fasting, Intercession and Spiritual Warfare. He started prayer chains, prayer rooms, prayer houses, national and continental prayer movements in Cameroon and other nations. He worked with leaders of local churches in India to disciple and train more than 2 million believers.

Pr Fomum also considered fasting as one of the weapons of Christian Spiritual Warfare. He carried out over 250 fasts ranging from three days to forty days, drinking only water or water supplemented with soluble vitamins. Called by the Lord to a distinct ministry of intercession, he pioneered fasting and prayer movements and led in battles against principalities and powers obstructing the progress of the Gospel and God's global purposes. He was enabled to carry out 3 supra – long fasts of between 52 and 70 days in his final years.

Pr Fomum chose a lifestyle of simplicity and “self- imposed poverty” in order to invest more funds into the critical work of evangelism, soulwinning, church-planting and the building up of believers. Knowing the importance of money and its role in the battle to reach those without Christ with the glorious Gospel, he and his wife grew to investing 92.5% of their earned income from all sources (salaries, allowances, royalties and cash

gifts) into the Gospel. They invested with the hope that, as they grew in the knowledge and the love of the Lord, and the perishing souls of people, they would one day invest 99% of their income into the Gospel.

He was married to Prisca Zei Fomum and they had seven children who are all involved in the work of the Gospel, some serving as missionaries. Prisca is a national and international minister, specializing in the winning and discipling of children to Jesus Christ. She also communicates and imparts the vision of ministry to children with a view to raising and building up ministers to them.

The Professor owed all that he was and all that God had done through him, to the unmerited favour and blessing of God and to his worldwide army of friends and co-workers. He considered himself nothing without them and the blessing of God; and would have amounted to nothing but for them. All praise and glory to Jesus Christ!

OTHER BOOKS BY Z.T. FOMUM

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