

Worship

*Lord, help me to enter into your glory through today's worship.
Amen.*

Practice of God's Presence

JUNE 7, 2017

"Abide in me as I abide in you. Just as the branch cannot bear fruit by itself unless it abides in the vine, neither can you unless you abided in me."

John 15:4

We are made to live with God. There should be no moment when we are not in the presence of God. All our problems begin as we try to live apart from God.

When God is absent from our thoughts, all these “unnecessary thoughts” start pouring into us, distracting and controlling our life. Our inner voice becomes hidden by these unnecessary thoughts and we do not hear what we are supposed to hear. In that way, we lose our focus.

When we lose focus in our thoughts, we lose focus on life.

Our daily practice should be the practice of the presence of God.

Lord, awaken me to have you always in my thoughts. Amen.

Sabbath

JUNE 23, 2017

"I appeal to you therefore, brothers and sisters, by the mercies of God, to present your bodies as a living sacrifice, holy and acceptable to God, which is your spiritual worship. Do not be conformed to this world, but be transformed by the renewing of your minds, so that you may discern what is the will of God—what is good and acceptable and perfect."

Romans 12:1-2

We abuse our bodies. In this competitive corporate life, our bodies are attacked in every way. The greatest abuse to our bodies is stress.

Psychological stress is more difficult to bear than the physical hardship.

The spiritual worship is to present our bodies to God. God will touch our tired, stressed and damaged bodies with God's gentle hands. God will sanctify our bodies. Through the spiritual worship, we become renewed.

Every morning let us present our bodies to God. God will touch us and restore us.

Lord, I present my body to you. Make it holy and restore it. Amen.

Holy Body

JUNE 24, 2017

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Lord, I present my body to you. Make it holy and restore it. Amen.

Flow of Prayer

JULY 13, 2017

"...Pray without ceasing..."

1 Thessalonians 5:17

"

Prayer is not what you say. Prayer is not your action.

Prayer is a flow of consciousness, a flow of breath and a flow of life. Prayer can never stop. Prayer continuously flows in our life. It is not that there is a moment we pray but that there is no moment we are not praying.

Prayer is a state of our existence. It is the attitude we take towards everything in life. We pray not only when we feel holy and spiritual but also when we feel weak, when we are upset and angry, when we feel no confidence in life and even when we feel down because of our sins.

Lord, help me take everything in life with a prayerful heart. Amen.

What is Prayer?

JULY 14, 2017

"But strive first for the kingdom of God and his righteousness, and all these things will be given to you as well."

Matthew 6:33

"When we pray, we don't ask God for anything. We ask God for God."

- Martin Buber

Prayer is not about asking God for something; it is simply being one with God. The only thing we need is God.

To think God's thoughts, seek God's will, and to understand God's heart – that is PRAYER.

Prayer is to invite God deep into our hearts. Then our life will find its way.

Lord, come into my heart and take control of my life. Amen.

Serving

JULY 23, 2017

"...the Son of Man came not to be served but to serve, and to give his life
a ransom for many."

Matthew 20:28

"Don't try not to sin but to serve others. Grace of humility will slip in
upon us unawares."

- William Law

The image of serving others is the most beautiful image of a human
being. The most beautiful hands are the hands that serve and the hands
that pray. As we gather our hands together, we pray. As we open our
hands, we serve others. Our life should move back and forth between
these two. Then our hands become holy hands.

Lord, help me not to lord over others but to serve them. Amen.

Justice

SEPTEMBER 14, 2017

"Even though you offer me your burnt-offerings and grain-offerings, I will not accept them; and the offerings of well-being of your fatted animals I will not look upon. Take away from me the noise of your songs; I will not listen to the melody of your harps. But let justice roll down like waters, and righteousness like an ever-flowing stream?"

Psalm 1:1-2

"The greatest enemy of justice is privilege."

- Marie von Ebner-Eschenbach

What God wants is justice, not our gifts. Justice doesn't oppress the weak with power, exploit the poor for one's personal gain, nor does it look down on sinners with contempt.

In an individualistic society where one believes that everything has been achieved by one's own strength and free will, people often mistakenly think that it is all right for those with power to oppress the weak, the rich to exploit the poor, and the righteous to condemn the sinner. In other words, God's justice is blatantly being ignored.

