

Sabbath-Rest
JOURNAL

Year of Sabbath-Rest 2021

Rest | Reflect | Renew
BOOK 2



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This SABBATH-REST JOURNAL belongs to

*There remains, then, a **Sabbath-Rest**
for the people of God; for anyone who enters
God's rest also rests from their works,
just as God did from his. Let us, therefore,
make every effort to enter that rest,
so that no one will perish by following
their example of disobedience.*

(Hebrews 4: 9-11, emphasis added)

A decorative graphic of a leaf with a detailed vein structure, rendered in a light, sketchy style, positioned in the bottom left corner of the page.

The Sabbath-Rest Journal is available in PDF format:
<http://wesleymc.org/sabbath-rest-journal>



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FOREWORD

How has your Sabbath-Rest been?

Since the year started, I have been more intentional in pursuing true Sabbath-Rest that can only be found in Jesus. By being in a posture of trust and surrender, I choose to be rested in Him even as I work.

The rhythm of Sabbath-Rest is cultivated through the themes and movement of Rest, Reflect and Renew. The theme of Rest was covered in the first book of the Sabbath-Rest Journal. This second book of the Journal is to help us better grasp and appreciate the theme of Reflection.

Reflection is an essential aspect of our discipleship. It is a necessary part of our spiritual formation as we desire to grow in the likeness of Christ as the goal of our discipleship.

Reflection leads us to examine the true state of our spiritual lives, in order that we may realise, repent, recalibrate and realign to true and right growth in Christlikeness.

The truth is we will not know where to go unless we know where we have been. Reflection leads us to discover the paths we have walked so we may discern the path(s) ahead.

However, reflection is never centred on ourselves but on God. The focus of reflection is never about how we are performing, but seeking the grace of God's conviction, revelation and transformation. It is God we seek and honour through the journey of reflection.



We must be ready to be changed by God through reflection. Reflection will indeed be a transforming journey. As you will discover from the Journal, it is a journey of being with God, discerning with God and discovering with God. If reflection is the process and journey, then transformation is the fruit.

Reflection requires discipline. On our own, we may find it challenging to prioritise reflection given the distractions and competing demands on time and attention. But with spiritual disciplines, we may have the opportunity to practise reflection as an intentional posture. We will focus on the spiritual disciplines of Silence and Solitude, and Examen, in this Journal. Do take time to practise these disciplines in order that you may better reflect. Find the opportunity to reflect together in community too: your family, Small Group or ministry group.

I pray this journey of reflection will draw you closer to our Lord and tutor you to be a more faithful disciple of Christ, for the glory of God alone.

Reflecting with you,
Rev Raymond Fong
Pastor-In-Charge

THEMES OF SABBATH-REST

How restful are you feeling today?

As you hold this second book of the Sabbath-Rest Journal, we hope that you have begun taking practical steps to establish a weekly rhythm for true rest and trust in God from whom all blessings flow.

There remains, then, a Sabbath-rest for the people of God; for anyone who enters God's rest also rests from their works, just as God did from his. Let us, therefore, make every effort to enter that rest, so that no one will perish by following their example of disobedience. (Hebrews 4:9-11, emphasis added)



REST

Cease from constant labour to rest in God.

²⁸*Come to me, all you who are weary and burdened, and I will give you **rest**.*
(Matt 11:28)



REFLECT

Worshipping God & reflecting on our lives and ministry.

⁴⁰*Let us **examine** our ways and test them, and let us return to the Lord.*
(Lam 3:40)



RENEW

Recalibrate to be renewed & strengthened for worship & service.

³¹*... But those who hope in the Lord will **renew** their strength. They will soar on wings like eagles; they will run and not grow weary, they will walk and not be faint.*
(Isa 40:31)

This rhythm of Sabbath-Rest is intentionally introduced in three books of Wesley Methodist Church's Sabbath-Rest Journal. Each book is designed to introduce one of the three themes of Rest, Reflect and Renew so that you may learn deeply from each theme and cultivate your interior life with the Sabbath-Rest practices taught before moving to another theme.

