

2022 Rhema Devotional Booklet

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RHEMA
睿玛 读经运动
read hear
meditate
act
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追求圣洁

PURSUING HOLINESS

效法基督、作主门徒 FOLLOWING CHRIST, BEING DISCIPLES

Rhema: Searching the Scriptures Movement

Foreword by Rev Chua Ooi Suah

Deepen Our Prayer

We thank God for leading our church smoothly through last year's Rhema scripture reading exercise. The use of two God-given means of grace, scripture reading and small groups, has helped us to value God's Word more and appreciate the sweetness of Christian fellowship during the pandemic. This year, besides deepening our experience of the two above-mentioned means of grace, we are broadening our experience to include another means of grace – prayer.

This year's Rhema exercise will last for 40 days as before, focusing on the theme of "Prayer." The devotion passages and prayer exercises are based on Part 3 of the Companions in Christ book – "Deepening Our Prayer: The Heart of Christ." It is my hope that the daily study of scripture will help us develop good spiritual disciplines and draw near to God's heart; and through the daily prayer exercises, may we experience God's real presence with us.

Let us begin this spiritual journey with prayer. May God help us to:

- Begin each new day with a prayer of gratitude.
- Pray unceasingly and in all places.
- Have spiritual companions or small groups for mutual edification.
- End each day with a prayer of reflection.

May we experience God's abounding grace in this 40 day journey. Amen!

The "Rhema" Method of Searching the Scriptures

"Rhema" is an English transliteration of the Greek word ῥῆμα (pronounced "rey-mah"), which means "word." In the New Testament, Rhema often refers to "God's Word."

"Rhema" also encapsulates John Wesley's method of Searching the Scriptures, comprising 4 aspects of receiving God's Word as a means of grace for us:

Read: To read God's Word in Scripture

Hear: To hear God's Word through Scripture, sermons, and sharing from others

Meditate: To reflect on God's Word to us and how we should respond

Act: To apply God's Word in our daily life

How can you use this booklet?

1. You are encouraged to set aside 15-20 minutes each day over these 40 days to spend time with God.
2. Begin each devotion with a few minutes to quieten down and centre on God.
3. Devotions from Monday to Saturday include a daily passage (NIV) and space in the booklet to practice the Rhema method of Searching the Scriptures: Read, Hear, Meditate, Act. Please journal your reflections.
4. For Sundays, the sermons in the worship services will complement the Rhema scriptural content. You may pen down your sermon notes in this booklet.
5. You are encouraged to gather weekly with a spiritual friend or small group, to encounter the Word together and share your insights, stay accountable, support one another, and spur one another to live out the Word.

Rhema: Searching the Scriptures Movement

DAY 1 — DAY 40 | 22 August 2022, Monday — 30 September 2022, Friday

Week / Day	Theme	Sunday Sermon	Monday
Week 1	Prayer and the Character of God	21 Aug Psalm 71:1-6	22 (Day 1) <input type="checkbox"/> Luke 1:46-55
Week 2	Dealing with Impediments to Prayer	28 <input type="checkbox"/> Psalm 81:1,10-16	29 <input type="checkbox"/> 1 John 4:7-12
Week 3	Prayer of Petition and Intercession	4 Sep <input type="checkbox"/> James 5:13-18	5 <input type="checkbox"/> Luke 11:5-13
Week 4	Praying As We Are	11 <input type="checkbox"/> Psalm 14:1-7	12 <input type="checkbox"/> Isaiah 55:1-9
Week 5	Praying with the Psalms	18 <input type="checkbox"/> Psalm 79:1-9	19 <input type="checkbox"/> Psalm 1:1-6
Week 6	Praying with the Psalms	25 <input type="checkbox"/> Psalm 91:1-6,14-16	26 <input type="checkbox"/> Psalm 22:1-11
Week 7	Conclusion	02 Oct Luke 10:38-42	

☐ Tick when completed

Tuesday	Wednesday	Thursday	Friday	Saturday
23 <input type="checkbox"/> Colossians 1:15–20	24 <input type="checkbox"/> Song of Songs 7:10–13	25 <input type="checkbox"/> 1 Samuel 3:1–14	26 <input type="checkbox"/> Luke 11:1–4	27 <input type="checkbox"/> Psalm 18:1–3
30 <input type="checkbox"/> Isaiah 44:6–11	31 <input type="checkbox"/> Matthew 26:36–46	01 <input type="checkbox"/> Psalm 139:1–16	02 <input type="checkbox"/> Mark 9:2–9	03 <input type="checkbox"/> Matthew 11:25–30
06 <input type="checkbox"/> Romans 8:31–37	07 <input type="checkbox"/> John 15:1–8	08 <input type="checkbox"/> Matthew 6:25–34	09 <input type="checkbox"/> Colossians 1:9–14	10 <input type="checkbox"/> Ephesians 6:13–20
13 <input type="checkbox"/> Romans 1:16–20	14 <input type="checkbox"/> Romans 12:3–12	15 <input type="checkbox"/> John 17:20–26	16 <input type="checkbox"/> 2 Corinthians 3:12–18	17 <input type="checkbox"/> 1 Thessalonians 5:16–22
20 <input type="checkbox"/> Psalm 120:1–7	21 <input type="checkbox"/> Psalm 130:1–8	22 <input type="checkbox"/> Psalm 116:1–7	23 <input type="checkbox"/> Psalm 8:1–9	24 <input type="checkbox"/> Psalm 10:12–18
27 <input type="checkbox"/> Psalm 46:1–11	28 <input type="checkbox"/> Psalm 23:1–6	29 <input type="checkbox"/> Psalm 121:1–8	30 (Day 40) <input type="checkbox"/> Psalm 150:1–6	01 Oct Rest and Recall

Prayer & the Character of God

21 August 2022, Sunday

Psalm 71:1-6 (NIV)

- ¹ In you, Lord, I have taken refuge;
let me never be put to shame.
- ² In your righteousness, rescue me and deliver me;
turn your ear to me and save me.
- ³ Be my rock of refuge,
to which I can always go;
give the command to save me,
for you are my rock and my fortress.
- ⁴ Deliver me, my God, from the hand of the wicked,
from the grasp of those who are evil and cruel.
- ⁵ For you have been my hope, Sovereign Lord,
my confidence since my youth.
- ⁶ From birth I have relied on you;
you brought me forth from my mother's womb.
I will ever praise you.

Sermon Notes

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Read	Hear
What do you observe from the passage?	What is God saying to you through the preacher?
Meditate	Act
Reflect on what you have read and heard. What is God impressing on your heart?	How will you respond to God's Word and seek to apply it in your life?

Verse of the Week

By you I have been sustained from my birth; you are he who took me from my mother’s womb; my praise is continually of you.

Psalm 71:6

Prayer & the Character of God

Day 1: 22 August 2022, Monday

Luke 1:46-55 (NIV)

⁴⁶ And Mary said: “My soul glorifies the Lord
⁴⁷ and my spirit rejoices in God my Saviour,
⁴⁸ for he has been mindful
of the humble state of his servant.
From now on all generations will call me blessed,
⁴⁹ for the Mighty One has done great things for me—
holy is his name.
⁵⁰ His mercy extends to those who fear him,
from generation to generation.
⁵¹ He has performed mighty deeds with his arm;
he has scattered those who are proud in their inmost thoughts.
⁵² He has brought down rulers from their thrones
but has lifted up the humble.
⁵³ He has filled the hungry with good things
but has sent the rich away empty.
⁵⁴ He has helped his servant Israel,
remembering to be merciful
⁵⁵ to Abraham and his descendants forever,
just as he promised our ancestors.”

Read	Hear
What do you observe from the passage? Who are the people close to God's heart?	What is God saying to you through this passage?
Meditate	Act
In what ways are you proud in the thoughts of your heart?	Make it a point to pray regularly for the poor and the hungry. As you do so, God will open up opportunities for you to serve them. May you meet Christ in the faces of the poor and the hungry.

Pray

Almighty and most merciful God, we remember before you all poor and neglected persons whom it would be easy for us to forget: the homeless and the destitute, the old and the sick, and all who have none to care for them. Help us to heal those who are broken in body or spirit, and to turn their sorrow into joy. We pray this in the name of our Lord Jesus Christ, who for our sake became poor. Amen.