Jesus came to this world to give strength to the weak, to bless the poor, and to forgive the sinners.

Lord, I pray that this world be a place where justice will roll down like waters and righteousness like an ever-flowing stream. Amen.

Live by the Principles of Life

SEPTEMBER 26, 2017

Happy are those who do not follow the advice of the wicked, or take the path that sinners tread, or sit in the seat of scoffers; but their delight is in the law of the Lord, and on his law they meditate day and night.

Psalm 1:1-2

A blessed life is living by one's wits. A blessed life is living by the principles. It is important to have the principles of life. In order to do that, we need to ask ourselves these questions. What does God want from our life? How can we help those around us? What do we truly value in life?

We can find these answers in God's words. Let us learn the principles of life by meditating on the words of God. That is the path to a blessed life.

Lord, help me to live by the principles even in life's difficult circumstances. Amen.

Rootless Life

SEPTEMBER 28, 2017

"The wicked are not so, but are like chaff that the wind drives away. Therefore the wicked will not stand in the judgement, nor sinners in the congregation of the righteous; for the Lord watches over the way of the righteous, but the way of the wicked will perish."

Psalm 1:4-6

"A tree with strong roots can withstand the most violent storm, but the tree can't grow roots just as the storm appears on the horizon."

- Dalai Lama

In life, we need roots. A rootless life is always shaky and unstable. When the wind blows, it is easily blown away. When encountered by a small wave, there is anxiety, worry, and fear in a rootless life.

Rooted life is a life that God watches over and God is pleased with. If we live with a consciousness that God is always with us and watches over us, then we have built our lives on a very solid root.

Lord, thank you for accepting me, watching over me, and loving me.

Amen.

The End is Near

SEPTEMBER 29, 2017

"The end of all things is near; therefore be serious and discipline yourselves for the sake of your prayers. Above all, maintain constant love for one another, for love covers a multitude of sins."

1 Peter 4:7-8

Recently there have been massive earthquakes and hurricanes that took many lives. Countries are threatening each other with nuclear weapons. Some may think that these are signs that the end is near.

However, the end is always near. We should always keep that in mind as we live day by day. That is a life that is awakened. It's important to live as if today is our last day.

Knowing that the end is near, what we need to do every day is to pray and love each other. When the signs that the end is near become evident, more urgently and more diligently we need to pray and love.

Lord, we live in a chaotic world. Help me to be awake and pray constantly, and most importantly to love each other. Amen.

Life that is Built on God

OCTOBER 10, 2017

"Unless the Lord builds the house, those who build it labour in vain.
Unless the Lord guards the city, the guard keeps watch in vain. It is in vain
that you rise up early and go late to rest, eating the bread of anxious toil;
for he gives sleep to his beloved."

Psalm 127;1-2

When you build your life on sand, it will collapse. All our efforts will
be in vain. We have to build our life on the rock. When we build our
life on God, it will never collapse.

Building our life on God means to trust God alone, nothing else.
Then, we can comfortably sleep. It is a blessing to be able to sleep. It
is a blessing God gives to God's beloved. That is the real peace.

*Lord, thank you for the good sleep. Help me to build my life on you
and enjoy the peace that comes from trusting you. Amen.*

Practice of Godliness

OCTOBER 17, 2017

"Have nothing to do with profane myths and old wives' tales. Train yourself in godliness, for, while physical training is of some value, godliness is valuable in every way, holding promise for both the present life and the life to come."

1 Timothy 4:7-8

Godliness does not come naturally. Godliness comes with practice. The practice of godliness is the practice of our consciousness. It is a practice of always being mindful of God.

Everything takes practice. We can never master anything without practice. It's unreasonable to complain about not being good at something without even trying.

If we want our consciousness to be godly, then we need to practice godliness every day. Only then our consciousness will understand godliness.

Lord, give me the strength to practice godliness everyday. May my consciousness be guided by you. Amen.

Pray to Be Awake

OCTOBER 19, 2017

"Pray in the Spirit at all times in every prayer and supplication. To that end keep alert and always persevere in supplication for all the saints."

