LENT Devotional Journey

.....a journey to follow Jesus through the book of wisdom

The book of Proverbs was originally written to a young man by his elder in an attempt to pass down both godly wisdom and instruction. In this six part series, we will explore the book's themes of wisdom and folly, and you are invited to live with wisdom and in the fear of the Lord in order to experience the good life. The culture we live in today desperately needs to see and experience wisdom. So this series is not only for churchgoers, but it is for the people we will interact with on a daily basis. Join us as we learn how to fool-proof our lives.

Corporate Worship & Prayer Space

Ash Wednesday Service
6 Mar, 7-9pm, SOC Main Hall

Tuesday Worship & Prayer Room
12, 19 & 26 Mar, 2 & 9 Apr Free to come and go between 7-9pm, SOC Main Hall

Lovingly Present; Lovingly Disruptive | Re:Work
30 Mar, 10am-4pm, London Institute of Contemporary Christianity

Good Friday Prayer and Reflection Space
19 Apr, SOC, free to come and go between 10am-6pm

Personal Devotional Journey

In your own quiet room

This devotional journal takes you on a journey through worship & prayer where you can come into God's presence; build a relationship with Jesus; and be ministered in the Holy Spirit…….

As You Begin……..

What does worship mean to me? Is my worship God centred 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 small 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 devotional 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 'Corporate Worship Space', which takes place in SOC every week during Lent, and journey with other brothers & sisters in our church.

The Corporate Worship Spaces are not events to attend - hence feel free to come and leave anytime between the set time. When you come inside you are free to pray, meditate, reflect at your own pace, share your thoughts with others, and minister to each other with prayers.

The only agenda is to encounter with God…….

Journey Guide

Sermon notes:

24 MARCH Sun.
Sermon Scripture : Proverbs 6:20-35

Sermon Title:

The Cost of Sexual Immorality

20My son, keep your father's command and do not forsake your mother's teaching. 21Bind them always on your heart; fasten them around your neck. 22When you walk, they will guide you; when you sleep, they will watch over you; when you awake, they will speak to you. 23For this command is a lamp, this teaching is a light, and correction and instruction are the way to life, 24keeping you from your neighbour's wife, from the smooth talk of a wayward woman.

25Do not lust in your heart after her beauty or let her captivate you with her eyes. 26For a prostitute can be had for a loaf of bread, but another man's wife preys on your very life. 27Can a man scoop fire into his lap without his clothes being burned? 28Can a man walk on hot coals without his feet being scorched? 29So is he who sleeps with another man's wife; no one who touches her will go unpunished. 30People do not despise a thief if he steals to satisfy his hunger when he is starving. 31Yet if he is caught, he must pay sevenfold, though it costs him all the wealth of his house. 32But a man who commits adultery has no sense; whoever does so destroys himself. 33Blows and disgrace are his lot, and his shame will never be wiped away. 34For jealousy arouses a husband's fury, and he will show no mercy when he takes revenge. 35He will not accept any compensation; he will refuse a bribe, however great it is.

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.
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.

The following is a simple guide in your journey to explore and experience our God in the different spaces of our whole being – your SOUL, your HEART, your MIND, your STRENGTH

WORSHIP – engage in God's presence

REFLECT – engage with His Word

PRAYER - engage in conversation with God

Try this journal 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

Week 3 Overview……

Journal

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 believe that God loves you?

Thinking in your mind

What does the Bible say

_____ encouragement through His words _____

Strength to serve

calls to action _____

_____prayers_____

DAY 16 | 23 MARCH Sat.
Scripture Reading : Proverbs 14A

1The wise woman builds her house, but with her own hands the foolish one tears hers down. 2Whoever fears the Lord walks uprightly, but those who despise him are devious in their ways. 3A fool's mouth lashes out with pride, but the lips of the wise protect them.4Where there are no oxen, the manger is empty, but from the strength of an ox come abundant harvests. 5An honest witness does not deceive, but a false witness pours out lies. 6The mocker seeks wisdom and finds none, but knowledge comes easily to the discerning. 7Stay away from a fool, for you will not find knowledge on their lips.