Prayer & the Character of God

Day 2: 23 August 2022, Tuesday

Colossians 1:15–20 (NIV)

¹⁵ The Son is the image of the invisible God, the firstborn over all creation. ¹⁶ For in him all things were created: things in heaven and on earth, visible and invisible, whether thrones or powers or rulers or authorities; all things have been created through him and for him. ¹⁷ He is before all things, and in him all things hold together. ¹⁸ And he is the head of the body, the church; he is the beginning and the firstborn from among the dead, so that in everything he might have the supremacy. ¹⁹ For God was pleased to have all his fullness dwell in him, ²⁰ and through him to reconcile to himself all things, whether things on earth or things in heaven, by making peace through his blood, shed on the cross.

Read	Hear
What do you observe from the passage? What does this passage say about who Christ is? How many times does the word "all" appear?	What is God saying to you through this passage today?
Meditate	Act
How does who Christ is affect how you pray and how you live?	What part can you play in God's plan to reconcile all things to Christ? Think of something you can do both tomorrow (immediate) and work towards in three years' time (future).

Pray

Sovereign God, who created all things through Christ and for Christ, forgive me for not acknowledging Christ's supremacy often in my life. Help me to give Christ the first place in everything, and to play my part in reconciling all things back to God through Christ. In Jesus' name, Amen.

Prayer & the Character of God

Day 3: 24 August 2022, Wednesday

Song of Songs 7:10–13 (NIV)

- ¹⁰ I belong to my beloved,
and his desire is for me.
- ¹¹ Come, my beloved, let us go to the countryside,
let us spend the night in the villages.
- ¹² Let us go early to the vineyards
to see if the vines have budded,
if their blossoms have opened,
and if the pomegranates are in bloom—
there I will give you my love.
- ¹³ The mandrakes send out their fragrance,
and at our door is every delicacy,
both new and old,
that I have stored up for you, my beloved.

Read	Hear
What do you feel from reading this passage?	What is God saying to you through this passage today?
Meditate	Act
Do you know that you are God's beloved? Have you felt His desire for you? Do you desire God?	In each moment where you are tempted to despair or feel down for whatever reason, remember and pray this line repeatedly: "I am my beloved's, and his desire is for me." (Sol 7:10) until the truth begins to sink in to you.

Pray

God, thank you for always loving me and desiring me no matter what I've done or where I've been. Forgive me for my weak love and desire for you. Please help me grow to love and desire you more each day. In Jesus' name, Amen.

1 Samuel 3:1–14 (NIV)

¹The boy Samuel ministered before the Lord under Eli. In those days the word of the Lord was rare; there were not many visions.

²One night Eli, whose eyes were becoming so weak that he could barely see, was lying down in his usual place. ³The lamp of God had not yet gone out, and Samuel was lying down in the house of the Lord, where the ark of God was. ⁴Then the Lord called Samuel.

Samuel answered, “Here I am.” ⁵And he ran to Eli and said, “Here I am; you called me.”

But Eli said, “I did not call; go back and lie down.” So he went and lay down.

⁶Again the Lord called, “Samuel!” And Samuel got up and went to Eli and said, “Here I am; you called me.”

“My son,” Eli said, “I did not call; go back and lie down.”

⁷Now Samuel did not yet know the Lord: The word of the Lord had not yet been revealed to him.

⁸A third time the Lord called, “Samuel!” And Samuel got up and went to Eli and said, “Here I am; you called me.”

Then Eli realized that the Lord was calling the boy. ⁹So Eli told Samuel, “Go and lie down, and if he calls you, say, ‘Speak, Lord, for your servant is listening.’” So Samuel went and lay down in his place.

¹⁰The Lord came and stood there, calling as at the other times, “Samuel! Samuel!” Then Samuel said, “Speak, for your servant is listening.”

¹¹And the Lord said to Samuel: “See, I am about to do something in Israel that will make the ears of everyone who hears about it tingle. ¹²At that time I will carry out against Eli everything I spoke against his family—from beginning to end. ¹³For I told him that I would judge his family forever because of the sin he knew about; his sons blasphemed God, and he failed to restrain them. ¹⁴Therefore I swore to the house of Eli, ‘The guilt of Eli’s house will never be atoned for by sacrifice or offering.’”

Read	Hear
<p>What does this passage say about humans? What does it say about God? What does it say about the relationship between God and humans?</p>	<p>What do you hear God saying to you through this passage?</p>
Meditate	Act
<p>What are your earliest experiences of prayer? How has your understanding of prayer changed with spiritual maturity? Who or what helped you to recognise and respond to the presence of God in your life?</p>	<p>Take a few deep breaths, breathing in and out slowly. Devote at least 5 minutes to becoming present to God as Samuel did – focusing on God's love for you. Record down anything that God says to you.</p>

Pray

Dear God, thank you that you are the God who always takes the initiative, who never ceases to reach out to those you love. It is not that you do not speak, but we who often fail to hear you because we are preoccupied with many things. Only one thing is needed, so help us Lord. In Jesus' name, Amen.

Luke 11:1-4 (NIV)

¹ One day Jesus was praying in a certain place. When he finished, one of his disciples said to him, “Lord, teach us to pray, just as John taught his disciples.”

² He said to them, “When you pray, say:

“Father,

hallowed be your name,

your kingdom come.

³ Give us each day our daily bread.

⁴ Forgive us our sins,

for we also forgive everyone who sins against us.

And lead us not into temptation.’ ”

Read	Hear
What is this passage about?	What is God saying to you through this passage?
Meditate	Act
Notice the different “postures” the Lord’s Prayer takes us through (adoration, surrender, supplication, confession). Which phrase in the prayer represents your most common posture before God? Which phrase represents your least comfortable posture that challenges you to grow in your life with God?	Practice praying from your least comfortable posture identified above, every day, for one week. Record down any insights from God and respond in obedience to what God shows you.

Pray

Lord, thank you for the gift of prayer that enables me to come right before your throne just as I am. Teach me to pray just as you first taught your disciples, and in so doing, challenge and deepen my prayer life, In Jesus’ name, Amen.

Prayer & the Character of God

Day 6: 27 August 2022, Saturday

Psalm 18:1-3 (NIV)

¹ I love you, Lord, my strength.

² The Lord is my rock, my fortress and my deliverer;
my God is my rock, in whom I take refuge,
my shield and the horn of my salvation, my stronghold.

³ I called to the Lord, who is worthy of praise,
and I have been saved from my enemies.

Read	Hear
Do you notice how many images the psalmist has used in these few verses to describe and praise God?	What is God saying to you through this passage?
Meditate	Act
When was the last time you felt like bursting out in song and praise spontaneously to the Lord?	Rewrite Psalm 18:1-3 using your own words and add in your own images for God.

Pray

Dear God, I love you. Thank you for being my rock and my fortress, my place of refuge in times of need. As I learn to anchor myself deep in our relationship, may you help me to be a place or person of refuge that others in need can turn to. In Jesus' name, Amen.

Psalm 81:1, 10-16 (NIV)

- ¹ Sing for joy to God our strength;
shout aloud to the God of Jacob!
- ¹⁰ I am the Lord your God,
who brought you up out of Egypt.
Open wide your mouth and I will fill it.
- ¹¹ “But my people would not listen to me;
Israel would not submit to me.
- ¹² So I gave them over to their stubborn hearts
to follow their own devices.
- ¹³ “If my people would only listen to me,
if Israel would only follow my ways,
- ¹⁴ how quickly I would subdue their enemies
and turn my hand against their foes!
- ¹⁵ Those who hate the Lord would cringe before him,
and their punishment would last forever.
- ¹⁶ But you would be fed with the finest of wheat;
with honey from the rock I would satisfy you.”

Sermon Notes

Read	Hear
<p>What do you observe from the passage?</p>	<p>What is God saying to you through the preacher?</p>
Meditate	Act
<p>Reflect on what you have read and heard. What is God impressing on your heart?</p>	<p>How will you respond to God's Word and seek to apply it in your life?</p>

Verse of the Week

If my people would only listen to me, if Israel would only follow my ways.

Psalms 81:13

Dealing with Impediments to Prayer

Day 8: 29 August 2022, Monday

1 John 4:7-12 (NIV)

⁷Dear friends, let us love one another, for love comes from God. Everyone who loves has been born of God and knows God. ⁸Whoever does not love does not know God, because God is love. ⁹This is how God showed his love among us: He sent his one and only Son into the world that we might live through him. ¹⁰This is love: not that we loved God, but that he loved us and sent his Son as an atoning sacrifice for our sins. ¹¹Dear friends, since God so loved us, we also ought to love one another. ¹²No one has ever seen God; but if we love one another, God lives in us and his love is made complete in us.

