



# **LENT 2018**

## **WORSHIP & PRAYER**

### **Journey**

## **PRAYER JOURNEY PACK**

**19 MAR – 25 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>



## **19<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:**

*O God, who from the family of your servant David raised up Joseph to be the guardian of your incarnate Son and the spouse of his virgin mother: Give me grace to imitate his uprightness of life and his obedience to your commands; 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 89:1-4, 26-29*

I will sing of the Lord's great love forever; with my mouth I will make your faithfulness known through all generations. I will declare that your love stands firm forever, that you established your faithfulness in heaven itself.

You said, "I have made a covenant with my chosen one, I have sworn to David my servant, 'I will establish your line forever and make your throne firm through all generations.'"

He will call out to me, "You are my Father, my God, the Rock my Savior.' I will also appoint him my firstborn, the most exalted of the kings of the earth.

I will maintain my love to him forever, and my covenant with him will never fail.

I will establish his line forever, his throne as long as the heavens endure.

*Luke 2:41-52*

Every year Jesus' parents went to Jerusalem for the Festival of the Passover. When he was twelve years old, they went up to the festival, according to the custom. After the festival was over, while his parents were returning home, the boy Jesus stayed behind in Jerusalem, but they were unaware of it. Thinking he was in their company, they traveled on for a day. Then they began looking for him among their relatives and friends. When they did not find him, they went back to Jerusalem to look for him. After three days they found him in the temple courts, sitting among the teachers, listening to them and asking them questions. Everyone who heard him was amazed at his understanding and his answers. When his parents saw him, they were astonished. His mother said to him, "Son, why have



you treated us like this? Your father and I have been anxiously searching for you.”  
“Why were you searching for me?” he asked. “Didn’t you know I had to be in my Father’s house?” But they did not understand what he was saying to them.  
Then he went down to Nazareth with them and was obedient to them. But his mother treasured all these things in her heart. And Jesus grew in wisdom and stature, and in favor with God and man.

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

*Praise you Lord for you are a God of mission.*

*Pray for our missionaries Cheuk Chung Lau, Faith Gordon and daughter Vanessa in Bazile, Ron & Leng Kee in Thailand, Stephen & Denise, Youssef & Hie Tee, and also Martin & Martha Wang. HOLF in Hong Kong, Susie Cheung and Grace Chan. May they all have special wisdom to know how to shepherd the groups they serve and be a 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.*



**20<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:**

*Almighty God, through the incarnate Word you have caused us to be born anew of an imperishable and eternal seed: Look with compassion upon those who are being prepared for Holy Baptism, and grant that they may be built as living stones into a spiritual temple acceptable to 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 102:15-22*

The nations will fear the name of the Lord, all the kings of the earth will revere your glory. For the Lord will rebuild Zion and appear in his glory. He will respond to the prayer of the destitute; he will not despise their plea. Let this be written for a future generation, that a people not yet created may praise the Lord:

The Lord looked down from his sanctuary on high, from heaven he viewed the earth, to hear the groans of the prisoners and release those condemned to death." So the name of the Lord will be declared in Zion and his praise in Jerusalem when the peoples and the kingdoms assemble to worship the Lord.

*John 8:21-30*

Once more Jesus said to them, "I am going away, and you will look for me, and you will die in your sin. Where I go, you cannot come."

This made the Jews ask, "Will he kill himself? Is that why he says, 'Where I go, you cannot come'?" But he continued, "You are from below; I am from above. You are of this world; I am not of this world. I told you that you would die in your sins; if you do not believe that I am he, you will indeed die in your sins."

"Who are you?" they asked. "Just what I have been telling you from the beginning," Jesus replied. "I have much to say in judgment of you. But he who sent me is trustworthy, and what I have heard from him I tell the world."

They did not understand that he was telling them about his Father. So Jesus said, "When you have lifted up the Son of Man, then you will know that I am he and that I do nothing on my own but speak just what the Father has taught me. The one who



sent me is with me; he has not left me alone, for I always do what pleases him.”  
Even as he spoke, many believed in him.

