

Special thanks to 'Engage Worship' for giving permission to use their worship ideas and material in this prayer journal.



# WORSHIP & PRAYER ROOM

*'COME and worship me with your whole life  
you will experience transformation in your heart, soul,  
mind & strength'*

*...your PRAYER JOURNAL*

*...Whether in your own personal quiet room...  
...or inside the church's monthly worship & prayer room...  
This prayer journal takes you on a journey through worship & prayers  
and you can come into God's presence; build a relationship with Jesus;  
and be ministered in the Holy Spirit*

*Worship & Prayer Room | Chinese Church in London  
7pm-9pm Soho Outreach Centre | 2nd Tuesday MONTHLY*

## As you begin

What does worship mean to me? Is my worship God centered and pleasing to Him? Have I personally encountered with God during worship? Does God really listen and answer my prayers?

As we considered these questions, let us consider what Jesus said in Luke 10...

*'Love the Lord your God with all your heart and with all your soul and with all your strength and with all your mind.'*

In fact He is calling us to: 'COME, worship me with your whole life, and you will experience transformation in your soul, your heart, your mind and your strength....'

This is Whole Life Worship....

We encounter with God in the journey of our life. Whether we gather in our church, in our home or work place, in our social groups, or in our personal quiet time, we seek the presence of our Father God, we build a relationship with Jesus and ready to be ministered by the Holy Spirit. In fact each of our 'Daily Walk' with God forms the basis in shaping our corporate worship culture.

Hence the church would like to invite you to walk this worship & prayer journey together. This prayer journal takes you on a path which helps you focus on God. Feel free to use this in your personal quiet time, or you can come along to the 'Worship & Prayer Room' which takes place in SOC every month, and journey with other brothers & sisters in our church.

## How to use this journal

This journal guides you to explore and experience our God in the different space of our whole being  
..... your SOUL ..... your HEART ..... your MIND ..... your STRENGTH .....

Try this format to record your journey

Posture of your soul

surrender your everything  
come into His presence to adore & praise Him  
wait - listen - meditate

Status of your heart

open your heart  
allow Him to search inside out  
confess - forgive - heal

Thinking in your mind

consider your life situations at present  
hold tight to His words & truth  
read - reflect - ask

Strength to serve

commit your life to serve Him  
move with the Holy Spirit  
response - minister - supplicate

## **Inside CCIL's Worship & Prayer Room**

The worship & prayer room is set up at SOC 7pm - 9pm on the 2<sup>nd</sup> Tuesday every month. It is not an event to attend - hence feel free to come and leave anytime between the set time. Each month there is a theme which you can follow through in your personal quiet time for the rest of the month. This journal is not a program to follow. When you come inside you are free to follow the worship journey that is set-up, but you can simply come to pray, meditate, reflect at your own pace. Feel free to share your thoughts with other fellow worshippers, in pairs or small groups and minister to each other with prayers. You are also free to worship and praise God with your own songs and music. The only agenda is to encounter with God.....

### **October Prayer Journey Overview**

#### **Come near to God**

James 4: 7-8: 'Submit yourselves then, to God. Resist the devil and he will flee from you. Come near to God and He will come near to you. Wash your hands, you sinners, and purify your heart.'

#### **Worship footsteps**

- As you enter the room spend some time to worship God with songs and praise. Are you aware of God's presence? Spend some time in waiting for God to speak to you.
- There are footsteps on the floor. Follow and walk on each step. Listen & reflect at every step you take. \* use the smaller version of the map to guide you around

#### **Biblical reflections**

- Reflect on the passage. What steps are we required to take in order to have a fulfilled prayer life?

#### **Confessions**

- On one table there are acetate sheets and markers. Reflect on your sins that require God's forgiveness - for example actions, attitudes, thoughts etc. - which have caused pain to God, others & yourself. Write them down on the acetate sheets. Spend some time to pray to God for forgiveness. When you are ready wash the acetate sheet in the bowls of water provided.
- On one table there are some sticky notes. Write down your prayers and thoughts. Look at what others have written down and pray for each other.

#### **Prayer corner**

- Pick up a pen and write down your prayer request(s) on 'post-it' notes and stick them on the table. Look at what others have written down and pray for each other.
- Spend some time to pray for each other.

### In your own quiet time

When we spend time with God alone in worship and prayer, He welcomes us into a personal friendship that grows deeper over time. In this friendship we not only sense His presence and speak to Him as we journey through our daily lives, but also learn to hear His voice. In fact our contentment and joy comes from an intimate relationship with God, listen to Him speak into our heart and we acquire from God His realm of secrets. Therefore seek His presence in your life every day. If your walk with Him is close, expect Him to draw you closer. Our God is always ready to meet us where we are and bring us further with Him. You will experience life in all of its fullness.

#### Your October journal Come near to God

##### Steps to effective prayer journey

As we begin our journey in learning how to seek the presence of God through prayers, the passage in James reminds us of some powerful principles that teach us the kind of prayer life we can adopt.

