



LENT 2018

WORSHIP & PRAYER

Journey

PRAYER JOURNEY PACK

14 FEB – 25 FEB

As the church gathers to Worship and Pray during Lent, we are not committing to an obligation nor a task of prayer. Instead we are journeying together to engage with our Triune GOD. Have a daily CONVERSATION with Him and meditation of His Word. This is a guide to lead you through the prayer journey...Let's pray together today.



Worship Songs & Music

Below is a list of suggested songs & music for you to listen, worship God and meditate upon during your daily time of worship, prayer and meditation. Some of the songs will have instrumental-only version on YouTube. Simply search the song name together with word 'instrumental'.

English Songs

Praise & Adoration

Reflective & Response

Bless the Lord	Still
How Great is Our God	Cornerstone
How Great Thou Art	As the Deer
Jesus Beautiful Saviour	This is Our God
The Stand	Nothing but the blood
Our Father	Revelation Song
You are Beautiful (I stand in awe)	Majesty (Here I am)
Light of the World (Here I am to Worship)	*Build my life - https://youtu.be/xLSDBG1OcGE
*O Come to the Altar - https://youtu.be/ycWDFd0yCHA	*Do it again - https://youtu.be/0B_InQIITxU
*Saviour King - https://youtu.be/XzXwkToBNZY	*I won't Forget - https://youtu.be/XsjSYFlhK5g
*The Same Power - https://youtu.be/JSin1_Q-u-Y	*No longer slaves - https://youtu.be/f8TkUMJtK5k
*What a Beautiful Name - https://youtu.be/r5L6QIAH3L4	*King of my Heart - https://youtu.be/jaxEXZqpRcA
*Mention of Your Name - https://youtu.be/5vXPVGeccCw	*Holy Spirit - https://youtu.be/eFByOX8Fb0M
*Yaweh - https://youtu.be/2JkcskM-0F0	*Oceans - https://youtu.be/dy9nwe9_xzw
*The Creed - https://youtu.be/VRzI_FbWTkg	*With Everything - https://youtu.be/OP2sFaVqq_c

Chinese Songs

禱告	https://youtu.be/DqdVMpHKORc
犧牲的愛	https://youtu.be/wHj9P3MBn8c
注目看耶穌	https://youtu.be/My36j-JCpSq
轉回	https://youtu.be/v0cS15Xv8_g
深處的呼求	https://youtu.be/2Lm1C56jEK4
耶和華是愛	https://youtu.be/Gh3PYcPe8d0
輕輕聽	https://youtu.be/aXIMuCOY08U
愛我願意	https://youtu.be/Lw5ZtTqsf9Q
安靜	https://youtu.be/Za9UdGa-P6g
更像祢	https://youtu.be/cB1IQVWfb6l
永遠不分離	https://youtu.be/B09ZuXe8lok
我高舉雙手	https://youtu.be/oNhMs-nXc_M
我們呼求	https://youtu.be/CigLPfxQ7Sc
真實的悔改	https://youtu.be/l7dbIVIAhfE
因著十架愛	https://youtu.be/hvR-QtPhHog



14th February, Ash Wednesday

Quiet your heart and be still in His presence. Talk to Him and Listen.
You're welcome to pray using the following prayer:

Almighty and everlasting God, you hate nothing you have made and forgive the sins of all who are penitent: Create and make in us new and contrite hearts, that we, worthily lamenting our sins and acknowledging our wretchedness, may obtain of you, the God of all mercy, perfect remission and forgiveness; through Jesus Christ our Lord, who lives and reigns with you and the Holy Spirit, one God, for ever and ever. Amen.

Spend some time to meditate on His Word.

Psalm 103:8-14

The Lord is compassionate and gracious, slow to anger, abounding in love. He will not always accuse, nor will he harbor his anger forever; he does not treat us as our sins deserve or repay us according to our iniquities.

For as high as the heavens are above the earth, so great is his love for those who fear him; as far as the east is from the west, so far has he removed our transgressions from us.

As a father has compassion on his children, so the Lord has compassion on those who fear him; for he knows how we are formed, he remembers that we are dust.

