



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.....



倫敦中華基督教會
Chinese Church in London

January prayer journey inside the Worship & Prayer Room God's Covenant of Love

1. Worship: How have You loved us?

As we embark on a worship journey, focus on our Father God.....

God says: "I have loved you." But we may ask, "How have you loved us?"
(Malachi 1:2)

Imagine you are among the Jews who have returned to Jerusalem from their exile....

We may have expected that this is time for restoration and will receive God's blessings among us.....

Instead we seem to be stuck in difficult situations. As a nation we are oppressed, surrounded by enemies, and economically we are poor. At personal levels we are mentally drained and spiritually distressed.

- Where is Father God to you right now? Do you feel His presence?
- Are you focusing on your unfortunate situations?
- Do you struggle to believe that God still loves you?

2. Reflections: God's Covenant of Love

'Then those who feared the Lord talked with each other, and the Lord listened and heard. A scroll of remembrance was written in his presence concerning those who feared the Lord and honored his name. "On the day when I act," says the Lord Almighty, "they will be my treasured possession. I will spare them, just as a father has compassion and spares his son who serves him. And you will again see the distinction between the righteous and the wicked, between those who serve God and those who do not. (Malachi 3:16-18)

God made a Covenant of love with us.

When we are in difficult situations in life, love is never the question.

Even when we failed Him in every aspect His love for us has never changed.

- Are you facing difficult situations in your life right now?
- Do you struggle with doubts and uncertainties in your faith?
- For you what does God's Covenant of Love mean?

3. Prayer: Write a Letter with our Prayers to God

- Take time to stop and allow the Holy Spirit to speak into your heart. 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 and prayers, perhaps in a form of a letter addressed to God.
- Come on stage to read and share your letter

Dear Father,

You are our God Almighty.....

Thank you for making a covenant of love with me....

I might have failed on my part but your love has never changed....

.....
from your beloved son/daughter

signed.....

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 January

God's Covenant of Love

1. How have you loved me?

God says: "I have loved you." But we may ask, "How have you loved us?"
(Malachi 1:2)

Imagine you are among the Jews who have returned to Jerusalem from their exile....

We may have expected that this is time for restoration and will receive God's blessings among us.....

Instead we seem to be stuck in difficult situations. As a nation we are oppressed, surrounded by enemies, and economically we are poor. At personal levels we are mentally drained and spiritually distressed.

- Where is Father God to you right now? Do you feel His presence?
- Are you focusing on your unfortunate situations?
- Do you struggle to believe that God still loves you?

2. God's Covenant of Love

God made a Covenant of love with us.

When we are in difficult situations in life, love is never the question.

Even when we failed Him in every aspect His love for us has never changed.

- Re-read the whole book of Malachi especially chapter 3:16-18
- Are you facing difficult situations in your life right now?
- Do you struggle with doubts and uncertainties in your faith?
- For you what does God's Covenant of Love mean?

3. Write a Prayer Letter to God

- Take time to stop and allow the Holy Spirit to speak into your heart. 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 and prayers, perhaps in a form of a letter addressed to God.
- Share your letter in your small group.

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 are you focusing on right now?

do you struggle to believe that God loves you?

Thinking in your mind



True meaning of God's Covenant of love

encouragement through His words

Strength to serve



calls to action _____

pray for (name)

Dear Father,

You are our God Almighty.....

Thank you for making a covenant of love with me.....

I might have failed on my part but your love has never changed....

.....

from your beloved son/daughter

signed.....