8The wisdom of the prudent is to give thought to their ways, but the folly of fools is deception. 9Fools mock at making amends for sin, but goodwill is found among the upright. 10Each heart knows its own bitterness, and no one else can share its joy. 11The house of the wicked will be destroyed, but the tent of the upright will flourish. 12There is a way that appears to be right, but in the end it leads to death. 13Even in laughter the heart may ache, and rejoicing may end in grief. 14The faithless will be fully repaid for their ways, and the good rewarded for theirs. 15The simple believe anything, but the prudent give thought to their steps. 16The wise fear the Lord and shun evil, but a fool is hotheaded and yet feels secure. 17A quick-tempered person does foolish things, and the one who devises evil schemes is hated.

Prayer:

O God, who builds the entire universe with wisdom and grace, constantly calls us to build our lives on Him. May us hear the whisper of Your Spirit, so that we might truly fear the Lord and shun evil, also discern the way appearing to be right but in the ends leading to death. In the season of Lent, may we continue to live out a life with Wisdom through knowing You. In the name of Jesus Christ we pray. Amen.

LENT 2019 | WEEK 3 | 18 MARCH – 24 MARCH

A CHOICE TO MAKE

Wisdom OR Folly?

Which would I choose?

What are the similarities between wisdom and folly?

And what are the differences between them?

In what circumstances have I encountered the 'Woman of folly'?

Confess the ways in which I am tempted to follow the ways of foolishness; ask God for forgiveness.

DAY 11 | 18 MARCH Mon.
Scripture Reading : Proverbs 9

1Wisdom has built her house; she has set up its seven pillars. 2She has prepared her meat and mixed her wine; she has also set her table. 3She has sent out her servants, and she calls from the highest point of the city, 4"Let all who are simple come to my house!"

To those who have no sense she says, 5"Come, eat my food and drink the wine I have mixed. 6Leave your simple ways and you will live; walk in the way of insight."

7Whoever corrects a mocker invites insults; whoever rebukes the wicked incurs abuse. 8Do not rebuke mockers or they will hate you; rebuke the wise and they will love you.

9Instruct the wise and they will be wiser still; teach the righteous and they will add to their learning.10The fear of the Lord is the beginning of wisdom, and knowledge of the Holy One is understanding. 11For through wisdom your days will be many, and years will be added to your life.12If you are wise, your wisdom will reward you; if you are a mocker, you alone will suffer.

13Folly is an unruly woman; she is simple and knows nothing. 14She sits at the door of her house, on a seat at the highest point of the city, 15calling out to those who pass by,

who go straight on their way, 16"Let all who are simple come to my house!" To those who have no sense she says, 17"Stolen water is sweet; food eaten in secret is delicious!"

18But little do they know that the dead are there, that her guests are deep in the realm of the dead.

Prayer:

Omniscient God, thank you for your generosity as you invite us to know your wisdom, so that we may live and walk in the way of insight. The Spirit of wisdom, whenever we are busy with correcting a mocker and rebuking the wicked, help us to realise our foolishness and to be willing to turn to wisdom. In the season of Lent, may we continue to live out a life with Wisdom through knowing You. In the name of Jesus Christ we pray. Amen.

LENT 2019 | WEEK 3 | 18 MARCH – 24 MARCH

Journal

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 believe that God loves you?

