

GRACE BAPTIST CHURCH

PRAYER JOURNAL

30 DAYS—GENESIS TO EXODUS



FOREWORD

“And he [Jesus] told them a parable to the effect that they ought always to pray and not lose heart.” - Luke 18:1

“Prayer is both conversation and encounter with God. . . . We must know the awe of praising his glory, the intimacy of finding his grace, and the struggle of asking his help, all of which can lead us to know the spiritual reality of his presence.” - Tim Keller

I have often times struggled with prayer. I look at some of the Christians who have gone before and I admire their devotion to God in prayer. Yet despite my weaknesses, Jesus tells us to persevere in prayer and the Holy Spirit helps us to pray (Rom 8:26). And prayer rightly understood is both a conversation and encounter with the living God - a knowing of the spiritual reality of God's presence, not just in our devotional times but in all of our lives. I desire what some Christians have described as living “Coram Deo”, before the face of God in all of my life. And in doing so, know the joy of God's presence in each and every part of my life. So I am a fellow student in prayer - desiring to grow in my prayer life and obeying Jesus' call to pray.

This prayer journal was designed by the Young Adults Ministry for their their 2015 YA Retreat, which focused on the “clash of two kingdoms” - the kingdom of this world and the kingdom of Christ. Desiring to help the church endeavour in prayer, this journal which was designed and produced by the YA ministry has been adapted to help the larger church community grow in devotion to Jesus Christ through the habit of prayer. The leaders of GBC, recognizing the need to help the church grow in prayer, have decided to embark on a study of prayer in our CGs for the second half of 2015. The intention is that as a disciple-making church, we should make prayer a priority as we depend on the Holy Spirit to work in and through us to make disciples.

Pastor Tim Keller also said that “our prayers should arise out of immersion in the Scripture. [We] speak only to the degree we are spoken to... The wedding of the Bible and prayer anchors your life down in the real God.” Our prayers should be a response to God speaking to us from His Word. Scripture-informed prayers are a response to our real and living God and not to an idol made in our own mental image. It is important that our prayers be guided by and be founded on Scripture. And that is why I'm excited that this scripture-based prayer journal has been written for your worship, reflection and prayers.

I commend this prayer journal for your use; may it serve to draw you into a deeper intimacy with our Lord and Saviour Jesus Christ, and motivate you to love and serve others in the church!

Pastor Ollie

PLAYBOOK

For the next 30 days, we hope this journal will help you in your walk with God and enrich your prayer life. Paul says that disciples should be people who are “praying at all times in the Spirit, with all prayer and supplication. To that end keep alert with all perseverance, making supplication for all the saints” (Ephesians 6:16-18). This journal is designed for that. For 15-20 minutes every day – on the train, waiting at a café, between classes, pray. Remember Paul’s words: at all times, with all prayer, for all the saints. So how do you use it? There are 5 sections to each day’s entry:

PASSAGE

Every day, you’ll find short passages of Scripture to read and consider slowly. Taken from Genesis and Exodus, these ancient passages show us truths about God, why we need Jesus today and how God calls us to live.

ADORATION

Adoration is the secret to God-centered prayer and the key to true worship. The Bible is about God. Your walk is about God. Everything in the Christian life is about God. Remember – He is the hero of every story. Anything else is not worship. Look for His greatness, majesty, glory and character. Questions here are meant to help you do that, so answer them slowly. Don’t do it like an exam. Answer them the way someone asks you “how does that steak taste?” or “what color is the sunrise?” Savor it, turn it over, consider, imagine it, let it stir your heart.

MEDITATION AND APPLICATION

We need to ask ourselves hard questions here. Don’t rush. Take a deep breath, pause and examine yourself truthfully. Does this apply to me? Beware of self-deceit. Think about the day, the week, or month gone by and whether these are true of you. Jot down a sentence or two for how you would respond, how to apply God’s truth. Forcing yourself to put thoughts into words will clarify your thoughts. It’s between you and God.

PRAYER

Don’t just read the pre-written words quickly but add your own modification – personal reasons for wonder, worship and thanksgiving here. As you say them slowly in your heart to God, remember that He is indeed, listening to you.

PRAYER POINTS

We’ve added these because intercession is powerful. God wants to use His people’s prayers to change the world. Think about each group of people and their needs as you pray: what does the Bible say about them? How can God’s will be done in their lives?

**IF PRAYER
WERE LIKE
A FIRE,
THEN...**

**SCRIPTURE IS THE FIREWOOD
THAT YOU NEED TO START IT.**

**ADORATION IS THE OIL THAT
MAKES YOUR FLAME BURN
BRIGHT AND HOT.**

**MEDITATION AND
APPLICATION IS THE LIGHT
CAST BY THE FIRE THAT
MAKES THINGS CLEARER SO
WE CAN SEE AND LIVE
DIFFERENTLY.**

**PRAYER IS THE FIRE THAT
BRINGS WARMTH AND
COMFORT ON A COLD NIGHT.**

**PRAYER POINTS ARE
CENTRED AROUND OTHERS.
AS WE'VE LIT THE FIRE OF
PRAYER, IT MAKES SENSE
THAT WE SHARE ITS LIGHT
AND HEAT WITH OTHERS.**

**THE INFALLIBLE TEST OF
JESUS SAYS, IS
PRAYER**

—

**SPIRITUAL INTEGRITY,
YOUR PRIVATE
LIFE.**



DAY 1

SOMETHING BETTER | HEBREWS 11

PASSAGE

And all these, though commended through their faith, did not receive what was promised, since God had provided something better for us, that apart from us they should not be made perfect. (Hebrews 11:39-40)

ADORATION

Hebrews 11 tells us of those who walked and lived by faith - Noah, Abraham, Moses and many other Old Testament heroes. They show us not just the life of faith but the God of our faith - who calls us to trust Him. Worship God as the God who is trustworthy and faithful. Worship Him with all your heart.

MEDITATION AND APPLICATION

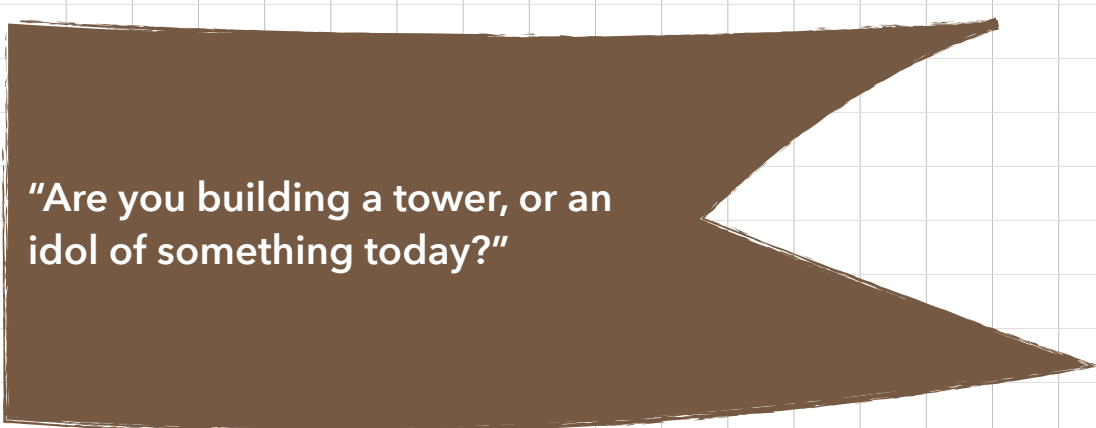
While we consider all these men and women and faith, they point us to Jesus Christ, the real hero of the faith. While the lives of Old Testament heroes like Abraham and Moses were recorded for our instruction and encouragement so that we can have hope (Romans 15:4), final hope culminates in the Lord Jesus who lived a sinless life and died a cursed death as the ultimate Good News. It is this hope of the gospel of our Savior that gives us endurance to face the difficulties and struggles of life in a fallen world. So as you journey through the lives of Abraham, Isaac, Jacob, Joseph and Moses in this prayer journal, remember to see the grace in the text - the grace of a loving and holy God who did not withhold His own Son for us.

- Are you discouraged or struggling with your faith? You can have hope in God who provides richly for us. Think about how the Old Testament saints struggled too but what God did for them. Reflect on this truth to strengthen your hope.
- Ask God to strengthen your faith and desire for Christ above all things.

PRAYER

Our gracious and good God, thank you for providing us Jesus Christ. That in Him and through Him we receive all of your gospel promises. We live right now as strangers and exiles from our promised heavenly home; we struggle and face difficulties in our lives. We are homesick and desire the joy of your presence. God, please strengthen our faith so that we will live by faith and not by sight. Help us to have a persevering hope, trusting that we will receive our glorious inheritance - sinless perfect resurrection bodies, and that we will dwell with you in your presence forevermore. We thank you and praise you. In Jesus' name, Amen.

Pray also for: (1) someone you know who is struggling in their faith and (2) someone you know who has not yet placed their trust in Jesus Christ.



**"Are you building a tower, or an
idol of something today?"**

PASSAGE

And they said to one another, "Come, let us make bricks, and burn them thoroughly." And they had brick for stone, and bitumen for mortar. Then they said, "Come, let us build ourselves a city and a tower with its top in the heavens, and let us make a name for ourselves, lest we be dispersed over the face of the whole earth." And the LORD came down to see the city and the tower, which the children of man had built. (Genesis 11:3-5)

ADORATION

The passage in Gen 11 where God disperses the people of Babel says that "He came down to see" the city and the tower which they were building high in the sky. What attributes of God are described here? In prayer, worship God for this attribute, considering how He has revealed this in your life.

MEDITATION AND APPLICATION

The people of Babel were trying to "make a name for ourselves" in building a tower that went to the sky. Through their hard work, labor and diligence, they would construct a monument that reached into the heavens. How often are we busy with work and school, activities and projects, never-ending commitments in exactly the same way - to further our own causes and bring ourselves glory. What is the LORD's reaction to our self-worship? Psalm 2:4 says that "He who sits in the heavens laughs; the Lord holds them in derision". In Gen 11, the LORD comes down to peer at their project because He is that glorious, high and lifted up.

- Are you building a tower, or an idol of something today?
- What are you going to do different today?

PRAYER

Glorious God you are above the heavens. There is none like you, high and lifted up. Help me to adore and worship you and you alone. I confess that I am building my own idols, especially by _____. I do not want to build my tower of Babel. Help me be free of my idol and worship you alone through Jesus Christ who came to set us free. He is our true God, and in Him, we have seen your glory (Jn 1:14). In His name, Amen.

Pray also for: (1) someone you know in need and (2) your family and their walk with God.