Read	Hear
Read this passage slowly twice. When reading it the second time, circle the word "love" everywhere it appears.	Which phrase or verse about love touched you? What is God saying to you through it?
Meditate	Act
Does knowing the truth that God first loved us help you to pray to God more openly? How have your prayers changed?	God has commanded us to love one another. List a few actions that you will take to love one another starting today. Ask the Lord in prayer to empower you to act.

Pray

Dear Lord Jesus, thank you that you love us and that you were willing to forgive our sins and lay down your life on the cross. This makes us understand that God is love. May the Lord help us so that we are willing to let go of our ego, to walk the extra mile to love our brothers and sisters, putting love into action; so that when we love one another, people will recognize us as your disciples. In Jesus' name, Amen.

Dealing with Impediments to Prayer

Day 9: 30 August 2022, Tuesday

Isaiah 44:6–11 (NIV)

⁶“This is what the Lord says—

Israel’s King and Redeemer, the Lord Almighty:

I am the first and I am the last;

apart from me there is no God.

⁷Who then is like me? Let him proclaim it.

Let him declare and lay out before me

what has happened since I established my ancient people,

and what is yet to come—

yes, let them foretell what will come.

⁸Do not tremble, do not be afraid.

Did I not proclaim this and foretell it long ago?

You are my witnesses. Is there any God besides me?

No, there is no other Rock; I know not one.”

⁹All who make idols are nothing,

and the things they treasure are worthless.

Those who would speak up for them are blind;

they are ignorant, to their own shame.

¹⁰Who shapes a god and casts an idol,

which can profit nothing?

¹¹People who do that will be put to shame;

such craftsmen are only human beings.

Let them all come together and take their stand;

they will be brought down to terror and shame.

Read	Hear
<p>Read the passage silently for the first time, then read it aloud a second time.</p>	<p>What is God revealing to you about himself—what kind of God is he?</p>
Meditate	Act
<p>Which of these images of God help you open yourself to His presence and deepen your prayers? (e.g., shepherds, loving parent, creator, light)? Why?</p>	<p>Spend a few quiet minutes before God and reflect on the phrase "apart from me there is no God." What do you want to say to this true God? What do you want to pray to him? Do you hear what He says to you? You can write it down and then pour out your heart to Him in prayer.</p>

Pray

Lord God of hosts, Lord of the universe, the one true God who rules over all things, we honour you! We ask you, Lord to help us know the nature of our God, who is righteous and loving. Help us to be willing to surrender completely to you, to let you take charge of our lives, and to do what you will, to do justice and love mercy, and to live a life that is in accordance with your heart. Pray that the Lord will help us. In the name of the Lord, Amen.

Dealing with Impediments to Prayer

Day 10: 31 August 2022, Wednesday

Matthew 26:36–46 (NIV)

³⁶ Then Jesus went with his disciples to a place called Gethsemane, and he said to them, “Sit here while I go over there and pray.” ³⁷ He took Peter and the two sons of Zebedee along with him, and he began to be sorrowful and troubled. ³⁸ Then he said to them, “My soul is overwhelmed with sorrow to the point of death. Stay here and keep watch with me.”

³⁹ Going a little farther, he fell with his face to the ground and prayed, “My Father, if it is possible, may this cup be taken from me. Yet not as I will, but as you will.”

⁴⁰ Then he returned to his disciples and found them sleeping. “Couldn’t you men keep watch with me for one hour?” he asked Peter. ⁴¹ “Watch and pray so that you will not fall into temptation. The spirit is willing, but the flesh is weak.”

⁴² He went away a second time and prayed, “My Father, if it is not possible for this cup to be taken away unless I drink it, may your will be done.”

⁴³ When he came back, he again found them sleeping, because their eyes were heavy. ⁴⁴ So he left them and went away once more and prayed the third time, saying the same thing.

⁴⁵ Then he returned to the disciples and said to them, “Are you still sleeping and resting? Look, the hour has come, and the Son of Man is delivered into the hands of sinners. ⁴⁶ Rise! Let us go! Here comes my betrayer!”

Read	Hear
<p>Read the passage aloud twice, with the second time more slowly. Imagine that you followed Jesus to the Garden of Gethsemane with the three disciples and witnessed the whole scene.</p>	<p>As one of the three disciples, what caused the disciples to fall asleep and fail to be with Jesus?</p>
Meditate	Act
<p>What are the barriers to prayer presented in the Scripture that prevent you from being spiritually alert? How can you overcome these obstacles?</p>	<p>Come before God and be focused for eight minutes. Breathing slowly, meditate in your heart as the Lord Jesus said, "Watch and pray, so that you will not fall into temptation." What interrupted your prayer? Ask the Lord to help you remove this obstacle to prayer.</p>

Pray

Dear Lord Jesus, thank you for loving us and for your willingness to bear the cup of sin. Lord, forgive us, for though our hearts are willing, our bodies are often weak and confused. May you remove the obstacles that keep us from coming to you in watchful prayer. Lord we pray that we may be more concerned for your heart's desire, always following the guidance of your Holy Spirit, and pray not only for ourselves but also intercede for others. In Jesus' name, Amen.

Dealing with Impediments to Prayer

Day 11: 1 September 2022, Thursday

Psalms 139: 1-16 (NIV)

- ¹ You have searched me, Lord,
and you know me.
- ² You know when I sit and when I rise;
you perceive my thoughts from afar.
- ³ You discern my going out and my lying down;
you are familiar with all my ways.
- ⁴ Before a word is on my tongue
you, Lord, know it completely.
- ⁵ You hem me in behind and before,
and you lay your hand upon me.
- ⁶ Such knowledge is too wonderful for me,
too lofty for me to attain.
- ⁷ Where can I go from your Spirit?
Where can I flee from your presence?
- ⁸ If I go up to the heavens, you are there;
if I make my bed in the depths, you are there.
- ⁹ If I rise on the wings of the dawn,
if I settle on the far side of the sea,
- ¹⁰ even there your hand will guide me,
your right hand will hold me fast.
- ¹¹ If I say, "Surely the darkness will hide me
and the light become night around me,"
- ¹² even the darkness will not be dark to you;
the night will shine like the day,
for darkness is as light to you.
- ¹³ For you created my inmost being;
you knit me together in my mother's womb.
- ¹⁴ I praise you because I am fearfully and wonderfully made;
your works are wonderful,
I know that full well.
- ¹⁵ My frame was not hidden from you
when I was made in the secret place,
when I was woven together in the depths of the earth.
- ¹⁶ Your eyes saw my unformed body;
all the days ordained for me were written in your book
before one of them came to be.

Read	Hear
<p>Read the passage silently first, then read it aloud, treating the passage as if you had never read it before.</p>	<p>What did God say to you? Which sentence touched your heart?</p>
Meditate	Act
<p>How does the psalmist help us understand God's relationship with us? Consider how God cares for and preserves us.</p>	<p>Be still in the presence of God for a few minutes and set your eyes on Him. Then, pray to God with your thoughts and feelings (thankfulness, joy, or longing) and commit to God everything you care about in your life. Write these things down and remind yourself that you have committed them to God and look to Him with faith.</p>

Pray

Our Father in heaven, all who have the breath of life are made by your hand, and you are the source and Lord of life! We marvel at your wonderful deeds and our hearts are filled with reverence for you. Lord, always remind us that all our future days are already recorded in your book, and that everything is under your control and care. Let us therefore look to you with confidence and rely on you to meet the challenges of life today. In Jesus' name, Amen!

Dealing with Impediments to Prayer

Day 12: 2 September 2022, Friday

Mark 9:2-9 (NIV)

² After six days Jesus took Peter, James and John with him and led them up a high mountain, where they were all alone. There he was transfigured before them. ³ His clothes became dazzling white, whiter than anyone in the world could bleach them. ⁴ And there appeared before them Elijah and Moses, who were talking with Jesus.

⁵ Peter said to Jesus, “Rabbi, it is good for us to be here. Let us put up three shelters—one for you, one for Moses and one for Elijah.” ⁶ (He did not know what to say, they were so frightened.)

⁷ Then a cloud appeared and covered them, and a voice came from the cloud: “This is my Son, whom I love. Listen to him!”

⁸ Suddenly, when they looked around, they no longer saw anyone with them except Jesus.