##### Be submissive

- Use the map with the footsteps to help you through a reflective journey.
- What does it mean by coming near to God?
- What stops you to come near to God?
- Are there any sins you would like to confess before coming near to God?
- How do you think God feels by coming near to you?
- Read Luke 15 on the parable of the prodigal son.
- Be still and come into the presence of God.

##### Confess your sins

We are only able to come near to God when we realize that we are forgiven. Hence confess our sins to the Lord and acknowledge our brokenness in front of Him. Take some time to reflect on your sins that require God's forgiveness - for example actions, attitudes, thoughts etc. - which have caused pain to God, others & yourself. Write them down and pray to God for forgiveness. Read Psalm 103: 8-14 and give thanks to God for His compassion and grace.

##### Praying for others

Spend time to think about the people in your life. Are they in need of God's help in their lives? Ask God to reveal how you can pray for them.



# COME NEAR

**"Come near to God and he will come near to you."**  
James 4:8a

"Walk" the footsteps on this sheet using your fingers, and reflect on drawing near to God.

1. START HERE:  
What does it mean for you to come near to God?

2. What is stopping you from coming near to God?

3. Are there blockages, like sins to confess or distractions to remove, which you need to deal with before coming near to God?

4. How do you think God feels about coming near to you?

5. Draw to mind Jesus' parable of the Prodigal Son (you can read it in Luke 15) and the Father's response to the son returning.

6. "...but while the son was still a long way off, his father saw him and was filled with compassion for him; he ran to his son, threw his arms round him and kissed him."

7. When we move nearer to God, he moves nearer to us - and his footsteps are so much bigger. Stop and just be in God's presence.

Week 4: \_\_\_\_\_

Posture of your soul

come into Your presence  
what am I willing to surrender? \_\_\_\_\_

wait & listen, what is God saying to me?  
\_\_\_\_\_  
\_\_\_\_\_

Status of your heart

what is the status of my heart? \_\_\_\_\_

what sin I need to confess to God? \_\_\_\_\_

I need to forgive \_\_\_\_\_

for \_\_\_\_\_  
and ask \_\_\_\_\_ to forgive me for \_\_\_\_\_

Thinking in your mind

I hold on to this bible truth \_\_\_\_\_

am I going through difficult life situations? \_\_\_\_\_

encouragement through His words \_\_\_\_\_

Strength to serve

calls to action \_\_\_\_\_

prayer request \_\_\_\_\_

prayer answered \_\_\_\_\_

pray for .....

Week 1: \_\_\_\_\_

Posture of your soul

come into Your presence  
what am I willing to surrender? \_\_\_\_\_

wait & listen, what is God saying to me?  
\_\_\_\_\_  
\_\_\_\_\_

Status of your heart

what is the status of my heart? \_\_\_\_\_

what sin I need to confess to God? \_\_\_\_\_

I need to forgive \_\_\_\_\_

for \_\_\_\_\_  
and ask \_\_\_\_\_ to forgive me for \_\_\_\_\_

Thinking in your mind

I hold on to this bible truth \_\_\_\_\_

am I going through difficult life situations? \_\_\_\_\_

encouragement through His words \_\_\_\_\_

Strength to serve

calls to action \_\_\_\_\_

prayer request \_\_\_\_\_

prayer answered \_\_\_\_\_

pray for .....

Week 2: \_\_\_\_\_

Posture of your soul

come into Your presence  
what am I willing to surrender? \_\_\_\_\_

wait & listen, what is God saying to me?  
\_\_\_\_\_  
\_\_\_\_\_

Status of your heart

what is the status of my heart? \_\_\_\_\_

what sin I need to confess to God? \_\_\_\_\_

I need to forgive \_\_\_\_\_

for \_\_\_\_\_  
and ask \_\_\_\_\_ to forgive me for \_\_\_\_\_

Thinking in your mind

I hold on to this bible truth \_\_\_\_\_

am I going through difficult life situations? \_\_\_\_\_

encouragement through His words \_\_\_\_\_

Strength to serve

calls to action \_\_\_\_\_

prayer request \_\_\_\_\_

prayer answered \_\_\_\_\_

pray for .....

Week 3: \_\_\_\_\_

Posture of your soul

come into Your presence  
what am I willing to surrender? \_\_\_\_\_

wait & listen, what is God saying to me?  
\_\_\_\_\_  
\_\_\_\_\_

Status of your heart

what is the status of my heart? \_\_\_\_\_

what sin I need to confess to God? \_\_\_\_\_

I need to forgive \_\_\_\_\_

for \_\_\_\_\_  
and ask \_\_\_\_\_ to forgive me for \_\_\_\_\_

Thinking in your mind

I hold on to this bible truth \_\_\_\_\_

am I going through difficult life situations? \_\_\_\_\_

encouragement through His words \_\_\_\_\_

Strength to serve

calls to action \_\_\_\_\_

prayer request \_\_\_\_\_

prayer answered \_\_\_\_\_

pray for .....