DAY 3

PASSAGE

Now the LORD said to Abram, "Go from your country and your kindred and your father's house to the land that I will show you. And I will make of you a great nation, and I will bless you and make your name great, so that you will be a blessing. I will bless those who bless you, and him who dishonors you I will curse, and in you all the families of the earth shall be blessed." (Genesis 12:1-3)

ADORATION

In this passage, we see that God makes a covenant with Abram, and He promises to be Abram's God. 'Covenantal' means God is a promise-making God. The Jesus Storybook Bible says that He has promised to love us with a 'Never stopping, never giving up, unbreaking, always and forever love'. That's what His covenant means - an unfailing promise. Think about what kind of a God this is, and worship Him in prayer as you consider how He has loved you with this covenantal love.

I WILL BE YOUR GOD AND YOU WILL BE MY PEOPLE | GENESIS 12:1-9

MEDITATION AND APPLICATION

In Gen 12, God reaches out to Abram and promises to bless him if he will trust His word and leave his country, kindred and go out. He will be Abram's God if Abram will be His own. That's how God comes to claim us. That's our identity. We are the people of His covenant, the children of the promise, His special chosen possession. Of all the world, we are special in His eyes.

- Do you feel special in God's eyes? According to His covenant, what does God feel about you today? Meditate on this truth.
- What are you going to do different today?

PRAYER

Faithful God, you promised that if Abram would trust you in obedience, you would bless him and watch over him all the days of His life, even bless the world through Him. You kept your covenant promise to him so that now we see his descendants all over the world. Help me to see your never giving up, never stopping, unbreaking always and forever love according to your covenant. Because of this covenant, you sent Jesus to live and die for me. Help me to rest in this love today as I _____. In Jesus' name, Amen.

Pray also for (1) Grace Baptist Church, one group of God's covenant people and (2) the church in Singapore - the larger covenantal people.

"He has promised to love us with a 'Never stopping, never giving up, unbreaking, always and forever love'."

DAY 4

FEELING LIKE A FAILURE? | GENESIS 12

PASSAGE

Now there was a famine in the land. So Abram went down to Egypt to sojourn there, for the famine was severe in the land. When he was about to enter Egypt, he said to Sarai his wife, "I know that you are a woman beautiful in appearance, and when the Egyptians see you, they will say, 'This is his wife.' Then they will kill me, but they will let you live. Say you are my sister, that it may go well with me because of you, and that my life may be spared for your sake." (Genesis 12:10-13)

The LORD passed before him and proclaimed, "The LORD, the LORD, a God merciful and gracious, slow to anger, and abounding in steadfast love and faithfulness, (Exodus 34:6)

ADORATION

Abram is a terrible husband and an awful Christian. But God is amazingly gracious and patient with him. How would you describe God according to the verses above? Be amazed by God's character and praise Him for it.

MEDITATION AND APPLICATION


Abram is often called the 'father of faith' and a 'faith hero'. But look at how he betrays his wife, failing to defend and protect her as a husband should. How would you describe him? And yet, in God's eyes, he is loved and precious. It is amazing that God would love him and people like him with a covenantal love - a 'never stopping, never giving up, unbreaking, always and forever love'. Do you feel like a failure today? If God can be gracious to Abram even after Gen 12:10-13, what do you think He thinks about your failures when you mess up?

- Do you feel like a failure sometimes? How do you fail? Bring these to God and think about how the God of Gen 12 feels about our failures. Tell Him about them.
- What are you going to do different today?

PRAYER

God of all grace, you give second and third chances to those who don't deserve them. I confess that I am a failure and often let you down. Just this week I have _____. Forgive me for Christ's sake and grant me grace to see that though I am a great sinner, I have a greater Savior. I praise you for Jesus Christ, my righteous Savior. In His name, Amen.

Pray also for: (1) someone struggling with guilt and failure and (2) your church leaders, elders and pastors.



**O STEADFAST LOVE, BE
A FIRM FOUNDATION
O FAITHFUL GOD, I
YOUR PEOPLE LOVE**



**SOLUTE AND STRONG!
ION IN THE STORM
N WHOM WE REST
YOUR FAITHFULNESS**

DAY 5

THE GOD WHO KEEPS PROMISES | GENESIS 15

PASSAGE

After these things the word of the LORD came to Abram in a vision: "Fear not, Abram, I am your shield; your reward shall be very great."... And he brought him outside and said, "Look toward heaven, and number the stars, if you are able to number them." Then he said to him, "So shall your offspring be." And he believed the LORD, and he counted it to him as righteousness. (Genesis 15:1, 5-6)

ADORATION

The LORD speaks to people through visions and especially through "the word of the LORD". God is a speaking God. How has God spoken to you in the past? When was the last time He spoke to you in His word? How would you describe Him? Worship the God who speaks to us.

MEDITATION AND APPLICATION

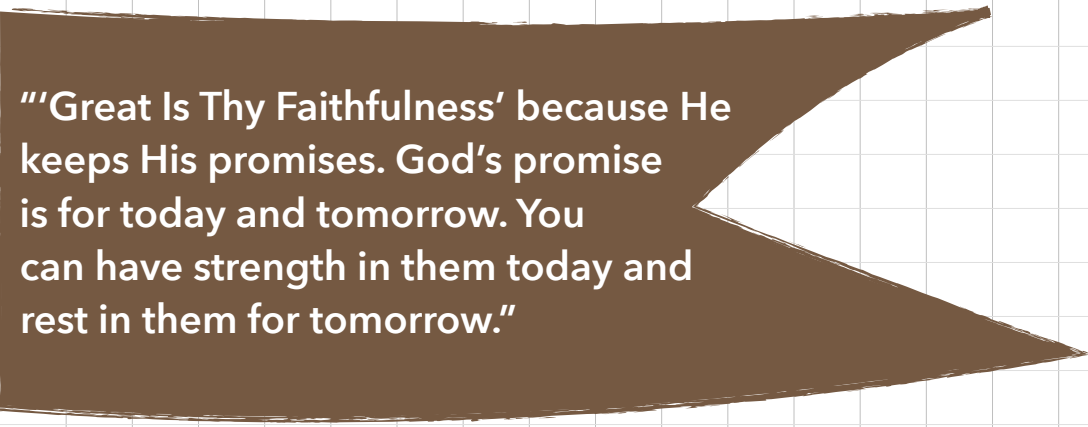
When Abram was unsure of God's promise, he doubted. Even the father of faith doubted. But God reassures him and speaks to him. In response, Abram "believe the Lord and he counted it to him as righteousness". Do you know how God has spoken reassurance to you and me today? He will not abandon us and leave His covenant people in the lurch. How do we know this? He kept His promise to Abram - see the global expanse of the church (Abraham's spiritual descendants) today - as many as the stars in the sky, so we know that He kept His word. And He will continue to keep His promises to us in His word. He will be our shield and our great reward.

- What are some obstacles to you believing the Lord's promises? Why do you doubt? What have you learnt today that can help you overcome doubt?
- What are you going to do different today?

PRAYER

Faithful God, you are the promise-keeping God of faithfulness. You will not fail to keep your promises and your word is secure. Even when we are doubting, make us confident in your word. Help me trust you today as I _____. You are faithful and true even when we are not. Help me remember your promises to protect, save, deliver, nourish, defend, forgive and love. We know that every promise is secure in Christ Jesus, through whom we make our prayers, Amen.

Pray also for: (1) your own faith and growth in trusting God and (2) your church and community of faith.



“Great Is Thy Faithfulness’ because He keeps His promises. God’s promise is for today and tomorrow. You can have strength in them today and rest in them for tomorrow.”

PASSAGE

I will bless her, and moreover, I will give you a son by her. I will bless her, and she shall become nations; kings of peoples shall come from her." Then Abraham fell on his face and laughed and said to himself, "Shall a child be born to a man who is a hundred years old? Shall Sarah, who is ninety years old, bear a child?" (Genesis 17:16-17)

ADORATION

When you read Gen 17, we see Abraham laughing at God's word. He cannot believe the ridiculous prophecy God has given. But God is not playing games. He has tremendous power to make the impossible possible. How would you describe this kind of God? What do you know of Him? Worship Him today.

MEDITATION AND APPLICATION

Abraham could not believe that a hundred year old man and a ninety year old woman could bear a child. God's word always promises crazy, impossible things. What are some ways you have seen God do crazy, unlikely things in your life? His promise is the reason for our "strength for today and bright hope for tomorrow". These lines are taken straight of the old hymn, 'Great Is Thy Faithfulness' because He keeps His promises. God's promise is for today and tomorrow. You can have strength in them today and rest in them for tomorrow.

- What is God doing in your life? How has He shown His faithfulness?
- What are you going to do different today?

PRAYER

Heavenly Father, you know how I doubt and struggle with faith. But you know how and when to give encouragement and send your promise. When you have promised to do us good, we know you will keep your promise. When you promise to send Jesus, you kept it. When you promise He is coming again, we know He is indeed to return. Forgive me for doubting you when I _____. You are entirely trustworthy, and I pray that you will me with strength and hope so that I won't be cynical. In Jesus' name I pray, Amen.

Pray also for: (1) missionaries in the mission field who are tempted to give up and (2) your fellow Christian community.

DAY 7

PASSAGE

The Lord said, "Shall I hide from Abraham what I am about to do, seeing that Abraham shall surely become a great and mighty nation, and all the nations of the earth shall be blessed in him? For I have chosen him, that he may command his children and his household after him to keep the way of the Lord by doing righteousness and justice, so that the Lord may bring to Abraham what he has promised him." (Gen 18:17-19)

Then Abraham drew near and said, "Will you indeed sweep away the righteous with the wicked? (Genesis 18:23)

ADORATION

For many of us, the first thing that we associate with Sodom and Gomorrah is judgment and destruction. Yet in Genesis 18, we read of the "behind the scenes" goings-on and learn about God's character instead. Think about how God acted justly (Gen 18:21) but also revealed His plans to Abraham, his friend (Gen 18:18). How would you describe this God?

ARE MY LOVED ONES SAVED? | GENESIS 18

MEDITATION AND APPLICATION

In Gen 12, God reaches out to Abram and promises to bless him if he will trust His word and when Abraham heard of God's plan, he drew near to God in prayer. After all, he knew that his nephew Lot would be affected! It may seem like he was bargaining, but Abraham was really anchoring his petitions based on God's character and praying the way a priest prays for someone else. He knew that a just God would not destroy the righteous with the wicked. We still have a responsibility to bring before Him our unbelieving loved ones. But why would God listen to you or me? We stand before God not because of our own righteousness, but because in Jesus, we "have a strong and perfect plea, a great high Priest whose name is love, who ever lives and pleads for me". Isn't it amazing that we have an Abraham to pray for us so we can be Abraham for someone else?

- Do you find prayer difficult? Why not start with thanksgiving, thanking God for Jesus, who like Abraham, also prays for His people (c.f. John 17).
- Are there people you can bring before God in prayer, people that need to hear the gospel?

