



LENT 2018

WORSHIP & PRAYER

Journey

PRAYER JOURNEY PACK

12 MAR – 18 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 - 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/JSjn1_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/OP2sFaVqg_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 |



12th 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:**

O Lord our God, in your holy Sacraments you have given me a foretaste of the good things of your kingdom: Direct me in the way that leads to eternal life, that I may come to appear before you in that place of light where you dwell for ever with your saints; 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 30:1-6, 11-13

I will exalt you, O Lord, for you lifted me out of the depths and did not let my enemies gloat over me. O Lord my God, I called to you for help and you healed me. O Lord, you brought me up from the grave, you spared me from going down into the pit. Sing to the Lord, you saints of his; praise his holy name. For his anger lasts only a moment, but his favor lasts a lifetime; weeping may remain for a night, but rejoicing comes in the morning. When I felt secure, I said, "I will never be shaken."

You turned my wailing into dancing; you removed my sackcloth and clothed me with joy, that my heart may sing to you and not be silent. O Lord my God, I will give you thanks forever.

John 4:43-54

After the two days he left for Galilee. (Now Jesus himself had pointed out that a prophet has no honor in his own country.) When he arrived in Galilee, the Galileans welcomed him. They had seen all that he had done in Jerusalem at the Passover Festival, for they also had been there. Once more he visited Cana in Galilee, where he had turned the water into wine. And there was a certain royal official whose son lay sick at Capernaum. When this man heard that Jesus had arrived in Galilee from Judea, he went to him and begged him to come and heal his son, who was close to death. "Unless you people see signs and wonders," Jesus told him, "you will never believe."

The royal official said, "Sir, come down before my child dies." "Go," Jesus replied,



“your son will live.” The man took Jesus at his word and departed. While he was still on the way, his servants met him with the news that his boy was living. When he inquired as to the time when his son got better, they said to him, “Yesterday, at one in the afternoon, the fever left him.”

Then the father realized that this was the exact time at which Jesus had said to him, “Your son will live.” So he and his whole household believed. This was the second sign Jesus performed after coming from Judea to Galilee.

You’re welcome to pray for the following today:

I praise you Lord for you are a God of faithfulness.

Pray for the Hounslow Congregation. Our Lord has honoured Hounslow Congregation in the past years. We are grateful for the faithful service of the congregation, leaders, and visiting friends. Pray for the congregation as they continue to seek God’s guidance in how to move forward.

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.*



13th 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 God, with you is the well of life, and in your light I see light: Quench my thirst with living water, and flood our darkened minds with heavenly light; 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 46:1-7

God is our refuge and strength, an ever-present help in trouble. Therefore we will not fear, though the earth give way and the mountains fall into the heart of the sea, though its waters roar and foam and the mountains quake with their surging. There is a river whose streams make glad the city of God, the holy place where the Most High dwells. God is within her, she will not fall; God will help her at break of day. Nations are in uproar, kingdoms fall; he lifts his voice, the earth melts. The Lord Almighty is with us; the God of Jacob is our fortress.

John 5:1-18

Some time later, Jesus went up to Jerusalem for one of the Jewish festivals. Now there is in Jerusalem near the Sheep Gate a pool, which in Aramaic is called Bethesda and which is surrounded by five covered colonnades. Here a great number of disabled people used to lie—the blind, the lame, the paralyzed. One who was there had been an invalid for thirty-eight years. When Jesus saw him lying there and learned that he had been in this condition for a long time, he asked him, “Do you want to get well?”

“Sir,” the invalid replied, “I have no one to help me into the pool when the water is stirred. While I am trying to get in, someone else goes down ahead of me.” Then Jesus said to him, “Get up! Pick up your mat and walk.” At once the man was cured; he picked up his mat and walked. The day on which this took place was a Sabbath, and so the Jewish leaders said to the man who had been healed, “It is the Sabbath; the law forbids you to carry your mat.” But he replied, “The man who



made me well said to me, ‘Pick up your mat and walk.’” So they asked him, “Who is this fellow who told you to pick it up and walk?” The man who was healed had no idea who it was, for Jesus had slipped away into the crowd that was there. Later Jesus found him at the temple and said to him, “See, you are well again. Stop sinning or something worse may happen to you.” The man went away and told the Jewish leaders that it was Jesus who had made him well.

So, because Jesus was doing these things on the Sabbath, the Jewish leaders began to persecute him. ¹⁷ In his defense Jesus said to them, “My Father is always at his work to this very day, and I too am working.” For this reason they tried all the more to kill him; not only was he breaking the Sabbath, but he was even calling God his own Father, making himself equal with God.

You’re welcome to pray for the following today:

I Praise you Lord for you are the light of the world.

Pray for Christians to be “salt and light” in their neighbourhoods, society and government, and for good relations with those around them. Also pray that the gospel would go out to the unreached people groups in the world such as the north-eastern people of Thai, who ascribe to Buddhism.

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.*



14th 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:**

O Lord our God, you sustained your ancient people in the wilderness with bread from heaven: Feed now your pilgrim flock with the food that endures to everlasting life; 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 145:8-19

The Lord is gracious and compassionate, slow to anger and rich in love. The Lord is good to all; he has compassion on all he has made.

