



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

**PRAYER JOURNEY PACK**

**26 MAR – 1 APR**

**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/JSjn1_Q-u-Y">https://youtu.be/JSjn1_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-JCpSg">https://youtu.be/My36j-JCpSg</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>



## 26<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:**

*Almighty God, whose most dear Son went not up to joy but first he suffered pain, and entered not into glory before he was crucified: Mercifully grant that we, walking in the way of the cross, may find it none other than the way of life and peace; 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 36:5-11*

Your love, O Lord, reaches to the heavens, your faithfulness to the skies.  
Your righteousness is like the mighty mountains, your justice like the great deep.  
O Lord, you preserve both man and beast. How priceless is your unfailing love!  
Both high and low among men find refuge in the shadow of your wings. They feast  
on the abundance of your house; you give them drink from your river of delights.  
For with you is the fountain of life; in your light we see light. Continue your love to  
those who know you, your righteousness to the upright in heart. May the foot of  
the proud not come against me, nor the hand of the wicked drive me away.

### *John 12:1-11*

Six days before the Passover, Jesus came to Bethany, where Lazarus lived, whom Jesus had raised from the dead. Here a dinner was given in Jesus' honor. Martha served, while Lazarus was among those reclining at the table with him. Then Mary took about a pint of pure nard, an expensive perfume; she poured it on Jesus' feet and wiped his feet with her hair. And the house was filled with the fragrance of the perfume.

But one of his disciples, Judas Iscariot, who was later to betray him, objected, "Why wasn't this perfume sold and the money given to the poor? It was worth a year's wages." He did not say this because he cared about the poor but because he was a thief; as keeper of the money bag, he used to help himself to what was put into it.

"Leave her alone," Jesus replied. "It was intended that she should save this perfume



for the day of my burial. You will always have the poor among you, but you will not always have me.” Meanwhile a large crowd of Jews found out that Jesus was there and came, not only because of him but also to see Lazarus, whom he had raised from the dead. So the chief priests made plans to kill Lazarus as well, for on account of him many of the Jews were going over to Jesus and believing in him.

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

*I praise you Lord, because Christ died for me so that I can be released from sin.*

*As we approach Easter, may we remember that Jesus's death restored our relationship with God. Our relationship with others, ourselves and our planet are also preserved as we seek to act justly, love mercy and walk humbly with our 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.*



**27<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 God, by the passion of your blessed Son you made an instrument of shameful death to be for us the means of life: Grant us so to glory in the cross of Christ, that we may gladly suffer shame and loss for the sake of your Son our 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 71:1-14*

In you, O Lord, I have taken refuge; Let me never be put to shame.  
Rescue me and deliver me in your righteousness; turn your ear to me and save me.  
Be my rock of refuge to which I can always go; give the command to save me, for you are my rock and my fortress. Deliver me, O my God, from the hand of the wicked, from the grasp of evil and cruel men. For you have been my hope, O Sovereign Lord, my confidence since my youth. From birth I have relied on you; you brought me forth from my mother's womb. I will ever praise you. I have become like a portent to many, but you are my strong refuge. My mouth is filled with your praise, declaring your splendor all day long. Do not cast me away when I am old; do not forsake me when my strength is gone. For my enemies speak against me; those who wait to kill me conspire together. They say, "God has forsaken him; pursue him and seize him, for no one will rescue him." Be not far from me, O God; come quickly, O my God, to help me. May my accusers perish in shame; may those who want to harm me be covered with scorn and disgrace. But as for me, I will always have hope; I will praise you more and more.

*John 12:20-36*

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. The crowd spoke up, “We have heard from the Law that the Messiah will remain forever, so how can you say, ‘The Son of Man must be lifted up’? Who is this ‘Son of Man’?” Then Jesus told them, “You are going to have the light just a little while longer. Walk while you have the light, before darkness overtakes you. Whoever walks in the dark does not know where they are going. Believe in the light while you have the light, so that you may become children of light.” When he had finished speaking, Jesus left and hid himself from them.

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

*Praise the Lord, You are Jehovah-Jireh ◦*

*Pray for Colindale congregation. They have just celebrated their 21-year anniversary in February. May the congregation continue to experience God’s blessing, enjoy Bible study and prayer meetings. There are 5 brothers and sisters who will get baptised on 2/4. Remember that Pastor Lau will begin his three-month Sabbath starting in April.*

*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.*



## 28<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:**

*Lord God, whose blessed Son our Savior gave his body to be whipped and his face to be spit upon: Give us grace to accept joyfully the sufferings of the present time, confident of the glory that shall be revealed; 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 70*

Hasten, O God, to save me; O Lord, come quickly to help me. May those who seek my life be put to shame and confusion; may all who desire my ruin be turned back in disgrace.