⁹ As they were coming down the mountain, Jesus gave them orders not to tell anyone what they had seen until the Son of Man had risen from the dead.

Read	Hear
Read the passage aloud twice. When reading the second time, imagine yourself standing among three disciples and witnessing the transfiguration of Jesus.	What did you see when you stood among the disciples? What did you hear?
Meditate	Act
Jesus had originally led his disciples to the mountain so that they could feel the experience of God's presence, but Peter interrupted the experience. What are some things that often interrupt your time with God?	Set aside ten minutes to be with God, focusing on the voice that says, "This is my Son, whom I love. Listen to Him!" What do you feel in the silence? What is God saying to you? Please write it down.

Pray

Dear Lord Jesus, thank you for your willingness to show your godly glory to your disciples. What a blessing it is for us to be in God's presence. God, help us to cherish the time we have with you, so that we are willing to deliberately set aside time in quietness before you and listen to your Word. We also ask that you give us a heart of obedience and act according to your word. In Jesus' name, Amen!

Dealing with Impediments to Prayer

Day 13: 3 September 2022, Saturday

Matthew 11:25–30 (NIV)

²⁵ At that time Jesus said, “I praise you, Father, Lord of heaven and earth, because you have hidden these things from the wise and learned, and revealed them to little children. ²⁶ Yes, Father, for this is what you were pleased to do.

²⁷ “All things have been committed to me by my Father. No one knows the Son except the Father, and no one knows the Father except the Son and those to whom the Son chooses to reveal him.

²⁸ “Come to me, all you who are weary and burdened, and I will give you rest. ²⁹ Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. ³⁰ For my yoke is easy and my burden is light.”

Read	Hear
Read this passage aloud twice and underline the phrases that catch your attention as you read.	Listen to what the Lord Jesus says to you. What did he say to you?
Meditate	Act
Is your burden heavy? How long have you been bearing these burdens? The Lord Jesus said you can rest in him. Do you believe it? Are you willing to let go?	Write down your “burdens,” whether they are visible or felt. Then, through prayer, cast them before the Lord Jesus one by one, and then look to Him in faith to bear them for you. Pray for those whom you know are bearing heavy burdens. Pray that they too may experience rest in the Lord.

Pray

Dear Lord Jesus, thank you for your promise to us that your burdens are light, and that if we are willing to follow you and learn from you, our hearts will enjoy rest. Help us to unload the burdens of life and the pressures upon our hearts unto you, so that with the strength you have given to us, we can face each day with hope and confidence. In Jesus' name, Amen.

Prayers of Petition & Intercession

Day14: 4 September 2022, Sunday

James 5:13-18 (NIV)

¹³ Is anyone among you in trouble? Let them pray. Is anyone happy? Let them sing songs of praise. ¹⁴ Is anyone among you sick? Let them call the elders of the church to pray over them and anoint them with oil in the name of the Lord. ¹⁵ And the prayer offered in faith will make the sick person well; the Lord will raise them up. If they have sinned, they will be forgiven. ¹⁶ Therefore confess your sins to each other and pray for each other so that you may be healed. The prayer of a righteous person is powerful and effective.

¹⁷ Elijah was a human being, even as we are. He prayed earnestly that it would not rain, and it did not rain on the land for three and a half years. ¹⁸ Again he prayed, and the heavens gave rain, and the earth produced its crops.

Sermon Notes

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Read		Hear	
What do you observe from the passage?		What is God saying to you through the preacher?	
Meditate		Act	
Reflect on what you have read and heard.		How would you respond to God's Word and seek to apply it in your life?	

Verse of the Week

Therefore confess your sins to each other and pray for each other so that you may be healed.

James 5:16a

Prayers of Petition & Intercession

Day 15: 5 September 2022, Monday

Luke 11:5-13 (NIV)

⁵ Then Jesus said to them, “Suppose you have a friend, and you go to him at midnight and say, ‘Friend, lend me three loaves of bread; ⁶ a friend of mine on a journey has come to me, and I have no food to offer him.’ ⁷ And suppose the one inside answers, ‘Don’t bother me. The door is already locked, and my children and I are in bed. I can’t get up and give you anything.’ ⁸ I tell you, even though he will not get up and give you the bread because of friendship, yet because of your shameless audacity he will surely get up and give you as much as you need.

⁹ “So I say to you: Ask and it will be given to you; seek and you will find; knock and the door will be opened to you. ¹⁰ For everyone who asks receives; the one who seeks finds; and to the one who knocks, the door will be opened.

¹¹ “Which of you fathers, if your son asks for a fish, will give him a snake instead? ¹² Or if he asks for an egg, will give him a scorpion? ¹³ If you then, though you are evil, know how to give good gifts to your children, how much more will your Father in heaven give the Holy Spirit to those who ask him!”

Read	Hear
What is the main point of this passage?	Read the passage again, and this time imagine yourself to be the one knocking on the door at midnight. Listen to what the Lord Jesus says to you.
Meditate	Act
What do you usually pray for? Do you have any experience of persisting in prayer? Do you have any experience of answered prayer?	List down your recent prayer requests and watch for God's answers. For prayers that have been answered, note down the date and the way it was answered; for unanswered prayers, don't give up, persist in prayer.

Pray

Our Father in heaven, thank you for giving us the right to ask in prayer, allowing us to bare our hearts before you. Lord, you hear our prayers, no matter big or small, short or long, and they all matter to you. You will answer in faithfulness and compassion. Help us not to lose heart, but to persist in prayer, as we wait for the revealing of your will. In Jesus' name, Amen.

Prayers of Petition & Intercession

Day 16: 6 September 2022, Tuesday

Romans 8:31–37 (NIV)

³¹ What, then, shall we say in response to these things? If God is for us, who can be against us? ³² He who did not spare his own Son, but gave him up for us all—how will he not also, along with him, graciously give us all things? ³³ Who will bring any charge against those whom God has chosen? It is God who justifies. ³⁴ Who then is the one who condemns? No one. Christ Jesus who died—more than that, who was raised to life—is at the right hand of God and is also interceding for us. ³⁵ Who shall separate us from the love of Christ? Shall trouble or hardship or persecution or famine or nakedness or danger or sword? ³⁶ As it is written:

“For your sake we face death all day long;
we are considered as sheep to be slaughtered.”

³⁷ No, in all these things we are more than conquerors through him who loved us.

Read	Hear
Read this passage aloud three times, declaring loudly God's love toward us.	What is God saying to you today?
Meditate	Act
Have you ever thought of God's love as conditional and limited? Repent of your doubts in God's love.	Pray for those who are suffering or whose faith is weak, at the same time pour out your own troubles before the Lord. Then read v.32, 35, and 37 aloud again.

Pray

God who loves us, thank you for your unrestrained love, loving us to the end, such that even when we were still sinners, you demonstrated your love for us through Christ's sacrifice. Please convict us of your unchanging love, such that even when we do not get the answers we want for our prayers, we will keep believing that your will is the best for us. In Jesus' name, Amen.

Prayers of Petition & Intercession

Day 17: 7 September 2022, Wednesday

John 15:1-8 (NIV)

¹ “I am the true vine, and my Father is the gardener. ² He cuts off every branch in me that bears no fruit, while every branch that does bear fruit he prunes so that it will be even more fruitful. ³ You are already clean because of the word I have spoken to you. ⁴ Remain in me, as I also remain in you. No branch can bear fruit by itself; it must remain in the vine. Neither can you bear fruit unless you remain in me.

⁵ “I am the vine; you are the branches. If you remain in me and I in you, you will bear much fruit; apart from me you can do nothing. ⁶ If you do not remain in me, you are like a branch that is thrown away and withers; such branches are picked up, thrown into the fire and burned. ⁷ If you remain in me and my words remain in you, ask whatever you wish, and it will be done for you. ⁸ This is to my Father’s glory, that you bear much fruit, showing yourselves to be my disciples.

Read	Hear
As you read, write down the conditions for the promise, eg., “Remain in me...”	How does Jesus describe God's relationship with us?
Meditate	Act
Is my relationship with God different from what is described in the passage? Does my prayer life help me to remain in Christ? Is my attitude of prayer and the content of my prayer pleasing to God?	Take 5 minutes to practice breath prayer. Close your eyes and breathe in and out slowly. As you breathe in, say in your heart, “If you remain in me”, and as you breathe out, say in your heart, “My words will remain in you.”