All you have made will praise you, O Lord; your saints will extol you.

They will tell of the glory of your kingdom and speak of your might, so that all men may know of your mighty acts and the glorious splendor of your kingdom.

Your kingdom is an everlasting kingdom, and your dominion endures through all generations.

The Lord is faithful to all his promises and loving toward all he has made.

The Lord upholds all those who fall and lifts up all who are bowed down.

The eyes of all look to you, and you give them their food at the proper time.

You open your hand and satisfy the desires of every living thing.

The Lord is righteous in all his ways and loving toward all he has made.

The Lord is near to all who call on him, to all who call on him in truth.

He fulfills the desires of those who fear him; he hears their cry and saves them.

John 5:19-29

Jesus gave them this answer: "Very truly I tell you, the Son can do nothing by himself; he can do only what he sees his Father doing, because whatever the Father does the Son also does. For the Father loves the Son and shows him all he does. Yes, and he will show him even greater works than these, so that you will be amazed. For just as the Father raises the dead and gives them life, even so the Son gives life to whom he is pleased to give it. Moreover, the Father judges no one, but has entrusted all judgment to the Son, that all may honor the Son just as they honor



the Father. Whoever does not honor the Son does not honor the Father, who sent him.

“Very truly I tell you, whoever hears my word and believes him who sent me has eternal life and will not be judged but has crossed over from death to life. Very truly I tell you, a time is coming and has now come when the dead will hear the voice of the Son of God and those who hear will live. For as the Father has life in himself, so he has granted the Son also to have life in himself. And he has given him authority to judge because he is the Son of Man. “Do not be amazed at this, for a time is coming when all who are in their graves will hear his voice and come out—those who have done what is good will rise to live, and those who have done what is evil will rise to be condemned.

You’re welcome to pray for the following today:

I praise you Lord for you are a Gracious God.

Remember Hammersmith Cantonese Congregation. The congregation council members already drafted a whole year congregation strategy on 20/1. They are now in the process of further revision. The new IDMC Bible Study approach has been used for almost four months now. Brothers and sisters are responding positively to this new journey. May the Lord continue to strengthen all group leaders to lead and support group members in their journey of spiritual growth.

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.*



15th 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:**

Almighty and most merciful God, drive from me all weakness of body, mind, and spirit; that, being restored to wholeness, I may with free hearts become what you intend me to be and accomplish what you want me to do; 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 106:6-7, 19-23

We have sinned, even as our father did; we have done wrong and acted wickedly. When our fathers were in Egypt, they gave no thought to your miracles; they did not remember your many kindnesses, and they rebelled by the sea, the Red Sea.

At Horeb they made a calf and worshiped an idol cast from metal. They exchanged their Glory for an image of a bull, which eats grass. They forgot the God who saved them, who had done great things in Egypt, miracles in the land of Ham and awesome deeds by the Red Sea. So he said he would destroy them – had not Moses, his chosen one, stood in the breach before him to keep his wrath from destroying them.

John 5:30-47

By myself I can do nothing; I judge only as I hear, and my judgment is just, for I seek not to please myself but him who sent me. "If I testify about myself, my testimony is not true. There is another who testifies in my favor, and I know that his testimony about me is true. "You have sent to John and he has testified to the truth. Not that I accept human testimony; but I mention it that you may be saved. John was a lamp that burned and gave light, and you chose for a time to enjoy his light. "I have testimony weightier than that of John. For the works that the Father has given me to finish—the very works that I am doing—testify that the Father has sent me. And the Father who sent me has himself testified concerning me. You have never heard his voice nor seen his form, nor does his word dwell in you, for you do not believe the one he sent. You study the Scriptures diligently



because you think that in them you have eternal life. These are the very Scriptures that testify about me, yet you refuse to come to me to have life. “I do not accept glory from human beings, but I know you. I know that you do not have the love of God in your hearts. I have come in my Father’s name, and you do not accept me; but if someone else comes in his own name, you will accept him. How can you believe since you accept glory from one another but do not seek the glory that comes from the only God? “But do not think I will accuse you before the Father. Your accuser is Moses, on whom your hopes are set. If you believed Moses, you would believe me, for he wrote about me. But since you do not believe what he wrote, how are you going to believe what I say?”

You’re welcome to pray for the following today:

Thank God for the British government and department heads. May they have the wisdom to lead the country, especially regarding Brexit.

Pray for those who are in charge of our local and national economies. Pray for real flourishing as well as just provision. Pray that love and mercy can be demonstrated among us and whoever lives here.

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.*



16th 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:**

O God, you have given us the Good News of your abounding love in your Son Jesus Christ: So fill my heart with thankfulness that I may rejoice to proclaim the good tidings I have received; 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 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.