PRAYER

Dear God, you see my sin but you also graciously chose to reveal your plans beforehand, and provided a way out. I thank you for Jesus, the only truly righteous one who came to save me, wicked as I am. I pray for my loved ones, including _____ that you will open their eyes to see your holiness and your grace. In Jesus' name, Amen.

Pray also for: (1) those that are victims of injustice and wickedness (2) our church's mission to reach out to a world with the love and gospel of Jesus Christ.

"Isn't it amazing that we have an Abraham to pray for us so we can be Abraham for someone else?"

DAY 8

GOD'S TERRIBLE JUDGMENT | GENESIS 19

PASSAGE

Then the men said to Lot, "Have you anyone else here? Sons-in-law, sons, daughters, or anyone you have in the city, bring them out of the place. For we are about to destroy this place, because the outcry against its people has become great before the LORD, and the LORD has sent us to destroy it." So Lot went out and said to his sons-in-law, who were to marry his daughters, "Up! Get out of this place, for the LORD is about to destroy the city." But he seemed to his sons-in-law to be jesting. (Genesis 19:12-14)

ADORATION

God destroys Sodom and Gomorrah, but before that, he sent two angels to warn Lot and his family. In fact, anyone who believes could be saved. God judges the wicked in fearsome justice but He also provided a way of salvation for those who will repent. Do you know that God is a righteous judge, or do you take Him lightly?

MEDITATION AND APPLICATION

The city was destroyed because its people were proud against God, lived in excess and ease and were blind to the needs of the needy (c.f. Eze 16:49-50). Even when the warning came to them, Lot's sons-in-law thought that it was a joke. Lot had some problems believing and obeying too, and we are told twice that he was spared because of God's mercy (Gen 19:16). Things may not have changed so much from then to now. Our world is still unjust and prideful. The gospel of grace is often rejected and scoffed at by many. Genesis 19 reminds us that judgment is real for the unrepentant but there is also salvation for those who trust in the mercy of God. There are only two kinds of people at the end: those who believe in the saving mercy of God and those who reject it.

- How have you lived before God this past week? Are there things you need to confess and repent of? Bring it before God in prayer.
- How does Gen 19 change the way we interact with those around you, especially non-Christians? Are there people that you need to pray for?

PRAYER

Our Heavenly Father, like the people of Sodom and Gomorrah, I often live independently of you like how I _____. I am selfish and blind to the needs of the people around me. Thank you for not leaving me alone, but sending your Son to provide a way out of my destruction. I pray for the world that needs to hear this message too and I pray that you will send me, and the Christians in our community, to boldly proclaim this good news to all.

Pray also for (1) pastors, elders and teachers of the Word and (2) missionaries who bring this gospel message to other cultures and nations.

**YOU DON'T REALISE
NEED, UNTIL JESUS**

- TIMOTHY

**JESUS IS ALL YOU
IS ALL YOU HAVE**

KELLER -

DAY 9

FOR GOD SO LOVED THE WORLD | GENESIS 22:18-23

PASSAGE

And the angel of the LORD called to Abraham a second time from heaven and said, "By myself I have sworn, declares the LORD, because you have done this and have not withheld your son, your only son, I will surely bless you, and I will surely multiply your offspring as the stars of heaven and as the sand that is on the seashore. And your offspring shall possess the gate of his enemies, and in your offspring shall all the nations of the earth be blessed, because you have obeyed my voice." (Genesis 22:15-18)

ADORATION

After the long wait, God fulfilled His promises to Abraham by providing Isaac! Once more, God reiterates His abundant promises to the father of faith. God also swears upon Himself, a reminder of the covenant (eternal promise) that has been made previously. Indeed, what God promises, He will fulfil. How has God shown His loving faithfulness in your life? Today, why not thank Him for who He is, instead of just all the good things He has done for you. Worship God for God!

MEDITATION AND APPLICATION

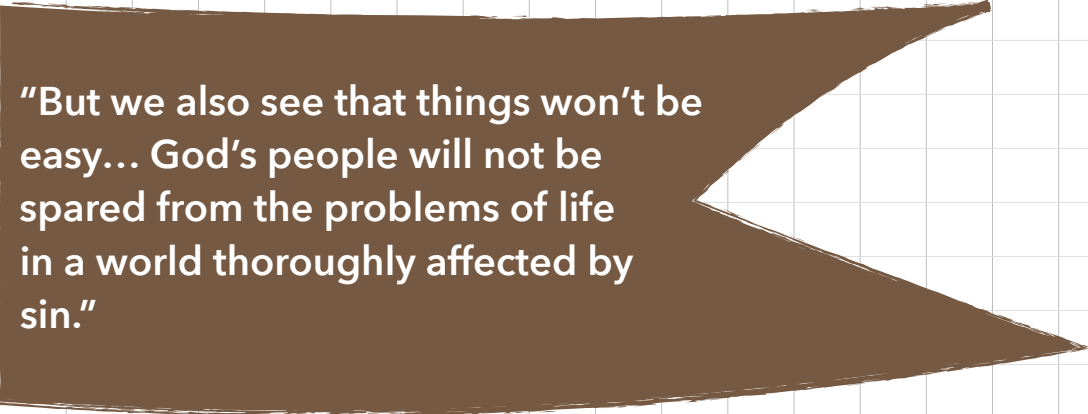
God wasn't being bloodthirsty in demanding child sacrifice like many of the pagan deities of the ancient world. This was a test to reveal Abraham's heart - would he be willing to obey even if it didn't make sense, and even if it demanded his everything? This time, as always, God provided the sacrifice and blessings in response to Abraham's faithful obedience. God's promises might seem too good to be true, but they are certain and sure. Years later, we see how God fulfilled His promises when He sent His Son, His only Son, as a substitute for the sins of the world (c.f. John 3:16). Jesus' life, death and resurrection show us God's great love for us. And through Jesus, the nations of the earth are blessed indeed!

- God called Abraham to put all his hopes and dreams in Isaac on the altar. What is God asking you to put on the altar today?
- Is God calling you to obey Him in a specific area of your life today?

PRAYER

Our gracious God, it is amazing that you are constantly faithful and loving, though I do not always respond in faithful obedience. I thank you for displaying your great love for us sinners, and me in particular, by sending Jesus who obeyed you faithfully, even to death on the cross. Because of His obedience, I am now yours and enjoy abundant blessings in Him. Thank you for _____, Help me to sing of the sweetness of trusting in Jesus today and for grace to trust Him more. In His name, Amen.

Pray also for: (1) friends and family that struggle with the reality of God's love and (2) Christian mission workers who practically manifest God's love to a world that needs it.



"But we also see that things won't be easy... God's people will not be spared from the problems of life in a world thoroughly affected by sin."

PASSAGE

And the LORD said to her, "Two nations are in your womb, and two peoples from within you shall be divided; the one shall be stronger than the other, the older shall serve the younger." (Genesis 25:23)

ADORATION

The God of Abraham continues to be the God of Isaac, and His promises continue to be fulfilled. God continues to remain a personal God, and He heard the prayers of Isaac and Rebekah, as they brought her barrenness to Him. As we read this and pray, isn't it amazing that God also hears our prayers? Worship Him in prayer, fully confident that He hears!

MEDITATION AND APPLICATION

From one man (Abraham), we've read about his son (Isaac) and now his grandsons (Jacob and Esau). It doesn't just stop there, because God speaks of how they will develop into two nations eventually. God's promise to Abraham in Gen 12 is continually being fulfilled. But we also see that things won't be easy. The two nations will be in conflict. God's people will not be spared from the problems of life in a world thoroughly affected by sin. At the end of Genesis, we read of the beginnings of the nation of Israel in the 12 sons of Jacob, Israel's 12 tribes. Life is sometimes full of unpredictable struggles and setbacks.

- Does life feel difficult sometimes? What encouragement can you draw from this passage?
- How can we continue to trust in God's promises for our lives when things are tough?

PRAYER

O God of Abraham, Isaac and Israel, and now, my God. Thank you for keeping your promises despite all our disobedience and rebellion. Just today, I have _____. Thank you for King Jesus, who calls people of different nations, tribes and tongues back to you. Help my community to live as a people whose lives are worthy of the calling we have received, even though it will be difficult. In Jesus' name, Amen.

Pray also for: (1) our church's discipleship and evangelistic efforts and (2) the Christian community in Singapore.

DAY 11

PASSAGE

When she opened it, she saw the child, and behold, the baby was crying. She took pity on him and said, "This is one of the Hebrews' children." Then his sister said to Pharaoh's daughter, "Shall I go and call you a nurse from the Hebrew women to nurse the child for you?" And Pharaoh's daughter said to her, "Go." So the girl went and called the child's mother. And Pharaoh's daughter said to her, "Take this child away and nurse him for me, and I will give you your wages." So the woman took the child and nursed him.

(Exodus 2:6-9)

ADORATION

There is no mention of God in these verses, but He is obviously at work! Isn't it amazing that God does not stop working personally in the lives of His people, even when the circumstances seem hopeless. Has God been invisibly at work in your life today, bringing together "coincidences"? This is His sovereignty at work. Thank Him for it, and worship a God who is so involved in our lives.

WHAT'S MY PURPOSE? | EXODUS 2

MEDITATION AND APPLICATION

Things were bad for God's people, but Moses's mother and sister showed simple, courageous faith! They did not know how things would turn out, and could not imagine that Moses would eventually lead God's people out of slavery after 400 years in Egypt. But God used their faith and worked something bigger than what they could imagine and plan for! He worked in the heart of Pharaoh's daughter, so Moses could be protected and raised in the best environment in Egypt. What a strange plan! It took a while, but God was protecting and preparing Moses for His purpose - to lead His people out of slavery. God's people, therefore, are always to live by faith and not by sight. What is God doing in your life today? What's your purpose?

- What is God's purpose for your life today? Ask Him what He wants for you today.
- God works for our good. In Moses' life we see that it might take us through difficult times. Thank Him for it, but also ask Him for grace to trust Him more.

PRAYER

O God who does not sleep but watches over me constantly, I confess that I do not always seek your purposes for my life. I would rather choose to live for things that I want and understand like _____. Thank you for watching over, protecting and guiding me through all of life thus far. Open my eyes to see your wonderful hand at work in my heart and life, and also in the lives of my friends and family around me. Help me to live by faith and not by sight. In Jesus' name, Amen.

Pray also for: (1) Christians who are currently in government service (civil servants, politicians and ministers) that they will live out their faith in their work and (2) friends who struggle with God's plans and purposes for their lives.

"What is God's purpose for your life today? Ask Him what He wants for you today."

DAY 12

THE GOD WHO CARES | EXODUS 2

PASSAGE

During those many days the king of Egypt died, and the people of Israel groaned because of their slavery and cried out for help. Their cry for rescue from slavery came up to God. 24 And God heard their groaning, and God remembered his covenant with Abraham, with Isaac, and with Jacob. God saw the people of Israel—and God knew. (Exodus 2:23-25)

ADORATION

The Israelites cried out to God, and God 'heard' and 'saw' His people in their affliction. Have you ever felt that God was distant, or too important to be concerned about your life and struggles? Exodus tells us that He is deeply involved in the lives of his people! Worship Him today for His faithful care and enduring love.

