

Lent is the season to focus on Christ's crucifixion. Lent anticipates Easter. There are 40 days to Good Friday. Over this time, **focus on Christ who suffered to give you His body and His blood.**

"Jesus took bread ... and gave it, saying, "Take, eat; this is my body." And he took a cup ... saying, "Drink of it, all of you, for this is my blood of the covenant, which is poured out for many for the forgiveness of sins."—Matt 26:26-29

DAY 1

Lord, thank you for going through such terrible suffering on the Cross for me. Thank you that your body was broken instead of my body. Thank you that your blood was spilled for me.

Traditionally, Christians deprive themselves in some way during Lent – to heighten their focus on Christ.

If you'd like to give up something for the next 7 days to heighten your focus: Instead of visiting a news website that you regularly visit, meditate on Matt 26:1-25.

DAY 2

TO READ *“And should not I pity Nineveh, that great city, in which there are more than 120,000 persons who do not know their right hand from their left.”—Jon 4:11*

TO PONDER Singapore is a “great city”. Yet, many people in Singapore are spiritually lost. God’s heart is to have compassion for the lost and the blind. God loves reaching out to lost and confused people.

TO PRAY Pray that the message of God’s compassion and mercy for lost and blind people will spread throughout Singapore and reach many people in this “great city”.

TO DO Write the name of someone you feel prompted to pray for over the remaining 39 days.

DAY 3

TO READ *"[Pray] 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."*—Eph 6:18

TO PONDER God asks us to pray for our fellow "saints". We are to make "supplications" or requests for them. We can help our friends through prayer. This kind of prayer requires alertness to our friends' needs. And it requires perseverance.

TO PRAY Pray for your brothers and sisters in your CG (or others who are near to you in the church). Don't pray vaguely. Ask for specific things.

TO DO Be alert to your friends' needs. Pay attention to their needs. Persevere in your prayers. What is one thing God is highlighting to you now about a friend at RHC?

TO READ *"Your kingdom come, your will be done on earth as it is in heaven."*—Matt 6:10

TO PONDER Jesus has taught us to pray daily that God's Kingdom would *"come"* to the earth. We declare God's Kingdom in prayer. But we also ask for it to come.

DAY 4

TO PRAY Is there someone close to your heart that you'd love to see become a Christian? Pray for this person. With faith, ask for God's Kingdom to come.

TO DO As an act of faith, write the name of this person down, and pray for God's will to be done in their life.

DAY 5

TO READ *"And the LORD God planted a garden in Eden, in the east, and there he put the man whom he had formed. ... The tree of life was in the midst of the garden."*—Gen 2:8

TO PONDER People are designed to dwell with God and to receive Life from Him. The Fall disrupted fellowship and introduced death. But in Jesus, we can reclaim both.

TO PRAY Thank God that we are able to have a personal relationship with Him, through Jesus. Thank God that as a Christian you have access to heaven – the true Garden of Eden.

TO DO Set aside some time today to enjoy fellowship with God. Ask God to flood you with spiritual Life. Where there is brokenness, invite God's Life into those areas.

DAY 6

TO READ *"Therefore pray earnestly to the Lord of the harvest to send out labourers into his harvest."*—Matt 9:38

TO PONDER God is the Lord of the harvest. The harvest is plentiful; but manpower is required. Labourers need to be *"sent"*. This needs *"earnest"* prayer.

TO IMAGINE Imagine RHC sending out church planters. Imagine RHC planting churches in foreign cities. Imagine salvation coming to other cities through RHC's endeavours.

TO DO Pray that God would raise up labourers from our number. Pray that God would send out church planters from RHC.

DAY 7

TO READ *"The river of the water of life, bright as crystal, flowing ... through the middle of the street of the city; also, on either side of the river, the tree of life...The leaves of the tree were for the healing of the nations."*—Rev 22:1-3

TO PONDER Heaven will be an Eternal City of all the redeemed. The tree of Life will be prominent in the Eternal City. The tree of Life is for the *"healing of the nations"*.

TO CONTEMPLATE Time and history are progressing towards the Afterlife. All things will culminate in God's glorious Eternal City. Christians should live with this end always in mind.

TO DO What is God asking you to do to on earth to impact Eternity?