Pray

Immanuel God who remains with us, who are we that we should belong to you? And how is it that you are willing to be so intimate with us, remaining in us? What a wonderful blessing! Dear Lord, we are willing to be pruned by you, to cut away all that is displeasing to you, to never slacken in our practice and pursuit of sanctification in order to glorify you. In Jesus' name, Amen.

Prayers of Petition & Intercession

Day 18: 8 September 2022, Thursday

Matthew 6:25-34 (NIV)

²⁵ “Therefore I tell you, do not worry about your life, what you will eat or drink; or about your body, what you will wear. Is not life more than food, and the body more than clothes? ²⁶ Look at the birds of the air; they do not sow or reap or store away in barns, and yet your heavenly Father feeds them. Are you not much more valuable than they? ²⁷ Can any one of you by worrying add a single hour to your life?

²⁸ “And why do you worry about clothes? See how the flowers of the field grow. They do not labour or spin. ²⁹ Yet I tell you that not even Solomon in all his splendour was dressed like one of these. ³⁰ If that is how God clothes the grass of the field, which is here today and tomorrow is thrown into the fire, will he not much more clothe you—you of little faith? ³¹ So do not worry, saying, ‘What shall we eat?’ or ‘What shall we drink?’ or ‘What shall we wear?’ ³² For the pagans run after all these things, and your heavenly Father knows that you need them. ³³ But seek first his kingdom and his righteousness, and all these things will be given to you as well. ³⁴ Therefore do not worry about tomorrow, for tomorrow will worry about itself. Each day has enough trouble of its own.

Read	Hear
Read this passage twice, noting how it makes you feel.	Which phrase stood out to you? What is God saying to you?
Meditate	Act
What are you most worried about now? What does “seek first God’s kingdom and his righteousness” mean to you?	When you wake up in the morning and before you sleep, recite this phrase: “Do not worry about tomorrow, but seek first God’s kingdom and his righteousness.”

Pray

Compassionate Father, thank you for reminding us of our priorities, giving us assurance not to live for material pursuits or to be worried about an uncertain tomorrow. Please transform the eyes of our heart, so that our gaze is fixed on your kingdom alone, trusting that all that we need is in your hands, in your heart, and in your plans. In Jesus' name, Amen.

Prayers of Petition & Intercession

Day 19: 9 September 2022, Friday

Colossians 1:9-14 (NIV)

⁹ For this reason, since the day we heard about you, we have not stopped praying for you. We continually ask God to fill you with the knowledge of his will through all the wisdom and understanding that the Spirit gives, ¹⁰ so that you may live a life worthy of the Lord and please him in every way: bearing fruit in every good work, growing in the knowledge of God, ¹¹ being strengthened with all power according to his glorious might so that you may have great endurance and patience, ¹² and giving joyful thanks to the Father, who has qualified you to share in the inheritance of his holy people in the kingdom of light. ¹³ For he has rescued us from the dominion of darkness and brought us into the kingdom of the Son he loves, ¹⁴ in whom we have redemption, the forgiveness of sins.

Read	Hear
First, read through the passage once. After that, read it through a second time slowly and prayerfully.	Is there a particular phrase that caught your attention? What is God saying to you?
Meditate	Act
Do you pray often for people around you and the church? What is the content of your prayer? What inspiration do you derive from Paul's prayer?	Use the prayer in the passage to pray for your family, colleagues, brothers and sisters, from "we continually ask God... (v.9)" to "...great endurance and patience (v.11)."

Pray

Dear God, Jesus is at your right hand interceding constantly for us, even the Holy Spirit helps us when we do not know how to pray, interceding for us with groans that words cannot express. O Lord, help us to be like Jesus, full of compassion, to think often of others, praying for them and for the church. In Jesus' name, Amen.

Prayers of Petition & Intercession

Day 20: 10 September 2022, Saturday

Ephesians 6:13-20 (NIV)

¹³ Therefore put on the full armour of God, so that when the day of evil comes, you may be able to stand your ground, and after you have done everything, to stand. ¹⁴ Stand firm then, with the belt of truth buckled around your waist, with the breastplate of righteousness in place, ¹⁵ and with your feet fitted with the readiness that comes from the gospel of peace. ¹⁶ In addition to all this, take up the shield of faith, with which you can extinguish all the flaming arrows of the evil one. ¹⁷ Take the helmet of salvation and the sword of the Spirit, which is the word of God.

¹⁸ And pray in the Spirit on all occasions with all kinds of prayers and requests. With this in mind, be alert and always keep on praying for all the Lord's people. ¹⁹ Pray also for me, that whenever I speak, words may be given me so that I will fearlessly make known the mystery of the gospel, ²⁰ for which I am an ambassador in chains. Pray that I may declare it fearlessly, as I should.

Read	Hear
Read this passage aloud twice.	Which area does God want you to be alert in?
Meditate	Act
Prayer helps us put on the full armour of God. Examine your own prayer life, is it in line with the teaching of the passage?	Quiet yourself in prayer, and as your breathing slows, open yourself to God. As people and situations come to mind, offer a prayer for them in love before God, including your enemies or those who have been forgotten.

Pray

Heavenly Father, help us to learn to pray at all times and with all kinds of requests, not just for ourselves, but for all the saints, pastors and church. In our prayers, increase our faith, love and hope, and help us to put on the full armour firmly and tightly, so that we may please you when the time comes for us to give account of ourselves before your throne. In Jesus' name, Amen.

Praying As We Are

Day 21: 11 September 2022, Sunday

Psalm 14:1-7 (NIV)

¹ The fool says in his heart,
“There is no God.”

They are corrupt, their deeds are vile;
there is no one who does good.

² The Lord looks down from heaven
on all mankind
to see if there are any who understand,
any who seek God.

³ All have turned away, all have become corrupt;
there is no one who does good,
not even one.

⁴ Do all these evildoers know nothing?

They devour my people as though eating bread;
they never call on the Lord.

⁵ But there they are, overwhelmed with dread,
for God is present in the company of the righteous.

⁶ You evildoers frustrate the plans of the poor,
but the Lord is their refuge.

⁷ Oh, that salvation for Israel would come out of Zion!
When the Lord restores his people,
let Jacob rejoice and Israel be glad!

Sermon Notes

Read	Hear
<p>What are your observations from this passage?</p>	<p>What is God saying to you through the preacher?</p>
Meditate	Act
<p>Meditate on the Word preached and read. What have you learnt?</p>	<p>What appropriate acts will you undertake to respond to the message received?</p>

Verse of the Week

But there they are, overwhelmed with dread, for God is present in the company of the righteous. You evildoers frustrate the plans of the poor, but the Lord is their refuge.

Psalm 14:5-6

Praying As We Are

Day 22: 12 September 2022, Monday

Isaiah 55:1-9 (NIV)

- ¹ “Come, all you who are thirsty,
come to the waters;
and you who have no money,
come, buy and eat!
Come, buy wine and milk
without money and without cost.
- ² Why spend money on what is not bread,
and your labour on what does not satisfy?
Listen, listen to me, and eat what is good,
and you will delight in the richest of fare.
- ³ Give ear and come to me;
listen, that you may live.
I will make an everlasting covenant with you,
my faithful love promised to David.
- ⁴ See, I have made him a witness to the peoples,
a ruler and commander of the peoples.
- ⁵ Surely you will summon nations you know not,
and nations you do not know will come running to you,
because of the Lord your God,
the Holy One of Israel,
for he has endowed you with splendour.”
- ⁶ Seek the Lord while he may be found;
call on him while he is near.
- ⁷ Let the wicked forsake their ways
and the unrighteous their thoughts.
Let them turn to the Lord, and he will have mercy on them,
and to our God, for he will freely pardon.
- ⁸ “For my thoughts are not your thoughts,
neither are your ways my ways,”
declares the Lord.
- ⁹ “As the heavens are higher than the earth,
so are my ways higher than your ways
and my thoughts than your thoughts.

Read	Hear
How does this passage describe God to be?	What is God saying to you through this passage?
Meditate	Act
Meditate on the main point of this passage and its significance for your life.	What appropriate acts will you undertake to respond to the message received?

Pray

God Almighty, our covenantal God, thank you for your amazing grace and boundless love. Thank you for your care and guidance, drawing us before you, hearing your Word, experiencing your presence, strengthening us in our spirit, and filling us with joy. O God, your will is perfect, we gladly submit to you all our lives. Your ways are exceedingly good and beautiful, we willingly follow them for eternity. May the nations walk closely with you, just as we do. Amen.