Ephesians 6:12-13

Yesterday we reflected that life is a struggle. Our struggle is not against flesh and blood but against things unseen.

We are influenced greatly by the dark powers of the world. Without even realizing, we get swept away by the ways of the world.

Therefore, our struggle is to be awake. We need to pray so that our soul does not get dragged into the darkness. Our struggle is to pray to be always awake.

O Holy Spirit, wake up our sleeping souls. May the Spirit who intercedes for me with a sigh when I pray, open up my eyes. Amen.

Power of Prayer

OCTOBER 20, 2017

"In the morning, while it was still very dark, he got up and went out to a deserted place, and there he prayed."

Mark 1:35

Jesus began his life with a prayer and he gained strength from his prayers. It is through prayer that we gain the strength to live our daily lives. As we have a quiet time with God in the stillness of our every morning, the fog that surrounds us will be cleared away and our eyes will be able to see the things that need to be seen.

Today, in the stillness, let us hear God's voice and see what God wants us to see.

Lord, in the stillness, help me to hear your voice. Amen

Listen to the Word

OCTOBER 24, 2017

"But be doers of the word, and not merely hearers who deceive themselves."

James 1:22

When we don't listen to the word, it ends with just that, listening. But if we listen to the word, then the word will bring about understanding and that understanding will move us into action.

Putting the word into action doesn't come from my will. It is the power of the word when I listen carefully to the word. Let us listen to the word and reflect on it until understanding comes, and live a life that is guided by the word that comes to me.

Lord, I pray the same prayer as yesterday. I pray that your voice may not be masked by my voice. But in the stillness, help me to hear your voice. Amen

Worship and Freedom

FEBRUARY 11, 2018

"Now the Lord is the Spirit, and where the Spirit of the Lord is, there is freedom. And all of us, with unveiled faces, seeing the glory of the Lord as though reflected in a mirror, are being transformed into the same image from one degree of glory to another; for this comes from the Lord, the Spirit."

2 Corinthians 3:17-18

Memory Verse: “Now the Lord is the Spirit, and where the Spirit of the Lord is, there is freedom.” (2 Corinthians 3:17)

Worship releases us from what binds us. In worship, our spirit meets God’s Spirit who is free and we experience freedom. That is when we enter into God’s glory.

Worship is to enter into God’s glory.

Lord, help me to enter into your glory through today’s worship.

Amen.

Self-Denial

FEBRUARY 15, 2018

"Then he said to them all, 'If any want to become my followers, let them deny themselves and take up their cross daily and follow me. For those who want to save their life will lose it, and those who lose their life for my sake will save it. What does it profit them if they gain the whole world, but lose or forfeit themselves?'"

Luke 9:23-25

Memory Verse: "If any want to become my followers, let them deny themselves and take up their cross daily and follow me." (Luke 9:23)

Denying oneself means that we don't have to be so obsessed with ourselves. Since we leave ourselves totally in God's hands, we don't have to worry about ourselves. Isn't that the true meaning of self-love? Only then, we can take up our cross and follow Jesus.

Lord, help me to totally surrender myself in Your hands. Amen.

Heart of Worship

FEBRUARY 16, 2018

"For you have no delight in sacrifice; if I were to give a burnt-offering, you would not be pleased. The sacrifice acceptable to God is a broken spirit; a broken and contrite heart, O God, you will not despise."

Psalm 51:16-17

Memory Verse: “The sacrifice acceptable to God is a broken spirit.” (Luke 9:23)

God is pleased with the worship that comes from the heart that truly seeks God. That is a kind of worship God wants. The heart that desperately needs God’s mercy is the heart that can give true worship. In that heart, there is deep gratitude that words cannot express.

Lord, have mercy on me. Amen.

Lord's Prayer

FEBRUARY 20, 2018

‘When you are praying, do not heap up empty phrases as the Gentiles do; for they think that they will be heard because of their many words. Do not be like them, for your Father knows what you need before you ask him.

‘Pray then in this way:

Our Father in heaven,
hallowed be your name.

Your kingdom come.

Your will be done,
on earth as it is in heaven.

Give us this day our daily bread.

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

And do not bring us to the time of trial,
but rescue us from the evil one.