Matthew 6:1-6,16-21

Be careful not to practice your righteousness in front of others to be seen by them. If you do, you will have no reward from your Father in heaven. So when you give to the needy, do not announce it with trumpets, as the hypocrites do in the synagogues and on the streets, to be honored by others. Truly I tell you, they have received their reward in full. But when you give to the needy, do not let your left hand know what your right hand is doing, so that your giving may be in secret. Then your Father, who sees what is done in secret, will reward you.

And when you pray, do not be like the hypocrites, for they love to pray standing in the synagogues and on the street corners to be seen by others. Truly I tell you, they have received their reward in full. But when you pray, go into your room, close the door and pray to your Father, who is unseen. Then your Father, who sees what is done in secret, will reward you.



When you fast, do not look somber as the hypocrites do, for they disfigure their faces to show others they are fasting. Truly I tell you, they have received their reward in full. But when you fast, put oil on your head and wash your face, so that it will not be obvious to others that you are fasting, but only to your Father, who is unseen; and your Father, who sees what is done in secret, will reward you.

Do not store up for yourselves treasures on earth, where moths and vermin destroy, and where thieves break in and steal. But store up for yourselves treasures in heaven, where moths and vermin do not destroy, and where thieves do not break in and steal. For where your treasure is, there your heart will be also.

Lord we desire your presence.

Pour out your Spirit to us to the point of overflow.

We pray you speak to every one of us because we are longing to encounter you, our Heavenly Father, and your merciful love.

Lord Jesus, minister and heal our broken hearts through this Lent journey, set us free in your never-ending love, to worship you and pray in Spirit and in Truth.



15th February, Thursday

**Quiet your heart and be still in His presence. Talk to Him and Listen.
You're welcome to pray using the following prayer:**

Direct us, O Lord, in all our doings with your most gracious favor, and further us with your continual help; that in all our works begun, continued, and ended in you, we may glorify your holy Name, and finally, by your mercy, obtain everlasting life; through Jesus Christ our Lord, who lives and reigns with you and the Holy Spirit, one God, for ever and ever. Amen.

Spend some time to meditate on His Word.

Psalm 1

Blessed is the man who does not walk in the counsel of the wicked or stand in the way of sinners or sit in the seat of mockers. But his delight is in the law of the Lord, and on his law he meditates day and night.

He is like a tree planted by streams of water, which yields its fruit in season and whose leaf does not wither. Whatever he does prospers.

Not so the wicked! The wicked are like chaff that the wind blows away. Therefore the wicked will not stand in the judgment, nor sinners in the assembly of the righteous. For the Lord watches over the way of the righteous, but the way of the wicked will perish.

Luke 9:18-25

Once when Jesus was praying in private and his disciples were with him, he asked them, "Who do the crowds say I am?" They replied, "Some say John the Baptist; others say Elijah; and still others, that one of the prophets of long ago has come back to life." "But what about you?" he asked. "Who do you say I am?" Peter answered, "God's Messiah."

Jesus Predicts His Death

Jesus strictly warned them not to tell this to anyone. And he said, "The Son of Man must suffer many things and be rejected by the elders, the chief priests and the teachers of the law, and he must be killed and on the third day be raised to life." Then he said to them all: "Whoever wants to be my disciple must deny themselves and take up their cross daily and follow me. For whoever wants to save their life will lose it, but whoever loses their life for me will save it. What good is it for someone to gain the whole world, and yet lose or forfeit their very self?"



You're welcome to pray for the following today:

Praise the Lord, for You give us Your precious Word, truth and teaching to us.

*We pray for believers the 21st century, that we do not merely read the Scripture,
but can understand it, and live it out daily*

Today Holy Spirit you prompt me to pray for _____ (Name) / _____ (issue).

Lord we desire your presence.

Pour out your Spirit to us to the point of overflow.

*We pray you speak to every one of us because we are longing to encounter you, our Heavenly
Father, and your merciful love.*

*Lord Jesus, minister and heal our broken hearts through this Lent journey, set us free in your
never-ending love, to worship you and pray in Spirit and in Truth.*



16th February, Friday

**Quiet your heart and be still in His presence. Talk to Him and Listen.
You're welcome to pray using the following prayer:**

Support us, O Lord, with your gracious favor through the fast we have begun; that as we observe it by bodily self-denial, so we may fulfill it with inner sincerity of heart; through Jesus Christ our Lord, who lives and reigns with you and the Holy Spirit, one God, for ever and ever. Amen.