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

*Praise you Lord for in all things God works for the good of those who love Him.*

*Pray for those in need. Pray for all those who are orphaned. Pray for those who are in war zones. Pray for those who are still in a difficult situation due to disasters. May they come to know God's loving kindness and Fatherly care. May they find refuge in God.*

*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.*



## 21<sup>st</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:**

*Almighty God our heavenly Father, renew in me the gifts of your mercy; increase my faith, strengthen my hope, enlighten my understanding, widen my charity, and make me ready to 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 86:1-13*

Hear, O Lord, and answer me, for I am poor and needy. Guard my life, for I am devoted to you. You are my God; save your servant who trusts in you. Have mercy on me, O Lord, for I call to you all day long. Bring joy to your servant, for to you, O Lord, I lift up my soul.

You are forgiving and good, O Lord, abounding in love to all who call to you. Hear my prayer, O Lord, listen to my cry for mercy, in the day of my trouble I will call to you, for you will answer me.

Among the gods there is none like you, O Lord; no deeds can compare with yours. All the nations you have made will come and worship before you, O Lord; they will bring glory to your name. For you are great and do marvelous deeds; you alone are God.

Teach me your way, O Lord, and I will walk in your truth; give me an undivided heart, that I may fear your name. I will praise you, O Lord my God, with all my heart; I will glorify your name forever. For great is your love toward me; you have delivered me from the depths of the grave.

*John 8:31-42*

To the Jews who had believed him, Jesus said, "If you hold to my teaching, you are really my disciples. Then you will know the truth, and the truth will set you free." They answered him, "We are Abraham's descendants and have never been slaves



of anyone. How can you say that we shall be set free?"

Jesus replied, "Very truly I tell you, everyone who sins is a slave to sin. Now a slave has no permanent place in the family, but a son belongs to it forever. So if the Son sets you free, you will be free indeed. I know that you are Abraham's descendants. Yet you are looking for a way to kill me, because you have no room for my word. I am telling you what I have seen in the Father's presence, and you are doing what you have heard from your father." "Abraham is our father," they answered. "If you were Abraham's children," said Jesus, "then you would do what Abraham did. As it is, you are looking for a way to kill me, a man who has told you the truth that I heard from God. Abraham did not do such things. You are doing the works of your own father." "We are not illegitimate children," they protested. "The only Father we have is God himself." Jesus said to them, "If God were your Father, you would love me, for I have come here from God. I have not come on my own; God sent me.

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

*Praise you Lord, for your faithfulness.*

*Pray for Turkey. Those who leave Islam are seen as betraying Turkish Identity. Pray for believers from Muslim backgrounds to minister graciously and wisely to their families, and for strength and encouragement for those who are treated as traitors after embracing the Christian 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.*





## 22<sup>nd</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:**

*O God, you have called me to be your child, and has promised that those who suffer with Christ will be heirs with him of your glory: Arm me with such trust in him that I may ask no rest from his demands and have no fear in his service; 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 105:4-11*

Look to the Lord and his strength; seek his face always.

Remember the wonders he has done, his miracles, and the judgments he pronounced,

O descendants of Abraham his servant,

O sons of Jacob, his chosen ones.

He is the Lord our God; his judgments are in all the earth.

He remembers his covenant forever, the word he commanded, for a thousand generations, the covenant he made with Abraham, the oath he swore to Isaac.

He confirmed it to Jacob as a decree, to Israel as an everlasting covenant:

“To you I will give the land of Canaan as the portion you will inherit.”

*John 8:51-59*

Very truly I tell you, whoever obeys my word will never see death.”

At this they exclaimed, “Now we know that you are demon-possessed! Abraham died and so did the prophets, yet you say that whoever obeys your word will never taste death. Are you greater than our father Abraham? He died, and so did the prophets. Who do you think you are?”

