



**LENT 2018**  
**WORSHIP & PRAYER**  
**Journey**

**PRAYER JOURNEY PACK**

**5 MAR – 11 MAR**

**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 - <a href="https://youtu.be/xLSDBG1OcGE">https://youtu.be/xLSDBG1OcGE</a>
*O Come to the Altar - <a href="https://youtu.be/ycWDFd0yCHA">https://youtu.be/ycWDFd0yCHA</a>	*Do it again - <a href="https://youtu.be/0B_InQIITxU">https://youtu.be/0B_InQIITxU</a>
*Saviour King - <a href="https://youtu.be/XzXwkToBNZY">https://youtu.be/XzXwkToBNZY</a>	*I won't Forget - <a href="https://youtu.be/XsjSYFlhK5g">https://youtu.be/XsjSYFlhK5g</a>
*The Same Power - <a href="https://youtu.be/JSin1_Q-u-Y">https://youtu.be/JSin1_Q-u-Y</a>	*No longer slaves - <a href="https://youtu.be/f8TkUMJtK5k">https://youtu.be/f8TkUMJtK5k</a>
*What a Beautiful Name - <a href="https://youtu.be/r5L6QIAH3L4">https://youtu.be/r5L6QIAH3L4</a>	*King of my Heart - <a href="https://youtu.be/jaxEXZqpRcA">https://youtu.be/jaxEXZqpRcA</a>
*Mention of Your Name - <a href="https://youtu.be/5vXPVGeccCw">https://youtu.be/5vXPVGeccCw</a>	*Holy Spirit - <a href="https://youtu.be/eFByOX8Fb0M">https://youtu.be/eFByOX8Fb0M</a>
*Yaweh - <a href="https://youtu.be/2JkcskM-0F0">https://youtu.be/2JkcskM-0F0</a>	*Oceans - <a href="https://youtu.be/dy9nwe9_xzw">https://youtu.be/dy9nwe9_xzw</a>
*The Creed - <a href="https://youtu.be/VRzI_FbWTkg">https://youtu.be/VRzI_FbWTkg</a>	*With Everything - <a href="https://youtu.be/OP2sFaVqq_c">https://youtu.be/OP2sFaVqq_c</a>

### Chinese Songs

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



## 5<sup>th</sup> March, Monday

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

*Look upon the heart-felt desires of your humble servant, Almighty God, and stretch forth the right hand of your majesty to be my defense against all my enemies; through Jesus Christ our Lord, who lives and reigns with you and the Holy Spirit, one God, forever and ever. Amen.*

**Spend some time to meditate on His Word.**

*Psalm 42:1-5*

As the deer pants for the water, so my soul pants for you, O God. My soul thirsts for God, for the living God. When can I go and meet with God? My tears have been my food day and night, while men say to me all day long, "Where is your God?" These things I remember as I pour out my soul: how I used to go with the multitude, leading the procession to the house of God, with shouts of joy and thanksgiving among the festive throng.

Why are you downcast, O my soul? Why so disturbed within me? Put your hope in God, for I will yet praise him, my Savior and my God.

*Luke 4:23-30*

Jesus said to them, "Surely you will quote this proverb to me: 'Physician, heal yourself!' And you will tell me, 'Do here in your hometown what we have heard that you did in Capernaum.'" "Truly I tell you," he continued, "no prophet is accepted in his hometown. I assure you that there were many widows in Israel in Elijah's time, when the sky was shut for three and a half years and there was a severe famine throughout the land. Yet Elijah was not sent to any of them, but to a widow in Zarephath in the region of Sidon. And there were many in Israel with leprosy in the time of Elisha the prophet, yet not one of them was cleansed—only Naaman the Syrian." All the people in the synagogue were furious when they heard this. They got up, drove him out of the town, and took him to the brow of the hill on which the town was built, in order to throw him off the cliff. But he walked right through the crowd and went on his way.