Spend some time to meditate on His Word.

Psalm 51:1-10

Have mercy on me, O God, according to your unfailing love; according to your great compassion blot out my transgressions.

Wash away all my iniquity and cleanse me from my sin. For I know my transgressions, and my sin is always before me. Against you, you only, have I sinned and done what is evil in your sight; so you are right in your verdict and justified when you judge. Surely I was sinful at birth, sinful from the time my mother conceived me. Yet you desired faithfulness even in the womb; you taught me wisdom in that secret place.

Cleanse me with hyssop, and I will be clean; wash me, and I will be whiter than snow. Let me hear joy and gladness; let the bones you have crushed rejoice. Hide your face from my sins and blot out all my iniquity. Create in me a pure heart, O God, and renew a steadfast spirit within me.

Matthew 9:10-17

While Jesus was having dinner at Matthew's house, many tax collectors and sinners came and ate with him and his disciples. When the Pharisees saw this, they asked his disciples, "Why does your teacher eat with tax collectors and sinners?"

On hearing this, Jesus said, "It is not the healthy who need a doctor, but the sick. But go and learn what this means: 'I desire mercy, not sacrifice.' For I have not come to call the righteous, but sinners." Then John's disciples came and asked him, "How is it that we and the Pharisees fast often, but your disciples do not fast?" Jesus answered, "How can the guests of the bridegroom mourn while he is with them? The time will come when the bridegroom will be taken from them; then they will fast.



“No one sews a patch of unshrunk cloth on an old garment, for the patch will pull away from the garment, making the tear worse. Neither do people pour new wine into old wineskins. If they do, the skins will burst; the wine will run out and the wineskins will be ruined. No, they pour new wine into new wineskins, and both are preserved.”

You're welcome to pray for the following today:

Praise the Lord you who forgive our sin, so we can call you Aba Father.

We pray for the lost and evangelical efforts that hundreds and thousands would come to know Jesus, experience God's grace and forgiveness to be set free.

Today Holy Spirit you prompt me to pray for _____ (Name) / _____ (issue).

Lord we desire your presence.

Pour out your Spirit to us to the point of overflow.

We pray you speak to every one of us because we are longing to encounter you, our Heavenly Father, and your merciful love.

Lord Jesus, minister and heal our broken hearts through this Lent journey, set us free in your never-ending love, to worship you and pray in Spirit and in Truth.



17th February, Saturday

Quiet your heart and be still in His presence. Talk to Him and Listen.
You're welcome to pray using the following prayer:

Almighty and everlasting God, mercifully look upon our infirmities, and in all our dangers and necessities stretch forth your right hand to help and defend us; through Jesus Christ our Lord, who lives and reigns with you and the Holy Spirit, one God, for ever and ever. Amen.

Spend some time to meditate on His Word.

Psalm 86:1-11

Hear me, Lord, and answer me, for I am poor and needy.
Guard my life, for I am faithful to you; save your servant who trusts in you.
You are my God; have mercy on me, Lord, for I call to you all day long.
Bring joy to your servant, Lord, for I put my trust in you.

You, Lord, are forgiving and good, abounding in love to all who call to you.
Hear my prayer, Lord; listen to my cry for mercy.
When I am in distress, I call to you, because you answer me.

Among the gods there is none like you, Lord; no deeds can compare with yours.
All the nations you have made will come and worship before you, Lord; they will bring glory to your name.
For you are great and do marvelous deeds; you alone are God.
Teach me your way, Lord, that I may rely on your faithfulness; give me an undivided heart, that I may fear your name.

Luke 5:27-32

After this, Jesus went out and saw a tax collector by the name of Levi sitting at his tax booth. "Follow me," Jesus said to him, and Levi got up, left everything and followed him. Then Levi held a great banquet for Jesus at his house, and a large crowd of tax collectors and others were eating with them. But the Pharisees and the teachers of the law who belonged to their sect complained to his disciples, "Why do you eat and drink with tax collectors and sinners?" Jesus answered them, "It is not the healthy who need a doctor, but the sick. I have not come to call the righteous, but sinners to repentance."