Praying As We Are

Day 23: 13 September 2022, Tuesday

Romans 1:16–20 (NIV)

¹⁶ For I am not ashamed of the gospel, because it is the power of God that brings salvation to everyone who believes: first to the Jew, then to the Gentile. ¹⁷ For in the gospel the righteousness of God is revealed—a righteousness that is by faith from first to last, just as it is written: “The righteous will live by faith.” ¹⁸ The wrath of God is being revealed from heaven against all the godlessness and wickedness of people, who suppress the truth by their wickedness, ¹⁹ since what may be known about God is plain to them, because God has made it plain to them. ²⁰ For since the creation of the world God’s invisible qualities—his eternal power and divine nature—have been clearly seen, being understood from what has been made, so that people are without excuse.

Read	Hear
What does this passage say about God?	What is God saying to you today through his Word?
Meditate	Act
What have I learnt about God? What have I learnt about myself?	Practice seeing God in all things: for example, prayerfully attend to God as you look at nature, greenery, stars, moon, etc; meditate on the ideas of birth, aging, sickness, death, grief, joy, separation....

Pray

O God of mystery and justice, thank you that through faith in Jesus alone we are able to enjoy a restored relationship with you, be justified, and flee from your wrath. Thank you for generally revealing yourself through creation. Thank you for impressing your truths upon our hearts. O God, help us see your glory and works, and hear your voice and comforting words. May we always be found in you, as you always abide in the garden of our souls. All glory be to you! Amen.

Romans 12:3-12 (NIV)

³ For by the grace given me I say to every one of you: Do not think of yourself more highly than you ought, but rather think of yourself with sober judgment, in accordance with the faith God has distributed to each of you. ⁴ For just as each of us has one body with many members, and these members do not all have the same function, ⁵ so in Christ we, though many, form one body, and each member belongs to all the others. ⁶ We have different gifts, according to the grace given to each of us. If your gift is prophesying, then prophesy in accordance with your faith; ⁷ if it is serving, then serve; if it is teaching, then teach; ⁸ if it is to encourage, then give encouragement; if it is giving, then give generously; if it is to lead, do it diligently; if it is to show mercy, do it cheerfully. ⁹ Love must be sincere. Hate what is evil; cling to what is good. ¹⁰ Be devoted to one another in love. Honour one another above yourselves. ¹¹ Never be lacking in zeal, but keep your spiritual fervour, serving the Lord. ¹² Be joyful in hope, patient in affliction, faithful in prayer.

Read	Hear
What is the main point of this passage?	Imagine you were among the original hearers of the church in Rome listening to this passage. What instructions do you hear from God?
Meditate	Act
Reflect on your God-given spiritual gifts and your relationships with others.	Use every opportunity to serve God and bless others with your spiritual gifts.

Pray

God of the church, our Lord, thank you for blessing us with faith and spiritual gifts. Help us to keep ourselves aright, to be neither excessively humble nor arrogant, that we may lean upon your grace and strength as a community of brothers and sisters. May we use our spiritual gifts to serve you and engage in gospel work. Amen.

Praying As We Are

Day 25: 15 September 2022, Thursday

John 17:20–26 (NIV)

²⁰ “My prayer is not for them alone. I pray also for those who will believe in me through their message, ²¹ that all of them may be one, Father, just as you are in me and I am in you. May they also be in us so that the world may believe that you have sent me. ²² I have given them the glory that you gave me, that they may be one as we are one— ²³ I in them and you in me—so that they may be brought to complete unity. Then the world will know that you sent me and have loved them even as you have loved me.

²⁴ “Father, I want those you have given me to be with me where I am, and to see my glory, the glory you have given me because you loved me before the creation of the world.

²⁵ “Righteous Father, though the world does not know you, I know you, and they know that you have sent me. ²⁶ I have made you known to them, and will continue to make you known in order that the love you have for me may be in them and that I myself may be in them.”

Read	Hear
Fix your eyes prayerfully on Christ as you read this passage.	Read aloud the passage for a second time, paying special attention to Jesus' prayer for us.
Meditate	Act
Enjoy communion with Jesus and experience his love.	With the daily awareness of God's love that unites us with Him and with each other, seek to glorify God in every act of everyday life.

Pray

God of truth, we praise you because your love endures forever. Thank you for being in us, that we may share in your divine life, holy love, and surpassing glory. Help us to pursue unity, to live out holy love, and to bear witness that Jesus is Lord. Amen.

2 Corinthians 3:12-18 (NIV)

¹² Therefore, since we have such a hope, we are very bold. ¹³ We are not like Moses, who would put a veil over his face to prevent the Israelites from seeing the end of what was passing away. ¹⁴ But their minds were made dull, for to this day the same veil remains when the old covenant is read. It has not been removed, because only in Christ is it taken away. ¹⁵ Even to this day when Moses is read, a veil covers their hearts. ¹⁶ But whenever anyone turns to the Lord, the veil is taken away. ¹⁷ Now the Lord is the Spirit, and where the Spirit of the Lord is, there is freedom. ¹⁸ And we all, who with unveiled faces contemplate the Lord's glory, are being transformed into his image with ever-increasing glory, which comes from the Lord, who is the Spirit.

Read	Hear
<p>On the first reading, note down your understanding of "veil," for example, "veil" refers to pride, or to a misunderstanding of Christ that leads to rejecting him, etc. My understanding: _____.</p> <p>On the second reading, note down what it means for you to receive freedom from God.</p>	<p>What is God saying to you? What are his words of comfort or guidance?</p>
Meditate	Act
<p>Reflect on your understanding of freedom.</p>	<p>Pray for your relatives, friends, and/or colleagues whose hearts remain "veiled."</p>

Pray

God of glory, we praise and thank you, for your glory fills the heavens and illuminates the hearts of men. Your spirit gives us freedom from the condemnation of sin. Thank you for letting us see your glory, that our hearts and minds may be transformed, and our lives can gradually reveal your divine image. Help us to look to Jesus day by day, that we may become more like Jesus. All glory be to you. Amen.

Praying As We Are

Day 27: 17 September 2022, Saturday

1 Thessalonians 5:16-22 (NIV)

¹⁶ Rejoice always, ¹⁷ pray continually, ¹⁸ give thanks in all circumstances; for this is God's will for you in Christ Jesus.

¹⁹ Do not quench the Spirit. ²⁰ Do not treat prophecies with contempt ²¹ but test them all; hold on to what is good, ²² reject every kind of evil.

Read	Hear
Pay attention to the implications of "pray continually" in everyday living.	Listen out for positive and negative instructions.
Meditate	Act
How have I been aware of God's presence in recent days? How have I experienced God? How have they changed the way I pray?	Spend time in silent meditation with God, experiencing his presence and abiding in his love.

Pray

Heavenly Father, thank you for drawing near and being present with us. Help us to always be aware of your presence and to experience you. May we wholly rely on you, rejoicing always, praying continually, and giving thanks in all circumstances, thereby living according to your will. Amen.

Psalm 79:1-9 (NIV)

- ¹ O God, the nations have invaded your inheritance;
they have defiled your holy temple,
they have reduced Jerusalem to rubble.
- ² They have left the dead bodies of your servants
as food for the birds of the sky,
the flesh of your own people for the animals of the wild.
- ³ They have poured out blood like water
all around Jerusalem,
and there is no one to bury the dead.
- ⁴ We are objects of contempt to our neighbours,
of scorn and derision to those around us.
- ⁵ How long, Lord? Will you be angry forever?
How long will your jealousy burn like fire?
- ⁶ Pour out your wrath on the nations
that do not acknowledge you,
on the kingdoms
that do not call on your name;
- ⁷ for they have devoured Jacob
and devastated his homeland.
- ⁸ Do not hold against us the sins of past generations;
may your mercy come quickly to meet us,
for we are in desperate need.
- ⁹ Help us, God our Saviour,
for the glory of your name;
deliver us and forgive our sins
for your name's sake.

Sermon Notes

Read	Hear
<p>What do you observe from the passage?</p>	<p>What is God saying to you through the preacher?</p>
Meditate	Act
<p>Reflect on what you have read and heard. What is God impressing on your heart?</p>	<p>How will you respond to God's Word and seek to apply it in your life?</p>

Verse of the Week

Help us, God our Saviour, for the glory of your name; deliver us and forgive our sins for your name's sake.