MEDITATION AND APPLICATION

Verse 24 tells us that 'God remembered his covenant'. Does this mean that God had forgotten the promises He had made? Or was He, perhaps, preoccupied with other things in the meantime? In the Old Testament, 'God remembered' indicates that He was about to take action for the sake of His people's welfare - God, in His perfect timing, was preparing to intervene in a special way in their lives. The Israelites 'cried out for help' to their promise-keeping God, and He heard, responding in miraculous ways beyond their imagination. We too can continue to trust in our all-powerful, yet deeply loving God who knows us intimately and hears our every prayer.

- Do you truly believe that God hears your cries for help, sees you in your struggles, and knows your plight?
- How does this shape the way you pray?

PRAYER

Loving and merciful Father, I thank You for Your presence in the lives of Your people, and for Your power over all circumstances. You are Creator and Lord over all things, yet You choose to love Your people with a steadfast love, remembering and fulfilling Your promises to us. Forgive me for the times I have doubted Your love for me, and for trusting in my plans and purposes rather than Yours. Your ways are higher than mine, Lord - help me to trust in Your faithful and timely provisions both in times of need and abundance. Teach me to treasure Christ, Your provision for our greatest need and the ultimate promise kept. In His name, Amen.

Pray also for: (1) someone you know who is struggling in the faith and (2) people in the world who are suffering and/or in need.

**LIFTED UP WAS HE TO DIE
"IT IS FINISHED" WAS HIS CRY
NOW IN HEAVEN EXALTED HIGH
HALLELUJAH, WHAT A SAVIOR!**

**WHEN HE COMES, OUR GLORIOUS KING,
ALL HIS RANSOMED HOME TO BRING,
THEN ANEW THIS SONG WE'LL SING:
HALLELUJAH, WHAT A SAVIOR!**

DAY 13

ARGUING WITH GOD | EXODUS 4

PASSAGE

But Moses said to the Lord, "Oh, my Lord, I am not eloquent, either in the past or since you have spoken to your servant, but I am slow of speech and of tongue." Then the Lord said to him, "Who has made man's mouth? Who makes him mute, or deaf, or seeing, or blind? Is it not I, the Lord? Now therefore go, and I will be with your mouth and teach you what you shall speak." But he said, "Oh, my Lord, please send someone else." Then the anger of the Lord was kindled against Moses and he said, "Is there not Aaron, your brother, the Levite? I know that he can speak well. Behold, he is coming out to meet you, and when he sees you, he will be glad in his heart. You shall speak to him and put the words in his mouth, and I will be with your mouth and with his mouth and will teach you both what to do. (Exodus 4:10-15)

ADORATION

How difficult it is to submit to God's plans for us and obey Him completely! Moses struggled with this, arguing with God about the inconceivable task ahead of him. Yet God accommodated Moses, giving him not only a helper but also the promise of His very presence - "I will be with your mouth" (v.15). Praise God, who allays our fears and has given us the promise of His presence with us.

MEDITATION AND APPLICATION

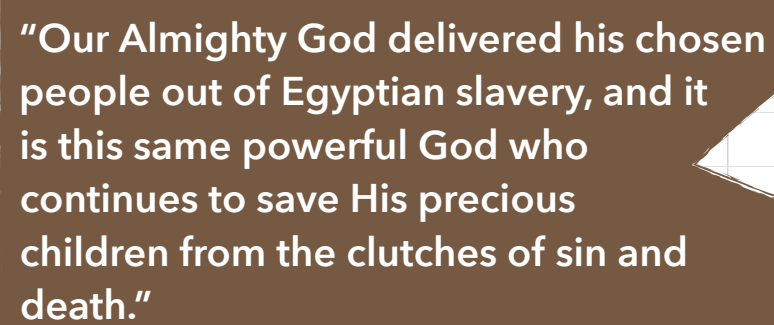
Moses' burden was heavy. He was responsible for a nation's freedom, and he knew exactly what he was up against. Pharaoh's advisors were known for their powers of speech; speaking to them would be intimidating, especially to someone "slow of speech and of tongue". Thus began Moses' bargaining with God, as he pleaded for God to send someone less inadequate. Yet God had other plans. He responded to Moses' hesitance - even cowardice - by assuring him, providing for him, and promising His presence and guidance. God is angry, but He does not cast Moses aside. Instead, in His kindness, He paves a way for Moses.

- Are you struggling to obey any of God's commands today?
- How does knowing that God provides for us and is present with us change the way you face these challenges?

PRAYER

Heavenly Father, you are both patient and kind in your dealings with your people. You have given us the assurance of Your promises, and the presence of your Holy Spirit with us. Yet, like Moses, I am cowardly, reluctant, distrustful, self-absorbed - unwilling to present myself as a living sacrifice to You. Teach me to obey You as I _____, no matter the cost. Fix my eyes on the example of Jesus Christ, the perfect Son who obeyed You even to death on the Cross. Help me to become less, and may He become greater. In His precious name, Amen.

Pray also for: (1) your church's obedience to God's commands and (2) your own obedience and surrender to Him.



"Our Almighty God delivered his chosen people out of Egyptian slavery, and it is this same powerful God who continues to save His precious children from the clutches of sin and death."

PASSAGE

You shall speak all that I command you, and your brother Aaron shall tell Pharaoh to let the people of Israel go out of his land. But I will harden Pharaoh's heart, and though I multiply my signs and wonders in the land of Egypt, Pharaoh will not listen to you. Then I will lay my hand on Egypt and bring my hosts, my people the children of Israel, out of the land of Egypt by great acts of judgment. The Egyptians shall know that I am the Lord, when I stretch out my hand against Egypt and bring out the people of Israel from among them. (Exodus 7:2-5)

ADORATION

It is easy for us to think of God as a benevolent grandfather-figure who dispenses love and nice treats. But Scripture reminds us that He is also a God of unrivalled power. Here, at the beginning of the familiar story of the ten plagues, He foreshadows the coming miracles that will cause even the powerful Egyptians to recognize him as LORD. Do you recognize His power and authority over your life? Worship humbly before this powerful God today.

MEDITATION AND APPLICATION

In Exodus 5:2, Pharaoh declares, "I do not know the Lord, and moreover, I will not let Israel go." How ironic it is that just two short chapters later, the LORD promises to not only free His people, the Israelites, but also to make Himself known to the Egyptians - Pharaoh included. God's power extended not only to the great and terrible "signs and wonders" that were to come, but is also displayed in His sovereign hardening of Pharaoh's heart (which comes alongside Pharaoh's decision to harden his own heart). Our Almighty God delivered his chosen people out of Egyptian slavery, and it is this same powerful God who continues to save His precious children from the clutches of sin and death. "There's nothing my God cannot do" - have faith in this God who saves!

- Do you doubt God's ability to change people or circumstances?
- How does recognizing his power and authority change your approach to prayer and service?

PRAYER

Almighty God, Your power extends beyond even the furthest reach of our imagination. Kings bow before You and the earth trembles at Your presence. You have done great and mighty works, but none more so than the power displayed in the resurrection of Your Son. Thank you for washing my sins away by His blood, and raising me to stand cloaked in robes of righteousness before You. I pray that in Your mercy, You will continue to deliver me as I _____. Lead me to know Christ more for the sake of Your gospel and glory. Amen.

Pray also for: (1) a rich prayer life for you and your community and (2) strengthening of faith for those serving God in full-time ministry.

DAY 15

PASSAGE

Then Moses called all the elders of Israel and said to them, "Go and select lambs for yourselves according to your clans, and kill the Passover lamb. Take a bunch of hyssop and dip it in the blood that is in the basin, and touch the lintel and the two doorposts with the blood that is in the basin. None of you shall go out of the door of his house until the morning. For the Lord will pass through to strike the Egyptians, and when he sees the blood on the lintel and on the two doorposts, the Lord will pass over the door and will not allow the destroyer to enter your houses to strike you. (Exodus 12:21-23)

ADORATION

The tenth and final plague was the most terrible one yet: the death of the firstborn son. Yet the LORD continued to protect the Israelites, sparing them through the blood of an unblemished, sacrificial lamb. We too are shielded from the wrath of God by the blood of an atoning sacrifice - the Lamb of God, Jesus Christ. Worship God for mercifully sparing us from His wrath and judgment.

WHEN GOD'S WRATH PASSES US OVER | EXODUS 12

MEDITATION AND APPLICATION

Exodus 12 paints a frightening picture of God's wrath. Verse 29 reads, "At midnight the Lord struck down all the firstborn in the land of Egypt, from the firstborn of Pharaoh who sat on his throne to the firstborn of the captive who was in the dungeon, and all the firstborn of the livestock." No one was spared -- not even the livestock -- except for the Israelites. What a marvellous picture of God's protection for His people! We too can give thanks for the shedding of blood that covers us from God's wrath. Yet this blood was not shed by any lamb, but the infinitely more precious Lamb of God, Jesus Christ: "Your gift of love, they crucified / They laughed and scorned Him as He died / the humble King, they named a fraud / And sacrificed the Lamb of God". Thank God for bearing the cost of our salvation through the life, death and resurrection of Jesus Christ.

- Have you considered the doctrine of the wrath of God deeply? Why or why not?
- How does an acute understanding of His wrath and the cost of salvation change the way you think and live?

PRAYER

Gracious Heavenly Father, I come humbly before You, thanking You for the gift of Your Son Jesus Christ. Your 'never stopping, never giving up, always and forever love' is the clearest in the Cross of Christ. Thank You for seeing my sinful self, and washing away my sin with His blood. Thank You for pouring out Your wrath on Him instead of me. Your grace is unfathomable, and more precious than anything else. Help me to remember daily the price You paid for me, and to rejoice today as I _____. In Jesus' precious name, Amen.

Pray also for: (1) courage to evangelise to unbelieving friends around you and (2) your pastors to preach the gospel fervently and faithfully .

"Thank God for bearing the cost of our salvation through the life, death and resurrection of Jesus Christ."

DAY 16

WHEN GOD FIGHTS FOR US | EXODUS 14

PASSAGE

When Pharaoh drew near, the people of Israel lifted up their eyes, and behold, the Egyptians were marching after them, and they feared greatly. And the people of Israel cried out to the Lord. They said to Moses, "Is it because there are no graves in Egypt that you have taken us away to die in the wilderness? What have you done to us in bringing us out of Egypt? Is not this what we said to you in Egypt: 'Leave us alone that we may serve the Egyptians'? For it would have been better for us to serve the Egyptians than to die in the wilderness." And Moses said to the people, "Fear not, stand firm, and see the salvation of the Lord, which he will work for you today. For the Egyptians whom you see today, you shall never see again. The Lord will fight for you, and you have only to be silent. (Exodus 14:10-14)

ADORATION

The Israelites' joy at having escaped was short-lived, turning once again to fear when they realized they were being pursued. They doubted God's faithfulness, and were afraid of impending death. Yet God was preparing to work and fight for them. Today, He continues to fight for us too, working behind the scenes to prepare the way. Worship Him for his wise and loving involvement in your life.