In the first book on Rest, we hope to help you take the necessary steps to cease from constant labour to rest in God.

In this current book on Reflect, we hope that you may know the *heart* and *head* (mind) of God. Having taken the posture of rest to enter into God's presence, we reflect to see God's heart and His will in the activities around us.

In the next and final book on Renew, having sensed the will of God, we hope you will obey God's invitation to live out our Christian faith as His *hands* in this world with holy *habits* that reinforce your commitment to live faithfully in this world.

INTRODUCTION TO REFLECT

3.1 Christian Reflection

Almost everyone has the ability to reflect. The mindfulness movement encourages us to pay attention to our body and the present moment. Anyone receiving training on conversational skills or counselling would also be taught how to reflect. Many of us reflect at work as we evaluate the scenarios we face, and consider the potential strategies we may take and the risks involved.

So what makes Christian reflection so different from the reflection of an atheist, or someone from another faith tradition?

According to the online *Cambridge Dictionary*, the secular definition for 'reflect', is "to think carefully, especially about possibilities and opinions". It is simply to think deeply about something.

On the contrary, Christian reflection is more than merely thinking deeply about something, or analysing a situation's causes and consequences.

Christian reflection is about *being with God* and *looking at life with Him*. It involves God. As we do so, we are connecting with God, and making sense of what He is doing around us.

3.2 Why is Christian Reflection So Important to Methodists Today?

The Covid-19 pandemic has disrupted every area of our lives. Church life is no exception. There is little doubt that our discipleship has been threatened by the disruptions it has caused. Instead of centering our life around worshipping God, our worship has become an individualised affair with the rise of online worship that allows our worship to fit our individual schedule and convenience. Our absence in Small Group meetings causes our failure to obey the command to spur one another to love and good deeds.

Let us hold fast the confession of our hope without wavering, for he who promised is faithful. And let us consider how to stir up one another to love and good works, not neglecting to meet together, as is the habit of some, but encouraging one another, and all the more as you see the Day drawing near.

(Hebrews 10:23-25, ESV)



We need to reflect so that we may truly hold fast to our Christian faith. John Wesley, the founder of Methodism, warned Methodists against becoming nominal Christians. In his sermon 'The Almost Christian', John Wesley taught that there are two types of Christians – the nominal (Almost) Christian and the real (Altogether) Christian.²

According to Wesley, the nominal (Almost) Christian has all the outward forms of godliness. The nominal Christian observes all that is required in the Bible. He is willing to help others and is sincerely committed to serve God. However, the nominal Christian lacks the power of godliness found in real Christians. Sadly, he is *almost* a Christian.

On the other hand, the real (Altogether) Christian has both the form and power of godliness. The real Christian has a love for God that claims every affection in him, fills the entire capacities of his soul, and draws from the full range of his abilities to desire only God in his life. His heart continuously cries out for God. His sole love for God has crucified all worldly passions. The real Christian has the power to love all people unreservedly, even his enemies. He lovingly responds to them with patience and kindness, as described by Paul in 1 Corinthians 12. He does not insist on his own way and is neither irritable nor resentful.

The real Christian is confident of the sufficiency of Christ's redemption in his life. He has the full assurance of God's love being poured into his heart. He is *altogether* Christ-like.

These are the key differences between nominal and real Christians. This was such a grave matter that John Wesley listed 'The Almost Christian' as #2 in the Standard Sermons, which he recommended as essential for teaching doctrine in the church.

As Methodists, we need to continually reflect on our lives with God – to know if we have become nominal Christians, or if we are indeed progressing on to perfect love for God and our neighbours.



But I say to you, Love your enemies and pray for those who persecute you, so that you may be sons of your Father who is in heaven...You therefore must be perfect, as your heavenly Father is perfect.