**You're welcome to pray for the following today:**

*Praise the Lord for you are the God who heals, so I may prosper in every way and keep well as my soul keeps well.*

*Pray that our congregation can experience the healing of God and spiritual satisfaction in God's Word. Pray for those injured through violent acts of persecution.*

*Pray for Bible Translation ministries, so that more people can be benefit from God's Word.*

*Today Holy Spirit You prompt me to pray for \_\_\_\_\_ (Name) / \_\_\_\_\_ (issue).*

*Lord I desire your presence.*

*Pour out your Spirit to me to the point of overflow.*

*I pray you speak to me every day because I am longing to encounter you, our Heavenly Father, and your merciful love.*

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



## **6<sup>th</sup> March, Tuesday**

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

*O Lord, I beseech you mercifully to hear me; and grant that we, to whom you have given a fervent desire to pray, may, by your mighty aid, be defended and comforted in all dangers and adversities; 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 25:3-10*

Show me your ways, O Lord. Teach me your paths. Guide me in your Truth and teach me, for you are Lord my Saviour, and in you I put my hope all day long. Remember your great mercy and love, O Lord, for they are from of old. Remember not the sins of my youth and my rebellious ways. According to great love, remember me, for you are good. 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. All the ways of the Lord are loving and faithful for those who keep the demands of His covenant. For the sake of your name, forgive my iniquity, though it is great.

*Matthew 18:21-35*

Then Peter came to Jesus and asked, "Lord, how many times shall I forgive my brother or sister who sins against me? Up to seven times?" Jesus answered, "I tell you, not seven times, but seventy-seven times. "Therefore, the kingdom of heaven is like a king who wanted to settle accounts with his servants. As he began the settlement, a man who owed him ten thousand bags of gold was brought to him. Since he was not able to pay, the master ordered that he and his wife and his children and all that he had be sold to repay the debt. "At this the servant fell on his knees before him. 'Be patient with me,' he begged, 'and I will pay back everything.' The servant's master took pity on him, canceled the debt and let him go. "But when that servant went out, he found one of his fellow servants who owed him a hundred silver coins. He grabbed him and began to choke him. 'Pay back what you owe me!' he demanded. "His fellow servant fell to his knees and begged



him, 'Be patient with me, and I will pay it back.' "But he refused. Instead, he went off and had the man thrown into prison until he could pay the debt. When the other servants saw what had happened, they were outraged and went and told their master everything that had happened. "Then the master called the servant in. 'You wicked servant,' he said, 'I canceled all that debt of yours because you begged me to. Shouldn't you have had mercy on your fellow servant just as I had on you?' In anger his master handed him over to the jailers to be tortured, until he should pay back all he owed. "This is how my heavenly Father will treat each of you unless you forgive your brother or sister from your heart."

**You're welcome to pray for the following today:**

*I Praise You Lord that I can call you Abba Father.*

*Pray for the rising up of more prayer warriors. May the universal church be a praying church. Your people have desire to come close to you, Lord.*

*Today Holy Spirit You prompt me to pray for \_\_\_\_\_ (Name) / \_\_\_\_\_ (issue).*

*Lord I desire your presence.*

*Pour out your Spirit to me to the point of overflow.*

*I pray you speak to me every day because I am longing to encounter you, our Heavenly Father, and your merciful love.*

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



## **7<sup>th</sup> March, Wednesday**

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

*Give ear to my prayers, O Lord, and direct the way of your servant in safety under your protection, that, amid all the changes of my earthly pilgrimage, I may be guarded by your mighty aid; 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 78:1-6*

O my people, hear my teaching; listen to the words of my mouth.

I will open my mouth in parables, I will utter hidden things, things from of old – what we have heard and known, what our fathers have told us. We will not hide them from their children; we will tell the next generation the praiseworthy deeds of the Lord, his power, and the wonders he has done. He decreed statutes for Jacob and established the law in Israel, which he commanded our forefathers to teach their children, so the next generation would know them, even the children yet to be born, and they in turn would tell their children.

*Matthew 5:17-19*

“Do not think that I have come to abolish the Law or the Prophets; I have not come to abolish them but to fulfill them. For truly I tell you, until heaven and earth disappear, not the smallest letter, not the least stroke of a pen, will by any means disappear from the Law until everything is accomplished. Therefore anyone who sets aside one of the least of these commands and teaches others accordingly will be called least in the kingdom of heaven, but whoever practices and teaches these commands will be called great in the kingdom of heaven.