Thinking in your mind

What does the Bible say

_____ encouragement through His words _____

Strength to serve

calls to action _____

_____ prayers _____

DAY 15 | 22 MARCH Fri.
Scripture Reading : Proverbs 13

1A wise son heeds his father's instruction, but a mocker does not respond to rebukes.2From the fruit of their lips people enjoy good things, but the unfaithful have an appetite for violence. 3Those who guard their lips preserve their lives, but those who speak rashly will come to ruin. 4A sluggard's appetite is never filled, but the desires of the diligent are fully satisfied. 5The righteous hate what is false, but the wicked make themselves a stench and bring shame on themselves. 6Righteousness guards the person of integrity, but wickedness overthrows the sinner. 7One person pretends to be rich, yet has nothing; another pretends to be poor, yet has great wealth. 8A person's riches may ransom their life, but the poor cannot respond to threatening rebukes. 9The light of the righteous shines brightly, but the lamp of the wicked is snuffed out. 10Where there is strife, there is pride, but wisdom is found in those who take advice. 11Dishonest money dwindles away, but whoever gathers money little by little makes it grow. 12Hope deferred makes the heart sick, but a longing fulfilled is a tree of life. 13Whoever scorns instruction will pay for it, but whoever respects a command is rewarded.

14The teaching of the wise is a fountain of life, turning a person from the snares of death. 15Good judgment wins favour, but the way of the unfaithful leads to their destruction. 16All who are prudent act with knowledge, but fools expose their folly. 17A wicked messenger falls into trouble, but a trustworthy envoy brings healing. 18Whoever disregards discipline comes to poverty and shame, but whoever heeds correction is honoured. 19A longing fulfilled is sweet to the soul, but fools detest turning from evil.

20Walk with the wise and become wise, for a companion of fools suffers harm.21Trouble pursues the sinner, but the righteous are rewarded with good things. 22A good person leaves an inheritance for their children's children, but a sinner's wealth is stored up for the righteous. 23An unplowed field produces food for the poor, but injustice sweeps it away. 24Whoever spares the rod hates their children, but the one who loves their children is careful to discipline them. 25The righteous eat to their hearts' content, but the stomach of the wicked goes hungry.

Prayer:

God of love and kindness, we thank You for Your care and protection. You do not leave us to the evil hands but guard the ones of integrity with righteousness and bless the ones of wisdom with life. In the season of Lent, may we continue to live out a life with Wisdom through knowing You. In the name of Jesus Christ we pray. Amen.

LENT 2019 | WEEK 3 | 18 MARCH – 24 MARCH

Journal

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 believe that God loves you?

_____

_____

_____

_____

Thinking in your mind

What does the Bible say

_____

_____

_____

_____

_____

_____

_____

_____ encouragement through His words _____

_____

_____

Strength to serve

calls to action _____

_____

_____ prayers _____

_____

_____

_____

_____

_____

_____

_____

_____

_____

_____

DAY 12 | 19 MARCH Tues.
Scripture Reading : Proverbs 10

1The proverbs of Solomon: A wise son brings joy to his father, but a foolish son brings grief to his mother. 2Ill-gotten treasures have no lasting value, but righteousness delivers from death 3The Lord does not let the righteous go hungry, but he thwarts the craving of the wicked. 4Lazy hands make for poverty, but diligent hands bring wealth. 5He who gathers crops in summer is a prudent son, but he who sleeps during harvest is a disgraceful son 6Blessings crown the head of the righteous, but violence overwhelms the mouth of the wicked. 7The name of the righteous is used in blessings, but the name of the wicked will rot. 8The wise in heart accept commands, but a chattering fool comes to ruin. 9Whoever walks in integrity walks securely, but whoever takes crooked paths will be found out. 10Whoever winks maliciously causes grief, and a chattering fool comes to ruin.

11The mouth of the righteous is a fountain of life, but the mouth of the wicked conceals violence. 12Hatred stirs up conflict, but love covers over all wrongs. 13Wisdom is found on the lips of the discerning, but a rod is for the back of one who has no sense. 14The wise store up knowledge, but the mouth of a fool invites ruin. 15The wealth of the rich is their fortified city, but poverty is the ruin of the poor. 16The wages of the righteous is life, but the earnings of the wicked are sin and death. 17Whoever heeds discipline shows the way to life, but whoever ignores correction leads others astray. 18Whoever conceals hatred with lying lips and spreads slander is a fool. 19Sin is not ended by multiplying words, but the prudent hold their tongues. 20The tongue of the righteous is choice silver, but the heart of the wicked is of little value. 21The lips of the righteous nourish many, but fools die for lack of sense.