May those who say to me, "Aha! Aha!" turn back because of their shame. But may all who seek you rejoice and be glad in you; may those who love your salvation always say, "Let God be exalted!" Yet I am poor and needy; come quickly to me, O God. You are my help and my deliverer; O Lord, do not delay.

### *John 13:21-32*

After he had said this, Jesus was troubled in spirit and testified, "Very truly I tell you, one of you is going to betray me." His disciples stared at one another, at a loss to know which of them he meant. One of them, the disciple whom Jesus loved, was reclining next to him. Simon Peter motioned to this disciple and said, "Ask him which one he means." Leaning back against Jesus, he asked him, "Lord, who is it?" Jesus answered, "It is the one to whom I will give this piece of bread when I have dipped it in the dish." Then, dipping the piece of bread, he gave it to Judas, the son of Simon Iscariot. As soon as Judas took the bread, Satan entered into him.

So Jesus told him, "What you are about to do, do quickly." But no one at the meal understood why Jesus said this to him. Since Judas had charge of the money, some thought Jesus was telling him to buy what was needed for the festival, or to give something to the poor. As soon as Judas had taken the bread, he went out. And it



was night. When he was gone, Jesus said, “Now the Son of Man is glorified and God is glorified in him. If God is glorified in him, God will glorify the Son in himself, and will glorify him at once.

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

*Thank God for His guidance and leading New Soho congregation in the past 13 years.*

*In April 2018, New Soho congregation will enter their 14th year. In the past year, the congregation has experienced many challenges. Thank God the congregation and the leaders are all in one heart to get through, so we know that God is still in charge. Let us continue to walk with God. Pray that the Mandarin service, through worship together, studying God’s word together and fellowship, can be built up again. May the English service attendees, through worship, prayer and Bible study, experience life transformation so they can be a witness among their friends and community. May the Cantonese service brothers/sisters experience transformation and growth through small groups and fellowships, and be able to care more for the community.*

*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.*



**29<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:**

*Almighty Father, whose dear Son, on the night before he suffered, instituted the Sacrament of his Body and Blood: Mercifully grant that I may receive it thankfully in remembrance of Jesus Christ our Lord, who in these holy mysteries gives us a pledge of eternal life; and who now 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 116:1, 10-17*

I love the Lord, for he heard my voice; he heard my cry for mercy.  
I believed; therefore I said, "I am greatly afflicted."  
And in my dismay I said, "All men are liars."  
How can I repay the Lord for all his goodness to me?  
I will lift up the cup of salvation and call on the name of the Lord.  
I will fulfill my vows to the Lord in the presence of all his people.  
Precious in sight of the Lord is the death of his saints.  
O Lord, truly I am your servant; I am your servant, the son of your maidservant,  
you have freed me from my chains.  
I will sacrifice a thank offering to you and call on the name of the Lord.

*John 13:1-17*

It was just before the Passover Festival. Jesus knew that the hour had come for him to leave this world and go to the Father. Having loved his own who were in the world, he loved them to the end. The evening meal was in progress, and the devil had already prompted Judas, the son of Simon Iscariot, to betray Jesus. Jesus knew that the Father had put all things under his power, and that he had come from God and was returning to God; so he got up from the meal, took off his outer clothing, and wrapped a towel around his waist. After that, he poured water into a basin and began to wash his disciples' feet, drying them with the towel that was wrapped around him. He came to Simon Peter, who said to him, "Lord, are you going to wash my feet?" Jesus replied, "You do not realize now what I am doing, but later you will understand." "No," said Peter, "you shall never wash my feet." Jesus



answered, “Unless I wash you, you have no part with me.” “Then, Lord,” Simon Peter replied, “not just my feet but my hands and my head as well!” Jesus answered, “Those who have had a bath need only to wash their feet; their whole body is clean. And you are clean, though not every one of you.” For he knew who was going to betray him, and that was why he said not every one was clean. When he had finished washing their feet, he put on his clothes and returned to his place. “Do you understand what I have done for you?” he asked them. “You call me ‘Teacher’ and ‘Lord,’ and rightly so, for that is what I am. Now that I, your Lord and Teacher, have washed your feet, you also should wash one another’s feet. I have set you an example that you should do as I have done for you. Very truly I tell you, no servant is greater than his master, nor is a messenger greater than the one who sent him. Now that you know these things, you will be blessed if you do them.