You're welcome to pray for the following today:

Praise the Lord that we have hope in your love.

We pray for our Sunday service which held in various congregations, that God you would be glorified and you would meet with us.

Today Holy Spirit you prompt me to pray for _____ (Name) / _____ (issue).

Lord we desire your presence.

Pour out your Spirit to us to the point of overflow.

We pray you speak to every one of us because we are longing to encounter you, our Heavenly Father, and your merciful love.

Lord Jesus, minister and heal our broken hearts through this Lent journey, set us free in your never-ending love, to worship you and pray in Spirit and in Truth.



18th February, Sunday

Quiet your heart and be still in His presence. Talk to Him and Listen.
You're welcome to pray using the following prayer:

Almighty God, whose blessed Son was led by the Spirit to be tempted by Satan: Come quickly to help us who are assaulted by many temptations; and, as you know the weaknesses of each of us, let each one find you mighty to save; through Jesus Christ your Son our Lord, who lives and reigns with you and the Holy Spirit, one God, now and forever. Amen.

Spend some time to meditate on His Word.

Psalm 25:1-9

In you I trust, O my God. Do not let me be put to shame, nor let my enemies triumph over me. No one whose hope is in you will ever be put to shame, but they will be put to shame who are treacherous without excuse.

Show me your ways, O Lord, teach me your paths. Guide me in your truth and teach me, for you are God my Saviour, and my hope is in you all day long. Remember, O Lord, your great mercy and love, for they are from old. Remember not the sins of my youth and my rebellious ways; according to your love remember me, for you are good, O Lord. Good and upright is the Lord; therefore he instructs sinners in his ways. He guides the humble in what is right and teaches them his way.

Mark 1:9-15

At that time Jesus came from Nazareth in Galilee and was baptized by John in the Jordan. Just as Jesus was coming up out of the water, he saw heaven being torn open and the Spirit descending on him like a dove. And a voice came from heaven: "You are my Son, whom I love; with you I am well pleased." At once the Spirit sent him out into the wilderness, and he was in the wilderness forty days, being tempted by Satan. He was with the wild animals, and angels attended him.

After John was put in prison, Jesus went into Galilee, proclaiming the good news of God. "The time has come," he said. "The kingdom of God has come near. Repent and believe the good news!"



You're welcome to pray for the following today:

Praise the Lord that we can worship you freely.

There will be lunar new year celebrations for various congregations. May our friends who have not known you God not only will hear the gospel, but respond to it.

Today Holy Spirit you prompt me to pray for _____ (Name) / _____ (issue).

Lord we desire your presence.

Pour out your Spirit to us to the point of overflow.

We pray you speak to every one of us because we are longing to encounter you, our Heavenly Father, and your merciful love.

Lord Jesus, minister and heal our broken hearts through this Lent journey, set us free in your never-ending love, to worship you and pray in Spirit and in Truth.



19th February, Monday

Quiet your heart and be still in His presence. Talk to Him and Listen.
You're welcome to pray using the following prayer:

Almighty and everlasting God, mercifully increase in us your gifts of holy discipline, in almsgiving, prayer, and fasting; that our lives may be directed to the fulfilling of your most gracious will; through Jesus Christ our Lord, who lives and reigns with you and the Holy Spirit, one God, for ever and ever. Amen.

Spend some time to meditate on His Word.

Psalm 19:7-14

The law of the Lord is perfect, reviving the soul. The statutes of the Lord are trustworthy, making wise the simple. The precepts of the Lord are right, giving joy to the heart. The commands of the Lord are radiant, giving light to the eyes. The fear of the Lord is pure, enduring forever. The ordinances of the Lord are sure and altogether righteous. They are more precious than gold, than much pure gold; they are sweeter than honey, than honey from the comb. By them is your servant warned, in keeping them there is great reward. Who can discern his errors? Forgive my hidden faults. Keep your servant also from willful sins; may they not rule over me. Then will I be blameless, innocent of great transgression. May the words of my mouth and the meditation of my heart be pleasing in your sight, O Lord, my Rock and my Redeemer.