Psalm 79:9

Psalm 1 (NIV)

- ¹ Blessed is the one
 who does not walk in step with the wicked
 or stand in the way that sinners take
 or sit in the company of mockers,
² but whose delight is in the law of the Lord,
 and who meditates on his law day and night.
³ That person is like a tree planted by streams of water,
 which yields its fruit in season
 and whose leaf does not wither—
 whatever they do prospers.
⁴ Not so the wicked!
 They are like chaff
 that the wind blows away.
⁵ Therefore the wicked will not stand in the judgment,
 nor sinners in the assembly of the righteous.
⁶ For the Lord watches over the way of the righteous,
 but the way of the wicked leads to destruction.

Read	Hear
What images or ideas come to mind as you read this psalm?	What is God saying to you through this passage today?
Meditate	Act
Reflect upon how you may prepare yourself to accept God's blessings.	Seek to renew your thoughts and intentions every day and night, and in every passing moment, doing what is pleasing to God.

Pray

Heavenly Father, thank you for your Word; the source of my spiritual nourishment. Help me to always flee from evil and do good, bearing fruit as I trust in you; that I may win more souls for you. In Jesus' name, Amen.

Praying with the Psalms

Day 30: 20 September 2022, Tuesday

Psalm 120 (NIV)

- ¹ I call on the Lord in my distress,
and he answers me.
- ² Save me, Lord,
from lying lips
and from deceitful tongues.
- ³ What will he do to you,
and what more besides,
you deceitful tongue?
- ⁴ He will punish you with a warrior's sharp arrows,
with burning coals of the broom bush.
- ⁵ Woe to me that I dwell in Meshek,
that I live among the tents of Kedar!
- ⁶ Too long have I lived
among those who hate peace.
- ⁷ I am for peace;
but when I speak, they are for war.

Read	Hear
Read Psalm 120:1-7 slowly. Note the first thing the psalmist did while in distress.	Read the passage again. What do you hear God saying to you?
Meditate	Act
Reflect if you can freely tell God your true thoughts and feelings while in distress.	Do you know of anyone who is currently a victim of lying lips and deceitful tongues? Lift them up in prayer today.

Pray

O Lord, you are our ever present help. Come and deliver us from lying lips and deceitful tongues, and from those who stir up conflicts and dissensions. Help us to do what is good, to love mercy, and be messengers of peace. In Jesus' name, Amen.

Psalm 130 (NIV)

- ¹ Out of the depths I cry to you, Lord;
² Lord, hear my voice.
 Let your ears be attentive
 to my cry for mercy.
³ If you, Lord, kept a record of sins,
 Lord, who could stand?
⁴ But with you there is forgiveness,
 so that we can, with reverence, serve you.
⁵ I wait for the Lord, my whole being waits,
 and in his word I put my hope.
⁶ I wait for the Lord
 more than watchmen wait for the morning,
 more than watchmen wait for the morning.
⁷ Israel, put your hope in the Lord,
 for with the Lord is unfailing love
 and with him is full redemption.
⁸ He himself will redeem Israel
 from all their sins.

Read	Hear
Read Psalm 130 slowly and thoughtfully twice. (If able, use a different translation and read it once more). Mark any words or phrases that stand out to you.	How do the psalmist's emotions and words shift as he pours out his heart to God?
Meditate	Act
Have you had a recent similar experience like the psalmist? How may you continue to hope and wait for the Lord?	Memorize all or part of this beautiful psalm to recall and recite in times of need.

Pray

O God, you are full of grace and mercy; our hope in darkness and despair. We look to you and hope in you with our whole beings. Illumine us, and deliver us from adversities. May all glory and praise be to you. In Jesus' name we pray, Amen.

Praying with the Psalms

Day 32: 22 September 2022, Thursday

Psalm 116:1-7 (NIV)

- ¹ I love the Lord, for he heard my voice;
he heard my cry for mercy.
- ² Because he turned his ear to me,
I will call on him as long as I live.
- ³ The cords of death entangled me,
the anguish of the grave came over me;
I was overcome by distress and sorrow.
- ⁴ Then I called on the name of the Lord:
“Lord, save me!”
- ⁵ The Lord is gracious and righteous;
our God is full of compassion.
- ⁶ The Lord protects the unwary;
when I was brought low, he saved me.
- ⁷ Return to your rest, my soul,
for the Lord has been good to you.

Read	Hear
What do you observe from the passage?	What is God saying to you through Psalm 116:1-2?
Meditate	Act
What did the psalmist do when he was in distress? What is the first thing you usually do when you are in distress?	How would you describe God based on his actions towards you in the last couple of weeks? Write them down.

Pray

O merciful and gracious God, you are compassionate, preserving those who seek you in truth. Thank you for Your saving power and for listening to my cries. I offer to you a sacrifice of thanksgiving. I want to seek you for as long as I live and I ask for your bountiful grace to be upon me. In Jesus' name, Amen.

Psalm 8 (NIV)

¹ Lord, our Lord,
how majestic is your name in all the earth!

You have set your glory
in the heavens.

² Through the praise of children and infants
you have established a stronghold against your enemies,
to silence the foe and the avenger.

³ When I consider your heavens,
the work of your fingers,

the moon and the stars,
which you have set in place,

⁴ what is mankind that you are mindful of them,
human beings that you care for them?

⁵ You have made them a little lower than the angels
and crowned them with glory and honour.

⁶ You made them rulers over the works of your hands;
you put everything under their feet:

⁷ all flocks and herds,
and the animals of the wild,

⁸ the birds in the sky,
and the fish in the sea,
all that swim the paths of the seas.

⁹ Lord, our Lord,
how majestic is your name in all the earth!

Read	Hear
<p>Take time to read this psalm a few times. Take time to consider the wonder and majesty of all that God has created.</p>	<p>Pay attention to what the Spirit of God is stirring up in your heart, any verse that has particularly moved you?</p>
Meditate	Act
<p>What does this psalm teach about God? About human beings? And about our responsibilities?</p>	<p>In the course of each day, offer God not only petitions, but also praise Him for who He is.</p>

Pray

Creator of the Universe, our God and heavenly Father, I come to you with awe and wonder, to seek your face with a heart filled with worship and rededication. Help me to see myself as blessed and redeemed to be your child. Help me to build an intimate relationship with you, shape me once again in your image. In Jesus' name, Amen.

Psalm 10:12-18 (NIV)

- ¹² Arise, Lord! Lift up your hand, O God.
Do not forget the helpless.
- ¹³ Why does the wicked man revile God?
Why does he say to himself,
“He won’t call me to account”?
- ¹⁴ But you, God, see the trouble of the afflicted;
you consider their grief and take it in hand.
The victims commit themselves to you;
you are the helper of the fatherless.
- ¹⁵ Break the arm of the wicked man;
call the evildoer to account for his wickedness
that would not otherwise be found out.
- ¹⁶ The Lord is King for ever and ever;
the nations will perish from his land.
- ¹⁷ You, Lord, hear the desire of the afflicted;
you encourage them, and you listen to their cry,
- ¹⁸ defending the fatherless and the oppressed,
so that mere earthly mortals
will never again strike terror.

Read	Hear
What do you observe from the passage?	Read the passage once more. Do you hear the cries of people in suffering? What is God saying to you?
Meditate	Act
The psalmist describes the Lord as the helper of the vulnerable, afflicted and oppressed. Have you witnessed God in such a manner in your community life?	Find out more about Christian charities (e.g. Methodist Welfare Services) and consider the practical ways you can support them. Do also remember them in prayer.

Pray

O Lord of justice, even as the world continues on in evil and wickedness, you are all-knowing and will avenge. When we are weak in faith, strengthen us. Help us believe that even in hardship and adversity, you continue to be our help. Your righteousness and justice will prevail. In Jesus' name, Amen.

Praying with the Psalms

Day 35: 25 September 2022, Sunday

Psalm 91:1-6, 14-16 (NIV)

- ¹ Whoever dwells in the shelter of the Most High
will rest in the shadow of the Almighty.
- ² I will say of the Lord, “He is my refuge and my fortress,
my God, in whom I trust.”
- ³ Surely he will save you
from the fowler’s snare
and from the deadly pestilence.
- ⁴ He will cover you with his feathers,
and under his wings you will find refuge;
his faithfulness will be your shield and rampart.
- ⁵ You will not fear the terror of night,
nor the arrow that flies by day,
⁶ nor the pestilence that stalks in the darkness,
nor the plague that destroys at midday.
- ¹⁴ “Because he loves me,” says the Lord, “I will rescue him;
I will protect him, for he acknowledges my name.
- ¹⁵ He will call on me, and I will answer him;
I will be with him in trouble,
I will deliver him and honour him.
- ¹⁶ With long life I will satisfy him
and show him my salvation.”