**You're welcome to pray for the following today:**

*Praise the Lord, there are young student believers and also yet to believe students among us. Guide us to share the Gospel with them.*

*Pray for all the Christian students in our church and our country. Pray for them as they navigate college and university with new friendships, studying and questions about the future and their faith.*

*Today Holy Spirit You prompt me to pray for \_\_\_\_\_ (Name) / \_\_\_\_\_ (issue).*

*Lord I desire your presence.*

*Pour out your Spirit to me to the point of overflow.*

*I pray you speak to me every day because I am longing to encounter you, our Heavenly Father, and your merciful love.*

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



## **8<sup>th</sup> March, Thursday**

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

*Keep watch over your Church, O Lord, with your unfailing love; and, since it is grounded in human weakness and cannot maintain itself without your aid, protect it from all danger, and keep it in the way of salvation; 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 95:6-11*

Come, let us bow down in worship, let us kneel before the Lord our Maker; for he is our God and we are the people of his pasture, the flock under his care. Today, if you hear his voice, do not harden your hearts as you did at Meribah, as you did that day at Massah in the desert, where your fathers tested and tried me, though they had seen what I did. For forty years I was angry with that generation; I said, "They are a people whose hearts go astray, and they have not known my ways." So I declared on oath in my anger, "They shall never enter my rest."

*Luke 11:14-23*

Jesus was driving out a demon that was mute. When the demon left, the man who had been mute spoke, and the crowd was amazed. But some of them said, "By Beelzebul, the prince of demons, he is driving out demons." Others tested him by asking for a sign from heaven. Jesus knew their thoughts and said to them: "Any kingdom divided against itself will be ruined, and a house divided against itself will fall. If Satan is divided against himself, how can his kingdom stand? I say this because you claim that I drive out demons by Beelzebul. Now if I drive out demons by Beelzebul, by whom do your followers drive them out? So then, they will be your judges. But if I drive out demons by the finger of God, then the kingdom of God has come upon you. "When a strong man, fully armed, guards his own house, his possessions are safe. But when someone stronger attacks and overpowers him, he takes away the armor in which the man trusted and divides up his plunder. "Whoever is not with me is against me, and whoever does not gather with me scatters.



**You're welcome to pray for the following today:**

*I Praise You for the creation of men and women, so we can help each other.*

*Pray for today as it is International Women's Day. Pray for Tearfund partners as they pursue justice for those who experience sexual violence, trafficking and discrimination.*

*Today Holy Spirit you prompt me to pray for \_\_\_\_\_ (Name) / \_\_\_\_\_ (issue).*

*Lord I desire your presence.*

*Pour out your Spirit to me to the point of overflow.*

*I pray you speak to me every day because I am longing to encounter you, our Heavenly Father, and your merciful love.*

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



## 9<sup>th</sup> March, Friday

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

*Grant me, O Lord my Strength, a true love of your holy Name; so that, trusting in your grace, I may fear no earthly evil, nor fix my heart on earthly goods, but may rejoice in your full salvation; 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 81:8-14*

“Hear, O my people, and I will warn you – if you would but listen to me, O Israel! You shall have no foreign god among you; you shall not bow down to an alien god. I am the Lord your God, who brought you up out of Egypt. Open wide your mouth and I will fill it. “But my people would not listen to me; Israel would not submit to me. So I gave them over to their stubborn hearts to follow their own devices. “If my people would but listen to me, if Israel would follow my ways, how quickly would I subdue their enemies and turn my hand against their foes!”

*Mark 12:28-34*

One of the teachers of the law came and heard them debating. Noticing that Jesus had given them a good answer, he asked him, “Of all the commandments, which is the most important?” “The most important one,” answered Jesus, “is this: ‘Hear, O Israel: The Lord our God, the Lord is one. Love the Lord your God with all your heart and with all your soul and with all your mind and with all your strength.’ The second is this: ‘Love your neighbor as yourself.’ There is no commandment greater than these.” “Well said, teacher,” the man replied. “You are right in saying that God is one and there is no other but him. To love him with all your heart, with all your understanding and with all your strength, and to love your neighbor as yourself is more important than all burnt offerings and sacrifices.” When Jesus saw that he had answered wisely, he said to him, “You are not far from the kingdom of God.” And from then on no one dared ask him any more questions.



