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:

7 APRIL Sun.
Sermon Scripture : Proverbs 10

Sermon Title:
Integrity in your work & your words

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.

LENT 2019 | WEEK 5 | 01 APRIL – 07 APRIL

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 5 Overview……

LENT 2019 | WEEK 5 | 01 APRIL – 07 APRIL

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wait & listen, what is God saying to me?

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Status of your heart

what is the status of my heart? _____

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Strength to serve

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DAY 28 | 6 APRIL Sat.
Scripture Reading : Proverbs 23A

1When you sit to dine with a ruler, note well what is before you, 2and put a knife to your throat if you are given to gluttony. 3Do not crave his delicacies, for that food is deceptive. 4Do not wear yourself out to get rich; do not trust your own cleverness. 5Cast but a glance at riches, and they are gone, for they will surely sprout wings and fly off to the sky like an eagle. 6Do not eat the food of a begrudging host, do not crave his delicacies; 7for he is the kind of person who is always thinking about the cost.“Eat and drink,” he says to you, but his heart is not with you. 8You will vomit up the little you have eaten and will have wasted your compliments.

9Do not speak to fools, for they will scorn your prudent words. 10Do not move an ancient boundary stone or encroach on the fields of the fatherless, 11for their Defender is strong; he will take up their case against you. 12Apply your heart to instruction and your ears to words of knowledge. 13Do not withhold discipline from a child; if you punish them with the rod, they will not die. 14Punish them with the rod and save them from death. 15My son, if your heart is wise, then my heart will be glad indeed; 16my inmost being will rejoice when your lips speak what is right. 17Do not let your heart envy sinners, but always be zealous for the fear of the Lord. 18There is surely a future hope for you and your hope will not be cut off.

Prayer:

O God, the Defender of the poor and the fatherless, Your judgement is just and Your will is kind. O Holy Spirit, teach our hearts not to envy sinners, but always be zealous for the fear of the Lord, who has promised a future hope for us and our hope will not be cut off. 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.

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A WAY TO SPEAK

What do my words reveal about me?

What is the relationship between my speech and my hearts?

Think of situations when someone’s words encouraged me?

In what context will my words make an impact on others?

How could I be a person of integrity with my words?

DAY 23 | 1 APRIL Mon.
Scripture Reading : Proverbs 18

1An unfriendly person pursues selfish ends and against all sound judgment starts quarrels. 2Fools find no pleasure in understanding but delight in airing their own opinions. 3When wickedness comes, so does contempt, and with shame comes reproach. 4The words of the mouth are deep waters, but the fountain of wisdom is a rushing stream. 5It is not good to be partial to the wicked and so deprive the innocent of justice. 6The lips of fools bring them strife, and their mouths invite a beating. 7The mouths of fools are their undoing, and their lips are a snare to their very lives. 8The words of a gossip are like choice morsels; they go down to the inmost parts. 9One who is slack in his work is brother to one who destroys. 10The name of the Lord is a fortified tower; the righteous run to it and are safe. 11The wealth of the rich is their fortified city;

they imagine it a wall too high to scale. 12Before a downfall the heart is haughty, but humility comes before honour. 13To answer before listening— that is folly and shame.

14The human spirit can endure in sickness, but a crushed spirit who can bear? 15The heart of the discerning acquires knowledge, for the ears of the wise seek it out. 16A gift opens the way and ushers the giver into the presence of the great. 17In a lawsuit the first to speak seems right, until someone comes forward and cross-examines. 18Casting the lot settles disputes and keeps strong opponents apart. 19A brother wronged is more unyielding than a fortified city; disputes are like the barred gates of a citadel.20From the fruit of their mouth a person's stomach is filled; with the harvest of their lips they are satisfied. 21The tongue has the power of life and death, and those who love it will eat its fruit. 22He who finds a wife finds what is good and receives favour from the Lord. 23The poor plead for mercy, but the rich answer harshly.24One who has unreliable friends soon comes to ruin, but there is a friend who sticks closer than a brother.

Prayer:

O God, whose name is a fortified tower, welcoming all the righteous run to it and are safe. Help us to know that we live in a world full of wickedness, shame, unfriendliness and foolishness, and grant us the courage to live out a different life reflecting Your glory. 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 5 | 01 APRIL – 07 APRIL

Journal

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DAY 27 | 5 APRIL Fri.
Scripture Reading : Proverbs 22