PRAYER

Heavenly Father, You know us intimately, and You know our circumstances. Thank You for Your faithfulness, and for working for us. Even as we sleep You are at work for our sakes, and when we grow weary and doubtful You remain tireless and consistent. Thank You for working on my behalf so I can face each day. Thank you for working for my salvation, providing a way for forgiveness and reconciliation when my sinful nature previously kept me from You. Help me to surrender my fear of _____; help me trust you, the powerful God who is able to control the winds and seas with a single command. In Jesus' name, Amen.

Pray also for: (1) someone who may have grown weary in service and (2) one of the ministries in GBC.

MEDITATION AND APPLICATION

Having heard the Israelites' cries, God did exactly what He had promised, freeing His people through mighty works that made even the Egyptians recognize His Lordship. He had repeatedly proven His power and faithfulness, yet during this final leg of the journey, the Israelites' faith wavered. But Moses' confidence in the Lord prevailed. He believed that God would intervene. Are we like Moses, certain of God's character and commitment to us? Or are we like the Israelites, fickle and more fearful of circumstances than the God who led them out of Egypt? Let us live with the assurance that "The LORD will fight for you, and you have only to be silent."

- Is there anything you struggle to entrust to God? Why is this so difficult to surrender?
- How has God proven His faithfulness to you, both in the Bible and in your own life?

**THIS, THE POW'
CHRIST BECAME
THE BLAME
WRATH, WE STAND FO**

**R OF THE CROSS:
SIN FOR US; TOOK
BORE THE
RGIVEN AT THE CROSS.**



DAY 17

WORSHIPPING GOD IN SONG | EXODUS 15

PASSAGE

I will sing to the Lord, for he has triumphed gloriously; the horse and his rider he has thrown into the sea. The Lord is my strength and my song, and he has become my salvation; this is my God, and I will praise him, my father's God, and I will exalt him. (Exodus 15: 1-2)

ADORATION

The Israelites' songs in Exodus 15 follow their final freedom from the Egyptians at the end of Exodus 14. Having witnessed the work of God's mighty hand- the once powerful enemy dead on the shore and the people of God freed- the Israelites respond by worshipping their God in song. How has God worked similarly in your life to compel you to worship him? Worship the God spoken of here in Exodus, because He is your God.

MEDITATION AND APPLICATION

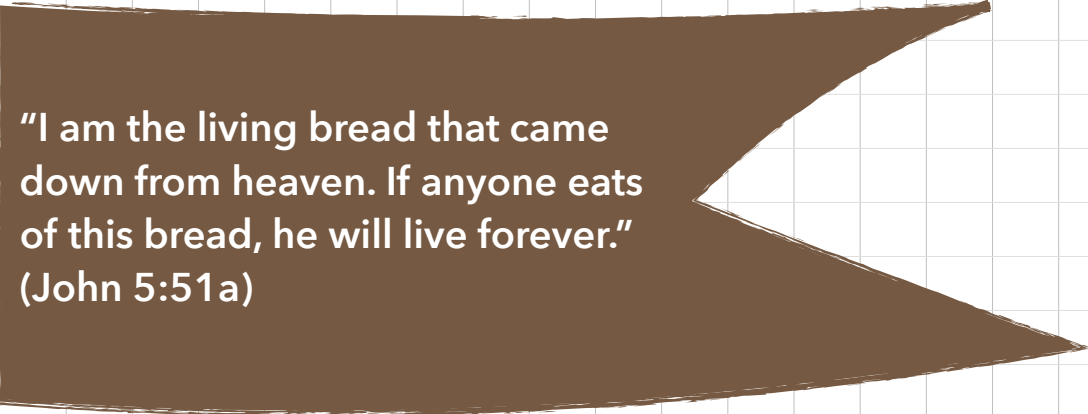
Throughout their song, the Israelites praise their God, declaring his deeds (v.1-10) and highlighting both the glorious might of God (v.9-16) and the futility of the enemy's plans. With their worship, the Israelites respond to the work of God in their lives, the nature of God, and the promises of God. As Christians today, we worship with the knowledge of God's great rescue plan through his son Christ Jesus. Through Jesus, we have the chance to partake in His promises, to call Him our God and to be His people, completely freed from the chains of sin. We have witnessed the horse and his rider -- sin and our impending death -- cast into the sea. Isn't this amazing? The Israelites responded to this by singing praise to the Lord. How will you respond?

- Do you find your time of worshipping God through song to be meaningful? What does it mean to you?
- The Israelites responded in Ex 15 by singing together. Why is it such an important thing that we worship God through song specifically together with other Christians?

PRAYER

Dear God, we thank you for the relationship that we have with you through Christ Jesus through whom we have been saved and may now be called your people to know you and to praise your name. We thank you for such a rich selection of songs and hymns that give us the words with which to praise your name, and for the blessing of worshipping you with your people. We pray that our worship would be a pleasing, sweet aroma to you and look forward to the day that every knee shall bow and worship you, and you shall receive the praise that you are due. In Christ's name, Amen.

Pray for (1) those who lead us in worship this week (2) those struggling to worship God in personal struggles.



**"I am the living bread that came
down from heaven. If anyone eats
of this bread, he will live forever."
(John 5:51a)**

PASSAGE

Moses said, "This is what the Lord has commanded: 'Let an omer of it be kept throughout your generations, so that they may see the bread with which I fed you in the wilderness, when I brought you out of the land of Egypt.'" And Moses said to Aaron, "Take a jar, and put an omer of manna in it, and place it before the Lord to be kept throughout your generations. (Ex 16:32-33)

ADORATION

God is with his people in the wilderness. He knows their needs and provides for them in specific ways in spite of their grumbling. The God who crushes his enemies is also the God who cares and provides for his people. Take a minute today to appreciate and give thanks for who God is and how he has cared for you.

MEDITATION AND APPLICATION

The Israelites are told to gather as much manna as they need. From verse 18, it is clear that whether they gathered much or little, they all ate their fill, no more and no less. God's provision ensures that his people have exactly what they need. He also ensures that the people are able to walk in his ways and exercise faith while observing the Sabbath. He allows them to gather more on the sixth day and none on the seventh. Finally, God also commands that an omer of bread be kept as a reminder of the Lord bringing them out of Egypt. He uses his daily provision for them as a reminder of the greater provision he made- out of Egypt and toward the Promised Land.

- God not only fed his people, but enabled them to observe the Sabbath as well as put in place a reminder of his great provision for them. How has God provided for you- not only physically but in your walk with him?
- All that God has given you, serves not only to provide for your daily needs but also to point towards the greatest provision. How might the simple gifts of daily grace remind you of the greatest act of grace shown to us on the cross?

PRAYER

Dear God, we thank you for the grace that you daily bestow upon us. You know our needs and our struggles so intimately and you provide for us so perfectly in spite of our complaints. We thank you for sustaining us both physically as well as spiritually. We thank you for _____. As we are daily fed, we are reminded of Christ, His body broken for us, and we thank you for the new life that we are given as we partake in His perfect provision. We pray that you will continue to enable us serve you and that our faith in you and your goodness will grow daily. In Jesus' name we pray, Amen.

Pray for (1) those who struggle with satisfaction and thanksgiving and (2) the elderly in our church who struggle with this.

DAY 19

PASSAGE

Therefore the people quarreled with Moses and said, "Give us water to drink." And Moses said to them, "Why do you quarrel with me? Why do you test the Lord?" 3 But the people thirsted there for water, and the people grumbled against Moses and said, "Why did you bring us up out of Egypt, to kill us and our children and our livestock with thirst?" (Ex 17:2-3)

And he called the name of the place Massah and Meribah, because of the quarreling of the people of Israel, and because they tested the Lord by saying, "Is the Lord among us or not?" (Ex 17:7)

ADORATION

This is not the first time the Israelites have complained against the Lord! But once again, God provides for his people in the wilderness. Why does God continue to care for a people who do not seem to trust him? What does this tell us about Him? Take a minute to honor God for who He is revealed to be in this passage.

ARE YOU A GRUMBLER? | EXODUS 17

MEDITATION AND APPLICATION

The Israelites' cry for water in the wilderness is not a simple plea to quench their thirst, but it shows their dissatisfaction and doubt. For the second time, they complain not just for their need but for being brought out of Egypt at all. Suddenly, they doubt the goodness of the great rescue of God's people. The implications of their complaints are serious: they quickly forget what, and who they have been saved for. It seems like the Israelites are a shameful and ungrateful people. Yet, how often have we complained about what we lack, when we have been given much? Do you understand the implications of your grumbling?

- What have you been dissatisfied with/complained about in the last week? What beliefs or doubts have your complaints revealed?
- What grumbling or complaints have you held against the Lord? Do you truly believe Christ has provided for you all you need?

PRAYER

Dear God, I thank you for your word and the truth that it reveals about you and about ourselves. I thank you for showing me how I have fallen short, how I have trusted in my own understanding and doubted you. I confess that I have not believed in your sovereignty and did not trust in your perfect provision for me. I confess that I have been dissatisfied with _____. I thank you that your work on the cross has covered all my sin - even my doubt. I pray that you will help me to grow in my understanding of your goodness, that I will desire you above all things. In Christ's name, Amen.

Pray for (1) your parents and their own walk with God and (2) someone you know struggling with grumbling.

"The implications of their complaints are serious: they quickly forget what, and who they have been saved for."

DAY 20

PRAYING FOR OUR LEADERS | EXODUS 18

PASSAGE

"Now obey my voice; I will give you advice, and God be with you! You shall represent the people before God and bring their cases to God, and you shall warn them about the statutes and the laws, and make them know the way in which they must walk and what they must do. Moreover, look for able men from all the people, men who fear God, who are trustworthy and hate a bribe, and place such men over the people as chiefs of thousands, of hundreds, of fifties, and of tens. And let them judge the people at all times. Every great matter they shall bring to you, but any small matter they shall decide themselves. So it will be easier for you, and they will bear the burden with you. If you do this, God will direct you, you will be able to endure, and all this people also will go to their place in peace." (Ex 19:17-23)

ADORATION

Although Jethro is not one of the Israelites, he praises the Lord and acknowledges him as "greater than all gods" and brings his offerings to the Lord and joins Moses and the Israelite leaders in fellowship (v.11-12) upon hearing what God has done for his own people (v.8-10). God's work for his people has not only brought the Israelites to worship him, but even people from outside their nation. What does this tell you about your God? Worship Him.