**You're welcome to pray for the following today:**

*Praise the Lord that we can love each other, for love is from God; and everyone who loves is born of God and knows God.*

*Pray that I can embrace a mindset that it's possible to love like You Lord Jesus, with the power from the Holy Spirit. Also pray for the gospel to go out to the unreached people groups in the world such as the Hui people of China, who ascribe to Islam.*

*Today Holy Spirit you prompt me to pray for \_\_\_\_\_ (Name) / \_\_\_\_\_ (issue).*

*Lord I desire your presence.*

*Pour out your Spirit to me to the point of overflow.*

*I pray you speak to me every day because I am longing to encounter you, our Heavenly Father, and your merciful love.*

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



**10<sup>th</sup> March, Saturday**

**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, you know me to be set in the midst of so many and great dangers, that by reason of the frailty of my nature I cannot always stand upright: Grant me such strength and protection as may support me in all dangers, and carry me through all temptations; 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 51:14-19*

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. In your good pleasure make Zion prosper; build up the walls of Jerusalem. Then there will be righteous sacrifices, whole burnt offerings to delight you; then bulls will be offered on your altar.

*Luke 18:9-14*

To some who were confident of their own righteousness and looked down on everyone else, Jesus told this parable: "Two men went up to the temple to pray, one a Pharisee and the other a tax collector. The Pharisee stood by himself and prayed: 'God, I thank you that I am not like other people—robbers, evildoers, adulterers—or even like this tax collector. I fast twice a week and give a tenth of all I get.' "But the tax collector stood at a distance. He would not even look up to heaven, but beat his breast and said, 'God, have mercy on me, a sinner.' "I tell you that this man, rather than the other, went home justified before God. For all those who exalt themselves will be humbled, and those who humble themselves will be exalted."



**You're welcome to pray for the following today:**

*Praise the Lord who entrusted us to manage this world.*

*Pray for Fair Trade. Due to human selfishness, we have endangered some disadvantaged countries. We confess and repent that we don't live the way we should. Pray for the implementing of Fairtrade, so that men including believers would follow God's policies and live out God's values.*

*Today Holy Spirit you prompt me to pray for \_\_\_\_\_ (Name) / \_\_\_\_\_ (issue).*

*Lord I desire your presence.  
Pour out your Spirit to me to the point of overflow.  
I pray you speak to me every day because I am longing to encounter you, our Heavenly Father, and your merciful love.  
Lord Jesus, minister and heal my broken heart through this Lent journey, set me free in your never-ending love, to pray and worship you in Spirit and in Truth.*



## 11<sup>th</sup> March, Sunday

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

*Gracious Father, whose blessed Son Jesus Christ came down from heaven to be the true bread which gives life to the world: Evermore give me this bread, that he may live in me, and I in him; who lives and reigns with you and the Holy Spirit, one God, now and for ever. Amen.*

**Spend some time to meditate on His Word.**

*Psalm 107:1-3, 17-22*

Give thanks to the Lord, for he is good; his love endures forever. Let the redeemed of the Lord say this – those he redeemed from the hand of the foe, those he gathered from the lands, from east and west, from north and south.

Some became fools through their rebellious ways and suffered affliction because of their iniquities. They loathed all food and drew near the gates of death. Then they cried to the Lord in their trouble, and he saved them from their distress. He sent forth his word and healed them; he rescued them from the grave. Let them give thanks to the Lord for his unfailing love and his wonderful deeds for men. Let them sacrifice thank offerings and tell of his works with songs of joy.

*John 3:14-21*

Just as Moses lifted up the snake in the wilderness, so the Son of Man must be lifted up, that everyone who believes may have eternal life in him.” For God so loved the world that he gave his one and only Son, that whoever believes in him shall not perish but have eternal life. For God did not send his Son into the world to condemn the world, but to save the world through him. Whoever believes in him is not condemned, but whoever does not believe stands condemned already because they have not believed in the name of God’s one and only Son. This is the verdict: Light has come into the world, but people loved darkness instead of light because their deeds were evil. Everyone who does evil hates the light, and will not come into the light for fear that their deeds will be exposed. But whoever lives by the truth comes into the light, so that it may be seen plainly that what they have done has been done in the sight of God.



**You're welcome to pray for the following today:**

*I Praise You Lord that I can worship You freely.*

*Pray for the preachers at our church, that the word of God would be powerfully taught. May the congregations have a greater hunger for God's Word and be committed to it.*

*Today, in some congregations, there will be a fundraising event for Carelinks. Pray for our Carelinks ministry that we can reach out to our needed neighbours.*

*Today Holy Spirit you prompt me to pray for \_\_\_\_\_ (Name) / \_\_\_\_\_ (issue).*

*Lord I desire your presence.*

*Pour out your Spirit to me to the point of overflow.*

*I pray you speak to me every day because I am longing to encounter you, our Heavenly Father, and your merciful love.*

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