(Matthew 5:44-45, 48, ESV)

Christian perfection for John Wesley, was not a perfection of performance, but rather a perfection of relationship. He was not teaching a perfection of knowledge and sinless behaviour. *“Christian perfection does not mean exemption from ignorance, mistakes, infirmities, or temptations.”*³

So we have come to know and to believe the love that God has for us. God is love, and whoever abides in love abides in God, and God abides in him. By this is love perfected with us, so that we may have confidence for the day of judgment, because as he is so also are we in this world. There is no fear in love, but perfect love casts out fear. For fear has to do with punishment, and whoever fears has not been perfected in love.

(1 John 4:16-18, ESV)

Referring to scriptures like 1 John and Matthew 5:44-48, John Wesley taught Christian perfection as a perfection of love – to love God with all our heart, soul, mind and strength, and to love our neighbours as ourselves. *“It is a purity of intention, dedicating all of life to God, giving Him all our heart, where there is only one desire and design ruling all our tempers. It is the devoting, not a part, but all our soul, body, and substance to God.”*⁴

With this goal in mind, Christian reflection offers us this opportunity to pause to be with God, to examine our hearts to know if we have been nominal in our love and faith, and to return to the heart of our Father God.

ESSENTIALS OF CHRISTIAN REFLECTION

As mentioned earlier, Christian reflection is being with God, and looking at life with Him. We reflect because God loves us and invites us into intimacy with Him. As we lovingly connect with God's heart, we begin to see as God sees, listening whenever God chooses to speak, and we gain insights into God's will for our troubled world.

Therefore we must discipline ourselves to cultivate Christian reflection in our lives. *"The soul and body make a man, and the spirit and discipline make a Christian."*⁵

As we proceed to explore the various elements of Christian reflection in this book, we will also be introducing two spiritual practices for Sabbath-Rest that will help us to reflect – Silence and Solitude, and the prayer of Examen.

4.1 Sit in God's Presence

In Christian reflection, we must seek the audience of our all-knowing, all-present and all-powerful God. Christian reflection is more than thinking about the *tasks* we did, but taking our time to be with *God*. We must be careful not to allow the task of reflection to exclude God from our time with Him. Other than making time to be alone with God, we ought to learn to offer our attention to God so that we may know the *Father's heart* for us and for the people around us, as is suggested in the following psalm:

*O LORD, you have searched me and known me!
You know when I sit down and when I rise up; you discern my
thoughts from afar.
You search out my path and my lying down and are acquainted
with all my ways.
Where shall I go from your Spirit?
Or where shall I flee from your presence?*

(Psalm 139:1-3, 7, ESV)

Through Psalm 139, we learn that God Himself seeks us and is waiting for us to sit in His presence. Will you respond by offering Him your unhurried presence, by sitting with Him and knowing His love today?



4.1.1 Spiritual Practice for Sabbath-Rest 1 – Silence and Solitude

Many of us are constantly dealt the uneasy task of juggling multiple responsibilities and difficult challenges. We are teetering on the brink of dangerous exhaustion. Our capacity to love and trust is gradually eroding away. Our souls are battered and flat tired.

Perhaps we can learn from our Lord Jesus Christ. He was constantly surrounded by sick people waiting to be healed by Him, demon-possessed persons presented to Him for deliverance, and faithful disciples who sought His wise and divine counsel. But Jesus coped with the heavy demands of ministry by frequently withdrawing to places of solitude to pray (Luke 5:16). Before He appointed the twelve disciples, Jesus also went to the mountain alone to pray (Luke 6:12-16). This is a pattern which Jesus maintained throughout His ministry.

We are incapable of accomplishing anything meaningful until we rest. *“Solitude has to be a place of rest for [us] before it can turn into anything else.”*⁶ The practice of silence and solitude offers this place of rest. Requiring us to break the powerful reins of hurry in our lives detaches us from the unrealistic demands of our culture.⁷

Peter Scazzero explains how this discipline helps us to sit in God’s presence:

*Dallas Willard called silence and solitude the two most radical disciplines of the Christian life. Solitude is the practice of being absent from people and things to attend to God. Silence is the practice of quieting every inner and outer voice to attend to God. Henri Nouwen said that “without solitude it is almost impossible to live a spiritual life.”*⁸

God yearns to speak to us and relate to us personally. So, as we enter into solitude and silence, we are reciprocating God’s desire with our willingness to sit with Him, to dialogue and to hear His voice. This creates a holy space for us to personally encounter God’s love.



