

40 Day Lent Prayer Guide

ST ANDREW'S CATHEDRAL



A word from the Vicar

R E V D L E W I S L E W

Church, as part of our focus on “**a Deeper Life in Christ**” we want to enter into this season of Lent a bit differently.

Prayer is the direct line with our Heavenly Father. God tells us, “if my people, who are called by my name, will humble themselves and pray and seek my face and turn from their wicked ways, then I will hear from heaven, and I will forgive their sin and will heal their land.” (2 Chron 7:14). Church, God hears our prayers from Heaven when we seek His face together as a people of God.

This Lent season, we need to step-up prayers for our nation, for our Diocese, for our deaneries, for Cathedral, and for ourselves. I want to encourage you to set aside time daily to pray and as the Lord enables you to fast from food or from things that are distracting you from coming to God.

To help us commit to pray together as a Cathedral community through the 40 days of Lent, you can sign-up (tinyurl.com/lentprayerfast) as a family, as a connect group or as individuals - to pray on a certain day or certain time slots.

This **40 day Lent Prayer Guide** put together by our Cathedral’s intercessors will guide you to pray for the different prayer focuses. All the information, sign-up for prayers and Lent resources will be available on our website under Lent & Easter programme. (www.cathedral.org.sg)

My hope as we focus on PRAYER during this Lent Season, is for us to go deeper in Christ and to experience Personal Revival that will lead us to a deeper relationship with Christ. May the Lord help us! Amen!

CONTENTS OF THIS PRAYER GUIDE

There are 4 areas of focus in this 40 Day Prayer Guide:

- **Our Lord's Prayer** (pages 6-17)
- **Our Cathedral** (pages 18-29)
- **Our Diocese** (pages 30-47)
- **Singapore** (pages 48-56)

We begin our 40 Day Lent Fast & Prayer on a more personal note with the Lord's Prayer. Taking a phrase or a clause from the Lord's Prayer for each day of Prayer, you are invited to ponder and meditate on what it means to you and how you can pray that phrase/clause in a more personal way.

The other areas of focus (Our Cathedral, Our Diocese & Singapore) have a specific header for each item, accompanied by a Scripture text(s), Prayers for thanksgiving and the prayer pointers. Please pray as the Holy Spirit leads you; listen and wait to hear what He says and record your impression in your journal.

The 40th day ends with a time for

**Personal Consecration and Renewing
our covenant with the Lord** (page 57).

Acknowledgements

This Prayer Guide has been put together with the help of the Cathedral Intercessors, the Vicars and clergy of our 27 Parishes, the Deans of our overseas Deaneries and LoveSingapore.

A special thanks to LoveSingapore for their generosity in permitting the use of the sections on "How to Fast" and "How to Enjoy Fasting" from their 40 Day Prayer Guide and also for permitting the use of their prayer pointers for our prayer focus on Singapore (Day 32 to Day 38).

HOW TO FAST

You may fast and pray on your own or do it as a group with your family, friends, office colleagues or your connect group.

You are free to fast however the Spirit leads you. Here are some options:

- Set aside time each day to seek God in prayer and fasting. It may be half an hour or one hour or more.

Total Fast

- Abstain from solid foods and beverages for 24 hours. Take only water.
- Adopt an attitude of prayer as you go about your daily duties at home, at work or at school. Apply what you've learned in tangible actions.

Partial Fast

- Abstain from solid foods for an extended part of the day. Take only water. You may fast from sunrise to sundown or from breakfast to afternoon tea.

1-Meal Fast

- Sacrifice one full meal a day.
- Scale down your normal activities. Avoid rigorous exercise such as rock-climbing, cycling or jogging.
- Be alert. Besides fasting from food, fast from things that distract, such as TV, social media, cyber-games, or things that destroy such as coarse jesting or careless words.

Beverage Fast

- Abstain from solid foods for 24 hours. Take only water and liquid foods such as milk or other health beverages.
- Break your fast gradually and wisely. For health reasons, you should consume small portions as you break fast, avoiding chilli or acidic foods as much as possible.

Daniel Fast

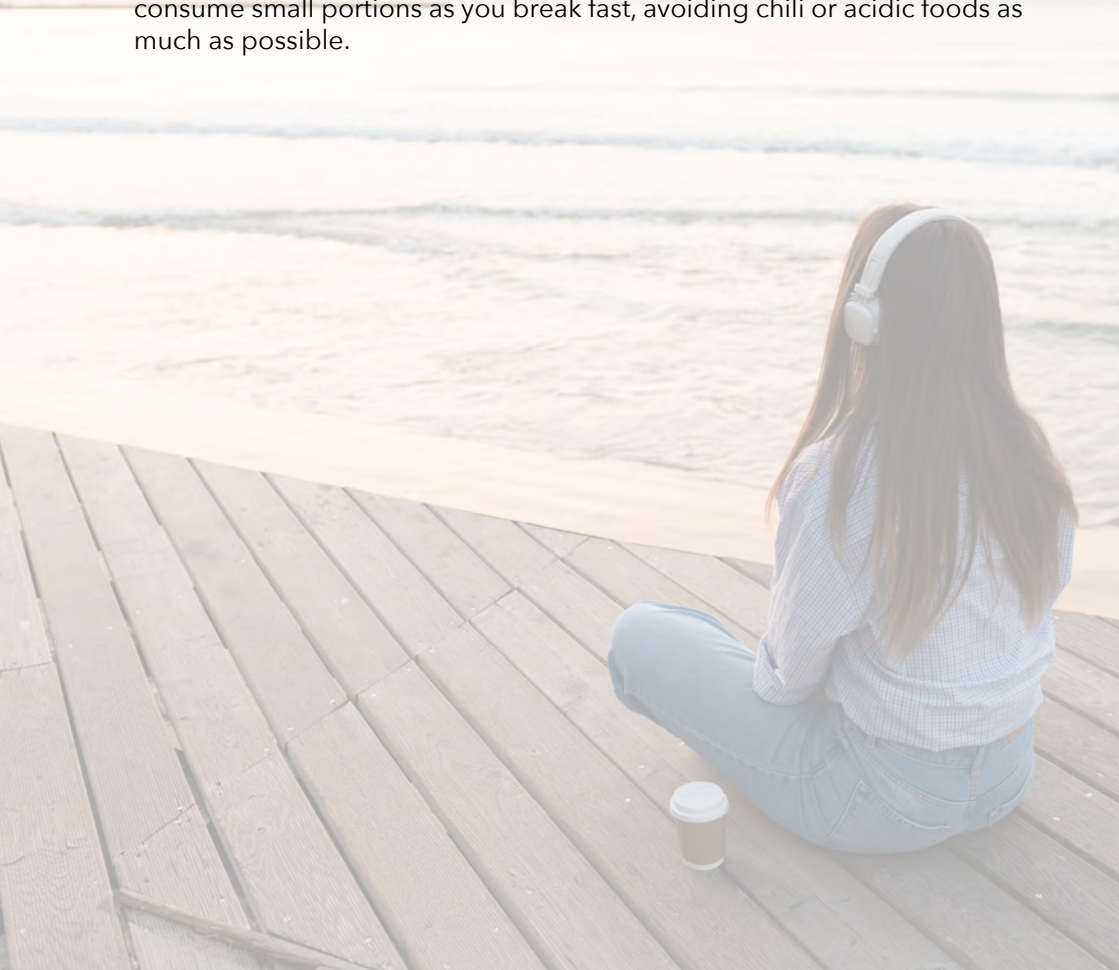
- Abstain from meats and other favourite delicacies. Take only small portions of fresh vegetables, fruit and juices. You may practise this as a 40 Day routine. Or as Daniel 1:12 suggests, make this a 10-day fast.

Esther Fast

- Abstain from solid foods for 24 hours for 3 days. (Esther 4:16)

HOW TO ENJOY FASTING

- Set aside time each day to seek God in prayer and fasting. It may be half an hour or one hour or more.
- Adopt an attitude of prayer as you go about your daily duties at home, at work or at school. Apply what you've learned in tangible actions.
- Scale down your normal activities. Avoid rigorous exercise such as rock-climbing, cycling or jogging.
- Be alert. Besides fasting from food, fast from things that distract, such as TV, social media, cyber-games, or things that destroy such as coarse jesting or careless words.
- Break your fast gradually and wisely. For health reasons, you should consume small portions as you break fast, avoiding chili or acidic foods as much as possible.



A Prayer To Prepare Our Hearts

'God our Heavenly Father, King of kings and Lord of lords of the vast universe You have created. You are high and lifted up, resplendent in beauty and perfect in holiness. Yet You chose in Your immeasurable love to dwell among sinful humanity in the person of our Lord Jesus Christ, to reveal Yourself to us, to redeem us from the enslavement of sin through Christ's death on the cross and to make us Your very own. You sent your life giving Spirit to indwell every believer that we may know You intimately.

As we enter the season of Lent, grant us Your grace to emulate the example of our Lord Jesus Christ who fasted and prayed for 40 days in the wilderness.

Cause us to know Your thoughts and Your will as we commit the next 40 days to being in Your presence and to be fully present with You.

Lead us by Your Spirit into the inner sanctuary as we bring our lives under the searchlight of Your Holy Spirit, deal with areas of sinfulness and align our hearts and wills to Yours.

Teach us how to pray as we ought that we may partner You in Your Kingdom's work and glorify Your Name.

In Jesus' Name we pray, **Amen.**





THE LORD'S PRAYER



DAY 1

Our Father in heaven

"For you did not receive the spirit of slavery to fall back into fear; but you have received the Spirit of adoption as sons, by whom we cry, 'Abba! Father!'" (Romans 8:15)

God is my Abba ("Daddy"). Take a moment to ponder what "Father God is **my** Daddy" means to you.