PRAYER

Dear God, we thank you for the leaders that you have placed over us. We thank you for the leaders of the church, those you have called to dedicate themselves to serving you and your people. Thank you for giving them faithful, serving hearts. We pray that they will find encouragement in the work that you do in your people through them, and that you would continue to give them strength and wisdom to lead. We pray also for our national leaders and for using them to make our nation a thriving one. Please give them wisdom to lead well. Lord we know that you reign over all and we pray that our leaders would come to know you as well. In Christ's name, Amen.

Pray for (1) our church leaders and their families and (2) your care group leaders and other informal leaders who are helping you to grow in studying Scripture and following Jesus.


MEDITATION AND APPLICATION

Moses was fearful of his inadequacy when God appointed him as a leader, but God assured him that He would be with him (Ex 3: 11-12). Here in chapter 18, we see God fulfilling that promise. God used Jethro, a non-Israelite to provide Moses with practical, wise leadership advice. God has chosen Moses to lead and He is constantly with his chosen leader, using even outsiders to bless Israelite leadership.

- As Christians, we are called to submit to the authorities that God places above us. Do we trust that those in power have been placed there by God?
- How have we been blessed by the leadership that God has appointed over us? If we find that our leaders fall short, how have we sought to support and bless them?



**BE SUBJECT FOR THE LORD'S
INSTITUTION ... FOR THIS IS THE
GOOD YOU SHOULD PUT TO
FOOLISH PEOPLE**



**SAKE TO EVERY HUMAN
WILL OF GOD, THAT BY DOING
SILENCE THE IGNORANCE OF
(1 PET 2:13-15)**

DAY 21

A HOLY NATION | EXODUS 19

PASSAGE

You yourselves have seen what I did to the Egyptians, and how I bore you on eagles' wings and brought you to myself. Now therefore, if you will indeed obey my voice and keep my covenant, you shall be my treasured possession among all peoples, for all the earth is mine; and you shall be to me a kingdom of priests and a holy nation. These are the words that you shall speak to the people of Israel. (Ex 19:4-6)

ADORATION

At Mount Sinai, God reminds Israel of who He is- the one who brought them out of Egypt to Himself, He who owns the earth- and who they are to be- His treasured possessions, a kingdom of priests, a holy nation. God comes down to the mountain to his people and brings them into relationship with Him. Do we understand the gravity of God coming down to offer relationship to people? Where else have we seen God bring Himself down to be among people? Take a minute to reflect on what this shows us about God.

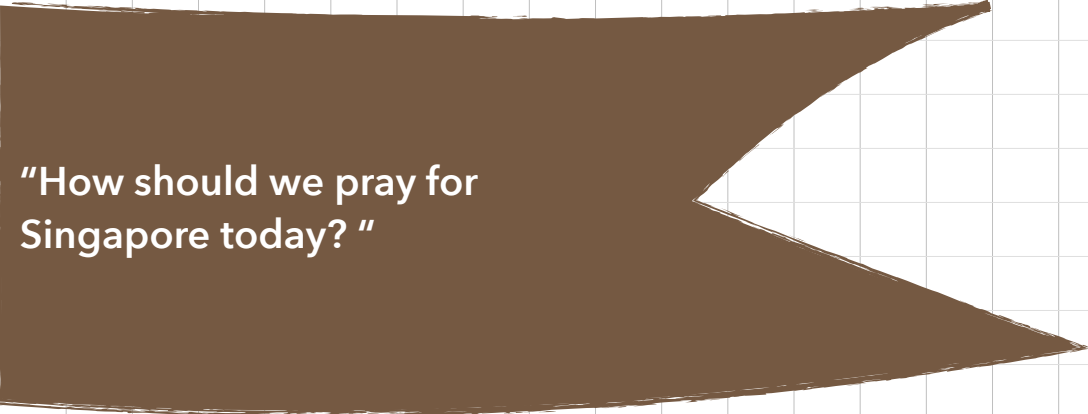
MEDITATION AND APPLICATION

When we think about our country, we should be thankful for what we have become as a nation. In fact, we are often called to pledge our dedication and allegiance to Singapore as Singaporeans. But as we read Exodus 19 today, we are reminded of our true nationality, and the holy nation that we have been called to in the kingdom of Christ the King. We should pray for and honor our national leaders, but above, that we honor the King Jesus. More than just citizens of this country, we are the people of God. Our highest calling is to obey His voice and keep His covenant, to be His treasured possession, a kingdom of priests, a holy nation (1 Pet 2:9). Our God came down to offer a covenant. His son, His only son, came down to live and die on a cross and was resurrected that we might be brought into this kingdom as one of its rightful citizens by knowing this kingdom's King. This is what it means to have real, eternal life with the true life-giver. What was done in order to give you this citizenship and what rights and privileges do we now enjoy? What does it mean for us to be a holy nation?"

PRAYER

Dear God, we thank you for your great love and sacrifice, that you would cast out your perfect son that we might be brought in. We thank you for taking us to be your own, for making us your people. We pray that you would help us to remember our status as your children, obeying you and loving you as your people. We thank you for _____. We pray that you would use your people to help bless your country, that the nation of Singapore might be blessed to know that you are Lord over the earth, over this nation. in Christ's name, Amen.

Pray for (1) our country and its spiritual state and (2) those who lead our country.



"How should we pray for
Singapore today? "

PASSAGE

Now when all the people saw the thunder and the flashes of lightning and the sound of the trumpet and the mountain smoking, the people were afraid and trembled, and they stood far off and said to Moses, "You speak to us, and we will listen; but do not let God speak to us, lest we die." Moses said to the people, "Do not fear, for God has come to test you, that the fear of him may be before you, that you may not sin." (Exodus 20:1, 18-20)

ADORATION

Ex 20 is where God first verbally delivered (Ex 20:1) the 10 Commandments to the Israelites. The entire nation of Israel responded in fear and trembling. God showed His people His Law, through which they are simultaneously shown His holiness and their sin. What kind of a God is this, who demands absolute perfection from His people but still graciously and personally speaks to them? How will you respond, as you consider the Israelites' response? Worship Him as you pray.

MEDITATION AND APPLICATION

The nation of Israel could only tremble in fear as they stood in the presence of God. Before God, they saw their depravity plainly against God's holiness. When they understood their sins as a nation, it led them to beg for an intercessor, Moses. This year we celebrate SG50. It marks 50 years of social stability and economic success despite our nation's small size and independence from greater world powers. But the God of the Bible doesn't demand us to be stable or successful. He demands that we be holy, just as He is holy (Lev 11:4), with full obedience to the Law. This unattainable holiness was made possible only through Jesus Christ, God's only Son, our perfect intercessor. In Jesus, we are born again, wholly dependent on Him not for stability or success but for a new holy life in Christ.

God gave them the Law to show them how He intends for communities to live in a way that reflects His holiness. We are thankful for laws in our societies, which is evidence of God's common grace. God has also generously poured out blessings on our country. He has placed us in this time and place and we need to uphold our nation in prayer.

- How should we pray for Singapore today?
- What is God doing in our country?

PRAYER

Our gracious heavenly Father, we thank you for your gift of love to us in Jesus Christ. Because Jesus fulfilled the Law, we can now live as your children once again. We pray for our nation as we celebrate independence, that we will not celebrate our independence from you! In your loving mercy, please guide us morally and ethically, and give us the wisdom and strength to remain faithful to you. Do your good work in this nation we pray, in Jesus' name, Amen.

Pray for (1) our national leaders (2) people struggling to trust God because of hardship.

DAY 23

PASSAGE

The LORD said to Moses, "Come up to me on the mountain and wait there, that I may give you the tablets of stone, with the law and the commandment, which I have written for their instruction." So Moses rose with his assistant Joshua, and Moses went up into the mountain of God. And he said to the elders, "Wait here for us until we return to you. And behold, Aaron and Hur are with you. Whoever has a dispute, let him go to them." (Exodus 24:12-14)

ADORATION

In Ex 24, God called Moses up Mt Sinai to give him the Law. God also specifically said that these commands were "written for their instruction". What does it mean to you that God writes commands for our instruction, that we may live as His holy children? He has also appointed human leaders to lead us. These leaders interact with us, and intercede with God on our behalf. What kind of a God is this?

HOW TO PRAY FOR LEADERS | EXODUS 24

MEDITATION AND APPLICATION

God made Moses the leader of Israel, and spoke to the nation through him as well - giving His commands, as well as warnings. Peter also tells us in 1 Peter 2:13-17 that we are to be subject to human institutions for the Lord's sake, for it is His will. Who has God made the leader of our nation, and how have we responded? We need to pray for our leaders, for:

- God's wisdom and guidance in policy-making, that they will honor God's commands
- Humility, to have the people of Singapore as their focus and God at their heart
- Integrity, that their hearts will be guarded from all corruption and selfish ambition
- Them to see God, the true Leader of His people, that they may be touched by the gospel just as we have been

PRAYER

Heavenly Father we come before you praising your mighty name - indeed you are the same God who dwelt on Mt Sinai, giving the leaders of your people your commands. Lord we pray for our leaders today, that you may guard their hearts from all temptation of our broken fallen hearts - corruption, selfish ambition, pride. Let them see you, our greatest Leader and Lord, as they put in place policies and lead the nation of Singapore. Let them come to know you, that their hearts may be changed entirely by your Holy Spirit. Let them put You at the heart of our nation, that we may be a God-fearing and faithful people. In Jesus' name we pray, Amen.

Pray for (1) the pride of our own hearts (2) the leaders of our country who have yet to know Christ.

"Be subject for the Lord's sake to every human institution ... For this is the will of God, that by doing good you should put to silence the ignorance of foolish people"

1 Pet 2:13-15

DAY 24

WHEN THE CHURCH BREAKS ITS PROMISE | EXODUS 24

PASSAGE

Then [Moses] took the Book of the Covenant and read it in the hearing of the people. And they said, "All that the Lord has spoken we will do, and we will be obedient." And Moses took the blood and threw it on the people and said, "Behold the blood of the covenant that the Lord has made with you in accordance with all these words." (Exodus 24:7-8)

ADORATION

We read earlier in Genesis in the life of Abraham, that God made a covenant with Him. Now, with his descendants and the nation of Israel, the promises of the covenant still stand. Have you ever considered the implications of having a covenant-making God in your life? Do we realise that in His relationships with people, it is He who always takes the initiative? Praise God today for being a covenant-making God, seeking us out first and initiating our relationship with Him. For if He had not sought us out first, we would still be wandering in darkness.

MEDITATION AND APPLICATION

When the nation of Israel heard all that was written in the Book of the Covenant, they made a solemn vow to obey it. The people of God made a promise to God. But Moses does a curious thing -- he sprinkles blood on ALL the people. Why does he do that? In those days, when a covenant is made between two parties, they would perform the curse that would happen if the covenant was broken. When we sin against God and break our promises with Him, do we understand its consequences? Blood must be spilt when we break the covenant. Either ours, or Another's in our place. Praise God for Christ, our substitute Lamb.