John 7:1-2,10,25-30

After this Jesus went about in Galilee. He did not wish to go about in Judea because the Jews were looking for an opportunity to kill him. Now the Jewish festival of Booths was near. But after his brothers had gone to the festival, then he also went, not publicly but as it were in secret. Now some of the people of Jerusalem were saying, "Is not this the man whom they are trying to kill? And here he is, speaking openly, but they say nothing to him! Can it be that the authorities really know that this is the Messiah? Yet we know where this man is from; but when the Messiah comes, no one will know where he is from." Then Jesus cried out as he was teaching in the temple, "You know me, and you know where I am from. I have not come on my own. But the one who sent me is true, and you do not know him. I know him, because I am from him, and he sent me." Then they tried to arrest him, but no one laid hands on him, because his hour had not yet come.



You're welcome to pray for the following today:

I praise you Lord for your salvation.

Pray for Yemen. Government officials continue to intimidate Christians and Islamic organisations. Pray that God will be glorified in the gatherings of secret believers and give them opportunities to minister to fellow Yemenis.

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.



17th 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:**

Mercifully hear our prayers, O Lord, and spare all those who confess their sins to you; that those whose consciences are accused by sin may by your merciful pardon be absolved; 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 7:6-10

Arise, O Lord, in your anger; rise up against the rage of my enemies. Awake, my God; decree justice. Let the assembled peoples gather around you. Rule over them from on high; let the Lord judge the peoples. Judge me, O Lord, according to my righteousness, according to my integrity, O Most High. O righteous God, who searches minds and hearts, bring to an end the violence of the wicked and make the righteous secure. My shield is God Most High, who saves the upright in heart

John 7:37-52

On the last and greatest day of the festival, Jesus stood and said in a loud voice, "Let anyone who is thirsty come to me and drink. Whoever believes in me, as Scripture has said, rivers of living water will flow from within them." By this he meant the Spirit, whom those who believed in him were later to receive. Up to that time the Spirit had not been given, since Jesus had not yet been glorified. On hearing his words, some of the people said, "Surely this man is the Prophet." Others said, "He is the Messiah."

Still others asked, "How can the Messiah come from Galilee? Does not Scripture say that the Messiah will come from David's descendants and from Bethlehem, the town where David lived?" Thus the people were divided because of Jesus. Some wanted to seize him, but no one laid a hand on him.

Finally the temple guards went back to the chief priests and the Pharisees, who asked them, "Why didn't you bring him in?" "No one ever spoke the way this man does," the guards replied. "You mean he has deceived you also?" the Pharisees retorted. "Have any of the rulers or of the Pharisees believed in him? No! But this



mob that knows nothing of the law—there is a curse on them.” Nicodemus, who had gone to Jesus earlier and who was one of their own number, asked, “Does our law condemn a man without first hearing him to find out what he has been doing?” They replied, “Are you from Galilee, too? Look into it, and you will find that a prophet does not come out of Galilee.”

You're welcome to pray for the following today:

I praise you Lord for you are a God of mission.

Pray for our new missionaries Titus and Hazel, Simon and family in China, Pastor Wong in Hong Kong, Franki & Cindy in UK, Andy and Lim in Croatia and other places. May they all have the special wisdom to know how to shepherd the groups they serve and to witness among them.

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.*



18th 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:**

Almighty God, you alone can bring into order the unruly wills and affections of sinners: Grant me grace to love what you command and desire what you promise; that, among the swift and varied changes of the world, my hearts may surely there be fixed where true joys are to be found; through Jesus Christ our Lord, 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 51:1-12

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 that you
are proved right when you speak and justified when you judge.
Surely I was sinful at birth, sinful from the time my mother conceived me.
Surely you desire truth in the inner parts, you teach me wisdom in the inmost
place,
Cleans 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.
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.

John 12:20-33

Now there were some Greeks among those who went up to worship at the festival. They came to Philip, who was from Bethsaida in Galilee, with a request. "Sir," they said, "we would like to see Jesus." Philip went to tell Andrew; Andrew and Philip in turn told Jesus. Jesus replied, "The hour has come for the Son of Man to be



glorified. Very truly I tell you, unless a kernel of wheat falls to the ground and dies, it remains only a single seed. But if it dies, it produces many seeds. Anyone who loves their life will lose it, while anyone who hates their life in this world will keep it for eternal life. Whoever serves me must follow me; and where I am, my servant also will be. My Father will honor the one who serves me. “Now my soul is troubled, and what shall I say? ‘Father, save me from this hour’? No, it was for this very reason I came to this hour. Father, glorify your name!” Then a voice came from heaven, “I have glorified it, and will glorify it again.” The crowd that was there and heard it said it had thundered; others said an angel had spoken to him. Jesus said, “This voice was for your benefit, not mine. Now is the time for judgment on this world; now the prince of this world will be driven out. And I, when I am lifted up from the earth, will draw all people to myself.” He said this to show the kind of death he was going to die.

You’re welcome to pray for the following today:

Pray for all Christians to remember what God has done for them through Jesus dying on the cross.

Pray for preachers, that the Word of God would be powerfully taught. May the congregations have a heart to love God's Word and be committed to it. Pray for people living on our streets to have many opportunities to hear the Gospel from our church and others. Pray that all Christians living locally would apply the teachings of the Bible to their own lives, impacting those around them.

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.*