Think about:

His tender compassion towards you

".....But while he (the prodigal son) was still a long way off, his father saw him and felt **compassion**, and ran and embraced him and kissed him." (Luke 15:20)

(My Father's relentless love for me)

"And when Jesus heard this (John the Baptist's beheading), he withdrew to a desolate place by himself. But when the crowds heard it, they followed him on foot from the towns. When he went ashore he saw a great crowd, and he had **compassion** on them and healed their sick." (Matt. 14:13-14)

(My Father's selfless love for me)

His desire for intimacy with you

"Call to me and I will answer you, and will tell you great and hidden things that you have not known." (Jeremiah 33:3)

Ask:

1. How have I truly appreciated God's relentless and selfless love for me?
2. Do I desire intimacy with Him?
3. Am I attentive to His voice?
4. Is my daily quiet time filled with tender moments with my daddy or is it a dutiful bible study?

Pray:

- Repent of your lack of desire for God and your superficial relationship with Him.
- For a deep hunger for God "As the deer pants for flowing streams, so pants my soul for God, for the living God..." (Psa. 42:1-2)
- That you may hear His voice and respond to His tender love.
- That you will do what it takes to draw close to God.

DAY 2

Hallowed be Your Name

"Sing praises to the LORD, O you His saints, and give thanks to His holy name." (Psa. 30:4)

"Bless the Lord O my soul, and all that is within me, bless His holy name!" (Psa. 103:1)

"He sent redemption to His people; He has commanded His covenant forever. Holy and awesome is His name!" (Psa. 111:9)

In Jewish thought, a name is not merely an arbitrary designation, a random combination of sounds. The name conveys the nature and essence of the thing named. It represents the history and reputation of the being's name.¹

God's name is often described as "holy". To hallow God's name is to recognise its holiness by giving God the reverence which is His due. The prophets were concerned that God's name should not be profaned by His people's sinful behaviour.²

Think about:

The awesome holiness of His Name

"Worship the LORD in the splendour of holiness; tremble before him, all the earth!" (Psa. 96:9)

(Respond to God's holiness in worship)

Your worshipful response to His awesome holiness

"Through him (Jesus) then let us continually offer up **a sacrifice of praise** to God, that is, the fruit of lips that acknowledge his name." (Hebrews 13:15)

"I appeal to you therefore, brothers, by the mercies of God, to present **your bodies as a living sacrifice**, holy and acceptable to God, which is your spiritual worship." (Roman 12:1)

Ask:

1. How have I acknowledged the awesome holiness of God's Name and given Him the reverential worship which is His due?
2. How have I hallowed His Holy Name?
3. How have I profaned His Holy Name?

¹Jewish concepts. See The Name of God (jewishvirtuallibrary.org)

²R.T. France, The New International Commentary on the New Testament, The Gospel of Matthew, Wm B. Eerdmans Publishing Co, 2007, 246.

Pray:

- Repent of the things you have done that have dishonoured God's Holy Name
- For sanctified lips that exalt His Name in worship and in edifying speech.
- For a sanctified life that is living sacrifice, holy and acceptable to God.
- For a heart of obedience to His command: ".....You shall be holy, for I am holy." And if you call on him as Father who judges impartially according to each one's deeds, conduct yourselves with fear throughout the time of your exile," (1 Pet. 1:16,17)

DAY 3

Your Kingdom Come

"The Kingdom is God's rule actively invading the kingdom of Satan.

Jesus separated the present and future visitations of the Kingdom".³

"From that time Jesus began to preach, saying, "Repent, for ***the kingdom of heaven has come near.***" (Matt. 4:17 NIV)

(Present visitation of the Kingdom through Christ's incarnation)

"When the Son of Man comes in His glory, and all the angels with him, then He will sit on his glorious throne. Before Him will be gathered all the nations, and He will separate people one from another as a shepherd separates the sheep from the goats. And He will place the sheep on His right, but the goats on the left. Then the King will say to those on His right, 'Come, you who are blessed by my Father, inherit the kingdom prepared for you from the foundation of the world.'" (Matt. 25:31-34)

(Future visitation of the Kingdom at the end of the age)

Think about:

The Kingdom of God (God's active rule) that is present now.

"The seventy-two returned with joy, saying, 'Lord, even the demons are subject to us in Your name!' And he (Jesus) said to them, 'I saw Satan fall like lightning from heaven.'" (Lk. 10:17-18)

(The mission of the 72 disciples in the name of Christ asserted the presence and power of the Kingdom)

³Evangelical Dictionary of Theology, Baker Academic, 2001, 658.

Praying "Your Kingdom Come" is praying that "God's Kingship may be fully implemented as people submit to His sovereignty."⁴ That means:

- Captives are set free (redemption of the world)
- Evil is defeated

Ask:

1. Am I submitting to God's Kingship in my life?
2. Do I seek first the Kingdom of God and His righteousness above the earthly things of this earthly life?
3. How am I living in the reality of His Kingdom Come and in the expectancy of His Kingdom Come at the end of the age?

Pray:

- Repent of areas where you have not submitted to God's Kingship in your life.
- That you will seek first His Kingdom and His righteousness and trust Him for your physical needs. (Matt. 6:33)
- That you will see the world from Kingdom perspective. "Seeing with the love of the Creator for this His spectacularly beautiful creation and seeing it with deep grief for the battered and battle-scarred state in which the world now finds itself." (Tom Wright)
- That you will live in a manner that experiences "His Kingdom Come" in the present and looks with expectancy for "His Kingdom Come", at the end of the age.
- For the redemption of the world, the radical defeat and uprooting of evil.
- That you will be "a Kingdom-bearer, a healed healer and a Servant of the Lord." (Tom Wright)

DAY 4

Your will be done on earth as it is in heaven

"And he (Jesus) said, 'Abba Father, all things are possible for you. Remove this cup from me. Yet not what I will, but what you will.'" (Mark 14:36)
(Jesus' complete obedience to the Father, even unto death)

Think about:

"Doing the will of God" is for Matthew, a potent summary of disciples' lives⁵
"Not everyone who says to me, 'Lord, Lord,' will enter the kingdom of heaven, but the one who does the will of my Father who is in heaven."
(Matt. 7:21)

⁴ R.T. France, The New International Commentary on the New Testament, The Gospel of Matthew, Wm B. Eerdmans Publishing Co, 2007, 246.

⁵ R.T. France, The New International Commentary on the New Testament, The Gospel of Matthew, Wm B. Eerdmans Publishing Co, 2007, 24

“For whoever does the will of my Father in heaven is my brother and sister and mother.” (Matt. 12:50)

Tom Wright’s description of doing God’s will

“It is the way we re-tune our instruments to play God’s oratorio for the world to sing.”

In heaven, God’s Name is hallowed, His Kingship is acknowledged and His will is done.

May this also be the case on earth in our execution of His divine will.

Ask:

1. Am I an instrument that is in tune to play God’s oratorio or am I out of tune?
2. What is the revealed will of God that I need to obey?
3. Have I signed on for the work of the Kingdom?

Pray:

- Repent of disobedience to God’s will, be it sins of commission or sins of omission.
- That you will willingly submit to the will of God.
- That you will sign on for the work of the Kingdom.

DAY 5

Give us this day our daily bread

“Then the LORD said to Moses, ‘Behold, I am about to rain bread from heaven for you, and the people shall go out and gather a day’s portion every day, that I may test them, whether they will walk in my law or not.’” (Exo. 16:4)

(Bread was a symbol of God’s provision for His people’s needs, needs which go beyond physical sustenance to encompass sustenance of our whole lives.

Asking for bread daily is to acknowledge our daily dependence on God for His provision.)

Think about:

My Father knows my need for physical food

“Therefore do not be anxious, saying, ‘What shall we eat?’ or ‘What shall we drink?’ or ‘What shall we wear?’ For the Gentiles seek after all these things, and your heavenly Father knows that you need them all.” (Matt. 6:31-32)

My Father also knows I need more than physical food to sustain me through life

"Our fathers ate the manna in the wilderness; as it is written, 'He gave them bread from heaven to eat.' Jesus then said to them, 'Truly, truly, I say to you, it was not Moses who gave you the bread from heaven, but my Father gives you the true bread from heaven. For the bread of God is he who comes down from heaven and gives life to the world.'" They said to Him, 'Sir, give us this bread always.' Jesus said to them, 'I am the bread of life; whoever comes to me shall not hunger, and whoever believes in me shall never thirst.'" (John 6:31-35)

(I need Jesus who nourishes me spiritually and satisfies the deep spiritual longings of my soul)

Ask:

1. Do I trust in my Father to provide for my daily needs or am I anxious that I will suffer lack?
2. Do I come to Jesus for daily spiritual nourishment and look to Him to satisfy the deep spiritual longings of my soul?

Pray:

- That you will not worry about your physical needs but trust God to provide all that you need for each day.
- That you will re-order your priorities so that you "Seek first His Kingdom and His righteousness and all these things will be added to you." (Matt. 6:33)
- That you will crave for more of the "Bread of life" who alone can nourish you spiritually and satisfy the deep spiritual longings of your soul.

DAY 6

And forgive us our debts, as we also have forgiven our debtors

"Father, I have sinned against heaven and before you." (Luke 15:21)

(The account of the repentant prodigal son portrays vividly the Father's lavish love for wayward sinners like us. It was totally undignified for an older man to run to a younger man, even more so, his son who had disgraced the family name, but the father threw all dignity to the wind for the love of his son.

Forgiveness is reciprocal. As we receive God's forgiveness, we must release forgiveness to those who have offended us.)

Think about:

And forgive us our debts

The extent of the Father's love for you

"but God shows His love for us in that while we were still sinners, Christ died for us." (Romans 5:8)

The Father's promise of forgiveness when we repent

"If we confess our sins, He is faithful and just to forgive us our sins and to cleanse us from all unrighteousness." (1 John 1:9)

Live in freedom from sin's condemnation

"There is therefore no condemnation for those who are in Christ Jesus." (Romans 8:1)

As we also have forgiven our debtors

God's forgiveness of us must be mirrored in our forgiveness of others.

"And in anger his master delivered him over to the jailers, until he should pay all his debt. So also my heavenly Father will do to every one of you, if you do not forgive your brother from your heart." (Matt. 18:34-35; read the whole parable of the unforgiving servant in Matt. 18:23-35)

(In this parable, God's forgiveness comes first but it is withdrawn when the person forgiven refused to forgive another)

To ask God's forgiveness while at the same time refusing to forgive is hypocritical.

