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:

14 APRIL Sun.
Sermon Scripture : Proverbs 31

Sermon Title:
The fruitfulness of Wisdom

1The sayings of King Lemuel—an inspired utterance his mother taught him. 2 Listen, my son! Listen, son of my womb! Listen, my son, the answer to my prayers! 3 Do not spend your strength[a] on women, your vigor on those who ruin kings. 4It is not for kings, Lemuel— it is not for kings to drink wine, not for rulers to crave beer, 5 lest they drink and forget what has been decreed, and deprive all the oppressed of their rights.6 Let beer be for those who are perishing, wine for those who are in anguish! 7 Let them drink and forget their poverty and remember their misery no more. 8 Speak up for those who cannot speak for themselves, for the rights of all who are destitute. 9 Speak up and judge fairly; defend the rights of the poor and needy.

10 A wife of noble character who can find? She is worth far more than rubies. 11 Her husband has full confidence in her and lacks nothing of value.12 She brings him good, not harm, all the days of her life. 13 She selects wool and flax and works with eager hands. 14 She is like the merchant ships, bringing her food from afar. 15 She gets up while it is still night; she provides food for her family and portions for her female servants. 16 She considers a field and buys it; out of her earnings she plants a vineyard. 17 She sets about her work vigorously; her arms are strong for her tasks. 18 She sees that her trading is profitable, and her lamp does not go out at night.19 In her hand she holds the distaff and grasps the spindle with her fingers. 20 She opens her arms to the poor and extends her hands to the needy. 21 When it snows, she has no fear for her household; for all of them are clothed in scarlet. 22 She makes coverings for her bed; she is clothed in fine linen and purple. 23 Her husband is respected at the city gate, where he takes his seat among the elders of the land. 24 She makes linen garments and sells them, and supplies the merchants with sashes. 25 She is clothed with strength and dignity; she can laugh at the days to come. 26 She speaks with wisdom, and faithful instruction is on her tongue. 27 She watches over the affairs of her household and does not eat the bread of idleness. 28 Her children arise and call her blessed; her husband also, and he praises her: 29 "Many women do noble things, but you surpass them all." 30 Charm is deceptive, and beauty is fleeting; but a woman who fears the Lord is to be praised. 31 Honor her for all that her hands have done, and let her works bring her praise at the city gate.

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 6 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 34 | 13 APRIL Sat.
Scripture Reading : Proverbs 27

1Do not boast about tomorrow, for you do not know what a day may bring. 2Let someone else praise you, and not your own mouth; an outsider, and not your own lips. 3Stone is heavy and sand a burden, but a fool's provocation is heavier than both. 4Anger is cruel and fury overwhelming, but who can stand before jealousy? 5Better is open rebuke than hidden love. 6Wounds from a friend can be trusted, but an enemy multiplies kisses. 7One who is full loathes honey from the comb, but to the hungry even what is bitter tastes sweet. 8Like a bird that flees its nest is anyone who flees from home. 9Perfume and incense bring joy to the heart, and the pleasantness of a friend springs from their heartfelt advice.

10Do not forsake your friend or a friend of your family, and do not go to your relative's house when disaster strikes you—better a neighbour nearby than a relative far away. 11Be wise, my son, and bring joy to my heart; then I can answer anyone who treats me with contempt. 12The prudent see danger and take refuge, but the simple keep going and pay the penalty. 13Take the garment of one who puts up security for a stranger; hold it in pledge if it is done for an outsider. 14If anyone loudly blesses their neighbour early in the morning, it will be taken as a curse. 15A quarrelsome wife is like the dripping of a leaky roof in a rainstorm; 16restraining her is like restraining the wind or grasping oil with the hand. 17As iron sharpens iron, so one person sharpens another. 18The one who guards a fig tree will eat its fruit, and whoever protects their master will be honoured.
19As water reflects the face, so one's life reflects the heart. 20Death and Destruction are never satisfied, and neither are human eyes. 21The crucible for silver and the furnace for gold, but people are tested by their praise. 22Though you grind a fool in a mortar, grinding them like grain with a pestle, you will not remove their folly from them. 23Be sure you know the condition of your flocks, give careful attention to your herds; 24for riches do not endure forever, and a crown is not secure for all generations. 25When the hay is removed and new growth appears and the grass from the hills is gathered in, 26the lambs will provide you with clothing, and the goats with the price of a field. 27You will have plenty of goats' milk to feed your family and to nourish your female servants.

Prayer:

Our Father and God, help us return to a heart of meekness in You, so that we do not boast about tomorrow, for we do not know what a day may bring; also, as we trust in your provision, our lives are full of thankfulness and contentment, knowing how to be abased, and to abound. 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 6 | 08 APRIL – 14 APRIL

A MODEL TO FOLLOW

What does it mean to live a life for Christ?

What areas of life are included in a woman of wisdom?

What qualities do I see in her?

What issues in my life that need wisdom?

What inspirations have I drawn from the Book of Proverbs?