Sermon Notes

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Read	Hear
What do you observe from the passage?	What is God saying to you through the preacher?
Meditate	Act
Reflect on what you have read and heard.	How would you respond to God's Word and seek to apply it in your life?

Verse of the Week

He will call on me, and I will answer him; I will be with him in trouble, I will deliver him and honour him.

Psalm 91:15

Praying with the Psalms

Day 36: 26 September 2022, Monday

Psalm 22:1-11 (NIV)

- ¹ My God, my God, why have you forsaken me?
Why are you so far from saving me,
so far from my cries of anguish?
- ² My God, I cry out by day, but you do not answer,
by night, but I find no rest.
- ³ Yet you are enthroned as the Holy One;
you are the one Israel praises.
- ⁴ In you our ancestors put their trust;
they trusted and you delivered them.
- ⁵ To you they cried out and were saved;
in you they trusted and were not put to shame.
- ⁶ But I am a worm and not a man,
scorned by everyone, despised by the people.
- ⁷ All who see me mock me;
they hurl insults, shaking their heads.
- ⁸ “He trusts in the Lord,” they say,
“let the Lord rescue him.
Let him deliver him,
since he delights in him.”
- ⁹ Yet you brought me out of the womb;
you made me trust in you, even at my mother’s breast.
- ¹⁰ From birth I was cast on you;
from my mother’s womb you have been my God.
- ¹¹ Do not be far from me,
for trouble is near
and there is no one to help.

Read	Hear
<p>Do you have similar emotions to the Psalmist?</p>	<p>What is God saying to you through this passage?</p>
Meditate	Act
<p>How is the Psalmist's faith evident as he pleads with God?</p>	<p>Recall the times when you pleaded to God for help and He answered your prayers. Count your blessings and give thanks to Him.</p>

Pray

My Lord and my God, without You, I can do nothing. I pray for your mercy and deliverance. Help me not to lose my direction or to be wandering meaninglessly. I pray that You grant me a heart to lean on you and to follow you all my life. In Jesus' name I pray, Amen.

Praying with the Psalms

Day 37: 27 September 2022, Tuesday

Psalm 46:1-11 (NIV)

- ¹ God is our refuge and strength,
an ever-present help in trouble.
- ² Therefore we will not fear, though the earth give way
and the mountains fall into the heart of the sea,
³ though its waters roar and foam
and the mountains quake with their surging.
- ⁴ There is a river whose streams make glad the city of God,
the holy place where the Most High dwells.
- ⁵ God is within her, she will not fall;
God will help her at break of day.
- ⁶ Nations are in uproar, kingdoms fall;
he lifts his voice, the earth melts.
- ⁷ The Lord Almighty is with us;
the God of Jacob is our fortress.
- ⁸ Come and see what the Lord has done,
the desolations he has brought on the earth.
- ⁹ He makes wars cease
to the ends of the earth.
He breaks the bow and shatters the spear;
he burns the shields with fire.
- ¹⁰ He says, "Be still, and know that I am God;
I will be exalted among the nations,
I will be exalted in the earth."
- ¹¹ The Lord Almighty is with us;
the God of Jacob is our fortress.

Read	Hear
<p>What do you observe from the passage? What does this passage say about who God is?</p>	<p>What is God saying to you through this passage today?</p>
Meditate	Act
<p>How has the presence of God made a difference in your daily life?</p>	<p>Be mindful of God's presence in your everyday life by praying to Him at any given time.</p>

Pray

O Lord, I long for your presence and guidance as I journey through each day. Whether it is hindrances like a mountain blocking my way or troubles like roaring waves that surround me, I will not fear. For you, Lord Almighty are with me. I will be still and wait upon You, to witness your mighty work. Amen.

Praying with the Psalms

Day 38: 28 September 2022, Wednesday

Psalm 23:1-6 (NIV)

¹ The Lord is my shepherd, I lack nothing.
² He makes me lie down in green pastures,
he leads me beside quiet waters,
³ he refreshes my soul.
He guides me along the right paths
for his name's sake.
⁴ Even though I walk
through the darkest valley,
I will fear no evil,
for you are with me;
your rod and your staff,
they comfort me.
⁵ You prepare a table before me
in the presence of my enemies.
You anoint my head with oil;
my cup overflows.
⁶ Surely your goodness and love will follow me
all the days of my life,
and I will dwell in the house of the Lord forever.

Read	Hear
In what ways are you comforted as you read this passage?	What is God saying to you through this passage?
Meditate	Act
Ponder on how God has cared for you, as a shepherd cares for his sheep. Have you felt God's love for you? Do you trust him and desire for his protection?	Memorise this psalm or recite it a few times; or sing it as a song, making it an encouragement for your everyday.

Pray

Lord you are my shepherd, I lack nothing. In my life, you are my fortress. You guide me in paths of righteousness, and nourish my soul. Though danger may draw near or even threaten me, you protect me, leading me peacefully through. You prepare a table before me in the presence of my enemies. Your love, grace and blessings follow me; and I shall serve you all the days of my life. This I pray in Jesus' name, Amen.

Psalm 121:1-8 (NIV)

- ¹ I lift up my eyes to the mountains—
where does my help come from?
- ² My help comes from the Lord,
the Maker of heaven and earth.
- ³ He will not let your foot slip—
he who watches over you will not slumber;
- ⁴ indeed, he who watches over Israel
will neither slumber nor sleep.
- ⁵ The Lord watches over you—
the Lord is your shade at your right hand;
- ⁶ the sun will not harm you by day,
nor the moon by night.
- ⁷ The Lord will keep you from all harm—
he will watch over your life;
- ⁸ the Lord will watch over your coming and going
both now and forevermore.

Read	Hear
What does this passage say about God? About the relationship between God and humans?	What do you hear God saying to you through this passage?
Meditate	Act
What circumstances could the psalmist be in as this psalm was written?	List down the things or issues that trouble you and cause you to be fearful. Pray this psalm together with what you have listed and ask God for his deliverance and protection.

Pray

I lift up my eyes to you, my God, my Help. The sun will not harm me by day, nor the moon by night. For my Lord, you will protect me and keep me from all harm. In my coming and going, you will protect me. For these I pray with gratitude, in Jesus' name, Amen.

Praying with the Psalms

Day 40: 30 September 2022, Friday

Psalm 150:1-6 (NIV)

¹ Praise the Lord.

Praise God in his sanctuary;
praise him in his mighty heavens.

² Praise him for his acts of power;
praise him for his surpassing greatness.

³ Praise him with the sounding of the trumpet,
praise him with the harp and lyre,

⁴ praise him with timbrel and dancing,
praise him with the strings and pipe,

⁵ praise him with the clash of cymbals,
praise him with resounding cymbals.

⁶ Let everything that has breath praise the Lord.

Praise the Lord.

Read	Hear
Sense the joyful spirit that the psalmist has in praising God.	How can you immerse yourself in such a joyful spirit too?
Meditate	Act
Have you worshiped God with delight and sung your heart out as you give praise to Him? Is there anything that hinders you from worship and praise?	Rewrite Psalm 150:1-6 using your own words and add in your own imagination of how you can praise God.

Pray

(Use the song that you have just written to be your prayer. Come before God with an open heart to praise Him.)

Recall the entire Rhema journey, and record down your thoughts and reflections

My Thanksgiving Prayer

Conclusion

2 October 2022, Sunday

Luke 10:38–42 (NIV)

³⁸ As Jesus and his disciples were on their way, he came to a village where a woman named Martha opened her home to him. ³⁹ She had a sister called Mary, who sat at the Lord's feet listening to what he said. ⁴⁰ But Martha was distracted by all the preparations that had to be made. She came to him and asked, "Lord, don't you care that my sister has left me to do the work by myself? Tell her to help me!"

⁴¹ "Martha, Martha," the Lord answered, "you are worried and upset about many things, ⁴² but few things are needed—or indeed only one. Mary has chosen what is better, and it will not be taken away from her."

Read	Hear
What do you observe from the passage?	What is God saying to you through the preacher?
Meditate	Act
Reflect on what you have read and heard.	How would you respond to God's Word and seek to apply it in your life?

Verse of the Week

But few things are needed—or indeed only one. Mary has chosen what is better, and it will not be taken away from her.

Luke 10:42



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