- How have you broken God's covenant today?
- Christ's blood was shed for your covenant-breaking. What does this mean for you today?

PRAYER

O merciful Heavenly Father, I seek your forgiveness for all the times I sinned against you. Especially when I recently _____. I have no merit, but let the merit of Jesus stand for me. It was His blood that was spilled for me - His blood that washes me clean. Let me rest in His sacrifice. Holy Spirit, turn my heart away from worthless things and turn me to God. Enable me to live my life more aware of the everlasting covenant I have with my Father.

Pray also for (1) the faithfulness of the church and (2) those who have yet to find a church family.

**NO MATTER HOW HARD THEY
KEEP GOD'S RULES ALL THE TIME.
HE WANTED THEM TO KNOW IT
KEEP ALL THE RULES.
SAVE**

**TRIED, THEY COULD NEVER
GOD KNEW THEY COULDN'T. AND
TOO. ONLY ONE PERSON COULD
ONLY GOD COULD
THEM.**

DAY 25

MAKING IDOLS | EXODUS 32

PASSAGE

When the people saw that Moses delayed to come down from the mountain, the people gathered themselves together to Aaron and said to him, "Up, make us gods who shall go before us. As for this Moses, the man who brought us up out of the land of Egypt, we do not know what has become of him." So Aaron said to them, "Take off the rings of gold that are in the ears of your wives, your sons, and your daughters, and bring them to me." So all the people took off the rings of gold that were in their ears and brought them to Aaron. And he received the gold from their hand and fashioned it with a graving tool and made a golden calf. (Exodus 32:1-4)

ADORATION

In the later part of Exodus 32, we discover that God was prepared to destroy the Israelites for their evil acts. However, Moses interceded for the people and God showed mercy to them. Perhaps the most common prayer uttered by all of mankind is "Lord, have mercy on me, a sinner!" When we approach Him in repentance, His mercy towards us overflows in abundance. Grace upon grace, we find forgiveness at the cross. Worship God for His mercy towards us.

MEDITATION AND APPLICATION

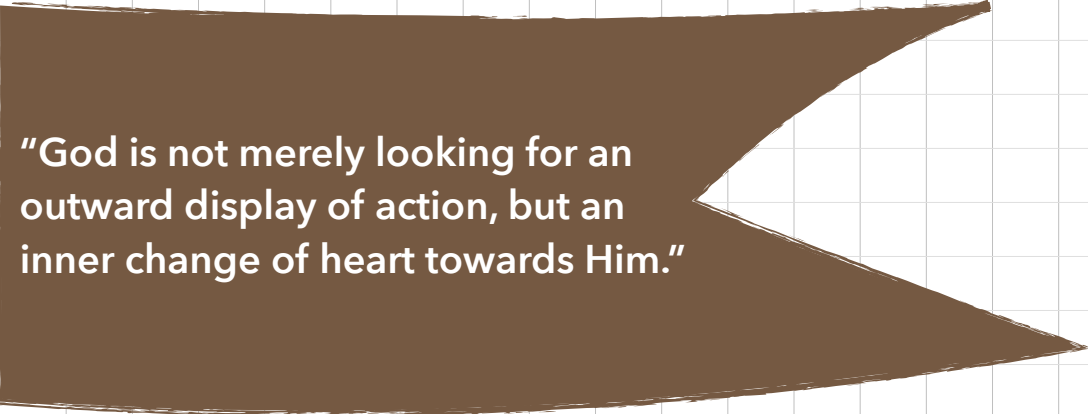
The nation of Israel quickly turned their hearts to idols when God was no longer at the centre of their lives. We learn from Exodus 32 that all idols are man-made and serve to turn a person's heart away from worshipping God. Anything that substitutes God's rightful place in our heart must be considered an idol. Christian authors over the centuries have long realised that Man's heart will always be turned towards worshipping something. Hence, the solution to idolatry is not simply to flee from one idol, for we might quickly set up another. Rather, the key is to set our minds and hearts on the One who is truly worthy of worship and praise. He will not give His glory to another.

- What idols have you set up for yourself today? Ask God for help with them.
- Can you tell yourself all the reasons why Jesus Christ is better than an idol? Bring to mind all His goodness in your life.

PRAYER

Eternal God, you are beautiful beyond description, too marvellous for words, too wonderful for comprehension, like nothing I've ever seen or heard. I confess that I have looked lustfully at the "beauty" of _____, and chose to worship it instead of You. Father, please unmask sin's deformity for me, so that I would see it for what it really is and hate it. Grant me with an unparalleled intimacy with You alone - hold me tightly in Your bosom! Help me to guard my heart in giving my worship to another.

Pray for (1) others struggling with idolatry and (2) for GBC members to have pure hearts.



"God is not merely looking for an outward display of action, but an inner change of heart towards Him."

PASSAGE

The Lord said to Moses, "Depart; go up from here, you and the people whom you have brought up out of the land of Egypt, to the land of which I swore to Abraham, Isaac, and Jacob...but I will not go up among you, lest I consume you on the way, for you are a stiff-necked people."

When the people heard this disastrous word, they mourned, and no one put on his ornaments. For the Lord had said to Moses, "Say to the people of Israel, 'You are a stiff-necked people; if for a single moment I should go up among you, I would consume you. So now take off your ornaments, that I may know what to do with you.'" (Exodus 33:1-5)

ADORATION

Despite the sin of the people in making the golden calf, God still chooses to fulfil His promise to bring His people into the Promised Land. Our God does not go back on His word and is faithful to His promise. Because He is trustworthy, we can completely trust Him and claim the promises made in the Bible as our own. Praise God for His everlasting faithfulness today.

MEDITATION AND APPLICATION

Why were the people mourning? It was not because God called them a "stiff-necked people". Rather, they were distraught that God Himself would not go with them into the Promised Land. This is the greatest consequence of sin - being cut off from God Himself. This shocked every Israelite down to their very core and they stripped themselves of all their ornaments. However, God is not merely looking for an outward display of action, but an inner change of heart towards Him. Stripping of one's ornaments was appropriate for the Israelites as they had used gold earrings to make that golden calf. By doing so, they were showing God that they were turning away from their sin and turning back to Him once again. For us we have an even greater assurance that if we confess our sins, through Jesus Christ we have a sure forgiveness (1 Jn 1:9).

- Does repentance simply mean outward changes to you? What is the state of your heart?
- What did Jesus do that guarantees our forgiveness?

PRAYER

O gracious and merciful Heavenly Father, please do not let Your presence depart from me when I sin. I am vile and wretched. I am incapable of true repentance on my own. My lips are ready to confess, but my heart is slow to feel and my ways reluctant to amend. I want to return to You, Father, knowing that I am a prodigal son. And when I seek your forgiveness, you never fail to bring out the best robe for me. Clothe me in your righteousness, Lord Jesus. Remove my rags and give me a new heart that is tuned to follow You alone. In Christ's name, Amen.

Pray also for those (1) struggling with sin habits and (2) for your own walk with God.

DAY 27

PASSAGE

Moses said to the LORD, "See you say to me, 'Bring up this people', but you have not let me know whom you will send with me. Yet you have said, 'I know you by name, and you have also found favor in my sight.' Now therefore, if I have found favor in your sight, please show me now your ways, that I may know you in order to find favor in your sight. Consider too that this nation is your people."

And he said, "My presence will go with you, and I will give you rest." And he said to him, "If your presence will not go with me, do not bring us up from here. For how shall it be known that I have found favor in your sight, I and your people? Is it not in your going with us, so that we are distinct, I and your people, from every other people on the face of the earth?"

And the LORD said to Moses, "This very thing that you have spoken I will do, for you have found favor in my sight, and I know you by name." Moses said, "Please show me your glory." And he said "I will make all goodness pass before you and will proclaim before you my name 'The LORD' (YHWH). And I will be gracious to whom I will be gracious, and will show mercy on whom I will show mercy. But," he said, "you cannot see my face, for man shall not see me and live." (Exodus 33:12-20)

ADORATION

God's holiness dictates that we are unable to see Him and still live. Because He is so full of light, holy, and pure, we who are full of darkness, sin, and impurity are unable to approach Him. God's holiness means that He is worthy of praise for He alone possess all these attributes. Worship Him today.

WHAT YOU WANT THE MOST | EXODUS 33

MEDITATION AND APPLICATION

Despite this, God chooses to reveal Himself to us. In the Old Testament, God dwelt with His people in Eden, the Tabernacle, and the Temple. In the New Testament, God revealed Himself in an even more startling way, by coming in flesh. Because of Jesus' work on the Cross, God now dwells in us in Spirit. Through Christ we can know so much about God and that ought to be our highest calling and deepest joy. What do you desire the most?

- Meditate on the fact that God chose to reveal and dwell in us. Now have you grown as a Christian?
- Praise and thank Him for revealing Himself to us so that we may know Him.

PRAYER

Lord, we thank you that even though we do not deserve any of Your goodness towards us, You choose to reveal Yourself to us. Help us to consistently see that we have your presence to treasure. You have chosen to "show us the Father" and truly it is enough for us. Help us be grateful for _____ and bold in declaring how you have revealed Yourself and dwelt among sinful humanity. Amen.

Pray for (1) those who have yet to know God (2) Christians you know who are growing in Christ.

Through Christ we can know so much about God and that ought to be our highest calling and deepest joy. What do you desire the most?

DAY 28

HELPING PEOPLE CHANGE | EXODUS 34

PASSAGE

When Moses came down from Mount Sinai, with the two tablets of the testimony in his hand as he came down from the mountain, Moses did not know that the skin of his face shone because he had been talking with God. Aaron and all the people of Israel saw Moses, and behold, the skin of his face shone, and they were afraid to come near him. But Moses called to them, and Aaron and all the leaders of the congregation returned to him, and Moses talked with them. Afterward all the people of Israel came near, and he commanded them all that the Lord had spoken with him in Mount Sinai. And when Moses had finished speaking with them, he put a veil over his face.

Whenever Moses went in before the Lord to speak with him, he would remove the veil, until he came out. And when he came out and told the people of Israel what he was commanded, the people of Israel would see the face of Moses, that the skin of Moses' face was shining. And Moses would put the veil over his face again, until he went in to speak with him. (Exodus 34:29-32)

ADORATION

God cares about how we live. Idols, on the other hand do not. They have neither feelings nor sentiments and are incapable of any form of communication. It is out of God's goodness that He cares and God has chosen to demonstrate this care through His Word. God wants to speak to us today. Worship Him for His words to you and me.

PRAYER

Heavenly Father, we thank You that You have chose to give us Your Word. Give us a desire for this very Word that you have given so that we may hunger for it, because without it, none of us can live though we have bread and drink. Use it to transform us as we behold your glory. We want to know you more. Grant us the boldness to declare the things that You have written for the benefit of others. Mould us according to all that You have instructed in Your Word. In Christ's name, Amen.