Like God, we must be concerned with repairing broken personal relationships.

Ask:

1. Do I place a premium on my relationship with God and with my fellow men?
2. Will I seek God's forgiveness for the specific sins I have committed against him?
3. Will I forgive the specific offences of others and seek reconciliation with them?

Pray:

- For the Holy Spirit to examine your heart and to reveal areas where you have sinned against God.
- Ask God to forgive specific sins and to change your heart.
- Ask God for grace to forgive specific sins done to you (in some cases, this may be a long drawn out process), for His healing of hurts inflicted on you and for His enabling to reconcile with the ones who have offended you.
- For a fresh commitment to live in love and peace with all our Christian brothers and sisters.

DAY 7

And lead us not into temptation but deliver us from evil

"Then Jesus was led up by the Spirit into the wilderness to be tempted by the devil." (Matt. 4:1)

(The Greek for "tempted" can also mean "test". God clearly never tempts anyone to do evil (James 1:13) but he uses circumstances to test our character (Heb. 11:17). The devil is the one who tempts us. Such testings are part and parcel of our Christian life where Kingdom values and worldly values clash.)

Think about:

Jesus exhorts us to pray "Lead us not into temptation" could mean⁶:

- Let us escape the great tribulation that is coming on the world.
- Do not let us be led into temptation that we are unable to bear.
- Enable us to pass safely through the testing of our faith.

Jesus exhorts us also to pray "deliver us from evil"⁷.

This does not mean:

- A head-in-the sand approach – pretend it doesn't exist.
- Wallow in evil and see it everywhere.
- Adopt a gung-ho attitude and unthinkingly charge to battle it.

What it means is:

- Recognise evil is real and powerful. It is not only out there but within each of us.
- But recognise also that Jesus' victory over evil is also real and powerful.

⁶ Tom Wright, THE LORD AND HIS PRAYER, Society for Promoting Christian Knowledge, Holy Trinity Church, Marylebone Road, London NW1 4DU.

⁷ Ditto

- “Deliver us from evil” is to enforce the victory of the cross. It entails signing on for a struggle and a battle. If Jesus, after His baptism had to go into the wilderness and be tempted by the devil, why should we be spared of the same thing?

We are called to pray alongside Jesus Himself “as He weeps in Gethsemane and staggers on to Calvary.” We can’t do that from a safe distance. We can only pray “deliver us from evil” when we say ‘Yes’ to the call to follow Jesus to Gethsemane. By giving us this prayer, then, Jesus invites us to walk ahead into the darkness and discover that it too, belongs to God.⁸

Ask:

1. Do I recognise that testing is part and parcel of the Christian life and how would I handle it?
2. What are some of the struggles that I am going through now and how shall I handle them?
3. Can I walk into the darkness and discover for myself that it too, belongs to God?

Pray:

- The Lord teach you what it means to pray “Lead us into temptation but deliver us from evil”.
- For victory over whatever temptation you may be facing now.
- For courage and strength to follow Jesus to Gethsemane.

DAY 8

“For Yours is the Kingdom, the Power and the Glory, Forever and Ever⁹”

This concluding sentence is not found in either the Gospels of Matthew or Luke but has been included in the liturgy of the Western church. It was already well established within a century of Jesus’ time and is believed to have been intended from the beginning as a fitting conclusion to the Lord’s Prayer. It also fits well with the message of the prayer: God’s Kingdom, God’s Power and God’s Glory are what the prayer is all about.

The prayer encapsulates the whole life and work of Jesus. John summed it up as “The Word became flesh and made His dwelling among us. We have seen

⁸Ditto

⁹This entire section is an adaptation from Tom Wright, THE LORD AND HIS PRAYER, Society for Promoting Christian Knowledge, Holy Trinity Church, Marylebone Road, London NW1 4DU.

His glory, the glory of the one and only Son, who came from the Father, full of grace and truth." (John 1:14)

Think about:

The glory of Augustus Caesar (a Roman Emperor in Jesus' time) was full of brute force and ambiguity but the glory of God's Kingdom is full of grace and truth.

This is what it looked like when the glory of the Lord would be revealed for all flesh to see: "a young Jew, riding over the Mount of Olives in tears, driving the traders out of the Temple, and dying at the behest of Caesar's kingdom."

This is the ultimate redefinition of the kingdom, the power and the glory. Caesar's plans for his own glory are turned by God into the establishment of the true Kingdom.

Ask:

1. How am I living in the kingdom where Christ is King?

Pray

3 ways in which we can take the final sentence of this prayer and "breathe in" Jesus' message, His agenda His very life, and make it our own:

1. Prayer of mission and commission

If Jesus is the true King of all the world, whose kingdom redefines power and glory so that they are now seen in the manger, on the cross, and in the garden, then to pray this prayer is to pray that this kingdom, power and glory may be seen in all the world.

And to pray as well as to work towards this vision becoming a reality.

2. Prayer of incarnation and empowerment

Jesus is King and we who join Him in calling God "Abba, Father" pray this prayer as the new royal family which lives by the radical redefinition of kingship, of royalty which we discover in the manger and on the cross. To pray this prayer is to invoke the power of the Spirit of Jesus, as we work for the glory of God.

3. Prayer of confidence and commitment

It is because Jesus is King that we can pray with confidence. The gospel contains many promises about what happens when people pray in the name of Jesus. Praying in Jesus' Name is to invoke the name of the Stronger than Strong; it is to pray to the One who has taken the power of the world and has defeated it with the power of the cross, has confronted the glory of the world and has outshone it with the glory of the cross.

Charles Wesley captured the mood at the end of the Lord's Prayer when he wrote:

"Yea, Amen! Let all adore thee,

High on thine eternal throne;

Saviour, take the power and glory;

Claim the Kingdom for thine own:

O come quickly, O come quickly

Alleluia! Come, Lord, Come!"





THE CATHEDRAL



Vicar & Staff Team

"And He (Christ) gave the apostles, the prophets, the evangelists, the shepherds and teachers, to equip the saints for the work of ministry, for building up the body of Christ," (Eph. 4:11-12)

"Now there are varieties of gifts, but the same Spirit; and there are varieties of service, but the same Lord; and there are varieties of activities, but it is the same God who empowers them all in everyone." (1 Cor. 12:4-6)

Thanksgiving:

Thank God for blessing us with Vicar Lewis Lew and the new team of clergy (Rev William Chee, Rev Christopher Chan and Rev Daniel Lim). Thank God for the varied giftings that they bring with them to the Cathedral Church and for their contagious enthusiasm and joyful service to the Lord.

Thank God for the team of long-serving clergy and faithful deaconesses (Rev Joshua Raj, Rev Bertram Cheong, Rev Moses Israeli, Ds June Tan, Ds Ti Lian Swan, Ds Grace Tan). Thank God for their sacrificial service to the body of Christ and their loving commitment to shepherd the people under their watch.

Thank God for the pastoral staff team, the admin team, the finance team and all the ground staff. Thank God for the excellence with which they do their work and for their hard work and perseverance in this COVID season to meet the different work challenges.

Thank God for calling each of them to this Cathedral family.

Pray:

- For fruitfulness in all their ministries. For joyful, meaningful engagement for each of them.
- For Vicar Lewis – that God protect him and his family as he advances God's kingdom in the church and beyond (Isa. 54:17; Prov. 18:10); that God grant him good health, favour and success in all his endeavours (Psa. 90: 17); that God strengthen his stakes and lengthen his cords in ministry (Isa. 54:2-3); that God grant him clarity of vision, soundness of mind and courage & fortitude to do God's work and accomplish His will at the Cathedral.
- For the whole staff team – that God protect and shield each of them and their family members from all evil and harm (Psa. 91); that God grant them favour and prosper the work of their hands (Psa. 90:17); that there will be strong bonds of friendships formed with the church members and

among themselves; that they will have the mind of Christ to esteem others better than themselves and in the spirit of humility serve God and serve one another (Phil. 2:1-8); that they will be Spirit-filled and Spirit-led; and renewed and refreshed daily as they walk in their God-ordained paths of ministry.

- For joy in the Cathedral office – that every office and work station will be a sanctuary of the Lord, pleasing and delightful to Him.

Members

“I therefore, a prisoner for the Lord, urge you to walk in a manner worthy of the calling to which you have been called, with all humility and gentleness, with patience, bearing with one another in love, eager to maintain the unity of the Spirit in the bond of peace. There is one body and one Spirit—just as you were called to the one hope that belongs to your call— one Lord, one faith, one baptism, one God and Father of all, who is over all and through all and in all.” (Eph. 4:1-6)

Thanksgiving:

Thank God for the Cathedral family and for God’s gift of each one to the other.

Thank God for our common life in Christ and for calling us to His purpose.

Thank God for His grace upon each one of our lives.

Pray:

- That members will know our identity in Christ and arise as a people of God to shine for Him in this hour of darkness.
- That we may live out what the word of God declares we are: “A chosen race, a royal priesthood, a holy nation, a people for His own possession, that you may proclaim the excellencies of him who called you out of darkness into His marvellous light.” (1 Peter 2:9)
- That we will be a community bonded together in Christ’s love and marked by our love for one another, that the world may know we are Christ’s disciples (John 13:34-35); that we will value one another and integrate our different spiritual gifts to strengthen and build up the Body of Christ in the Cathedral.
- That we will give ourselves to prayer, align our lives to the Word of God and unite to pursue “a deeper life in Christ”.
- That we will be alert to the enemy’s schemes and keep watch over one another so that the enemy cannot derail, divide, deceive or discourage us.
- That we will support our Vicar, pastors and leaders in the re-building of our Father’s house and in the extension of His Kingdom. (Heb. 13:17)

Mother Church

Pray:

- That Cathedral will more fully flow into and fulfill her role as mother church of our Diocese.
- That in the grace of God, Cathedral will birth more daughter churches.
- That the Cathedral will be a role model in upholding sound doctrine, in the practice of spiritual disciplines and in being a blessing to the Body of Christ.