DAY 29 | 8 APRIL Mon.
Scripture Reading : Proverbs 23B

19 Listen, my son, and be wise, and set your heart on the right path: 20Do not join those who drink too much wine or gorge themselves on meat, 21for drunkards and gluttons become poor, and drowsiness clothes them in rags. 22Listen to your father, who gave you life, and do not despise your mother when she is old. 23Buy the truth and do not sell it—wisdom, instruction and insight as well. 24The father of a righteous child has great joy; a man who fathers a wise son rejoices in him. 25May your father and mother rejoice; may she who gave you birth be joyful! 26My son, give me your heart and let your eyes delight in my ways, 27for an adulterous woman is a deep pit, and a wayward wife is a narrow well. 28Like a bandit she lies in wait and multiplies the unfaithful among men.

29 Who has woe? Who has sorrow? Who has strife? Who has complaints? Who has needless bruises? Who has bloodshot eyes? 30Those who linger over wine, who go to sample bowls of mixed wine. 31Do not gaze at wine when it is red, when it sparkles in the cup, when it goes down smoothly! 32In the end it bites like a snake and poisons like a viper. 33Your eyes will see strange sights, and your mind will imagine confusing things.

34You will be like one sleeping on the high seas, lying on top of the rigging. 35"They hit me," you will say, "but I'm not hurt! They beat me, but I don't feel When will I wake up so I can find another drink?"

Prayer:
O God, who has given His heart and His dearest Son to us, we we give thank to you. What you long for is not our meaningless words or deeds in worship, but our hearts. O Lord, help us to lift our hearts to you, and let our eyes delight in your ways alone. 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 6 | 08 APRIL – 14 APRIL

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 33 | 12 APRIL Fri.
Scripture Reading : Proverbs 26

1Like snow in summer or rain in harvest, honour is not fitting for a fool. 2Like a fluttering sparrow or a darting swallow, an undeserved curse does not come to rest. 3A whip for the horse, a bridle for the donkey, and a rod for the backs of fools! 4Do not answer a fool according to his folly, or you yourself will be just like him. 5Answer a fool according to his folly, or he will be wise in his own eyes. 6Sending a message by the hands of a fool is like cutting off one's feet or drinking poison. 7Like the useless legs of one who is lame is a proverb in the mouth of a fool. 8Like tying a stone in a sling is the giving of honour to a fool. 9Like a thornbush in a drunkard's hand is a proverb in the mouth of a fool. 10Like an archer who wounds at random is one who hires a fool or any passer-by. 11As a dog returns to its vomit, so fools repeat their folly. 12Do you see a person wise in their own eyes? There is more hope for a fool than for them.
13A sluggard says, "There's a lion in the road, a fierce lion roaming the streets!" 14As a door turns on its hinges, so a sluggard turns on his bed. 15A sluggard buries his hand in the dish; he is too lazy to bring it back to his mouth. 16A sluggard is wiser in his own eyes than seven people who answer discreetly. 17Like one who grabs a stray dog by the ears is someone who rushes into a quarrel not their own. 18Like a maniac shooting flaming arrows of death 19is one who deceives their neighbour and says, "I was only joking!" 20Without wood a fire goes out; without a gossip a quarrel dies down. 21As charcoal to embers and as wood to fire, so is a quarrelsome person for kindling strife. 22The words of a gossip are like choice morsels; they go down to the inmost parts.

23Like a coating of silver dross on earthenware are fervent lips with an evil heart. 24Enemies disguise themselves with their lips, but in their hearts they harbour deceit.25Though their speech is charming, do not believe them, for seven abominations fill their hearts. 26Their malice may be concealed by deception, but their wickedness will be exposed in the assembly. 27Whoever digs a pit will fall into it; if someone rolls a stone, it will roll back on them. 28A lying tongue hates those it hurts, and a flattering mouth works ruin.

Prayer:
O God, who neither slumber nor sleep, but constantly keeps his eyes on His people, listens to their prayers and remembers His covenant, every single breath of us depends on You alone. Help us discover in You our gifts and talents, which are graciously granted by You, and pursue excellence in the work You have entrusted us. 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 30 | 9 APRIL Tues.
Scripture Reading : Proverbs 24A

1Do not envy the wicked, do not desire their company; 2for their hearts plot violence, and their lips talk about making trouble. 3By wisdom a house is built, and through understanding it is established; 4through knowledge its rooms are filled with rare and beautiful treasures. 5The wise prevail through great power, and those who have knowledge muster their strength. 6Surely you need guidance to wage war, and victory is won through many advisers. 7Wisdom is too high for fools; in the assembly at the gate they must not open their mouths. 8Whoever plots evil will be known as a schemer. 9The schemes of folly are sin, and people detest a mocker.