4.1.2 Practical Steps for Silence and Solitude

1. Decide to set aside a specific time each day for silence and solitude. You may begin with fifteen minutes and extend the time allocated as you become more comfortable with it.
2. Identify a place that you can be comfortable in. It should be a place where you can truly be silent and alone with God. It could be a favourite chair at home, a particular bench at the park, or a spot by the beach.
3. Settle into a comfortable posture that allows you to be relaxed and alert. Sit quietly for a few moments. As you take slow and deep breaths, begin with a prayer inviting God to guide your time of silence and solitude.

For example, you may say the simple prayer that the priest Eli taught his disciple Samuel to listen to God in silence and solitude: *"Speak, LORD, for your servant is listening"* (1 Samuel 3:9).

4. Consider what comes to your awareness. Be aware of God's presence with you in these moments.

In her book *Sacred Rhythms*, Ruth Haley Barton offers this piercing insight:

Don't rush or try to make anything happen. Let your soul venture out and say something to you that perhaps you have had a hard time acknowledging: Is there a particular joy you are celebrating? A loss you are grieving? Are there tears that have been waiting to be shed? A question that is stirring? An emotion that needs expression?

Sit with what comes into your awareness, becoming conscious of God's presence with you in that awareness. Don't try to do anything with what you are knowing except be with it.



*Feel the difference between trying to fix it and just being with it. Feel the difference between doing something with it and resting with it. Feel the difference between trying to fight it and letting God fight for you. What does it mean for you to be still and let God fight (or work) for you in this particular area?*⁹

Jot your thoughts down in a journal. Feel free to draw images or write simple words and phrases to hold these thoughts in your mind's eye before God. Practise this way of entering into silence and solitude regularly until it becomes a comfortable routine for you to begin your time with God.

5. Close your prayer by thanking God for any gifts received in your time of silence and solitude with Him.

4.2. Spiritual Awareness

As we sit in God's presence in silence and solitude, a couple of minutes can sometimes feel like hours as we struggle to find God's presence. This is why spiritual awareness is another essential element of Christian reflection.

Spiritual awareness is being conscious of God's presence in our day-to-day activities. It is to identify where God is already active in our lives. As we do so, we begin to notice God in both significant moments and mundane events (where God's presence can be easily overlooked). As we develop spiritual awareness, we are watching for God's presence and directly responding to God in all that we do.¹⁰

Spiritual practices such as the prayer of Examen help to develop our spiritual awareness to have a greater sense of God's loving presence in our life. The Greek philosopher Epictetus is known to have said: "You become what you give your attention to." Likewise, we are hopeful that as you become more attentive to God, you may become more like Christ.



4.2.1 Spiritual Practice for Sabbath-Rest 2 – Examen

Drawing from scriptures like Psalm 26:2-3 and Lamentations 3:40 that urge the people of God to reflect, Ignatius of Loyola crafted the prayer of Examen as a form of prayer and meditation for Christians to sense God's presence and guidance in daily life.

Test me, LORD, and try me, examine my heart and my mind; for I have always been mindful of your unfailing love and have lived in reliance on your faithfulness.

(Psalm 26:2-3)

Let us examine our ways and test them, and let us return to the LORD.

(Lamentations 3:40)

In the prayer of Examen, we review our recent past to find God and His blessings in our daily activity. It is an examination of our day for signs of God's presence. This approach is based on the insight that it is easier to recognise God in retrospect rather than in the immediate moment.¹¹

There are generally two types of Examens. First, there is the Examen of consciousness where a person seeks to be more aware of God's presence in his/her life. Second, the Examen of conscience is where a person examines his conscience to see if he has been living a life of holiness and striving towards Christian perfection in his life.