Spiritual Hub for the City

Pray:

- That the Cathedral which God has set in the heart of our city will be a spiritual oasis for the heavy laden and the weary, that they will encounter God in times of quiet reflection and silent prayer.
- That it will be a place where God's word is proclaimed and where people can find spiritual nourishment to satisfy the deep longing of their souls and spirits. Pray that our weekday Services will minister to the needs of the office workers and communities around us.
- That it will be a place people who are lost or hurting can find salvation and healing in our Lord.

Church for the Nation(s)

Pray:

- That people from all walks of life, especially the unchurched will be drawn into the Cathedral and as they enter her gates, they will sense God's presence in this place; they will find a warm welcome among His people and they will be drawn to the love of Christ.
- That we will hold our nation in our hearts and in our prayers; we will do our part in what pleases the Lord to safeguard and build up this nation.
- That the Cathedral will be "home" to those who have come from abroad to work in Singapore and are seeking a place of worship and a people to which they can belong.

A People of Prayer

Abide in me, and I in you. As the branch cannot bear fruit by itself, unless it abides in the vine, neither can you, unless you abide in me. I am the vine; you are the branches. Whoever abides in me and I in him, he it is that bears much fruit, for apart from me you can do nothing. If anyone does not abide in me he is thrown away like a branch and withers; and the branches are gathered, thrown into the fire, and burned. If you abide in me, and my words abide in you, ask whatever you wish, and it will be done for you. (John 15:4-7)

Thanksgiving:

Thank God that because of Christ our great high priest, we may "with confidence draw near to the throne of grace, that we may receive mercy and find grace to help in time of need." (Heb. 4:16)

Thank God He is a prayer answering God who says to us "Call to me and I will answer you, and will tell you great and hidden things that you have not known." (Jeremiah 33:3)

For all His answers to our prayers (you may wish to specifically mention them in thanksgiving)

Pray:

- That we will be ever conscious of our total dependence on God and of the central place of prayer in the life of every believer; we will acknowledge that apart from God, we can do nothing.
- That God will teach us how to pray according to His will "...the Spirit helps us in our weakness. For we do not know what to pray for as we ought, but the Spirit Himself intercedes for us with groanings too deep for words. And He who searches hearts knows what is the mind of the Spirit, because the Spirit intercedes for the saints according to the will of God." (Romans 8:26, 27)
- That we will have mountain moving faith to believe God for the things He has revealed to us and to ask boldly for these things, trusting in His word. (Luke 17:5-6)
- That prayer will be the priority in our personal lives as well as in our corporate life; that we will seek God for everything in prayer and undergird all we do with prayer.
- That the Cathedral will be a house of prayer for this nation and the nations beyond our shores. Like the golden bowls in heaven filled with incense which are the prayers of the saints (Rev. 5:8), we will steward the church, the nation and nations of the world in prayer.

A People Formed by Christ

“My little children, for whom I am again in the anguish of childbirth until Christ is formed in you!” (Gal. 4:19)

Thanksgiving:

Thank God for the addition of new believers to the Cathedral fold and for spiritual parents who, like the apostle Paul, agonize over the spiritual formation of new believers.

Pray:

- For members to step into the role of spiritual parents to care for the needs of new believers in Christ.
- For spiritual mentoring relationships to be formed where we care holistically for the physical, mental, emotional and spiritual health of our brothers and sisters in Christ.
- That every Cathedral member will have a strong faith foundation and desire to grow spiritually to become a faithful disciple of Christ, whose will is not to do his/her own will but the will of the Heavenly Father.
- That members will consistently practise the spiritual disciplines, pull away from the noise and demands of the external world and attend to the state of our inner being.
- That we will daily focus our spiritual eyes on what our Master is doing and tune our spiritual ears to hear His voice, that we may follow His lead.
- That we may have the mind of Christ to think His thoughts and perceive things from His divine perspective.
- That we will count the cost of following Christ and be willing to pay the price - denying self, taking up our cross daily and following Christ (Luke 9:23)
- That we will have His heart of compassion to care for the needy, to reach out to the lost and be disciple makers of all nations.

A People of the Word

"Your word is a lamp to my feet and a light to my path" (Psa. 119:105)

"Man shall not live by bread alone, but by every word that comes from the mouth of God." (Matt. 4:4)

Thanksgiving:

Thank God for the pulpit ministry which has blessed, strengthened and united the Cathedral family.

Thank God for establishing within the Cathedral, a Centre for Biblical Studies through our Diocesan Certificate of Biblical Studies programme. This programme began in January 2017 and offers a systematic study of the major themes of the 66 books of the Bible, over a 4 year period. Its main aim is to increase biblical literacy within the Body of Christ.

Thank God for the successful completion of the first cycle of DCBS in 2020 and for the growing number of students from many different denominations who have benefitted from this systematic study of the word of God.

Thank God that He has enabled DCBS to move to an online platform since July 2020, making the program available even to Christians from overseas.

Thank God for providing the needed administrative and technical support to host the weekly online teaching.

Thank God for enabling Ds Grace Tan to helm DCBS since its inception, with the strong support of a core team and for the team of committed instructors who have contributed much to the establishment and growth of DCBS.

Thank God for blessing us with Rev William Chee who will be joining the Cathedral in April and who will be helming the Christian Education Department.

Pray:

- For a strong pulpit ministry, for God's anointing upon the preaching of His word and for receptive hearts, that God's word will go forth in power and authority to accomplish God's purpose in and through the Cathedral, for His glory.
- That God will continue to enlarge the DCBS tent and strengthen its stakes to meet the growing needs of the Christian community in Singapore and beyond.

- For Rev William Chee (the Diocesan Lay Training Coordinator and the Cathedral's Christian Education Pastor) and Ds Grace Tan as they continue to build on the strong foundation God has laid. Pray also for more anointed and gifted teachers to join the team of instructors.
- That God continue to enable our DCBS instructors to teach His Word with clarity and power; that as they study God's Word, they will encounter Him personally; that they will be God's mouthpieces and the Word through them shall not return to God empty but it shall accomplish that which God purposes and shall succeed in the thing for which He sent it. (Isa. 55:11)
- That there will be deep hunger and thirst for God's Word in the hearts of His people, that through the study of His word, their minds will be renewed and their lives will be transformed, that they will grow deeper in their relationship with Christ and be conformed to His image; that they will delight in His statutes and not forget His Word. (Ps 119:16).
- That God will bless the hands of Nicole Lee, our DCBS administrator and the technical support teams, endue them with strength and wisdom as they work through the administrative details and host the weekly zoom teaching sessions. Pray also for strong internet connections so that lessons can be conducted smoothly without any disruption.
- For Rev William Chee as he heads up the Christian Education Department in the Cathedral, assisted by Ds Grace Tan, that God will grant them divine wisdom and counsel to provide the infrastructure and training for members to be spiritually formed, to grow strong in faith and as committed disciples of Christ.

DAY 14

A People on God's Mission

"And Jesus came and said to them, 'All authority in heaven and on earth has been given to me. Go therefore and make disciples of all nations, baptising them in the name of the Father and of the Son and of the Holy Spirit, teaching them to observe all I have commanded you. And behold, I am with you always, to the end of the age.'" (Matt. 28: 18-20)

Thanksgiving:

Thank God that over the years, He has opened many doors to the Cathedral for local outreach and missions.

Thank God for His many faithful servants in the Cathedral who have worked tirelessly and sacrificially to seed the work of evangelism and missions in the Cathedral.

Thank God for His faithfulness over the last 20 years, in establishing and growing the ministry to Cambodian youth and children through the work of Project Khmer H.O.P.E., which now spans 3 Centres (in Chbarmon, Aoral and Trang) and 1 English School located in Kampong Speu Orphan Centre.

Thank God for Vicar Lewis, whose many years of experience on the mission field as the former Dean of Nepal, will be invaluable in deepening and widening the reach of evangelism and missions, in the Cathedral.

Pray:

- That every Cathedral member will embrace Christ's core mission for His Church which is to make disciples of all nations (this is the responsibility of every one who calls himself/herself Christian).
- That God will put His heart, a heart of compassion for the lost, in our hearts; that we may sense the urgency of the hour as the unsaved are headed for a Christ-less eternity and that He may open our eyes to see that the fields are ripe for harvest.
- That we will be obedient to the Great Commission and be intentional in praying for the lost, that as we sow in tears, we will reap with shouts of joy, bringing in the sheaves (Psa. 126:6); that we will repent where we have been inward looking and have sinned against God by failing to obey His Great Commission.
- For every Connect Group to be actively involved in local outreach and in missions.
- For Vicar Lewis and Adeline Hee our Missions Coordinator, as they seek God for His direction and divine strategies to expand the work for the extension of God's Kingdom, in this new season.

For Local Outreach:

A. Alpha - under the leadership of Steven Wong

Pray:

- For seekers to find God as they come with their questions.
- For the outpouring of the Holy Spirit on the seekers in divine encounter.
- For strong friendships to be forged with seekers.
- For fruitful harvest.

B. Lazarus Ministry - under the leadership of Shaun Foo

Pray:

- For more volunteers to sign on.

- For rough sleepers to accept our hand of fellowship.
- For Christ's love to shine through our volunteers and touch lives.
- For fruitful harvest.

For Overseas Missions:

A. Project Khmer H.O.P.E - under the leadership of Adeline Hee and Ds Bessie Lee

The Staff:

Pray:

- For Susan Goh - Centre Director, overseeing the Centres and Hospitality vocational training to equip students for jobs in the hotel industry.
- For Joyce Carino - teaches English to students in Chbarmon.
- For Deborah Teo (from Grace Baptist Church) - oversees the work in Trang, teaching English and providing before-and-after-school care.
- For Lim Wei Inn - based in Singapore, conducting online English classes.
- For Kin Souvuth - a Cambodian who oversees the Industrial Skills vocational training in Aoral.

For the national team of trainers/teachers and staff who teach English, computer skills and provide pastoral support:

Pray:

- Students will learn well and be equipped for jobs to get out of the poverty trap.
- For their health and safety during this pandemic.
- They will experience Christ's love through the teachers and staff.
- They will come to know Christ and receive salvation in Him.