Lent is the season to focus on Christ's crucifixion. Lent anticipates Easter. There are 33 days to Good Friday. Over this time, **focus on how Christ agonised to do the Father's will.**

"Then he said to them, 'My soul is very sorrowful, even to death.' And going a little farther he fell on his face and prayed, saying, 'My Father, if it be possible, let this cup pass from me; nevertheless, not as I will, but as you will.'"—Matt 26:26-29

DAY 8

Lord, thank you for going through such terrible suffering on the Cross for me. Thank you that you agonised and went through the darkest valley a soul could go through – all to do your Father's will for my sake.

Traditionally, Christians deprive themselves in some way during Lent – to heighten their focus on Christ.

If you'd like to give up something for the next 7 days to heighten your focus: Instead of eating things with sugar in them, use the time to meditate on Matt 26:26-46.

DAY 9

TO READ *"As we were going to the place of prayer, we were met by a slave girl."—Acts 16:16*

TO PONDER One of the first people to be impacted by the church planters in Philippi was a member of a vulnerable sector of society. God's Kingdom is raceless and classless – because God's heart is for all people of all backgrounds and walks of life.

TO PRAY What vulnerable sector of Singapore's society is closest to your heart? Pray that God's love and grace and Kingdom would impact this group.

TO DO Is God putting anything on your heart for you to do to make a Kingdom difference for the group you have just prayed for? Think creatively!

DAY 10

TO READ *"A woman named Lydia, from the city of Thyatira, a seller of purple goods ... was a worshiper of God. The Lord opened her heart."*—Acts 16:14

TO PONDER Lydia was a business-woman. God touched her. The church in Philippi was established on this moment. Business and professional people play a crucial role in the establishment of churches.

TO PRAY Pray that many merchants, business-people and professionals in Singapore would be touched by the message of Jesus. Ask God to set the business community alight with the gospel.

TO DO Which of your colleagues is 'Lydia'? What is God doing in your colleagues' lives? Is there a conversation you need to have with someone?

DAY 11

TO READ *“And they spoke the word of the Lord to him and to all who were in his house . . . And [the jailer] rejoiced along with his entire household that he had believed in God.”—Acts 16:34*

TO PONDER The jailer would have been a state official. He was a member of the civil service. The gospel influences all strata of society. Also, the jailer opened his home to the gospel.

TO PRAY Let's pray for all the members of Singapore's civil service. And let's pray that the gospel would spread to many homes.

TO CONSIDER Is God asking you to open your home to facilitate a small group or a gospel meeting of some sort?

DAY 12

TO READ *"If you have judged me to be faithful to the Lord, come to my house and stay."*—Act 16:15

TO PONDER The Lord opened Lydia's heart. Lydia's response was that she opened her home. Hospitality is often a sign of Jesus working. With an open heart and an open home Jesus can open other hearts too. His own home is open to the needy. Our homes can be too.

TO PRAY Lord, thank you for opening my heart. Thank you for giving me a home. Please send people to me that you wish to give hospitality to through me. Help me to be a home of love.

TO DO Is there anyone you think you should invite around for a meal?

DAY 13

TO READ *"Epaphras, who is one of you, a servant of Christ Jesus [is] always struggling on your behalf in his prayers, that you may stand mature and fully assured in all the will of God."*—Col 4:12

TO PONDER Epaphras was a servant leader. He prayed regularly for others. He *"struggled"* – so that those under his care would be *"mature"* and *"fully assured in all the will of God"*.

TO PRAY Give thanks for your CG leader (or another who is discipling you), who is committed to seeing you *"mature"* and *"fully assured in all the will of God"*. Ask for God's blessing and encouragement on him or her.

TO DO Why not send your CG leader a quick note of affirmation? If you aren't in a CG, is the Holy Spirit prompting you to consider joining one? Is God stirring you to be a CG leader?

DAY 14

TO READ *"I thank my God in all my remembrance of you, always in every prayer of mine for you all making my prayer with joy, because of your partnership in the gospel."*—Phil 1:3-5

TO PONDER Partnerships in the gospel are precious in God's sight. Gospel partnerships give joy when we pray for our partners – because we rejoice in being linked to God's work in different cities.

TO PRAY Pray for our RESOUND partners – in Tokyo, Nagoya, Bangkok, Perth and Hong Kong. Pray for the penetration of the gospel into the communities that these partner churches minister into.