Matthew 25:31-46

“When the Son of Man comes in his glory, and all the angels with him, he will sit on his glorious throne. All the nations will be gathered before him, and he will separate the people one from another as a shepherd separates the sheep from the goats. He will put the sheep on his right and the goats on his left.

“Then the King will say to those on his right, ‘Come, you who are blessed by my Father; take your inheritance, the kingdom prepared for you since the creation of the world. For I was hungry and you gave me something to eat, I was thirsty and you gave me something to drink, I was a stranger and you invited me in, I needed clothes and you clothed me, I was sick and you looked after me, I was in prison and you came to visit me.’

“Then the righteous will answer him, ‘Lord, when did we see you hungry and feed you, or thirsty and give you something to drink? When did we see you a stranger and invite you



in, or needing clothes and clothe you? When did we see you sick or in prison and go to visit you?’

“The King will reply, ‘Truly I tell you, whatever you did for one of the least of these brothers and sisters of mine, you did for me.’ “Then he will say to those on his left, ‘Depart from me, you who are cursed, into the eternal fire prepared for the devil and his angels. For I was hungry and you gave me nothing to eat, I was thirsty and you gave me nothing to drink, I was a stranger and you did not invite me in, I needed clothes and you did not clothe me, I was sick and in prison and you did not look after me.’

“They also will answer, ‘Lord, when did we see you hungry or thirsty or a stranger or needing clothes or sick or in prison, and did not help you? “He will reply, ‘Truly I tell you, whatever you did not do for one of the least of these, you did not do for me.’

“Then they will go away to eternal punishment, but the righteous to eternal life.”

You’re welcome to pray for the following today:

Praise the Lord, for there are sisters of different generations serving together in our church.

We pray for everyone in church from the youngest to the eldest to be prepared to serve united team. Pray that everyone would find their calling in building the church.

Today Holy Spirit you prompt me to pray for _____ (Name) / _____ (issue).

Lord we desire your presence.

Pour out your Spirit to us to the point of overflow.

We pray you speak to every one of us because we are longing to encounter you, our Heavenly Father, and your merciful love.

Lord Jesus, minister and heal our broken hearts through this Lent journey, set us free in your never-ending love, to worship you and pray in Spirit and in Truth.



20th February, Tuesday

**Quiet your heart and be still in His presence. Talk to Him and Listen.
You're welcome to pray using the following prayer:**

Grant to your people, Lord, grace to withstand the temptations of the world, the flesh, and the devil, and with pure hearts and minds to follow you, the only true God; through Jesus Christ your Son our Lord, who lives and reigns with you and the Holy Spirit, one God, for ever and ever. Amen.

Spend some time to meditate on His Word.

Psalm 34:15-22

The eyes of the Lord are on the righteous and his ears are attentive to their cry; the face of the Lord is against those who do evil, to cut off the memory of them from the earth. The righteous cry out, and the Lord hears them; he delivers them from all their troubles.

The Lord is close to the brokenhearted and saves those who are crushed in spirit. A righteous man may have many troubles, but the Lord delivers him from them all; he protects all his bones, not one of them will be broken. Evil will slay the wicked; the foes of the righteous will be condemned. The Lord redeems his servants, no one will be condemned who takes refuge in him.

Matthew 6:7-15

And when you pray, do not keep on babbling like pagans, for they think they will be heard because of their many words. Do not be like them, for your Father knows what you need before you ask him. "This, then, is how you should pray:

*"Our Father in heaven, hallowed be your name,
your kingdom come, your will be done, on earth as it is in heaven.*

Give us today our daily bread.

And forgive us our debts, as we also have forgiven our debtors.

And lead us not into temptation, but deliver us from the evil one.'

For if you forgive other people when they sin against you, your heavenly Father will also forgive you. But if you do not forgive others their sins, your Father will not forgive your sins.



You're welcome to pray for the following today:

Praise the Lord, for your words have the power to make us strong by trusting in you.

We pray for all congregations, that by experiencing your mercy and forgiveness, we can forgive each other.

Today Holy Spirit you prompt me to pray for _____ (Name) / _____ (issue).

Lord we desire your presence.

Pour out your Spirit to us to the point of overflow.

We pray you speak to every one of us because we are longing to encounter you, our Heavenly Father, and your merciful love.