Jesus replied, “If I glorify myself, my glory means nothing. My Father, whom you claim as your God, is the one who glorifies me. Though you do not know him, I know him. If I said I did not, I would be a liar like you, but I do know him and obey his word. <sup>56</sup>Your father Abraham rejoiced at the thought of seeing my day; he saw it and was glad.”

“You are not yet fifty years old,” they said to him, “and you have seen Abraham!”



“Very truly I tell you,” Jesus answered, “before Abraham was born, I am!” At this, they picked up stones to stone him, but Jesus hid himself, slipping away from the temple grounds.

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

*Praise you Lord, for you are the ruler of whole earth.*

*Pray for Egypt. Violent attacks and church bombings in Egypt have become mainstream news, but there’s a hidden story of violence against women, too. The kidnapping of Christian girls for forced marriage to Muslim extremists is becoming commonplace in Egypt. Such abductions have a huge impact, not only on the girls themselves, but also on their families and communities.*

*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.*



**23<sup>rd</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:**

*O Lord, you relieve our necessity out of the abundance of your great riches: Grant that we may accept with joy the salvation you bestow, and manifest it to all the world by the quality of our lives; 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 18:1-6*

I love you, O Lord, my strength.

The Lord is my rock, my fortress and my deliverer; my God is my rock, in whom I take refuge.

He is my shield and the horn of my salvation, my stronghold.

I call to the Lord, who is worthy of praise, and I am saved from my enemies.

The cords of death entangled me; the torrents of destruction overwhelmed me.

The cords of the grave coiled around me; the snares of death confronted me.

In my distress I called to the Lord; I cried to my God for help.

From his temple he heard my voice;

My cry came before him, into his ears.

*John 10:31-42*

Again his Jewish opponents picked up stones to stone him, but Jesus said to them, "I have shown you many good works from the Father. For which of these do you stone me?" "We are not stoning you for any good work," they replied, "but for blasphemy, because you, a mere man, claim to be God." Jesus answered them, "Is it not written in your Law, 'I have said you are "gods"'? If he called them 'gods,' to whom the word of God came—and Scripture cannot be set aside— what about the one whom the Father set apart as his very own and sent into the world? Why then do you accuse me of blasphemy because I said, 'I am God's Son'? Do not believe me unless I do the works of my Father. But if I do them, even though you do not believe me, believe the works, that you may know and understand that the Father is in me, and I in the Father." Again they tried to seize him, but he escaped their



grasp. Then Jesus went back across the Jordan to the place where John had been baptizing in the early days. There he stayed, and many people came to him. They said, “Though John never performed a sign, all that John said about this man was true.” And in that place many believed in Jesus.

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

*Praise the Lord, He is Emmanuel.*

*Pray for North Korea. With up to 70,000 Christians currently struggling in vast labour camps and the “squeeze” of freedoms denied, as Christians find themselves unable to live out their faith publicly or even privately, except in the utmost secrecy.*

*The government monitors them to the point where many Christians are afraid to even tell their children about Jesus, for fear they will let something slip to a teacher or a neighbour. Please remember 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.*



## 24<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 Lord, in your goodness you bestow abundant graces on your elect: Look with favor, we entreat you, upon those who in these Lenten days are being prepared for Holy Baptism, and grant them the help of your protection; 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 85:1-7*

You showed favor to your land, O Lord; you restored the fortunes of Jacob.  
You forgave the iniquity of your people and covered all their sins.  
You set aside all your wrath and turned from your fierce anger.  
Restore us again, O God our Savior, and put away your displeasure toward us.  
Will you be angry with us forever?  
Will you prolong your anger through all generations?  
Will you not revive us again, that your people may rejoice in you?  
Show us your unfailing love, O Lord, and grant us your salvation.