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

*Thank you Jesus, for You are the Way, the Truth and the Life, and through You we can be reconnected with God.*

*Pray for Easter Conference:*

*Date: 30/3 to 1/4*

*Venue : WMC*

*Speaker: Dr. David W Pao*

*Topic : Message from Book of Luke*

*Also remember in prayer the Easter camp for English speaking youth 30/3 to 2/4.*

*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.*



**30<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:**

*Almighty God, I pray you graciously to behold this your family, for whom our Lord Jesus Christ was willing to be betrayed, and given into the hands of sinners, and to suffer death upon the cross; who now 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 22:1-7, 14-19*

My God, my God, why have you forsaken me? Why are you so far from saving me, so far from the words of my groaning? O my God, I cry out by day, but you do not answer, by night, and am not silent. Yet you are enthroned as the Holy One; you are the praise of Israel. In you our fathers put their trust; they trusted and you delivered them. They cried to you and were saved; in you they trusted and were not disappointed. But I am a worm and not a man, scorned by men and despised by the people. All who see me mock me; they hurl insults, shaking their heads. I am poured out like water, and all my bones are out of joint. My heart has turned to wav; it has melted away within me. My strength is dried up like a potsherd, and my tongue sticks to the roof of my mouth; you lay me in the dust of death. Dogs have surrounded me; a band of evil men has encircled me, they have pierced my hands and my feet. I can count all my bones; people stare and gloat over me. They divide my garments among them and cast lots for my cloth. But you, O Lord, be not far off; O my Strength, come quickly to help me.

*John 18:1-19, 22*

When he had finished praying, Jesus left with his disciples and crossed the Kidron Valley. On the other side there was a garden, and he and his disciples went into it. Now Judas, who betrayed him, knew the place, because Jesus had often met there with his disciples. So Judas came to the garden, guiding a detachment of soldiers and some officials from the chief priests and the Pharisees. They were carrying torches, lanterns and weapons. Jesus, knowing all that was going to happen to him, went out and asked them, "Who is it you want?" "Jesus of Nazareth," they replied. "I am he," Jesus said. (And Judas the traitor was standing there with them.) When



Jesus said, “I am he,” they drew back and fell to the ground. Again he asked them, “Who is it you want?” “Jesus of Nazareth,” they said. Jesus answered, “I told you that I am he. If you are looking for me, then let these men go.” This happened so that the words he had spoken would be fulfilled: “I have not lost one of those you gave me.” Then Simon Peter, who had a sword, drew it and struck the high priest’s servant, cutting off his right ear. (The servant’s name was Malchus.) Jesus commanded Peter, “Put your sword away! Shall I not drink the cup the Father has given me?” Then the detachment of soldiers with its commander and the Jewish officials arrested Jesus. They bound him and brought him first to Annas, who was the father-in-law of Caiaphas, the high priest that year. Caiaphas was the one who had advised the Jewish leaders that it would be good if one man died for the people. Simon Peter and another disciple were following Jesus. Because this disciple was known to the high priest, he went with Jesus into the high priest’s courtyard, but Peter had to wait outside at the door. The other disciple, who was known to the high priest, came back, spoke to the servant girl on duty there and brought Peter in. “You aren’t one of this man’s disciples too, are you?” she asked Peter. He replied, “I am not.” It was cold, and the servants and officials stood around a fire they had made to keep warm. Peter also was standing with them, warming himself. Meanwhile, the high priest questioned Jesus about his disciples and his teaching. When Jesus said this, one of the officials nearby slapped him in the face. “Is this the way you answer the high priest?” he demanded.

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

*We can never thank Jesus Christ enough for the price He paid for us on the cross.*

*Thank God that we are primarily the product of the work of Christ on the cross. Remember that we are literally a new creature in Christ. The 'old me' is gone and the new me' has come. Father, thank You for working all things for good in my life, even the effects of evil attacks meant for my harm and destruction.*

*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.*



## 31<sup>st</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, Creator of heaven and earth: Grant that, as the crucified body of your dear Son was laid in the tomb and rested on this holy Sabbath, so I may await with him the coming of the third day, and rise with him to newness of life; who now lives and reigns with you and the Holy Spirit, one God, for ever and ever. Amen.*

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

*Psalms 31:1-4, 15-16*

In you, O Lord, I have taken refuge; let me never be put to shame; deliver me in your righteousness. Turn your ear to me, come quickly to my rescue; be my rock of refuge, a strong fortress to save me. Since you are my rock and my fortress, for the sake of your name lead and guide me. Free me from the trap that is set for me, for you are my refuge.