Pray also for: (1) somebody to join you in reading Scripture together. (2) Pray that our church will make disciples.

MEDITATION AND APPLICATION

When God had face to face communication with Moses he was transformed. His face shine and glowed so that the reflected holiness had to be covered by a veil. For us who know God in Christ, we too have seen His glory! Like Moses, we have seen His goodness, His faithfulness, His steadfast love, His holiness, His wrath, His laws, His mercies and blessings in Jesus. That's how we change. When we see God in Christ. Take time and dwell on the fact that our God is a speaking God who has chosen to speak to us. We, like Moses, are also to communicate to others what God has revealed to us through His Word.

- What does it mean to have seen God in Christ? Have you experienced this? Worship God for this experience.
- Ask God to change you more and more in knowing Jesus.

**MY REDEEMER'S LOVE GROWS SWEETER
AS ETERNITY DRAWS NEAR
I'LL ENJOY HIS LOVE FOREVER
AT HIS THRONE FOR ENDLESS YEARS**

**MY REDEEMER'S LOVE WILL FILL ME
ON THE DAY I SEE HIS FACE
I WILL LOVE HIM BACK FOREVER
AND FOREVER SING HIS PRAISE**

DAY 29

WHY THE SABBATH IS SUPREMEPLY PRACTICAL | EXODUS 35

PASSAGE

Moses assembled all the congregation of the people of Israel and said to them, "These are the things that the Lord has commanded you to do. Six days work shall be done, but on the seventh day you shall have a Sabbath of solemn rest, holy to the Lord. Whoever does any work on it shall be put to death. You shall kindle no fire in all your dwelling places on the Sabbath day." (Exodus 35:1-3)

ADORATION

In Exodus 35, the Sabbath (holy day of rest) is mentioned again. The Sabbath is an idea repeated from the fourth commandment, and God instituted the Sabbath to remind Israel of a few things: (1) people are made human in His image (in the beginning, that we are not God- we need rest) and thus they are to rest after six days of work; (2) to remind them that God has granted them rest from Egypt (in the past, through what He has done - His hard work to save them); and (3) that God will give them final rest and His renewing presence goes with them (God's promise for the future. The New Testament tells us that this final promise is ours in Christ.). Draw near to this God today.

MEDITATION AND APPLICATION

There are generally two ways one can break the Sabbath. The obvious one is not keeping it. The second one is suggesting as the Pharisees do, that one should not do anything at all, not even good. The Sabbath is a time for remembering that God has given us rest. In Israel's case, God has given them rest from the slavery of Egypt. Later, in the Promised Land, it was a reminder that God granted them rest from their enemies.

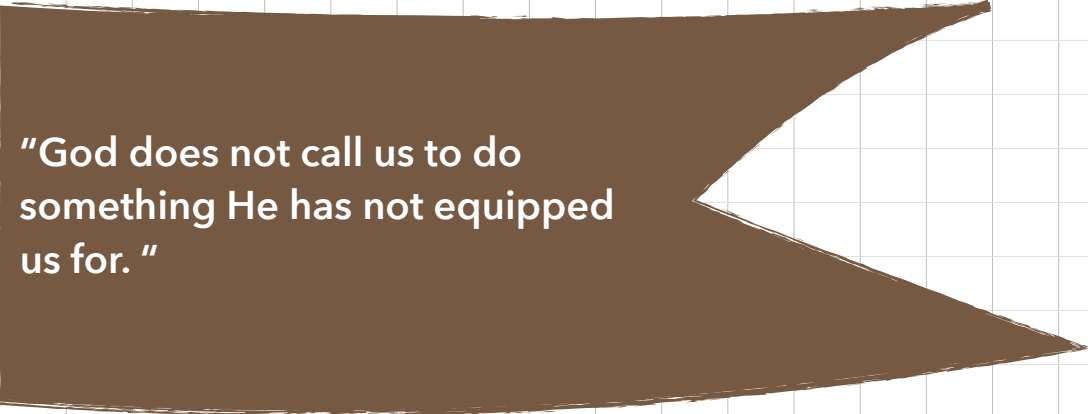
When Jesus appealed for the weary and heavy laden to come to Him for rest, He mirrors what YHWH did for Israel. We too enjoy the rest that comes from God Himself when we experience this freedom from slavery. As Christians, we should rightly rest and meditate upon all that God has done for us through Christ. We rest from the yoke of sin and the yoke of the law. All these are possible because of Christ.

- In an information age like ours, it becomes even more important for us to stop and rest. What does God want to say to you today?
- Instead of catching up with the latest news, updates from our friends and new photos to gaze at, how can we and rest from this information overload to sit and remember God's goodness?

PRAYER

Heavenly Father, help us learn to rest and to cease from our busy-ness. The temptation is for us to flood our schedules and to allow it to define us as productive people. Help us to rest from this need to craft our own identity and instead rest upon all that You have done for us through Christ. I want to rest from _____. May we learn to honour what you have done for us by resting in what You have done. Amen.

Pray also for: (1) Singapore in general. As one of the world's most workaholic countries we need to rest (2) Pray for the liberation from increasing smartphone addiction in our age.



"God does not call us to do something He has not equipped us for."

PASSAGE

According to all that the Lord had commanded Moses, so the people of Israel had done all the work. And Moses saw all the work, and behold, they had done it; as the Lord had commanded, so had they done it. Then Moses blessed them. (Exodus 39:42-43)

ADORATION

The making of the Tent of Meeting/Tabernacle was a huge project and God provided everything that was needed! In Ch. 36:1-2, God equipped Bezalel and Oholiab for this very special work ("Bezalel and Oholiab and every craftsman in whom the Lord has put skill and intelligence to know how to do any work in the construction of the sanctuary shall work in accordance with all that the Lord has commanded.") Worship God today for being the God who provides for our obedience.

MEDITATION AND APPLICATION

'Trust' and 'obey' are two words we should always put together. Obedience without trust suggests an effort that arises from a misplaced confidence in one's own works and abilities. Trust without obedience suggests idleness and passivity, which is not what Scripture says. The task that God has for us is daunting - namely, Jesus' last words to fulfil the Great Commission. Who can claim to possess all knowledge and skills to fulfil the Great Commission? We too, are to trust that He will supply every need required for us to obey and fulfil the task. We know that in Jesus, we have everything we need to obey Him. God does not call us to do something He has not equipped us for.

- What has God called you to do today?
- How has He also provided for your obedience?

PRAYER

Heavenly Father, we thank You that You do not leave us alone to do the tasks that you prepare for us. You have called me to _____. May we be found faithful in doing the work that you have tasked us with and not live for ourselves. Supply us with all the things we need to obey. Amen.

Pray for (1) the work of the Great Commission in Singapore and (2) the church community of GBC to trust and obey God in our spiritual rebuilding campaign.

DAY 31

PASSAGE

Then the cloud covered the tent of meeting, and the glory of the Lord filled the tabernacle. And Moses was not able to enter the tent of meeting because the cloud settled on it, and the glory of the Lord filled the tabernacle. Throughout all their journeys, whenever the cloud was taken up from over the tabernacle, the people of Israel would set out. But if the cloud was not taken up, then they did not set out till the day that it was taken up. For the cloud of the Lord was on the tabernacle by day, and fire was in it by night, in the sight of all the house of Israel throughout all their journeys. (Exodus 40:34-38)

ADORATION

The Book of Exodus begins with Israel in slavery, and it ends with God dwelling with the nation of Israel as the glory of the Lord filled the newly constructed tabernacle. This is also our story. Like a mini-restoration of what was supposed to be Eden, God is again dwelling with His people, though in a different form. Despite the shameful and sinful actions of Israel in worshipping an idolatrous golden calf, God's desire is to be with His people. God dwells with us. This thought alone deserves our adoration.

WHAT NOW | EXODUS 40

MEDITATION AND APPLICATION

At the end of this Prayer Journal, we read about the tabernacle to remind us of what God is about. He cares so much about being with His people and is showing grace upon grace to make this happen. Though we enjoy His presence now in the form of His Spirit dwelling with us, we look forward to the new heavens and new earth. In that day, God will not dwell with us in a tabernacle or temple (Old Testament) but with us physically. John writes about what he saw with these words in Revelation 21:3-4:

And I heard a loud voice from the throne saying, "Behold, the dwelling place of God is with man. He will dwell with them, and they will be his people, and God himself will be with them as their God. He will wipe away every tear from their eyes, and death shall be no more, neither shall there be mourning, nor crying, nor pain anymore, for the former things have passed away.

This is the hope that we have and the hope we are called to. We have so much to look forward, since God has called us to this hope. Paul says that he forgets what lies behind and strives towards this. We should as well!

- What is God saying to you today?
- How have you experienced His presence with you in Christ today?

PRAYER

Heavenly Father, thank you for calling us to this hope that we have in Christ Jesus. Remind us daily of the things that await us and that we will one day dwell with you in the new heavens and new earth. As we embark on our pilgrimage there, help us bear the loads of the crosses that we bear and the sufferings that we endure knowing that one day, all these will cease. Amen.

Pray for (1) God's presence in GBC to be felt strongly by all; (2) the endurance and faithfulness of Christians everywhere and (3) your own prayer life.

"He will dwell with them, and they will be his people, and God himself will be with them as their God." (Rev 21:3b)

NOW WHAT?

What's next? These 30 days are over, and we trust that it has been a rich experience. It may not have been easy, and that is not surprising. Prayer is a discipline that we have to keep learning, not only to do, but also to enjoy and to discover more of God in the process.

How should you proceed after using the prayer journal? There are many ways to follow on, and here are just 3:

1. Pray through Bible passages

Have you read through a book of the Bible for personal devotion? Why not read a chapter a day, using the "Adoration-Meditation-Application-Prayer" template? All of Scripture is God-breathed and intended to fulfill God's purposes, as 2 Tim 3:16 reminds us. The Gospels are a great start, e.g. the book of Mark. The Psalms are the prayer and worship book of the Bible, so it is naturally good for our prayer life.

Pick a book, and try it today.

2. Keep a prayer journal

Get into the habit of journaling. It could be a physical notebook, it could be an online note collection tool like Evernote, but whatever it is, record down your prayers and meditations, thanksgivings and requests. This is a great tool to keep track of thoughts, but it is also helpful to collect all your struggles, prayers and how God has answered them. Over time, it is a wonderful testimony to God's grace, provision and faithfulness.

3. Pray with people

There are moments for personal prayer time, but there is also a time for corporate prayer. For the rest of 2015, our church will focus on learning about the prayer through the prayers of Paul. Learn about the priorities of prayer, but also pray with these priorities with those in your small groups. And it doesn't always have to be done in the same way! Consider prayer walks in the garden? Or calling each other over the phone and praying in the week? Whatever it is, plan to pray, and pray with people.