*John 11:45-53*

Therefore many of the Jews who had come to visit Mary, and had seen what Jesus did, believed in him. But some of them went to the Pharisees and told them what Jesus had done. Then the chief priests and the Pharisees called a meeting of the Sanhedrin. "What are we accomplishing?" they asked. "Here is this man performing many signs. If we let him go on like this, everyone will believe in him, and then the Romans will come and take away both our temple and our nation." Then one of them, named Caiaphas, who was high priest that year, spoke up, "You know nothing at all! You do not realize that it is better for you that one man die for the people than that the whole nation perish." He did not say this on his own, but as high priest that year he prophesied that Jesus would die for the Jewish nation, and not only for that nation but also for the scattered children of God, to bring them together and make them one. So from that day on they plotted to take his life.



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

*Praise you Lord, for You bring peace and hope.*

*Pray for Haiti. The 2010 earthquake claimed the lives of 220,000 Haitians. A subsequent cholera outbreak killed 9,000 more. They are still facing hardship in restoring their homes and facing poverty. Pray that the children and families will know they are not struggling alone. Pray for more help financially and in manpower to rebuild the country.*

*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.*



## 25<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:**

*Almighty and ever-living God, in your tender love for the human race you sent your Son our Savior Jesus Christ to take upon him our nature, and to suffer death upon the cross, giving us the example of his great humility: Mercifully grant that we may walk in the way of his suffering, and also share in his resurrection; 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 31:9-16*

Be merciful to me, O Lord, for I am in distress; my eyes grow weak with sorrow, my soul and my body with grief. My life is consumed by anguish and my years by groaning; my strength fails because of my affliction, and my bones grow weak. Because of all my enemies, I am the utter contempt of my neighbors; I am a dread to my friends – those who see me on the street flee from me. I am forgotten by them as though I were dead; I have become like broken pottery. For I hear the slander of many; there is terror on every side; they conspire against me and plot to take my life. But I trust in you, O Lord; I say, “You are my God.” My times are in your hands; deliver me from my enemies and from those who pursue me. Let your face shine on your servant; save me in your unfailing love.

*Mark 14:1-15*

Now the Passover and the Festival of Unleavened Bread were only two days away, and the chief priests and the teachers of the law were scheming to arrest Jesus secretly and kill him. “But not during the festival,” they said, “or the people may riot.”

While he was in Bethany, reclining at the table in the home of Simon the Leper, a woman came with an alabaster jar of very expensive perfume, made of pure nard. She broke the jar and poured the perfume on his head. Some of those present were saying indignantly to one another, “Why this waste of perfume? It could have been sold for more than a year’s wages and the money given to the poor.” And they



rebuked her harshly.

“Leave her alone,” said Jesus. “Why are you bothering her? She has done a beautiful thing to me. The poor you will always have with you, and you can help them any time you want. But you will not always have me. She did what she could. She poured perfume on my body beforehand to prepare for my burial. Truly I tell you, wherever the gospel is preached throughout the world, what she has done will also be told, in memory of her.”

Then Judas Iscariot, one of the Twelve, went to the chief priests to betray Jesus to them. They were delighted to hear this and promised to give him money. So he watched for an opportunity to hand him over. On the first day of the Festival of Unleavened Bread, when it was customary to sacrifice the Passover lamb, Jesus’ disciples asked him, “Where do you want us to go and make preparations for you to eat the Passover?”

So he sent two of his disciples, telling them, “Go into the city, and a man carrying a jar of water will meet you. Follow him. <sup>14</sup>Say to the owner of the house he enters, ‘The Teacher asks: Where is my guest room, where I may eat the Passover with my disciples?’ He will show you a large room upstairs, furnished and ready. Make preparations for us there.”

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

*Praise the Lord for Palm Sunday.*

*Palm Sunday is a time to remember Christ’s last week on earth. Pray for our Sunday service, which is held in various congregations. Pray that God would be glorified and that we can meet with Him. Let us be reminded when we partake the Lord’s Supper: by taking up the bread --- we are chosen and taken out of our sin; give thanks --- God will bless our life; breaking the bread-- we are broken and renewed; give out---go out into the community to become someone else’s blessing.*

*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.*

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