4.2.2 Practising Examen

To make it easier for us to recall the steps for the prayer of Examen, use the 5R mnemonic (a memory aid) method introduced by Mark Thibodeaux in his book *Reimagining the Ignatian Examen*¹²:



÷ #1 RELISH

The traditional first step is gratitude. We begin by counting our blessings and thanking God for all the things we are grateful for today. Take the time to recall and relish each blessing no matter how seemingly inconsequential. As we slowly savour each blessing as if it were a satisfying meal, we pause to enjoy what has happened so that it deepens our gratitude to God.



#2 REQUEST

The second step in the prayer of Examen is to request God to lead us through our review of the day. As we do so, we ask God to fill us with His Spirit so that He may lead us through this time of soul-searching. We want to also ask for the grace to know our sins clearly so that we may not hide in denial or wallow in self-pity.



#3 REVIEW

The third part of the Examen is the review of our day. In this segment, we recall all the events of our day identifying (i) where and when we have sensed God's presence, and (ii) those moments when we responded positively or rejected any invitation from God.

James Martin offers helpful guidance for this segment with the following:

Basically you ask, "What happened today?" Think of it as a movie playing in your head. Push the Play button and run through your day, from start to finish, from your rising in the morning to preparing to go to bed at night. Notice what made you happy, what made you stressed, what confused you, what helped you be more loving. Recall everything: sights, sounds, feelings, tastes, textures, conversations...

*Each moment offers a window into where God has been in your day.*¹³



To help us see where God has been in our day, pause occasionally at each moment to consider this question, *'Was I aware of God's presence at this moment?'*

As we review our day's interactions with non-Christians, this is also an opportunity to consider how God in His prevenient means of grace, had initiated and reached out to them as well. As we reflect on our recent interactions with these persons, there may have been moments when God has invited you to respond in ways that you may be His prevenient means of grace for unbelievers to encounter Him personally.



#4 REPENT

The fourth step of the Examen is asking for God's forgiveness and healing.

Since the review of our day in the earlier step offers us the moments to examine our intentions for our responses, this step offers us the chance to repent and to cry for God's help to keep progressing into perfect love as we anticipate the coming day.

As God reveals our attitudes, actions or moments when we have sinned and fallen short of the character of Christ, we respond by asking God for His forgiveness. This is an invitation to deal with our honest mistakes as we seek healing for any harm that might have been done. We also ask for the wisdom to better manage certain difficult situations that may recur in the future.



#5 RESOLVE

Finally we end our prayer of Examen by resolving to live well tomorrow. We seek God's guidance about the events of the next day and to love the people whom we may meet, even our enemies. We ask for God's grace to act justly, to love mercy and to walk humbly with Him (Micah 6:8).



4.3. Spiritual Discernment

The third essential element in Christian reflection is spiritual discernment.

4.3.1 Spiritual Discernment and Decision Making

There is a difference between spiritual discernment and decision making.¹⁴ The process of decision making usually involves making a list of strengths and weakness for each available option, and choosing the path of action that best meets our desired outcome.

Spiritual discernment, on the other hand, is about *doing the will of God*.¹⁵ In the practice of spiritual discernment, we are required to sift through our impulses and agendas so as to identify the choice of action that will take us closer to Christlikeness. Rather than merely weighing our options based on practical scales such as productivity and efficiency, spiritual discernment beckons us to weigh them based on a different set of scales, such as Paul's list of the works of the flesh and the fruit of the Spirit in Galatians 5:19-24.

Now the works of the flesh are evident: sexual immorality, impurity, sensuality, idolatry, sorcery, enmity, strife, jealousy, fits of anger, rivalries, dissensions, divisions, envy, drunkenness, orgies, and things like these. I warn you, as I warned you before, that those who do such things will not inherit the kingdom of God.

But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, self-control; against such things there is no law. And those who belong to Christ Jesus have crucified the flesh with its passions and desires.