Lord Jesus, minister and heal our broken hearts through this Lent journey, set us free in your never-ending love, to worship you and pray in Spirit and in Truth.



21st February, Wednesday

Quiet your heart and be still in His presence. Talk to Him and Listen.
You're welcome to pray using the following prayer:

Bless us, O God, in this holy season, in which our hearts seek your help and healing; and so purify us by your discipline that we may grow in grace and in the knowledge of our Lord and Savior Jesus Christ; who lives and reigns with you and the Holy Spirit, one God, for ever and ever. Amen.

Spend some time to meditate on His Word.

Psalm 51:10-17

Create in me a pure heart, O God, and renew a steadfast spirit within me. Do not cast me from your presence or take your Holy Spirit from me. Restore to me the joy of your salvation and grant me a willing spirit, to sustain me. Then I will teach transgressors your ways, and sinners will turn back to you. Save me from bloodguilt, O God, the God who saves me, and my tongue will sing of your righteousness. O Lord, open my lips, and my mouth will declare your praise. You do not delight in sacrifice, or I would bring it; you do not take pleasure in burnt offerings. The sacrifices of God are a broken spirit; a broken and contrite heart, O God, you will not despise.

Luke 11:29-32

As the crowds increased, Jesus said, "This is a wicked generation. It asks for a sign, but none will be given it except the sign of Jonah. For as Jonah was a sign to the Ninevites, so also will the Son of Man be to this generation. The Queen of the South will rise at the judgment with the people of this generation and condemn them, for she came from the ends of the earth to listen to Solomon's wisdom; and now something greater than Solomon is here. The men of Nineveh will stand up at the judgment with this generation and condemn it, for they repented at the preaching of Jonah; and now something greater than Jonah is here.



You're welcome to pray for the following today:

Praise the Lord for the community where our congregations are located.

We pray for China Town, Hammersmith and Fulham, Colindale, Croydon and Hounslow. May the gospel can be spread in every single corner of these areas.

Today Holy Spirit you prompt me to pray for _____ (Name) / _____ (issue).

Lord we desire your presence.

Pour out your Spirit to us to the point of overflow.

We pray you speak to every one of us because we are longing to encounter you, our Heavenly Father, and your merciful love.

Lord Jesus, minister and heal our broken hearts through this Lent journey, set us free in your never-ending love, to worship you and pray in Spirit and in Truth.



22nd February, Thursday

Quiet your heart and be still in His presence. Talk to Him and Listen.
You're welcome to pray using the following prayer:

Strengthen us, O Lord, by your grace, that in your might we may overcome all spiritual enemies, and with pure hearts serve you; through Jesus Christ our Lord, who lives and reigns with you and the Holy Spirit, one God, for ever and ever. Amen.

Spend some time to meditate on His Word.

Psalm 138

I will praise you, O Lord, with all my heart, before the “gods” I will sing your praise. I will bow down toward your holy temple and will praise your name for your love and your faithfulness, for you have exalted above all things your name and your word. When I called, you answered me; you made me bold and stouthearted. May all the kings of the earth praise you, O Lord, when they hear the words of your mouth. May they sing of the ways of the Lord, for the glory of the Lord is great. Though the Lord is on high, he looks upon the lowly, but the proud he knows from afar. Though I walk in the midst of trouble, you preserve my life; you stretch out your hand against the anger of my foes, with your right hand you save me. The Lord will fulfill his purpose for me; your love, O Lord, endures forever – do not abandon the works of your hands.

Matthew 7:7-12

“Ask and it will be given to you; seek and you will find; knock and the door will be opened to you. For everyone who asks receives; the one who seeks finds; and to the one who knocks, the door will be opened.

“Which of you, if your son asks for bread, will give him a stone? Or if he asks for a fish, will give him a snake? If you, then, though you are evil, know how to give good gifts to your children, how much more will your Father in heaven give good gifts to those who ask him! So in everything, do to others what you would have them do to you, for this sums up the Law and the Prophets.



You're welcome to pray for the following today:

Praise and thank the Lord for Corydon Congregation

*In recent years, Corydon congregation has been searching for a property as their church centre. Recently there was a property in the Sutton district open for auction. Corydon Congregation will participate in bidding.
We pray for God's guidance in bidding and its leadership*

Today Holy Spirit you prompt me to pray for _____ (Name) / _____ (issue).

