



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...

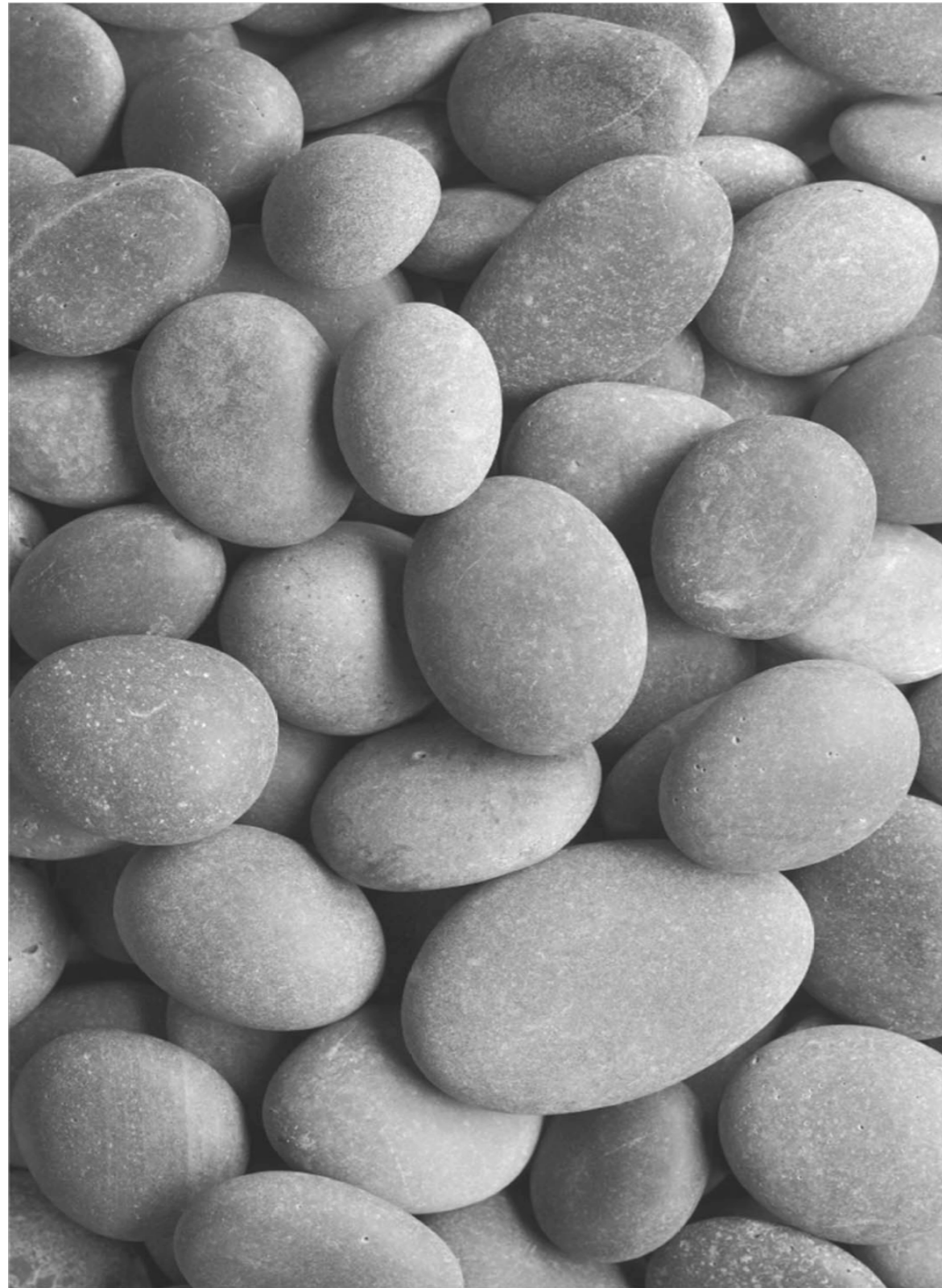
'Love the Lord your God with all your heart and with all your soul and with all your strength and with all your mind.'