22The blessing of the Lord brings wealth, without painful toil for it. 23A fool finds pleasure in wicked schemes, but a person of understanding delights in wisdom.24What the wicked dread will overtake them; what the righteous desire will be granted. 25When the storm has swept by, the wicked are gone, but the righteous stand firm forever. 26As vinegar to the teeth and smoke to the eyes, so are sluggards to those who send them 27The fear of the Lord adds length to life, but the years of the wicked are cut short 28The prospect of the righteous is joy, but the hopes of the wicked come to nothing. 29The way of the Lord is a refuge for the blameless, but it is the ruin of those who do evil. 30The righteous will never be uprooted, but the wicked will not remain in the land.31From the mouth of the righteous comes the fruit of wisdom, but a perverse tongue will be silenced. 32The lips of the righteous know what finds favour, but the mouth of the wicked only what is perverse.

Prayer:

Our God, who founded the world with Your words, You spoke, and it came to be; You commanded, and it stood firm. We praise You, as your words are full of wonder and power. We also ask for Your mercy and forgiveness, as we let our mouths speak of violence, hatred, conflict and deceit, and may You help us to proclaim your greatness and kindness. In the season of Lent, may we continue to live out a life with Wisdom through knowing You. In the name of Jesus Christ we pray. Amen.

LENT 2019 | WEEK 3 | 18 MARCH – 24 MARCH

Journal

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 believe that God loves you?

Thinking in your mind

What does the Bible say

_____ encouragement through His words _____

Strength to serve

calls to action _____

_____ prayers _____

DAY 14 | 21 MARCH Thurs
Scripture Reading : Proverbs 12

1Whoever loves discipline loves knowledge, but whoever hates correction is stupid.2Good people obtain favour from the Lord, but he condemns those who devise wicked schemes.3No one can be established through wickedness, but the righteous cannot be uprooted.4A wife of noble character is her husband's crown, but a disgraceful wife is like decay in his bones.5The plans of the righteous are just, but the advice of the wicked is deceitful.6The words of the wicked lie in wait for blood, but the speech of the upright rescues them.7The wicked are overthrown and are no more, but the house of the righteous stands firm.8A person is praised according to their prudence, and one with a warped mind is despised.9Better to be a nobody and yet have a servant than pretend to be somebody and have no food. 10The righteous care for the needs of their animals, but the kindest acts of the wicked are cruel.

11Those who work their land will have abundant food, but those who chase fantasies have no sense. 12The wicked desire the stronghold of evildoers, but the root of the righteous endures. 13Evildoers are trapped by their sinful talk, and so the innocent escape trouble. 14From the fruit of their lips people are filled with good things, and the work of their hands brings them reward. 15The way of fools seems right to them, but the wise listen to advice. 16Fools show their annoyance at once, but the prudent overlook an insult. 17An honest witness tells the truth, but a false witness tells lies. 18The words of the reckless pierce like swords, but the tongue of the wise brings healing. 19Truthful lips endure forever, but a lying tongue lasts only a moment. 20Deceit is in the hearts of those who plot evil, but those who promote peace have joy.

21No harm overtakes the righteous, but the wicked have their fill of trouble. 22The Lord detests lying lips, but he delights in people who are trustworthy. 23The prudent keep their knowledge to themselves, but a fool's heart blurts out folly. 24Diligent hands will rule, but laziness ends in forced labor. 25Anxiety weighs down the heart, but a kind word cheers it up. 26The righteous choose their friends carefully, but the way of the wicked leads them astray. 27The lazy do not roast any game, but the diligent feed on the riches of the hunt. 28In the way of righteousness there is life; along that path is immortality.