1A good name is more desirable than great riches; to be esteemed is better than silver or gold. 2Rich and poor have this in common: The Lord is the Maker of them all. 3The prudent see danger and take refuge, but the simple keep going and pay the penalty 4Humility is the fear of the Lord; its wages are riches and honour and life. 5In the paths of the wicked are snares and pitfalls, but those who would preserve their life stay far from them. 6Start children off on the way they should go, and even when they are old they will not turn from it. 7The rich rule over the poor, and the borrower is slave to the lender.8Whoever sows injustice reaps calamity, and the rod they wield in fury will be broken 9The generous will themselves be blessed, for they share their food with the poor 10Drive out the mocker, and out goes strife; quarrels and insults are ended. 11One who loves a pure heart and who speaks with grace will have the king for a friend. 12The eyes of the Lord keep watch over knowledge, but he frustrates the words of the unfaithful 13The sluggard says, "There's a lion outside! I'll be killed in the public square!" 14The mouth of an adulterous woman is a deep pit; a man who is under the Lord's wrath falls into it. 15Folly is bound up in the heart of a child, but the rod of discipline will drive it far away. 16One who oppresses the poor to increase his wealth and one who gives gifts to the rich—both come to poverty.

17Pay attention and turn your ear to the sayings of the wise; apply your heart to what I teach, 18for it is pleasing when you keep them in your heart and have all of them ready on your lips. 19So that your trust may be in the Lord, I teach you today, even you. 20Have I not written thirty sayings for you, sayings of counsel and knowledge, 21 teaching you to be honest and to speak the truth, so that you bring back truthful reports to those you serve? 22Do not exploit the poor because they are poor and do not crush the needy in court,23for the Lord will take up their case and will exact life for life.24Do not make friends with a hot-tempered person, do not associate with one easily angered, 25or you may learn their ways and get yourself ensnared. 26Do not be one who shakes hands in pledge or puts up security for debts; 27if you lack the means to pay, your very bed will be snatched from under you. 28Do not move an ancient boundary stone set up by your ancestors. 29Do you see someone skilled in their work? They will serve before kings; they will not serve before officials of low rank.

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Prayer:

O God, who gives wealth, honour and life, we praise You, for You look after those who fear You. How generous You are, as You grant us the privilege to manage wealth, so that we may learn what generosity means, sharing with others whatever is from 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.

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DAY 24 | 2 APRIL Tues.
Scripture Reading : Proverbs 19

1Better the poor whose walk is blameless than a fool whose lips are perverse. 2Desire without knowledge is not good— how much more will hasty feet miss the way! 3 A person's own folly leads to their ruin, yet their heart rages against the Lord. 4Wealth attracts many friends, but even the closest friend of the poor person deserts them. 5A false witness will not go unpunished, and whoever pours out lies will not go free. 6Many curry favour with a ruler, and everyone is the friend of one who gives gifts. 7The poor are shunned by all their relatives— how much more do their friends avoid them! Though the poor pursue them with pleading they are nowhere to be found.

8The one who gets wisdom loves life; the one who cherishes understanding will soon prosper. 9A false witness will not go unpunished, and whoever pours out lies will perish. 10It is not fitting for a fool to live in luxury— how much worse for a slave to rule over princes! 11A person's wisdom yields patience; it is to one's glory to overlook an offense 12A king's rage is like the roar of a lion, but his favour is like dew on the grass.13A foolish child is a father's ruin, and a quarrelsome wife is like the constant dripping of a leaky roof. 14Houses and wealth are inherited from parents, but a prudent wife is from the Lord. 15Laziness brings on deep sleep, and the shiftless go hungry.

16Whoever keeps commandments keeps their life, but whoever shows contempt for their ways will die. 17Whoever is kind to the poor lends to the Lord, and he will reward them for what they have done. 18Discipline your children, for in that there is hope; do not be a willing party to their death. 19A hot-tempered person must pay the penalty; rescue them, and you will have to do it again. 20Listen to advice and accept discipline, and at the end you will be counted among the wise. 21Many are the plans in a person's heart, but it is the Lord's purpose that prevails. 22What a person desires is unfailing love; better to be poor than a liar.

23The fear of the Lord leads to life; then one rests content, untouched by trouble. 24A sluggard buries his hand in the dish; he will not even bring it back to his mouth! 25Flog a mocker, and the simple will learn prudence; rebuke the discerning, and they will gain knowledge. 26Whoever robs their father and drives out their mother is a child who brings shame and disgrace. 27Stop listening to instruction, my son, and you will stray from the words of knowledge. 28A corrupt witness mocks at justice, and the mouth of the wicked gulps down evil. 29Penalties are prepared for mockers, and beatings for the backs of fools.

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Prayer:

O God, who is our Father in heaven, full of love and compassion, we love You and we ask for Your discipline out of love. Discipline us, so that we would not become mockers and fools, getting ourselves into troubles but rather we may rest content in the fear of 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.