10If you falter in a time of trouble, how small is your strength! 11Rescue those being led away to death; hold back those staggering toward slaughter. 12If you say, "But we knew nothing about this," does not he who weighs the heart perceive it? Does not he who guards your life know it? Will he not repay everyone according to what they have done? 13Eat honey, my son, for it is good; honey from the comb is sweet to your taste. 14Know also that wisdom is like honey for you: If you find it, there is a future hope for you, and your hope will not be cut off. 15Do not lurk like a thief near the house of the righteous, do not plunder their dwelling place; 16for though the righteous fall seven times, they rise again, but the wicked stumble when calamity strikes. 17Do not gloat when your enemy falls; when they stumble, do not let your heart rejoice, 18or the Lord will see and disapprove and turn his wrath away from them.19Do not fret because of evildoers or be envious of the wicked, 20for the evildoer has no future hope, and the lamp of the wicked will be snuffed out. 21Fear the Lord and the king, my son, and do not join with rebellious officials, 22for those two will send sudden destruction on them, and who knows what calamities they can bring?

Prayer:
O God, who is just and righteous, we look upon You for You alone let us see hope in this destructive and evil world. O Lord, have mercy on us, for we are often driven by our self- righteousness, fret because of evildoers or be envious of the wicked. In the power of the Holy Spirit, help us to turn our inner anger and violence to genuine prayers, to constantly cry out to 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.

LENT 2019 | WEEK 6 | 08 APRIL – 14 APRIL

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DAY 32 | 11 APRIL Thurs
Scripture Reading : Proverbs 25

**1 1These are more proverbs of Solomon, compiled by the men of Hezekiah king of Judah:
2It is the glory of God to conceal a matter; to search out a matter is the glory of kings.
3As the heavens are high and the earth is deep, so the hearts of kings are unsearchable.4Remove the dross from the silver, and a silversmith can produce a vessel;
5remove wicked officials from the king's presence, and his throne will be established through righteousness. 6Do not exalt yourself in the king's presence, and do not claim a place among his great men; 7it is better for him to say to you, "Come up here," than for him to humiliate you before his nobles. What you have seen with your eyes 8do not bring hastily to court, for what will you do in the end if your neighbour puts you to shame?**

9If you take your neighbour to court, do not betray another's confidence, 10or the one who hears it may shame you and the charge against you will stand.11Like apples of gold in settings of silver is a ruling rightly given. 12Like an earring of gold or an ornament of fine gold is the rebuke of a wise judge to a listening ear. 13Like a snow-cooled drink at harvest time is a trustworthy messenger to the one who sends him; he refreshes the spirit of his master. 14Like clouds and wind without rain is one who boasts of gifts never given.

15Through patience a ruler can be persuaded, and a gentle tongue can break a bone. 16If you find honey, eat just enough— too much of it, and you will vomit. 17Seldom set foot in your neighbour's house— too much of you, and they will hate you. 18Like a club or a sword or a sharp arrow is one who gives false testimony against a neighbour. 19Like a broken tooth or a lame foot is reliance on the unfaithful in a time of trouble. 20Like one who takes away a garment on a cold day, or like vinegar poured on a wound, is one who sings songs to a heavy heart.

21If your enemy is hungry, give him food to eat; if he is thirsty, give him water to drink. 22In doing this, you will heap burning coals on his head, and the Lord will reward you.

23Like a north wind that brings unexpected rain is a sly tongue—which provokes a horrified look. 24Better to live on a corner of the roof than share a house with a quarrelsome wife. 25Like cold water to a weary soul is good news from a distant land.26Like a muddied spring or a polluted well are the righteous who give way to the wicked. 27It is not good to eat too much honey, nor is it honourable to search out matters that are too deep. 28Like a city whose walls are broken through is a person who lacks self-control.

Prayer:

As the heavens are high and the earth is deep, so the hearts of kings are unsearchable, O God, whose throne is above the heaven, Your will is higher than our knowledge and imagination. Dear Holy Spirit, may You grant us patience and gentle tongue, especially when the reality is so disappointing and we feel lost. 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 31 | 10 APRIL Wed.
Scripture Reading : Proverbs 24B

23 These also are sayings of the wise: To show partiality in judging is not good: 24Whoever says to the guilty, "You are innocent," will be cursed by peoples and denounced by nations. 25But it will go well with those who convict the guilty, and rich blessing will come on them. 26An honest answer is like a kiss on the lips. 27Put your outdoor work in order and get your fields ready; after that, build your house. 28Do not testify against your neighbour without cause— would you use your lips to mislead? 29Do not say, "I'll do to them as they have done to me; I'll pay them back for what they did."

30I went past the field of a sluggard, past the vineyard of someone who has no sense;31thorns had come up everywhere, the ground was covered with weeds, and the stone wall was in ruins. 32I applied my heart to what I observed and learned a lesson from what I saw: 33A little sleep, a little slumber, a little folding of the hands to rest— 34and poverty will come on you like a thief and scarcity like an armed man.

Prayer:
Our God, we are grateful that You have not punished us as we deserve, but constantly and graciously wait for us to return with Your opened arms. Help us remember Your grace, so that we would neither testify against our neighbour without cause, nor use our lips to mislead, nor pay anyone back for what they did. 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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