*Lord we desire your presence.
Pour out your Spirit to us to the point of overflow.
We pray you speak to every one of us because we are longing to encounter you, our Heavenly Father, and your merciful love.
Lord Jesus, minister and heal our broken hearts through this Lent journey, set us free in your never-ending love, to worship you and pray in Spirit and in Truth.*



23rd February, Friday

Quiet your heart and be still in His presence. Talk to Him and Listen.
You're welcome to pray using the following prayer:

Lord Christ, our eternal Redeemer, grant us such fellowship in your sufferings, that, filled with your Holy Spirit, we may subdue the flesh to the spirit, and the spirit to you, and at the last attain to the glory of your resurrection; who lives and reign with the Father and the Holy Spirit, one God, for ever and ever. Amen.

Spend some time to meditate on His Word.

Psalm 130

Out of the depths I cry to you, O Lord. O Lord, hear my voice. Let your ears be attentive to my cry for mercy. If you, O Lord, kept a record of sins, O Lord, who could stand? But with you, there is forgiveness; therefore, you are feared. I wait for the Lord, my soul waits, and in his word I put my hope. My soul waits for the Lord more than watchmen wait for the morning, more than watchmen wait for the morning. O Israel, put your hope in the Lord, for with the Lord is unfailing love and with him is full redemption. He himself will redeem Israel from all their sins.

Matthew 5:20-26

For I tell you that unless your righteousness surpasses that of the Pharisees and the teachers of the law, you will certainly not enter the kingdom of heaven. "You have heard that it was said to the people long ago, 'You shall not murder, and anyone who murders will be subject to judgment.' But I tell you that anyone who is angry with a brother or sister will be subject to judgment. Again, anyone who says to a brother or sister, 'Raca,' is answerable to the court. And anyone who says, 'You fool!' will be in danger of the fire of hell.

"Therefore, if you are offering your gift at the altar and there remember that your brother or sister has something against you, leave your gift there in front of the altar. First go and be reconciled to them; then come and offer your gift.

"Settle matters quickly with your adversary who is taking you to court. Do it while you are still together on the way, or your adversary may hand you over to the judge, and the judge may hand you over to the officer, and you may be thrown into prison. Truly I tell you, you will not get out until you have paid the last penny.



You're welcome to pray for the following today:

Praise the Lord for the youth among us.

We pray for our TNG staff Ollie Knight, Charis Hung and Hannah Chan. Pray for our youth ministry among all the congregations. May our youth grow in faith, know God's presence and power, learn to serve and bear witness to the God wherever they find themselves.

Today Holy Spirit you prompt me to pray for _____ (Name) / _____ (issue).

Lord we desire your presence.

Pour out your Spirit to us to the point of overflow.

We pray you speak to every one of us because we are longing to encounter you, our Heavenly Father, and your merciful love.

Lord Jesus, minister and heal our broken hearts through this Lent journey, set us free in your never-ending love, to worship you and pray in Spirit and in Truth.



24th February, Saturday

Quiet your heart and be still in His presence. Talk to Him and Listen.
You're welcome to pray using the following prayer:

Almighty God, who in the place of Judas chose your faithful servant Matthias to be numbered among the Twelve: Grant that your Church, being delivered from false apostles, may always be guided and governed by faithful and true pastors; through Jesus Christ our Lord, who lives and reigns with you, in the unity of the Holy Spirit, one God, now and forever. Amen.

Spend some time to meditate on His Word.

Psalm 15

Lord, who may dwell in your sanctuary? Who may live on your holy hill? He whose walk is blameless and who does what is righteous, who speaks the truth from his heart and has no slander on his tongue, who does his neighbor no wrong and casts no slur on his fellowman, who despises a vile man but honors those who fear the Lord, who keeps his oath even when it hurts, who lends his money with usury and does not accept a bribe against the innocent. He who does these things will never be shaken.

John 15:1; 6-16

“I am the true vine, and my Father is the gardener.”