B. Batam 289 Fellowship of the Manger - under the leadership of Mike Nga

Pray:

- For the core team to be creative, resourceful & united in outreach efforts.
- For more volunteers and for the increased participation of Connect Groups in the activities planned for 2021.
- For pastors, families and children in Batam- God's protection and provision for their needs.

C. Palu, Sulawesi

Pray:

- For local pastors and staff, their families and the families who are still struggling with rebuilding their lives after the earthquake and tsunami - for God's protection and provision, a wide, encouraging and strengthening support base and unity in undertaking tasks.

- For government support - more officials who are genuinely concerned for and who will provide for the villagers.

D. Befriending Migrant Workers - under the leadership of Lawrence Wee

Pray:

- For opportunities to connect with and befriend migrant workers and for good rapport.
- For sensitivity to cultural ethos.
- For genuine friendships to be forged.
- For Christ's love to shine through our volunteers and touch lives.
- For fruitful harvest.

DAY 15

A People of the Spirit

"For all who are led by the Spirit of God are sons of God." (Romans 8:14)

Thanksgiving:

Thank God for sending His Holy Spirit to indwell every believer that we may be empowered to live the Christian life

Thank God that the Holy Spirit is our Comforter, our Teacher, our Guide and much, much more. (Jn. 14:16, 26)

Thank God that the Holy Spirit gives gifts to every believer for the common good. (1 Cor. 12:4-7)

Thank God for the power of the Holy Spirit to be Christ's witnesses. (Acts 1:8)

Pray:

Invite the Holy Spirit to search you. Consider your own attitude/behaviour.
Repent of:

- Ingratitude - a murmuring/grumbling spirit.
- Sins of the tongue - deceit, gossip, sowing seeds of discord among the brethren.
- Idolatry & rebellion - loving the world more than God; disobeying God's laws.
- Injustice - practising discrimination; callousness towards the poor and needy; indifference to the suffering.

- Pride and Arrogance – esteeming self above others; lacking in a servant spirit.

Pray for yourself:

- For a broken spirit and a contrite heart (Psa 51:17)
- For the fear of the LORD to be real in your life (note Psa. 139:7-12).
- For an obedient heart to stay close, love and follow the Lord (Jn. 15:4-11).

Pray for the Church

- For the Holy Spirit to move freely and powerfully in every church gathering. (1 Cor. 14)
- For the mind of Christ to prevail over our belief systems/mindsets. (Phil 2:3-8)
- For genuine reconciliation of broken relationships. (Romans 12:9-10; 17-21).
- For the healing of our land that revival may break forth. (2 Chron. 7:14)



THE DIOCESE



And he gave the apostles, the prophets, the evangelists, the shepherds and teachers, to equip the saints for the work of ministry, for building up the body of Christ, until we all attain to the unity of the faith and of the knowledge of the Son of God, to mature manhood, to the measure of the stature of the fullness of Christ, so that we may no longer be children, tossed to and fro by the waves and carried about by every wind of doctrine, by human cunning, by craftiness in deceitful schemes. Rather, speaking the truth in love, we are to grow up in every way into him who is the head, into Christ, from whom the whole body, joined and held together by every joint with which it is equipped, when each part is working properly, makes the body grow so that it builds itself up in love." (Eph. 4:11-16)

"Pay careful attention to yourselves and to all the flock, in which the Holy Spirit has made you overseers, to care for the church of God, which he obtained with his own blood." (Acts 20:28)

Bishop, Clergy & Deaconesses

Thanksgiving:

Thank God for His divine appointment of our new Bishop Dr Titus Chung and for the new things God has laid upon His heart for our Diocese in this new season of re-set.

Thank God for His gifts to the Body of Christ in our Diocese through Bishop Titus and for His Spirit's leading and empowering upon our Bishop.

Thank God also for the clergy and deaconesses God has provided to support our Bishop; who like the Aarons and Hurs, help our Bishop to shoulder the very heavy responsibilities of his office which has oversight of 27 parishes in the Archdeanery of Singapore and churches in our 6 overseas Deaneries.

Thank God for giving us a Diocesan family where we can support one another and integrate our different spiritual gifts to advance God's Kingdom; and that together, we can run faster and further.

Pray:

- That our Bishop's, Clergy's and Deaconesses' time with the Lord will be guarded and that they will minister from the place of rested-ness in our Lord, having drunk deeply from the wells of living water our Lord provides.
- That in all things, they will know that although none is equal to the task, God's grace is sufficient and His power is made perfect in human

weakness (2 Cor. 12:9); that the Good Shepherd will carry them through every dark and deep valley, anoint their heads with oil and fill their cups to overflowing.

- For God's anointing and empowering to be upon our Bishop to carry out his mandate from the Lord with keen focus, perseverance, courage and strength, to please the audience of One and to accomplish His purpose through a Diocese that is strong and closely-knit.
- For Clergy and Deaconesses to unite under the leadership of our Bishop and for strong bonds of care and collaboration to be forged. Pray that as we dwell in unity, God will command His blessing to come down upon us. (Psa. 133).
- For God's Name to be highly exalted and for God's glory to be manifest in and through our Diocese.

DAY 17

And he gave the apostles, the prophets, the evangelists, the shepherds and teachers, to equip the saints for the work of ministry, for building up the body of Christ, until we all attain to the unity of the faith and of the knowledge of the Son of God, to mature manhood, to the measure of the stature of the fullness of Christ, so that we may no longer be children, tossed to and fro by the waves and carried about by every wind of doctrine, by human cunning, by craftiness in deceitful schemes. Rather, speaking the truth in love, we are to grow up in every way into him who is the head, into Christ, from whom the whole body, joined and held together by every joint with which it is equipped, when each part is working properly, makes the body grow so that it builds itself up in love." (Eph. 4:11-16)

"Pay careful attention to yourselves and to all the flock, in which the Holy Spirit has made you overseers, to care for the church of God, which he obtained with his own blood." (Acts 20:28)

"Therefore, my beloved brothers, be steadfast, immovable, always abounding in the work of the Lord, knowing that in the Lord your labor is not in vain."

Thanksgiving:

Thank God for every Vicar whom He has called into office to serve Him, under our Bishop, in a particular parish.

Thank God that those whom He calls, He also equips and will richly resource.

Pray:

- For every Vicar to unite the church and to bring the church into alignment with God's direction for our Diocese.
- For God's anointing and empowering to enable our Vicars to exemplify Christ to the church community, strengthen communal bonds and shepherd the flock God has entrusted to their care.
- For good and strong support for our Vicars, from pastors and members, as they carry out the responsibilities of their office.

ST ANDREW'S CATHEDRAL

Vicar: Rev Lewis Lew

Main Theme for 2021: A Deeper Life in Christ (John 15:1-4)

Pray the Cathedral will:

- Re-envision: God's purpose for the season (Neh. 1:1-11)
God's mission for the church (Neh. 2:1-16)
- Re-build: Our identity as the people of God (Neh. 2:17-20)
As one united people (Neh. 3:1-32)
- Re-ignite: Our compassion for the needy (Neh. 5:1-13)
Our passion for the Word (Neh. 8:1-12)
Our passion for the Lord (Neh. 9:1-6)

ALL SAINT'S CHURCH (MANDARIN)

Vicar: Rev Dr Ivan Ee

Main Theme for 2021: A Godly Church (1 Tim 3:16)

Pray:

- Parishioners will stay close to God and go forward to share their testimony with family and friends

ALL SAINTS (ENGLISH)

Priest-in-charge: Rev Darren Choo

Main Theme for 2021: "Towards a Healthy Church" - to be what Christ expects from His bride. (Col. 2:7)

Pray:

- The church will have a holy fear of the Lord, submit to the Word of God and maintain the unity of the Spirit in the bond of peace.

CHAPEL OF CHRIST THE KING

Ag Vicar: Rev Timothy Ewing-Chow

Vicar: Revd Bertram Cheong (wef 1 April)

Main Theme for 2021: To become a disciple making church.

Focus is to equip and empower every member to become a disciple and disciple-maker therefore fulfilling the Great Commission. (Mat. 28:19-20)

Pray:

- Every member will be willing and ready to move out of their comfort zones, be Spirit-led and obedient to the direction of the Holy Spirit; that there will be fruitfulness and multiplication in the church beginning 2021.

CHAPEL OF CHRIST THE REDEEMER

Vicar: Rev Victor Teo

Main Theme for 2021: (1) Seeking God, (2) Caring for Each Other, (3) Serving Faithfully and (4) Sharing Christ.

Pray:

- For unity for the parish in fulfilling their Mission and Vision; for the Chaplaincy work in St Hilda's Primary and St Hilda's Secondary Schools; that the church may continue to be effective and that the light of Christ will shine through in every heart.

DAY 18

CHAPEL OF THE HOLY SPIRIT

Vicar: Rev Michael Teh

Main theme for 2021: "Everything For Jesus" (Heb. 12:2)

Pray:

- Every member will be an authentic disciple of Jesus.
- For fruitful outreach and ministry in personal evangelism and chaplaincy work at St Andrew's Village.
- For continued effectiveness in mission work in Indonesia, Cambodia and Myanmar.

CHAPEL OF THE RESURRECTION

Vicar: Rev David Lee

Main Theme for 2021: Fit For The Master's Use (2 Tim. 2:21)

Pray:

- For renewed challenge to live purposefully for God.
- For reorganisation at the personal, communal and structural levels, to be useful to our Master.

CHRIST CHURCH

Vicar: Canon Steven Asirvatham

Main Theme for 2021: Growing as a Disciple

Pray:

- For the launch of the Discipleship process to raise intentional Discipleship.
- For numerical & spiritual growth in all six Services.
- For financial provision for their redevelopment project.
- For new ministries to be birthed with the provision of new spaces.
- For outreach to the Indian community in Singapore as well as the community at Pek Kio.

CHURCH OF OUR SAVIOUR

Vicar: Rev Daniel Wee

Main theme: Seeking the Lord (Hosea 10:12)

Pray:

- That the church will find ways to reach the people moving into the new blocks in Queenstown.