Prayer:

God who disciplines us as our fathers do, we give thanks to You, for Your love is perfect, kind and selfless. Help us to know Your heart and understand Your Wisdom as we are disciplined, so that we may receive abundantly, live peacefully, act righteously, speak justly. In the season of Lent, may we continue to live out a life with Wisdom through knowing You. In the name of Jesus Christ we pray. Amen.

LENT 2019 | WEEK 3 | 18 MARCH – 24 MARCH

Journal

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 believe that God loves you?

_____

_____

_____

_____

Thinking in your mind

What does the Bible say

_____

_____

_____

_____

_____

_____

_____

_____ encouragement through His words _____

_____

_____

Strength to serve

calls to action _____

_____

_____ prayers _____

_____

_____

_____

_____

_____

_____

_____

_____

_____

_____

DAY 13 | 20 MARCH Wed.
Scripture Reading : Proverbs 11

1The Lord detests dishonest scales, but accurate weights find favour with him. 2When pride comes, then comes disgrace, but with humility comes wisdom.3The integrity of the upright guides them, but the unfaithful are destroyed by their duplicity. 4Wealth is worthless in the day of wrath, but righteousness delivers from death. 5The righteousness of the blameless makes their paths straight, but the wicked are brought down by their own wickedness. 6The righteousness of the upright delivers them, but the unfaithful are trapped by evil desires. 7Hopes placed in mortals die with them; all the promise of their power comes to nothing. 8The righteous person is rescued from trouble, and it falls on the wicked instead.9With their mouths the godless destroy their neighbours, but through knowledge the righteous escape. 10When the righteous prosper, the city rejoices; when the wicked perish, there are shouts of joy.

11Through the blessing of the upright a city is exalted, but by the mouth of the wicked it is destroyed.12Whoever derides their neighbour has no sense, but the one who has understanding holds their tongue. 13A gossip betrays a confidence, but a trustworthy person keeps a secret. 14For lack of guidance a nation falls, but victory is won through many advisers. 15Whoever puts up security for a stranger will surely suffer, but whoever refuses to shake hands in pledge is safe. 16A kindhearted woman gains honour, but ruthless men gain only wealth. 17Those who are kind benefit themselves, but the cruel bring ruin on themselves. 18A wicked person earns deceptive wages, but the one who sows righteousness reaps a sure reward. 19Truly the righteous attain life, but whoever pursues evil finds death. 20The Lord detests those whose hearts are perverse, but he delights in those whose ways are blameless.

21Be sure of this: The wicked will not go unpunished, but those who are righteous will go free. 22Like a gold ring in a pig's snout is a beautiful woman who shows no discretion. 23The desire of the righteous ends only in good, but the hope of the wicked only in wrath. 24One person gives freely, yet gains even more; another withholds unduly, but comes to poverty. 25A generous person will prosper; whoever refreshes others will be refreshed. 26People curse the one who hoards grain, but they pray God's blessing on the one who is willing to sell. 27Whoever seeks good finds favour, but evil comes to one who searches for it. 28Those who trust in their riches will fall, but the righteous will thrive like a green leaf. 29Whoever brings ruin on their family will inherit only wind, and the fool will be servant to the wise. 30The fruit of the righteous is a tree of life, and the one who is wise saves lives. 31If the righteous receive their due on earth, how much more the ungodly and the sinner!

Prayer:

God of love, we look upon You because You have loved us so much, that You have created us in Your image. But we, being in Your likeness, let dishonesty, pride and disgrace devastate the glory from You. May the Spirit You have put in our hearts, come and transform us, so that we maybe restored and pleased by You. In the season of Lent, may we continue to live out a life with Wisdom through knowing You. In the name of Jesus Christ we pray. Amen.

LENT 2019 | WEEK 3 | 18 MARCH – 24 MARCH

Journal

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 believe that God loves you?

Thinking in your mind

What does the Bible say

_____ encouragement through His words _____

Strength to serve

calls to action _____

_____ prayers _____