TO DO Is there a RESOUND partner church that you should bless or encourage in some way?

DAY 15

Lent is the season to focus on Christ's crucifixion. Lent anticipates Easter. There are 26 days to Good Friday. Over this time, **focus on how Christ traded places with sinners to save sinners from God's justice.**

"The governor again said to them, 'Which of the two do you want me to release for you?' And they said, 'Barabbas.'...Then he released for them Barabbas, and having scourged Jesus, delivered him to be crucified."—Matt 27:21, 26

Lord, thank you for going through such terrible suffering on the Cross for me. Thank you that you were crucified, and not Barabbas, so that I would never have to suffer your Father's justice.

Traditionally, Christians deprive themselves in some way during Lent – to heighten their focus on Christ.

If you'd like to give up something for the next 7 days to heighten your focus: Instead of checking out a social media app that you regularly visit, meditate on Matt 26:47-75.

DAY 16

TO READ *"And you see and hear that not only in Ephesus but in almost all of Asia this Paul has persuaded and turned away a great many people, saying that gods made with hands are not gods."*—Acts 19:26

TO PONDER Idols are rivals of the one, true God. Idols are pretenders to God's throne. Idols are gods made in our own image. Idols promise you help; but cannot help you like God can.

TO ANALYSE What are the idols in your heart? What idols are you trusting in to deliver results that only God can deliver? What false promise from what false god are you listening to?

TO DO What is it that your heart is crying out for?

Take the bold step of trusting Jesus for that thing.

DAY 17

TO READ *"And they came to Ephesus, and he left [Priscilla and Aquila] there."*—Acts 18:19

TO PONDER Priscilla and Aquila were a married couple who travelled with Paul. They were business-people. They were mature believers. Paul left them in Ephesus to become the pillars and foundation of the Ephesus church plant.

TO CONSIDER To reach the cities of Asia, God will call mature believers to trans-locate to another city to support and establish budding church plants.

TO PRAY Lord, in your sovereignty – please call, raise up, and make a way for many to go forth from Singapore to support the establishment of new churches.

DAY 18

TO READ *"Go therefore and make disciples of all nations ... teaching them to observe all that I have commanded you."*—Matt 28:19-20

TO PONDER The Great Commission requires a great response. All Christians are commissioned to make disciples. Disciples are not born; but made. It takes effort and intention to make disciples.

TO PRAY Lord, please help me to make disciples. Who do you want me to reach out to? Who do you want me to point to you? Use me as your instrument to make followers of you.

TO DO Think of at least one person you can actively guide in the faith or guide into the faith. How is God asking you to commit to this relationship?

DAY 19

TO READ *"You will be my witnesses in Jerusalem and in all Judea and Samaria, and to the end of the earth."*—Acts 1:8

TO PONDER Ministry flows outwards from a church epicentre. Neighbouring countries, and then nations beyond neighbours, should be impacted. Ultimately, God's heart is that the ends of the earth are reached for the gospel.

TO PRAY

For *"Jerusalem and Judea"*: Pray for City to City Singapore – the gospel movement in Singapore, which provides fellowship and a network for pastors. RHC is part of this.

For *"Samaria, and to the end of the earth"*: Pray for the work of the gospel in neighbouring countries, and in South East Asian nations that are beyond our neighbours.

DAY 20

TO READ *"And do not grieve the Holy Spirit of God."*

–Eph:4:30

TO PONDER The Holy Spirit is not an impersonal 'force' or 'energy'. The Holy Spirit is a Person. The Holy Spirit can be grieved and is sensitive to how we live our lives. Mature Christians develop a sensitivity to the presence of the Holy Spirit and are quick to make right with Him when He is grieved.

TO PRAY Lord, what are the ways that I grieve the Holy Spirit? Are there recurring things I do that grieve the Holy Spirit which I am not even aware of? Please gently show me these things.

TO DO Is there something that the Holy Spirit is calling to mind now, highlighting an area where you regularly grieve Him? If so – He'll help you to grow in this area!

DAY 21

TO READ *“Be angry and do not sin; do not let the sun go down on your anger, and give no opportunity to the devil.”—Eph 4:26-27*

TO PONDER Anger – and its close relatives of bitterness and frustration – is a danger in every church community. Unrighteous anger injures both you and the person you are angry with. Everybody loses. Anger not righteously dealt with by sun-down gifts the devil an opportunity to wreak havoc.