For if you forgive others their trespasses, your heavenly Father will also forgive you; but if you do not forgive others, neither will your Father forgive your trespasses."

Matthew 6:7-15

Memory Verse: “When you are praying, do not heap up empty phrases as the Gentiles do.” (Matthew 6:7)

The Lords’ prayer should be our prayer. Within the Lord’s prayer, we see the desire of our Lord Jesus Christ. That desire is our desire. Do not let the Lord’s prayer depart from our lips and keep the desire of our Lord Jesus Christ in our heart.

Lord, let the prayer of my Lord Jesus Christ be fulfilled in me. Amen.

What God Wants From Us

APRIL 9, 2018

"I waited patiently for the Lord; he inclined to me and heard my cry. He drew me up from the desolate pit, out of the miry bog, and set my feet upon a rock, making my steps secure. He put a new song in my mouth, a song of praise to our God. Many will see and fear, and put their trust in the Lord.

Happy are those who make the Lord their trust, who do not turn to the proud, to those who go astray after false gods. You have multiplied, Lord my God, your wondrous deeds and your thoughts towards us; none can compare with you. Were I to proclaim and tell of them, they would be more than can be counted.

Sacrifice and offering you do not desire, but you have given me an open ear. Burnt-offering and sin-offering you have not required."

Psalm 40:1-6

Memory Verse: "Sacrifice and offering you do not desire, but you have given me an open ear. Burnt-offering and sin-offering you have not required." (Psalm 40:6)

God does not want money from us. God wants from us, first of all, our thankful attitude, remembering all the wonderful things God did for us. Then God wants us to live our lives according to the will of God.

Lord, I give my heart to you. Amen.

Praise the Lord

MAY 6, 2018

"When you hide your face, they are dismayed; when you take away their breath, they die and return to their dust. When you send forth your spirit, they are created; and you renew the face of the ground. May the glory of the Lord endure for ever; may the Lord rejoice in his works— who looks on the earth and it trembles, who touches the mountains and they smoke. I will sing to the Lord as long as I live; I will sing praise to my God while I have being. May my meditation be pleasing to him, for I rejoice in the Lord. Let sinners be consumed from the earth, and let the wicked be no more.

Bless the Lord, O my soul. Praise the Lord!"

Matthew 7:21-23

Memory Verse: “Not everyone who says to me, ‘Lord, Lord’, will enter the kingdom of heaven, but only one who does the will of my Father in heaven.” (Matthew 7:21)

God does not really care whether you did great things in life or not. God does not care to listen to your great confession. What God wants from us is to listen to God’s will and to do it. No matter how great our achievements may be, if we are not connected to God, our achievements have nothing to do with God. Let us be connected to God.

Lord, help me to walk with you every day so that I may first understand your will. Amen.

God's Will

MAY 14, 2018

"Are any among you suffering? They should pray. Are any cheerful? They should sing songs of praise. Are any among you sick? They should call for the elders of the church and have them pray over them, anointing them with oil in the name of the Lord. The prayer of faith will save the sick, and the Lord will raise them up; and anyone who has committed sins will be forgiven. Therefore confess your sins to one another, and pray for one another, so that you may be healed. The prayer of the righteous is powerful and effective."

James 5:13-16

**Memory Verse: "Are any among you suffering? They should pray. Are any cheerful? They should sing songs of praise."
(James 5:13)**

When we go through suffering, we should pray. When things go well, we should praise God. But often we find ourselves unable to do that. When we suffer, we complain. Even when things go well, we worry about potential problems that may come to us in the future. If we let prayer and praise be at the centre of our daily living, we can persevere through our suffering and we can experience the true joy of life.

Lord, let prayer and praise be at the centre of my daily life. Amen.

Prayer and Praise

MAY 26, 2018

"Are any among you suffering? They should pray. Are any cheerful? They should sing songs of praise. Are any among you sick? They should call for the elders of the church and have them pray over them, anointing them with oil in the name of the Lord. The prayer of faith will save the sick, and the Lord will raise them up; and anyone who has committed sins will be forgiven. Therefore confess your sins to one another, and pray for one another, so that you may be healed. The prayer of the righteous is powerful and effective."

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Lord, let prayer and praise be at the centre of my daily life. Amen.