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

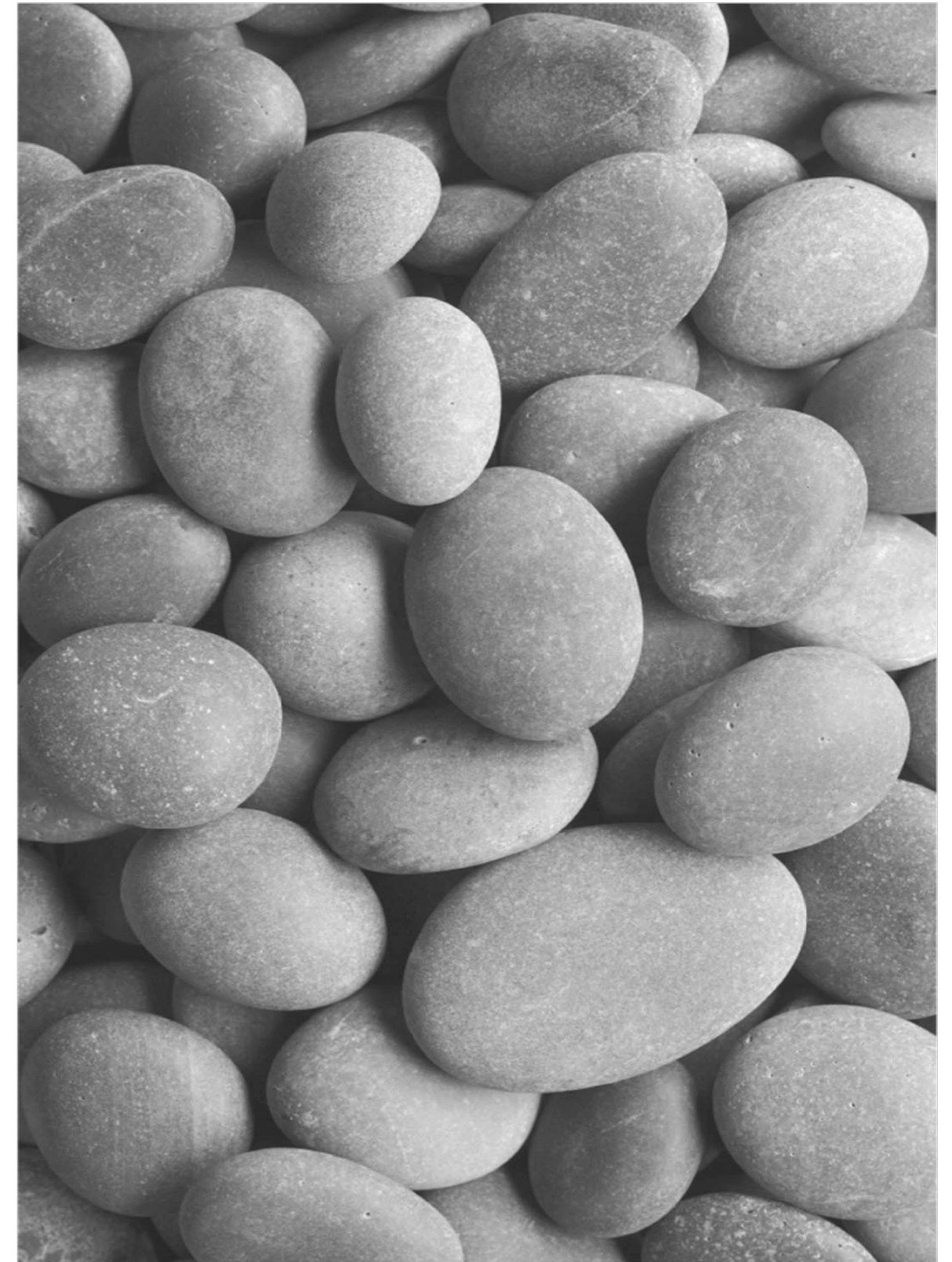
When you come inside CCIL's Worship & Prayer Room

The worship & prayer room is set up at SOC 7pm - 9pm on the 2nd 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.....



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 kind of things I will leave behind to follow Jesus

_____ what is stopping me in following Jesus?

Thinking in your mind

True meaning of Sabbath & rest

How would you enter into God's rest? _____

encouragement through His words

Strength to serve

calls to action _____

_____ pray for (nation/area)

December prayer journey inside the Worship & Prayer Room Entering God's Rest

1. Worship: Prepare Our Hearts

We are now embarking on a worship journey....
Listen....

Jesus says: "Come to me, all you who are weary and burdened, and I will give you rest. Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. For my yoke is easy and my burden is light." (Matthew 11:28-30)

As you worship reflect on the bible passage.....

- What burdens are you carrying with you before God?
- Do you feel weighed down by worries? Stress? Trauma? Expectations?
- Are you experiencing total burnt out?