TO PRAY Lord, I realise that holding on to anger and bitterness is destructive to me (let alone to the other). You know why the things that cause me anger and frustration have such an effect on me. Please help me to not let the sun go down on my anger.

TO DO What steps is God asking you to take to deal with the things that cause you anger, bitterness and frustration?

DAY 22

Lent is the season to focus on Christ's crucifixion. Lent anticipates Easter. There are 19 days to Good Friday. Over this time, **focus on how Christ was humiliated and shamed to save us from humiliation and shame.**

"And they stripped him and put a scarlet robe on him, and twisting together a crown of thorns, they put it on his head and put a reed in his right hand. And kneeling before him, they mocked him."—Matt 27:28

Lord, thank you for going through such terrible suffering on the Cross for me. Thank you that you were humiliated, shamed and mocked – all to take the burden of my shame.

Traditionally, Christians deprive themselves in some way during Lent – to heighten their focus on Christ.

If you'd like to give up something for the next 7 days to heighten your focus: Instead of drinking a drink that you regularly drink, meditate on Matt 27:1-23.

DAY 23

TO READ *"So if there is any encouragement in Christ, any comfort from love, any participation in the Spirit, any affection and sympathy..."*—Phil 2:1

TO PONDER In Christ there is great encouragement. In Christ there is comfort in His love. In Christ there is affection and sympathy. We can receive these benefits of Christ through *"participation in the Spirit"*. The Holy Spirit mediates to us these blessings of Christ.

TO PRAY Lord, thank you for the promise of encouragement in Christ. Holy Spirit, you know where I need encouragement. Please would you apply the love, comfort, affection and sympathy of Christ to my heart.

TO DO To receive the encouragement of Christ from the Holy Spirit, we often need to carve out time and space. Why not schedule a time in your calendar to spend some uninterrupted time with the Lord?

DAY 24

TO READ *"Do nothing from selfish ambition or conceit, but in humility count others more significant than yourselves."*—Phil 2:3

TO PONDER Christ's work shows us that we are important to God. If we understand Christ's work, we don't have to strive to establish our self-importance ("*selfish ambition*"). Christ's work also liberates us from having to be excessively proud of our own achievements ("*conceit*"). Christ's work enables us to be humble and allow others to be more significant than we are.

TO PRAY Lord, thank you for Christ's work. Thank you that I am free to be the person you made me to be. Thank you that I don't have to live under the tyranny of striving to make myself important.

TO DO Think of someone you are trying to be more significant than.

Adopt a humble posture, and count this person more significant than you are.

DAY 25

TO READ *"Christ Jesus, who, though he was in the form of God, did not count equality with God a thing to be grasped, but emptied himself, by taking the form of a servant."—Phil 2:6-7*

TO PONDER Christ emptied Himself. Christ became a servant to the lost that they might be saved. If the church is going to reach the lost and the unsaved, then we too need to empty ourselves and become servants for Christ's sake.

TO PRAY Ask God to show you ways that you need to follow Jesus' example of emptying Himself.

TO DO How is God asking you to serve His mission to reach the lost and the unsaved?

Is there an opportunity you should take to testify to Christ and give glory to Him?

DAY 26

TO READ *“Work out your own salvation with fear and trembling, for it is God who works in you.”—Phil 2:12-13*

TO PONDER Your salvation means that you don't have to establish your own righteousness. Christ has made you righteous. Once made righteous, it makes sense to out-live the righteousness already received. When we commit to outworking Christ's righteousness in our day-to-day lives, with fear and trembling, we find God working powerfully in us to help us act righteously.

TO PRAY Lord, thank you for giving me your righteousness. Lord, help me to out-live the righteousness I have already received in Christ.

TO DO In which area do you especially need to *“work out your salvation”*? How would you like God to work in you?

DAY 27

TO READ *“Paul came to Derbe and then to Lystra, where a disciple named Timothy lived, whose mother was Jewish and a believer but whose father was a Greek. The believers at Lystra and Iconium spoke well of him. Paul wanted to take him along on the journey.”—Acts 16:1-3*

TO PONDER Every Timothy needs a Paul. Every disciple needs someone – who is a little further down the road – to follow and be mentored by.