DAY 19

CHURCH OF THE ASCENSION

Vicar: Rev Dr Joel Leow

Main Theme for 2021: Everyone a Disciple and a Disciple-Maker (Psalm 37:3-4)

Pray:

- For the church to rebuild and reconnect with their church family as they resume Worship Services and Ministries in Phase 3.
- For the restoration of a deep hunger for God's presence and for His Word.
- For the revitalisation of their commitment and calling as the church on the hill, ministering to the children at St Andrew's Junior School, Ascension Kindergarten & Ascension Kindercare, and winning souls in Potong Pasir and Bidadari.

- For their 70th anniversary preparations next year (1952-2022) as they remember God's faithfulness and goodness and renew their commitment to Him.

CHURCH OF THE EPIPHANY

Ag Vicar: Canon Steven Asirvatham

Main Theme for 2021 : 'Arise and Build' (Neh.2:18)

Pray:

- For the redevelopment of the church to be completed and for additional funds for the fittings and furnishings.
- For the smooth transition into the new building.
- For spiritual revival of the members.
- For good integration of the Tamil Parish with the incoming English & Mandarin congregations.

CHURCH OF THE GOOD SHEPHERD

Vicar: Rev Huang Ao-you

Main Theme for 2021: Love God, Love Others, Build up others as well as yourself.

Pray:

- That the church will return to their first love for God and press on.

CHURCH OF THE TRUE LIGHT

Vicar: Rev Barry Leong

Main Theme for 2021: The true light, which gives light to everyone, was coming into the world (John 1:9)

Pray:

- That the Church of the True Light will continue to be good ambassadors of the True Light showing love to one another and to others, that all will know that they are true disciples of Jesus Christ.
- For the pastoral team as they lead and minister in COTL.
- For unity as the Chinese, English and Tamil congregations work together as one to advance the Kingdom of God.
- For love to abound in COTL as they continue to love God and one another.
- That COTL will go deep in their study of God's Word and be led by the Holy Spirit to do mighty acts of God.

DAY 20

HOLY TRINITY CHURCH

Ag. Vicar: Rt. Rev. Low Jee King

Main Theme for 2021: Welcoming the King of Glory into our lives, families, ministries and church (Psalm 24).

Pray:

- Thank God for His faithfulness to the parish over the past 80 years.
- That God will continue to unite their hearts to serve Him, to obey the Great Commandment and fulfill the Great Commission.
- For God's anointing, wisdom, good health and strength to be upon Rt. Rev Low Jee King, Rev Adrian Chong, Rev Michael Chan, pastoral, admin staff, leaders and all who are serving in the various ministries of the church, that they may build a strong and healthy church for God's glory.
- For God's wisdom to be upon the Renovation Committee and Church Leadership in their oversight of the church renovation project to meet the growing needs of future generations; for safety of the workers, a smooth process and quality workmanship.

LIGHT OF CHRIST CHURCH WOODLANDS

Vicar: Rev William Tham

Main theme for 2021: To be a Christ like community for communities.

Pray:

- Members will model the way in Christian Living.
- The church will reach out to Christ Church Secondary School, Champions Court (Woodlands estate) and Grace Light Spring (Anglican Senior Centre).

MARINE PARADE CHRISTIAN CENTRE

Vicar: Canon Terry Wong

Main theme for 2021: "Sow for yourselves righteousness; reap steadfast love; break up your fallow ground, for it is the time to seek the LORD that he may come and rain righteousness upon you." (Hosea 10:1)

Pray:

- For the restoration of their first love for God and the strengthening of spiritual intimacy in their walk with the Lord.
- That as they regather after a challenging year, they will seek God's will and Lordship over the life of the church.
- That in their time of waiting upon God, they will have divine wisdom to know how they may rebuild their common life, ministry together and their witness for Him.

MY SAVIOUR'S CHURCH

Vicar: Rev Charles Tewel

Main Theme for 2021: To be a vibrant community of Spirit-filled disciples, steadfast and flourishing in their love for God, boldly proclaiming Christ in thought, word and deed.

Every member to be a committed discipler of Jesus Christ, who loves and serves God and others, teaching and proclaiming the gospel boldly, and labours for the welfare of the nation, through the transforming power of the Holy Spirit.

Pray:

- That the church will continue to follow Christ as He discipled them through his body, the word and the Holy Spirit.
- That the people will be blessed to bless the communities around the Parish through various means of engagement.
- For the finances of the church.

DAY 21

ST ANDREW'S CITY CHURCH

Vicar: Rev Edwin Tan

Main Theme for 2021: Forging Ahead With Faith And Care As A Family.

Pray:

- For a fresh touch from the Lord as they embark on what it means to be a disciple and disciple maker.
- For unity and love to be experienced throughout the church.

ST ANDREW'S COMMUNITY CHAPEL

Vicar: Rev Daniel Tong

Main Theme for 2021: Imitate Me, As I Imitate Christ (1 Cor. 11:1)

Pray:

- For growth in personal relationship with God and self-discovery of God.
- For growth in personal engagement in ministry -- service and evangelism.
- For growth in personal discipling of others.

ST GEORGE'S CHURCH

Vicar: Rev Ian Hadfield

Main Theme for 2021: Presenting people more mature in Christ (Colossians 1:28-29).

Pray:

- That God will enable St George's to continue to proclaim Christ with all wisdom and with the strength that God provides
- That the church will work hard in unity to admonish and teach everyone;
- That God will provide appropriate new staff who will help present people mature in Christ.

ST HILDA'S CHURCH

Vicar: Rev Martin Jungnickel

Main Theme for 2021: In the Hands of Our Loving Father (Isa. 64:8)

Pray:

- Thank God that the people of St Hilda's Church love to worship the Lord and fellowship with one another.
- That they will bring the love and compassion of Jesus to all, worshipping in church or at home, even the lonely and the homebound.
- St Hilda's is deepening their roots in discipleship. Pray that God will guide them as they strengthen one another in the faith throughout generations.
- Thank God for the kindergarten ministry and for the community services. Pray that God will multiply the fruits of these ministries.

DAY 22

ST JAMES' CHURCH

Vicar: Rev Chua Siang Guan

Pray:

- That all members of the church family will be actively connected to community and follow Christ together with other disciples.
- That they will be enabled to identify those who are not connected or who have become disconnected in 2020, and find ways to encourage them to get connected this year.
- That they will grow as a community that is known for their love, for the Lord and for one another. Their theme verse reminds them that the true test of their discipleship to Christ is their love, and so this is one area they desire to grow in.

ST JOHN'S CHAPEL

Vicar: Rev John Lin

Main theme for 2021: As we see the gracious salvation plan in the missional heart of God, may we be a missionary church of Spirit-filled committed disciples of Jesus Christ, always ready to take the gospel to the nations.

Pray:

- The young generation (children, youths and young adults) will be anchored in faith and growing in spiritual maturity.
- That God's people will be committed in discipleship, purposeful in vocation and witness for Christ in the marketplace and in the world.
- For faithfulness and fruitfulness in the various outreach ministry platforms, e.g. school chaplaincy, Boys' Brigade, Girls' Brigade, etc.

ST JOHN'S-ST MARGARET'S CHURCH

Vicar: Rev Joshua Sudharman

Main Theme for 2021: Be Transformed (Rom. 12:2)

Pray:

- For smooth leadership transition.
- For blessings on the launch of SJSJ Village comprising Church, Nursing Home and Childcare Centre.

DAY 23

ST MATTHEW'S CHURCH

Vicar: Rev Koh Hock Soon

Priest in charge (English): Rev Chan Chee Keng

Main Theme for 2021 (English) : Spiritual Re-Organising by capitalising on the situation for a greater worship of God, to recover lost sheep and to reach out to the unsaved (Acts 1:8)

Pray:

- The church will seize opportunities and better utilise resources to deepen their worship of God and recover lost passion for Christ!
- For a move of the Holy Spirit to bring back many (members) who are not returning to the church.
- Courage and perseverance to reach out to the unsaved and the unchurched in families and communities.

ST PAUL'S CHURCH

Vicar: Rev Jeremy Ponniah

Main theme for 2021: "To be a Community of Ambassadors for Christ: Growing in Passion" (2 Cor. 5:20)

Pray:

- That the church will be growing and serving as a community of ambassadors bonded to one another across the generations.
- For deepening of discipleship and launching out as Christ's ambassadors to make disciples.
- For the strengthening of the chaplaincy efforts for St Paul's Kindergarten and St Andrew's Nursing Home (Buangkok).

ST PETER'S CHURCH

Vicar: Rev Ong Chooi Seng

Main Theme for 2021: Back to Basics on the Great Commission and the Great Commandment.

Pray:

- That every member will be challenged to be a soul winner, to invite one person to Church and to commit to serve in Church.

YISHUN CHRISTIAN CHURCH

Vicar: Rev William Chee

Main theme for 2021: "Arise and Shine" (Isaiah 60:1)

Pray:

- That members will rise up because they have been blessed in the heavenlies even though they are facing the impact of the COVID-19 Pandemic; they will rise up in hope, rise up in love and rise up in faith.
- That members will shine forth to one another, to our family and friends and our neighbours in our community, shine forth with encouraging words, with kind acts, and intentional outreach with the good news.
- For the incoming Vicar Rev Daniel Teo that God will give him wisdom and favour to plan, gather, organise and mobilise the church to rise up and shine in this year of challenges.

Education Board

Preschools: Thank God for the formation of Anglican Preschool Services (APS). Pray for smooth integration of preschools across our Diocese, and for the Board and Management of APS to have much wisdom.

Schools: Thank God for the steady and strong performance of our students in their national exams last year. Pray for the school leaders who have newly transited in, and for all school leaders to adapt to the changing conditions due to Covid-19.

Anglican Community Services & Mission Hospital

Main Theme for 2021: A light in society, relieving suffering and enriching lives with the love of Christ (Matthew 5:16).