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.

*John 19:38-42*

Later, Joseph of Arimathea asked Pilate for the body of Jesus. Now Joseph was a disciple of Jesus, but secretly because he feared the Jewish leaders. With Pilate's permission, he came and took the body away. He was accompanied by Nicodemus, the man who earlier had visited Jesus at night. Nicodemus brought a mixture of myrrh and aloes, about seventy-five pounds. Taking Jesus' body, the two of them wrapped it, with the spices, in strips of linen. This was in accordance with Jewish burial customs. At the place where Jesus was crucified, there was a garden, and in the garden a new tomb, in which no one had ever been laid. Because it was the Jewish day of Preparation and since the tomb was nearby, they laid Jesus there.



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

*Give thanks for the Lent prayer time. May we continue to keep practising daily quietness, prayer and mediation in our lives so that we can get to know God more and love Him more in such a way that our life is no longer the same. May we truly live out our love for God, love for believers and love for our neighbours. Let our core values be refreshed in us. May 'Authenticity, Holiness and Multiply' no longer be simply a lip service, but be worked out in our lives. Remember today's IDMC prayer meeting. May more brothers/sisters come and join us, and experience God's change in our life through prayers.*

*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.*



**1<sup>st</sup> April, 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, who for our redemption gave your only-begotten Son to the death of the cross, and by his glorious resurrection delivered us from the power of our enemy: Grant us so to die daily to sin, that we may evermore live with him in the joy of his resurrection; through Jesus Christ your Son 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 118:1-2; 14-24*

Give thanks to the Lord, for he is good; his love endures forever. Let Israel say: "His love endures forever." The Lord is my strength and my song; he has become my salvation. Shouts of joy and victory resound in the tents of the righteous: "The Lord's right hand has done mighty things! The Lord's right hand is lifted high; the Lord's right hand has done mighty things!" I will not die but live, and will proclaim what the Lord has done. The Lord has chastened me severely, but he has not given me over to death. Open for me the gates of righteousness; I will enter and give thanks to the Lord. This is the gate of the Lord through which the righteous may enter. I will give you thanks, for you answered me; you have become my salvation. The stone the builders rejected has become the capstone; the Lord has done this, and it is marvelous in our eyes. This is the day the Lord has made; let us rejoice and be glad in it.

*John 20:1-18*

Early on the first day of the week, while it was still dark, Mary Magdalene went to the tomb and saw that the stone had been removed from the entrance. So she came running to Simon Peter and the other disciple, the one Jesus loved, and said, "They have taken the Lord out of the tomb, and we don't know where they have put him!" So Peter and the other disciple started for the tomb. Both were running, but the other disciple outran Peter and reached the tomb first. He bent over and looked in at the strips of linen lying there but did not go in. Then Simon Peter came along behind him and went straight into the tomb. He saw the strips of linen lying there, as well as the cloth that had been wrapped around Jesus' head. The cloth was still



lying in its place, separate from the linen. Finally the other disciple, who had reached the tomb first, also went inside. He saw and believed. (They still did not understand from Scripture that Jesus had to rise from the dead.) Then the disciples went back to where they were staying. Now Mary stood outside the tomb crying. As she wept, she bent over to look into the tomb and saw two angels in white, seated where Jesus' body had been, one at the head and the other at the foot. They asked her, "Woman, why are you crying?" "They have taken my Lord away," she said, "and I don't know where they have put him." At this, she turned around and saw Jesus standing there, but she did not realize that it was Jesus. He asked her, "Woman, why are you crying? Who is it you are looking for?" Thinking he was the gardener, she said, "Sir, if you have carried him away, tell me where you have put him, and I will get him." Jesus said to her, "Mary." She turned toward him and cried out in Aramaic, "Rabboni!" (which means "Teacher"). Jesus said, "Do not hold on to me, for I have not yet ascended to the Father. Go instead to my brothers and tell them, 'I am ascending to my Father and your Father, to my God and your God.'" Mary Magdalene went to the disciples with the news: "I have seen the Lord!" And she told them that he had said these things to her.

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

*Praise the Lord! We rejoice because Jesus has the power to defeat death and bring new life. Jesus came to give us life in all of its fullness and we are filled with the hope of the restoration of all things. Let us continue to consider the wonder of this new life. Pray that the meaning of new life continues to change us, and the world around us. Remember the baptismal service tomorrow. May all brothers/sisters who will be baptised continue to experience a life being changed by 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.*