TO PRAY Pray that God would provide you with a spiritual mentor. Pray that God would give you a more mature believer to encourage you and help you along in your faith walk.

TO DO Adopt a humble posture in your heart. Rid your heart of the pride that gets in the way of being led and disciplined by someone else.

DAY 28

TO READ *"I will stay in Ephesus until Pentecost, for a wide door for effective work has opened to me."*

–1 Cor 16:8

TO PONDER God provided Paul with a door at a certain place (in "*Ephesus*") and a window ("*until Pentecost*") for "*effective work*". God is always opening doors because God is always on a mission.

TO PRAY Pray for a city that you go on business to; or that you vacation to; or that you'd love to visit. What city burns on your heart?

TO DO Ask God if there are any openings in the city that you prayed for, that He would like you to walk through.

DAY 29

Lent is the season to focus on Christ's crucifixion. Lent anticipates Easter. There are 12 days to Good Friday. Over this time, **focus on how Christ was crucified, endured darkness and felt that God had forsaken Him.**

"They led him away to crucify him ... there was darkness over all the land ... Jesus cried out with a loud voice, 'My God, my God, why have you forsaken me?'"—Matt 27:31, 45-46

Lord, thank you for going through such terrible suffering on the Cross for me. Thank you that you were crucified and endured utter darkness – to the point of experiencing your own Father's abandonment.

Traditionally, Christians deprive themselves in some way during Lent – to heighten their focus on Christ.

If you'd like to give up something for the next 7 days to heighten your focus: Instead of enjoying an electronic entertainment that you regularly enjoy, meditate on Matt 27:24-44.

DAY 30

TO READ *"We are to grow up in every way into him who is the head, into Christ ... [the body] builds itself up in love."*— Eph 4:15-16

TO PONDER The body builds itself up in love. The body grows up in Christ. The body is the sum total of our relationships. Our relationships are built up when they have Christ's love. Our relationships grow when they are in Christ. Our relationships depend on Christ's love and grace.

TO PRAY Lord, I want my every relationship in the body to be established on Christ. I want to be loving and gracious as Christ is loving and gracious. I want my relationships in the body to echo Christ.

TO DO What difficult relationship in the body do you need to apply Christ to?

DAY 31

TO READ *“...equip the saints for the work of ministry, for building up the body of Christ.”— Eph 4:12*

TO PONDER God wants to equip all the saints. God wants all the saints to do the work of ministry. The work is not left to the pastors alone. It takes the whole body to build up the body.

TO PRAY Lord, thank you for including me in the work of ministry. Thank you for wanting to equip me so that I can build up the body of Christ. Thank you for expecting a unique contribution from me.

TO DO What unique contribution is God asking you to make to build up His body? Also, if you aren't experiencing close fellowship, who do you need to take steps toward?

DAY 32

TO READ *"Pray for us, that the word of the Lord may speed ahead and be honoured."*—2 Thess 3:1

TO PONDER There is a relationship between prayer and the word "*speeding ahead*" and being "*honoured*". Our prayers can 'soften the soil' and result in increased fruitfulness for the gospel.

TO PRAY Pray for a colleague that you'd love to see becoming a Christian. Pray for yourself to share the word of the Lord. Pray for the soil to be softened. Pray that the word would speed ahead and be honoured.

TO DO Which colleague do you carry the biggest prayer burden for?

DAY 33

TO READ *"You are fellow citizens with the saints and members of the household of God."*—Eph 2:19-20

TO PONDER Everyone in Jesus' church is a fellow citizen and a fellow member of God's household. God's house is not divided along intellectual or doctrinal lines.

TO PRAY Lord, forgive me if I am a cause of division in your house. Please help me to treat Christians of other churches, denominations, and doctrinal nuances as my fellow citizens.

TO DO If there is a Christian group that you feel superior to in your heart, pray for them and ask God to bless them greatly.

DAY 34

TO READ *"As each has received a gift, use it to serve one another."*—1 Pet 4:10

TO PONDER God gives us things. He gives us talents and abilities. He gives resources. He gives us good gifts. Some of these gifts are given to us so that we can use them to serve others. These are gifts that keep on giving. There is great joy in receiving a gift from God and then using it to serve another.