Pray:

- For God's love, wisdom and protection to be upon all our doctors, nurses, allied health professionals, counsellors, rehabilitation coaches, special education teachers and programme executives as they journey with our patients/clients/students towards healing and wholeness.
- For those under our care, that they may experience the love of God through the professionals, chaplains and volunteers, helping them to deal with pain and loss, to face the future with courage in community, and to have a saving encounter with Christ.
- For the clergy chaplains and lay associate chaplains to find joy in caring for the needy, in forming bonds of fellowship, prayer and meaningful service with their anchor parishes, and in pastoring the spiritual community in each centre of SACS/SAMH.
- For churches and brothers and sisters to generously offer non-tax-deductible donations for the SACS and SAMH Chaplaincy Funds to support this spiritual ministry.

Our Overseas Deaneries

"Ask of me and I will make the nations your heritage, and the ends of the earth your possession." (Psalm 2:8)

Thanksgiving:

Thank God for His appointment of our Deans who have oversight of our Deaneries, under our Bishop.

Thank God for the sacrifices our Deans and missionaries have made in their perseverance to build God's church and extend His Kingdom in a different culture and setting.

Thank God for the support of their families and home churches who partner them in God's mission.

FOR OUR DIRECTOR OF MISSIONS: CANON YEE CHING WAH

Pray:

- That God will give him His divine counsel and wisdom to guide the course of missions in the new season, to pioneer new work, break new ground and to give strong support for the missions work in our Deaneries.

FOR EVERY DEAN IN THE 6 NATIONS:

Nepal: Canon Steven Asirvatham

Indonesia: Rev Timothy Chong

Cambodia: Rev Steven Seah

Laos: Rev Ian Hadfield

Thailand: Canon Yee Ching Wah

Vietnam: Rev Jonathan Wong

Pray :

- That they will serve the Lord with passion and perseverance, to overcome challenges in the mission field.
- For deep insight to break through cultural barriers and break down resistance to the gospel.
- For divine guidance to plant churches in areas where the gospel has not been heard.
- That they will be enabled to raise up both overseas missionaries and local leaders as well as equip them to shepherd the flock in our Deaneries.

Deanery of Nepal

Nepal – a nation with 30 million people, the church has seen accelerated growth and many more opportunities for outreach and ministry in this beautiful Himalayan country.

Cross-Cultural workers serve alongside 10,000 Anglican Nepalis throughout the nation.

Leveraging on their skills in early childhood education, some are setting up Early Childhood centers in the country.

This is a unique opportunity to bless the future generations of this Himalayan nation.

Pray:

- For political stability in Nepal. The present PM K.P. Oli had dissolved the Parliament and a new election has been called in April 2021. Pray for a united and a strong government that will allow religious freedom in Nepal.
- That the Covid-19 pandemic will subside and that Churches can be re-opened for regular worship. Many Churches had not been able to gather for onsite worship. Although Churches in the city areas are able to worship online, Churches in the villages are not able too.
- For improvement of the healthcare service in Nepal. The local hospitals are not able to provide medical care for the large number of infected cases. As a result many have to be confined at home.
- For the Lord to supply the financial need for the Deanery of Nepal.
- For the new work in Western Nepal as new churches are planted in this very challenging ground. Pray for new workers to be raised in 2021.
- Praise God for 142 baptisms in 2020 despite many challenges due to the pandemic. Pray for continued growth as the gospel continues to be proclaimed in the land of Nepal.
- Cold weather is affecting the livelihoods of daily wage earners, children and senior citizens.
- For more churches in our Diocese to partner in prayer, sending mission teams when the doors re-open and in giving towards the growing work of the Deanery.

DAY 26

Deanery of Indonesia

Indonesia has 270 million people, consisting of 300 ethnic groups, speaking over 700 different languages, in 34 Provinces across 3 time-zones.

The rapid development of this archipelagic nation has seen the presentation of many opportunities for ministry and developments.

Pray:

- God's protection for our Anglican pastors and their family members as well as church members from the Covid-19 pandemic.
- For God's providence as many of the church members have lost their jobs and have difficulties coping with daily needs.
- For more opportunities to share the Gospel and for the Indonesians to be receptive to the Gospel.
- For our Anglican schools as all the schools have been closed for 1 academic year. Pray that we will be able to recruit new students for the schools and for sustainability in maintaining the schools and salaries of the teachers.

DAY 27

Deanery of Cambodia

"Moving out of our comfort zone seems to be the command God has given the deanery. The 'moving out' can manifest itself in doing better with the ministries and people we have and in going beyond our current ministries and people to reach those outside the Anglican Church. This could mean better and more in disciple-making, in equipping the pastors, in planting churches or starting new worship sites or dormitories in areas where the Anglican Church has no work or presence, in expanding the capacity of our day-care centre and English learning centres, and in making our ministry holistic, through community work."

We believe that a verse that captures what the deanery has been commanded to do is Isaiah 54:2 - "Enlarge the place of your tent, stretch your tent curtains wide, do not hold back; lengthen your cords, strengthen your stakes." (Dean of Cambodia, Rev Steven Seah)

The Anglican Church of Cambodia is experiencing the impact of their ministries and programs on the people.

Chantra, a member of the Khmer youth group, often prayed with her group for her family to accept Jesus Christ. Since returning home from studies, her sister has accepted Christ, and her parents are no longer as negative as before when she shares the gospel with them. The family has even started to give thanks before meals.

This is but one of many impactful stories emerging from the work in the Deanery.

Pray :

- For faith to believe that God will give the Deanery everything good to do His will (Heb 13:21).
- For the raising and equipping of leaders and facilitators to run the bible study or discipleship groups.
- For the raising and equipping of small group leaders, especially in the countryside.
- For opportunities to equip pastors outside the Anglican church.
- For making pastors' training available online or digitally to bless even the wider body.
- For Rev Hieng as he aims to plant two churches in 2021.
- For the opening of more house churches in the countryside.
- For a new missionary priest and a core team to lead a new worship site for expats and locals in New Phnom Penh by year end.
- For the ministry to the young residents staying in their existing dorms.
- For the recruitment of dorm parents to head a new dorm in Phnom Penh.
- For the expansion of the day-care centre in Rokakos.
- For increased capacities at their English Centres in Takhmau and Svay Rieng.
- For the safety and well-being of students and staff who live and train at the Project Khmer H.O.P.E. Centres and P.K.H English School.
- For a new capacity for holistic ministry/community work.

DAY 28

Deanery of Laos

Sarah, along with many other Lao students, have come to faith in the last 5 years. God has been doing a tremendous work in Laos.

ARDA Language and Vocational Centres are the fruit of a God-given strategy to minister to the local Lao community. The realization of the importance of the English language has opened multiple doors, presenting exciting opportunities for the work to reach beyond the city of Vientianne.

Pray:

- For wisdom in making long term plans, that God will provide staff and funding to grow His work and that workers who wish to be in the country will be able to do so having cleared COVID-19 restrictions.

DAY 29

Deanery of Thailand

The Deanery of Thailand has been blessed with tremendous openness and opportunities. Over the past 27 years, the stability within the Thai Churches has allowed the Deanery to focus on the development of local leadership.

Noom and Lek are theological students who graduated and joined the pastoral team. 2 more staff have been sent for theological training.

Pray:

- For the raising of godly pastors equipped in Word, full of the Spirit, passionate in works; who serve in unity and faith.
- For missionaries in the field to serve humbly with fortitude to live out the life of Christ daily in the midst of challenges.
- For a new Vicar prepared and sent with a sense of calling and vocation to lead the church in missions to people residing in Thailand.
- For the Karen Anglican Ministry at the Border (KAMB) to be strengthened in faith in the midst of the uncertainty in Myanmar as they care for the displaced people there.

DAY 30

Deanery of Vietnam

Rev Nguyen Hong Chi and Rev Vu Hong Thai are indigenous Anglican priests in Vietnam, pastoring their congregations in Ho Chi Minh and Hanoi respectively.

While the Anglican family in Vietnam works on the process of registration, the vast potential for growth is apparent and exciting.

Pray:

- For the new church plant in Halong.
- For members of the local churches who are feeling the economic effects of the ongoing pandemic.



SINGAPORE

But seek the welfare of the
city where I have sent you into
exile, and pray to the Lord on
its behalf, for in its welfare you
will find your welfare.
Jeremiah 29:7



DAY 31

National Council of Churches, NCCS Chinese Work, Bible Society of Singapore, LoveSingapore, Missionary Societies

Thanksgiving:

Thank God for the many Christian organisations and missionary societies He has blessed Singapore with. Thank God for their valuable and significant role in uniting and resourcing the churches. Thank God for the strong partnerships between the churches and Christian organisations in Singapore.

Pray:

- That we will join hands with one another and serve God together in humility; that the Church in Singapore will be One as Father, Son and Holy Spirit are One; that we will put aside our differences and major on accomplishing God's purpose and destiny for Singapore.
- That we will speak with one voice and make known God's ways for "righteousness exalts a nation but sin is a reproach to any people." (Prov. 14:34); that we will build on the legacy of our spiritual forefathers and positively contribute to the well-being and the building up of our nation.
- That we will exalt the Name of the Lord over this nation and proclaim His truth to all generations.

DAY 32

Arts & Entertainment

In Jesus' name, we reclaim the Gate of Arts and Entertainment in Singapore! We declare a shift from darkness to light. We declare a stripping of authority from those who promote filth and deception.

We declare a bestowing of greater favour and greater honour upon all – in this Gate – who love the Lord and who walk in His ways. We declare that – the songs we write, the music we compose, the movies we produce, the dramas we stage, the dances we create, the images we capture, will be masterpieces that deeply reflect our Master's beauty and brilliance. We call forth a fresh

wave of Arts and Entertainment in Singapore. We command it to come alive with the passion of Christ.

We declare that this Gate will be God's prime time channel for the healing of all families, all peoples, all nations. We declare that the Church of Jesus Christ will step out in faith to make the difference. We declare that it is time for us to GET UP and GET OUT there and rock the world for Jesus!

DAY 33

Business, Science & Technology

In the name of Jesus Christ, we take our stand in the Gate of Business, Science and Technology. We call forth all lovers of God, full of the Spirit, full of wisdom, full of insight, full of foresight, to arise and lead this Gate. We call forth all the gifts and talents within this arena to showcase God's creative power, goodness and abundance.