If you do not remain in me, you are like a branch that is thrown away and withers; such branches are picked up, thrown into the fire and burned. If you remain in me and my words remain in you, ask whatever you wish, and it will be done for you. This is to my Father's glory, that you bear much fruit, showing yourselves to be my disciples.

“As the Father has loved me, so have I loved you. Now remain in my love. If you keep my commands, you will remain in my love, just as I have kept my Father's commands and remain in his love. I have told you this so that my joy may be in you and that your joy may be complete. My command is this: Love each other as I have loved you. Greater love has no one than this: to lay down one's life for one's friends. You are my friends if you do what I command. I no longer call you servants, because a servant does not know his master's business. Instead, I have called you friends, for everything that I learned from my Father I have made known to you. You did not choose me, but I chose you and appointed you so that you might go and bear fruit—fruit that will last—and so that whatever you ask in my name the Father will give you.



You're welcome to pray for the following today:

Praise the Lord for all our small groups in the church

We pray for all small groups in our congregations, that they may flourish in you. Pray that the leaders are encouraged, new leaders are raised up, new groups are formed. Pray that the church can learn and model authenticity, godliness and a heart to multiply in our small groups.

Today Holy Spirit you prompt me to pray for _____ (Name) / _____ (issue).

Lord we desire your presence.

Pour out your Spirit to us to the point of overflow.

We pray you speak to every one of us because we are longing to encounter you, our Heavenly Father, and your merciful love.

Lord Jesus, minister and heal our broken hearts through this Lent journey, set us free in your never-ending love, to worship you and pray in Spirit and in Truth.



25th February, Sunday

**Quiet your heart and be still in His presence. Talk to Him and Listen.
You're welcome to pray using the following prayer:**

O God, whose glory it is always to have mercy: Be gracious to all who have gone astray from your ways, and bring them again with penitent hearts and steadfast faith to embrace and hold fast the unchangeable truth of your Word, Jesus Christ your Son; who with you and the Holy Spirit lives and reigns, one God, for ever and ever. Amen.

Spend some time to meditate on His Word.

Psalm 22:23-31

You who fear the Lord, praise him! All you descendants of Jacob, honor him! Revere him, all you descendants of Israel! For he has not despised or disdained the suffering of the afflicted one; he has not hidden his face from him but has listened to his cry for help.

From you comes the theme of my praise in the great assembly; before those who fear you will I fulfill my vows. The poor will eat and be satisfied; they who seek the Lord will praise him – may your hearts live forever!

All the ends of the earth will remember and turn to the Lord, and all the families of the nations will bow down before him, for dominion belongs to the Lord and he rules over the nations. All the rich of the earth will feast and worship; all who go down to the dust will kneel before him – those who cannot keep themselves alive.

Posterity will serve him; future generations will be told about the Lord. They will proclaim his righteousness to a people yet unborn – for he has done it.

Mark 8:31-38

He then began to teach them that the Son of Man must suffer many things and be rejected by the elders, the chief priests and the teachers of the law, and that he must be killed and after three days rise again. He spoke plainly about this, and Peter took him aside and began to rebuke him.

But when Jesus turned and looked at his disciples, he rebuked Peter. "Get behind me, Satan!" he said. "You do not have in mind the concerns of God, but merely human concerns."

Then he called the crowd to him along with his disciples and said: "Whoever wants to be



my disciple must deny themselves and take up their cross and follow me. For whoever wants to save their life will lose it, but whoever loses their life for me and for the gospel will save it. What good is it for someone to gain the whole world, yet forfeit their soul? Or what can anyone give in exchange for their soul? If anyone is ashamed of me and my words in this adulterous and sinful generation, the Son of Man will be ashamed of them when he comes in his Father's glory with the holy angels."

You're welcome to pray for the following today:

Praise the Lord for you have given us the precious gift of Holy Spirit.

We pray that churches will be the salt and light, being good servants to bless local communities.

Today Holy Spirit you prompt me to pray for _____ (Name) / _____ (issue).

Lord we desire your presence.

Pour out your Spirit to us to the point of overflow.

We pray you speak to every one of us because we are longing to encounter you, our Heavenly Father, and your merciful love.

Lord Jesus, minister and heal our broken hearts through this Lent journey, set us free in your never-ending love, to worship you and pray in Spirit and in Truth.