TO PRAY What gift(s) have you been entrusted with that God would like you to use to serve others?

TO DO Think of one creative way that you can use the gift you have received to serve another person.

DAY 35

TO READ *"Only, they asked us to remember the poor, the very thing I was eager to do."*—Gal 2:20

TO PONDER The poor and those in the lower economic groups, are often the forgotten people of a society. Prone to forget, we are instructed *"to remember the poor"*. By definition, Christians recognise their spiritual poverty. If anyone should be able to identify with the poor, it ought to be the Christians.

RHC has been ministering to the Jalan Kukoh community for a number of years. If you are inclined to help, here are some ideas to consider. Email mercyandjustice@rhc.org.sg for details.

1. Find out how your CG can 'adopt' a household in the Jalan Kukoh neighbourhood.
2. Ask for a Jalan Kukoh Prayer Walk Guide. Invite a group of friends to walk with you through this neighbourhood; praying for the residents and asking for God's blessing on the area.

DAY 36

Lent is the season to focus on Christ's crucifixion. Lent anticipates Easter. There are 5 days to Good Friday. Over this time, **focus on how Christ yielded up His spirit into the hands of His Father** so that your spirit would never die.

"And Jesus cried out again with a loud voice and yielded up his spirit."—Matt 27:50

Lord, thank you for going through such terrible suffering on the Cross for me. Thank you that you freely gave up your spirit so that my spirit could be quickened and made alive for all eternity.

Traditionally, Christians deprive themselves in some way during Lent – to heighten their focus on Christ.

If you'd like to give up something for the next 5 days to heighten your focus: Instead of enjoying a dish or food item that you regularly enjoy, meditate on Matt 27:45-66.

DAY 37

TO READ *"You yourselves like living stones are being built up as a spiritual house, to be a holy priesthood."*

–1 Pet 2:5

TO PONDER Every member of the church is part of the priesthood. It is a priesthood of all believers. Each one of us is a live stone in the wall of God's house. God is the Builder of the wall; and knows exactly where He wants each stone; and what neighbours to give to each stone.

TO PRAY Lord, thank you for being the Builder of your house. Thank you for making me a living stone, to be fitted into your wall. I trust that you will position me exactly where you want me.

TO DO Are you a mis-fitting stone? Are you a contributing member of the priesthood? What has God called you to be and to do at RHC? What's your space?

DAY 38

TO READ *"Whoever believes in him will not be put to shame."*—1 Pet 2:6

TO PONDER Shame, and the fear of being shamed, is a problem as old as humanity. Unattended, shame can destroy. People are willing to go to extraordinary lengths to ensure their shame is not exposed. The core message of Christ, is that in Him we need fear shame no longer.

TO CONSIDER Do you have shame? Are you hiding shame? Who are you hiding shame from?

TO PRAY Lord, thank you that you see everything. Thank you that you forgive everything repented of. Jesus, thank you that you destroy shame by having been shamed on my behalf on the Cross. Thank you that you accept me as I am by your Grace and I need never be shamed before you. Thank you that I can stand in your presence with your dignity.

DAY 39

TO READ *"I urge you as sojourners and exiles to abstain from the passions of the flesh, which wage war against your soul. Keep your conduct among the Gentiles honourable."*—1 Pet 2:11-12

TO PONDER The passions of the flesh are actually attacks on our souls. Failure to control bodily appetites compromises our Christian testimony. As sojourners and exiles on this earth, we should trust Christ to provide our pleasures directly from His hand.

TO PRAY Lord, you know where my flesh is weak. You know the areas where I am vulnerable to give into the flesh. In the moment of temptation, please help me to rather trust you to provide pleasure in your way.

TO DO Do you need to become accountable in any area of your life to someone else?

DAY 40

TO READ *"[That outsiders] may see your good deeds and glorify God on the day of visitation."*—1 Pet 2:11-12

TO PONDER There is a relationship between good deeds, done in faith to Christ, and outsiders glorifying God. Good deeds done because of grace, are a brilliant advertisement for grace.

TO PRAY Lord, thank you for justifying me and declaring me righteous. Thank you that I am saved by grace through faith in Christ. However, please help me to out-live the righteousness I already have. Use this for your glory. And please would you "*visit*" Singapore in power and cause many who don't know you to glorify you.