2. Prayer Corner: Laying Down our Burdens

In our life we carry some burdens that cause us to walk through life with certain hindrance. Over time the weight of these small burdens becomes too heavy for us to carry. And some of us may carry much larger burdens that become unbearable.

God doesn't want us to carry our burdens. He asks us to lay them down and surrender our heavy loads to him.....

- Pick up a pebble from the table and hold it in your hand. Think about the weight. What are you carrying at the moment - guilt? worry? fear? other people's problems? the past? the future? expectations?
- Pick up a picture with stones printed on it. Write on each stone a burden that you like to lay before God. Share and pray together with someone.
- Write down your prayer request(s) on 'post-it' notes and stick them on the table. Look at what others have written down and spend some time to pray for each other.
- There is a prayer ministry team ready to pray for you.

3. Reflections: Be Still and Know that I am God

Scripture : Hebrew 4:1-11

Therefore, since the promise of entering his rest still stands, let us be careful that none of you be found to have fallen short of it. For we also have had the good news proclaimed to us, just as they did; but the message they heard was of no value to them, because they did not share the faith of those who obeyed. Now we who have believed enter that rest, just as God has said: "So I declared on oath in my anger, 'They shall never enter my rest.'" And yet his works have been finished since the creation of the world. For somewhere he has spoken about the seventh day in these words: "On the seventh day God rested from all his works." And again in the passage above he says, "They shall never enter my rest." Therefore since it still remains for some to enter that rest, and since those who formerly had the good news proclaimed to them did not go in because of their disobedience, God again set a certain day, calling it "Today." This he did when a long time later he spoke through David, as in the passage already quoted: "Today, if you hear his voice, do not harden your hearts." For if Joshua had given them rest, God would not have spoken later about another day. There remains, then, a Sabbath-rest for the people of God; for anyone who enters God's rest also rests from their works, just as God did from his. Let us, therefore, make every effort to enter that rest, so that no one will perish by following their example of disobedience.

SABBATH - is a way of life. We practice Sabbath as a form of 'Rest' in God's presence, in order to live in ways that reflect a good relationship with God and with one another.

REST - is not a temporary relieve or sleep; it is not to escape or in denial of our burdens in life; it is not to push beyond our limits to comply with moral regulations.

In fact, entering into God's rest means that we seek to reconnect with God who is the source of life.....

- Take time to stop and be still. Feel free to sit or lie down on the floor, in a comfortable way. Rest in the presence of God and allow the Holy Spirit to minister to you. Reflect on his words and listen to his voice.
- Write down your reflections.

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 kind of things I will leave behind to follow Jesus

what is stopping me in following Jesus?

Thinking in your mind

True meaning of Sabbath & rest

How would you enter into God's rest? _____

encouragement through His words

Strength to serve

calls to action _____

pray for (nation/area)

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 kind of things I will leave behind to follow Jesus

_____ what is stopping me in following Jesus?

Thinking in your mind

True meaning of Sabbath & rest _____

_____ How would you enter into God's rest?

_____ encouragement through His words

Strength to serve

calls to action _____

_____ pray for (nation/area)

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 personal prayer journal for December Entering God's Rest

1. Prepare Your Heart

- As we begin our journey to seek the presence of God in our personal quiet time, read the passage in Matthew 11:28-30. Listen to what Jesus is saying to you.....
- What burdens are you carrying with you before God?
- Do you feel weighed down by worries? Stress? Trauma? Expectations?
- Are you experiencing total burnt out?

2. Be Still and Know that I am God

- Read Hebrew 4:1-11
- Take time to stop and be still. Feel free to sit or lie down in a comfortable way. Rest in the presence of God and allow the Holy Spirit to minister to you. Reflect on his words and listen to his voice.
- Think about what the true meaning of Sabbath and rest. How would you enter into God's rest?
- Write down your reflections.

3. Laying Down your Burdens

- Pray to God to reveal the weight you are carrying at the moment - guilt? worry? fear? other people's problems? the past? the future? expectations?
- At the back of this journal there are some pictures with stones printed on it. Write on each stone a burden that you like to lay before God.
- Share and pray together with someone.

4. Pray for Others

- Write down a list of prayer items of your brothers and sisters in your small groups and pray continuously for them this month.

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 kind of things I will leave behind to follow Jesus

_____ what is stopping me in following Jesus?

Thinking in your mind

True meaning of Sabbath & rest _____

_____ How would you enter into God's rest?

_____ encouragement through His words

Strength to serve

calls to action _____

_____ pray for (nation/area)