We declare that every contract we sign, every research we undertake, every innovation we pursue will reflect God's character and compassion. We declare that Singapore's business, science and technology will be renowned for excellence—to alleviate poverty, improve quality of life, achieve medical breakthroughs, and bring practical blessings to all peoples here and beyond.

Most of all, we declare the fear of Almighty God to govern every heart and every boardroom in Singapore. We declare the values of the Kingdom to become the culture of all enterprise. From generation to generation, we will honour the Lord our God with our resources, for it is He alone who gives us the ability to create wealth. Singapore, be rich toward God and righteous in all your ways! In Jesus' mighty name.

DAY 34

Communications & Media

In Jesus' name, we restore the Gate of Communications and Media. We declare a turn of the page: from old to new, from lies to truth, from death to life! We reclaim any aspect of media under siege by any spirit of intimidation and control. We declare a radical transformation of media owners and media

users: to be salt and light, the compass and conscience of society.

We call forth a new breed of thinkers and dreamers to lead this arena—writers, journalists, editors, producers, designers, animators, photographers: A new generation of righteous voices who hear from God and speak for God. A new generation uniquely gifted to tap the power of the media to bring people closer to God and to one another. A new generation radically sold out on communicating Truth in creative, relevant ways. A new generation anointed with excellence and sanctified imagination to create new genres of communications that honour God.

Singapore, you are God's anointed mouthpiece to declare His glory! Amen.

DAY 35

Disadvantaged & Marginalized

In Jesus' name, we bestow respect and dignity upon the Gate of Disadvantaged and Marginalized. We take authority in Jesus' name and come against all strongholds of social prejudice, injustice and oppression.

We commit ourselves to use every spiritual weapon given by God to demolish these strongholds. We open our hearts to receive a fresh impartation of Christ's love and compassion. We hereby release a new measure of generosity and kindness toward the poorest and the least among us.

We call forth creative strategies to fulfill God's Kingdom plan in and through this Gate—nationally, regionally and globally. We call forth institutions of righteousness to bring an end to systemic poverty. We call forth a strategic alliance of God's servant leaders in Government, in Business and in Church—to speak up for the poor; to translate righteous policies into practical, high-touch, low cost solutions to empower the poor.

We declare that a new day for the transformation of the Disadvantaged and Marginalized has dawned. We join them in reaching out to others.

We declare: Arise, be God's bridge of blessing!

DAY 36

Education & Schools

In the name of Jesus Christ, we take our stand in the Gate of Education and School in Singapore! We welcome God's manifest presence and power in all our schools. We release God's wisdom upon all in authority, in particular: policy makers, curriculum shapers, and school principals. We take captive any humanistic idea contrary to God's Word, God's will, and God's ways.

We declare: Singapore's schools shall excel as centres of light for the discipling of this nation and nations beyond.

We declare: No matter how times have changed, no matter how the educational arena may evolve, no matter what excellent tools and technology we may have at our disposal, nothing can take the place of godly teachers of calling and vision guiding our children in every classroom.

We declare: Education and School shall be God's domain to nurture future leaders: Leaders of exceptional character and competence. Leaders of compassion and creativity. Leaders with an excellent spirit. Leaders who inspire life-long learning. Leaders who model integrity and godly patriotism.

Singapore: Arise, shine for your light is come! In Jesus' mighty name.

DAY 37

Family & Home

In Jesus' name, we restore the Gate of Family and Home in Singapore! We renounce Satan's evil schemes against marriages and families. We call forth reconciliation towards strong marriages; restoration of parent-child relationships; healing of broken families. We believe that broken family relationships can and will be mended. We declare an atmosphere of love, joy, peace, and honour in our homes.

We call forth a mighty fathering movement in this nation. We declare that godly fathers will take their rightful positions of authority in the home. They will turn their hearts towards their children. They will rejoice in the wife of their youth.

We call forth an army of godly mothers. They will be full of faith, full of hope, full of wisdom, full of love.

We call forth a generation of children that are nurtured in the ways of the Lord, and in whose lips, God has ordained praise to silence the enemy! They will love the Lord and honour their parents. They will be an example to all their peers.

We declare that our homes will reflect the glory and character of God. In the glorious Name of Christ Jesus our Lord, Amen.

DAY 38

Government & Leadership

I urge you, first of all, to pray for all people. Ask God to help them; intercede on their behalf, and give thanks for them. Pray this way for kings and all who are in authority so that we can live peaceful and quiet lives marked by godliness and dignity. This is good and pleases God our Saviour, who wants everyone to be saved and to understand the truth. For there is one God and one Mediator who can reconcile God and humanity—the man Christ Jesus. He gave his life to purchase freedom for everyone. This is the message God gave to the world at just the right time. (1Tim. 2:1-6 NLT)

In the name of Jesus Christ, we invoke God's blessings on the Gate of Government and Leadership in Singapore! We enthrone Christ as our Sovereign Lord and Commander in Chief, far above all names, all powers, all parties, all personalities, all protocol.

We declare Christ is Singapore's Wonderful Counsellor, Mighty God, Everlasting Father, Prince of Peace. We declare of the increase of His government and peace there will be no end.

We call forth God's chosen servants to lead our nation from generation to generation: Men and women who fear the Lord, Men and women excellent in spirit— full of wisdom, integrity, justice and righteousness.

We invite the Sovereign Lord to come preside over Singapore's political system and succession. We declare that godly governance shall be our nation's branding and legacy forever and ever. We declare: His Kingdom come, His will be done in Singapore as it is in heaven. In Jesus' mighty name.

Singapore's Destiny Antioch of Asia

"Now there were in the church at Antioch prophets and teachers, Barnabas, Simeon who was called Niger, Lucius of Cyrene, Manaen a lifelong friend of Herod the tetrarch, and Saul. While they were worshiping the Lord and fasting, the Holy Spirit said, "Set apart for me Barnabas and Saul for the work to which I have called them." Then after fasting and praying they laid their hands on them and sent them off." (Acts 13:1-3)

In 1978, it was reported that Billy Graham prophesied Singapore would be an "Antioch of Asia"

During the early days of the church, Antioch was a city that God used as a strategic command centre, to send out those whom the Holy Spirit had set apart for the work of spreading the gospel. (Acts 13)

Below are extracts from an article by Salt & Light, which adapted a sermon first preached by the late Rev Rick Seaward, founder of Victory Family Centre, Singapore, in January 2018.

"An Antioch city or nation is a city-nation with Antioch churches. In the day of Antioch, there was only one church that grew very large, with only one church and one leader. But today we have many churches.

An Antioch city or nation is set up by God to impact other nations. I believe it is the destiny of one such city church to affect other cities' destinies. The Antioch of Acts 13 affected its entire region.

For Singapore to be an Antioch nation, the whole church must come together, decide their own individual mission callings, and also be united in the purpose of impacting another nation."

Thanksgiving:

Thank God that He has blessed Singapore with a good, stable government, racial and religious harmony and with skill sets that enable this tiny red dot to be a blessing to the nations of the world.

Thank God that He is deepening the unity among churches across denominations in Singapore through a shared vision, through Celebration of Hope and through networks such as the National Council of Churches, LoveSingapore, etc., that we may come together as One Church and unite "in the purpose of impacting another nation."

Pray:

That every church in Singapore will be an Antioch Church marked by the following:

- Prayer and Fasting, being attentive to voice of God.
- The Holy Spirit setting apart and sending men/women out into the mission fields.
- Prompt obedience to the Holy Spirit's instruction to send out their best to the mission field.
- Giving generously to the work of missions and trusting God for their own financial needs.
- That all barriers among churches and church leaders will come down as we, in humility, recognise our need of one another and join our hands to serve the larger purpose God has for Singapore through His Church.
- That God will continue to deepen our bonds of brotherly love for one another so that the whole Church in Singapore can come together, decide our own individual mission callings and also be united in the purpose of impacting another nation.

DAY 40

Personal Consecration

"I appeal to you therefore brothers, by the mercies of God, to present your bodies as a living sacrifice, holy and acceptable to God, which is your spiritual worship. Do not be conformed to this world, but be transformed by the renewal of your mind, that by testing, you may discern what is the will of God, what is good and acceptable and perfect." (Romans 12:1-2)

As we come to the end of our 40 day Lent prayer and fast, let us consecrate ourselves afresh to God, for Him to use us as He will, in answer to our prayers, that our lives may truly be a living sacrifice, holy and acceptable to God.

Thanksgiving:

Thank God for the season of Lent in the church calendar when we can pull away from the hurly burly of life to contemplate on God, to draw close to Him and enjoy sweet communion with Him.

Thank God for the precious gems of truth that He has revealed to us in our time of prayer and fasting.

Thank God for His re-direction and re-alignment where we have veered off the path ordained for us.

Thank God for refreshing us and renewing our strength through times of sweet communion with Him, in prayer and in meditation on His word.

Thank God for centering us in Christ our solid rock and sure foundation in the midst of storm.

Thank God for all the blessings He has given us, not only in physical provision but for relationships that enrich our lives and for the “wow” moments that remind us He is in control and He is our loving Father.

Pray:

- That we will keep our eyes fixed on Jesus, the founder and perfecter of our faith, who for the joy that was set before him endured the cross, despising the shame, and is seated at the right hand of the throne of God. (Heb. 12:2)
- That “forgetting what lies behind, and straining forward to what lies ahead, I press on toward the goal for the prize of the upward call of God in Christ Jesus.” (Phil 3:13-14)



Renew/Make this covenant with the Lord

I am no longer my own but yours.
Your will, not mine, be done in all things,
Wherever you may place me, in all that I do
And in all that I may endure;
When there is work for me and when there is none;
Your will be done when I am valued and when I am disregarded;
When I find fulfilment and when it is lacking;
When I have all things, and when I have nothing,
I willingly offer all I have and am to serve you,
As and where you choose.

Glorious and blessed God, Father, Son and Holy Spirit,
You are mine and I am yours. May it be so for ever.
Let this covenant now made on earth be fulfilled in heaven.

Amen