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DAY 26 | 4 APRIL Thurs
Scripture Reading : Proverbs 21

1 In the Lord's hand the king's heart is a stream of water that he channels toward all who please him. 2A person may think their own ways are right, but the Lord weighs the heart.3To do what is right and just is more acceptable to the Lord than sacrifice. 4Haughty eyes and a proud heart— the unplowed field of the wicked—produce sin. 5The plans of the diligent lead to profit as surely as haste leads to poverty. 6A fortune made by a lying tongue is a fleeting vapor and a deadly snare. 7The violence of the wicked will drag them away, for they refuse to do what is right. 8The way of the guilty is devious, but the conduct of the innocent is upright. 9Better to live on a corner of the roof than share a house with a quarrelsome wife.

10The wicked crave evil; their neighbours get no mercy from them. 11When a mocker is punished, the simple gain wisdom; by paying attention to the wise they get knowledge.12The Righteous One takes note of the house of the wicked and brings the wicked to ruin. 13Whoever shuts their ears to the cry of the poor will also cry out and not be answered. 14A gift given in secret soothes anger, and a bribe concealed in the cloak pacifies great wrath. 15When justice is done, it brings joy to the righteous but terror to evildoers. 16Whoever strays from the path of prudence comes to rest in the company of the dead. 17Whoever loves pleasure will become poor; whoever loves wine and olive oil will never be rich. 18The wicked become a ransom for the righteous, and the unfaithful for the upright. 19Better to live in a desert than with a quarrelsome and nagging wife.

20The wise store up choice food and olive oil, but fools gulp theirs down. 21Whoever pursues righteousness and love finds life, prosperity and honour. 22One who is wise can go up against the city of the mighty and pull down the stronghold in which they trust 23Those who guard their mouths and their tongues keep themselves from calamity. 24The proud and arrogant person—"Mocker" is his name— behaves with insolent fury.25The craving of a sluggard will be the death of him, because his hands refuse to work.26All day long he craves for more, but the righteous give without sparing. 27The sacrifice of the wicked is detestable— how much more so when brought with evil intent!28A false witness will perish, but a careful listener will testify successfully. 29The wicked put up a bold front, but the upright give thought to their ways. 30There is no wisdom, no insight, no plan that can succeed against the Lord. 31The horse is made ready for the day of battle, but victory rests with the Lord.

Prayer:

O Lord, who operates all things with His will, we fear and praise You, for in Your hand even the king's heart is a stream of water that You channels toward all who please You. All the things we do, whether good or bad, are weighted and judged by You. O Lord, You have taught us to do what is right and just as a pleasing sacrifice, and may You grant us wisdom and courage. 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.

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DAY 25 | 3 APRIL Wed.
Scripture Reading : Proverbs 20

1Wine is a mocker and beer a brawler; whoever is led astray by them is not wise. 2A king's wrath strikes terror like the roar of a lion; those who anger him forfeit their lives. 3It is to one's honor to avoid strife, but every fool is quick to quarrel. 4Sluggards do not plow in season; so at harvest time they look but find nothing. 5The purposes of a person's heart are deep waters, but one who has insight draws them out. 6Many claim to have unfailing love, but a faithful person who can find? 7The righteous lead blameless lives; blessed are their children after them. 8When a king sits on his throne to judge, he winnows out all evil with his eyes. 9Who can say, "I have kept my heart pure; I am clean and without sin"?

10Differing weights and differing measures— the Lord detests them both. 11Even small children are known by their actions, so is their conduct really pure and upright? 12Ears that hear and eyes that see— the Lord has made them both. 13Do not love sleep or you will grow poor; stay awake and you will have food to spare.14"It's no good, it's no good!" says the buyer— then goes off and boasts about the purchase. 15Gold there is, and rubies in abundance, but lips that speak knowledge are a rare jewel. 16Take the garment of one who puts up security for a stranger; hold it in pledge if it is done for an outsider.17Food gained by fraud tastes sweet, but one ends up with a mouth full of gravel 18Plans are established by seeking advice; so if you wage war, obtain guidance. 19A gossip betrays a confidence; so avoid anyone who talks too much. 20If someone curses their father or mother, their lamp will be snuffed out in pitch darkness. 21An inheritance claimed too soon will not be blessed at the end. 22Do not say, "I'll pay you back for this wrong!" Wait for the Lord, and he will avenge you.

23The Lord detests differing weights, and dishonest scales do not please him. 24A person's steps are directed by the Lord. How then can anyone understand their own way? 25It is a trap to dedicate something rashly and only later to consider one's vows. 26A wise king winnows out the wicked; he drives the threshing wheel over them. 27The human spirit is the lamp of the Lord that sheds light on one's inmost being. 28Love and faithfulness keep a king safe; through love his throne is made secure. 29The glory of young men is their strength, gray hair the splendor of the old.30Blows and wounds scrub away evil, and beatings purge the inmost being.

Prayer:
O God, who always treat us with tolerance and generosity, we give thanks to You, for You have not treated us as our sins deserved. Forgive us, for we have kept dishonest scales in our hearts, and we have not treated others with love and faithfulness. May the Spirit You have put in us continue to shed light on our inmost being. 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.

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