(Galatians 5:19-24, ESV)

In this approach, we prayerfully consider whether our possible course of action may produce potential works of the flesh that will grieve the Spirit of God, such as temptations of sexual immorality and strife, or if it will produce fruit of the Spirit that will please God, such as joy, peace and kindness.



Spiritual discernment requires us not only to distinguish between good and evil, but even between two good options. It is in these moments that we need to ask, *'What is the will of God?'*

As a result of spiritual discernment, we may sometimes decide to carry out the will of God with an impractical course of action that appears to be less efficient by worldly standards.

Spiritual discernment is both a spiritual gift and a spiritual discipline. Spiritual discernment as a spiritual discipline can be developed as we explore practices of personal spiritual discernment and group discernment. Two spiritual practices that nurture personal spiritual discernment are the prayer of Examen and the meditation of Scripture. We need to ensure that our practices of spiritual discernment are cultivated in solitude and in our faith community.

4.3.2 Discernment in a Community

Group discernment can be found in the Methodist heritage of class meetings and bands that has, no doubt, been lost in many churches today.

As Methodist class leaders gathered Christians in the early Methodist class meetings with the familiar question, *'How does your soul prosper?'* people were invited to share testimonies of their experience with God for the past week. This simple question offered in the safe space of these groups had given occasion for Methodists to humbly confess their sins, receive encouragement and advice, and the needful accountability to progress into Christian perfection. A modern version of this question that may be used in group discernment is: *'How has your walk with God been?'*

Likewise, the consistent focus of the Methodist band meetings was a soul-searching examination of motives and heartfelt impressions to help one another grow in love, holiness, and purity of intention. Compelled by their desire to progress in perfect love, members spoke with ruthless honesty and complete vulnerability as they sought to improve their attitudes, affections, intentions, and actions.

John Wesley fervently believed that these meetings (like the desert monastic tradition) was the context in which the pursuit of holiness was made possible for believers to reach Christian perfection.



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APPENDIX I

Additional Resources for Sabbath-Rest Practices

A. Silence and Solitude

Ruth Haley Barton's book *Invitation to Solitude and Silence: Experiencing God's Transforming Presence* offers practical spiritual guidance and practices in each chapter to help you learn silence and solitude. You are highly encouraged to go through one chapter at a time in each sitting, so that you may fully engage in the chapter's practice.

B. Examen

Here are two resources that will guide you through a prayer of Examen:

1. In video format: <https://fullerstudio.fuller.edu/prayer-of-examen/>

Fuller Seminary has an 18-minute film that guides you through the prayer of Examen. It is also available as an application called Examen, for both iOS and Android smart phone devices in English, Spanish, Korean, and Mandarin.

2. In audio format:
'The Examen' with Fr James Martin <https://www.podbean.com/podcast-detail/5m4c9-65995/The-Examen-with-Fr.-James-Martin-SJ-Podcast>

In this online podcast, listeners are guided through a prayer of Examen and a fresh reflection for each day. The podcast is also available through smartphone applications such as Apple Podcast (Apple App Store), and Podbean (Google Play for Android users).



APPENDIX II

Testimony



SILENCE AND SOLITUDE – RESTING IN GOD

By Pauline Wong

The spiritual disciplines that are included in DISCIPLE II 'Into the Word and into the World', are celebration, worship, submission, prayer, solitude, meditation, guidance, fasting, study, simplicity, generosity, service and confession. Each lesson identifies one spiritual discipline to be concentrated on and experienced during the week. For example, for the spiritual discipline of solitude, we meditate as guided by the following:

"In seeking to know who we are and the meaning and direction our life is to have, we trust God and wait in silence with God." Questions to help us along this discipline are: "Am I open to whatever meaning and direction God gives me?" and "How do I know when God is speaking to me in the silence and what shall I do as I wait?"

By God's grace, I found myself immensely determined to practise each discipline as outlined, and over time, I found that through these activities, I was able to become more sensitive to the world around me, to others and most importantly, to God. In addition, I found that with each discipline I was practising, God would almost always present many learning opportunities to me during the week to deal with.

I also had the opportunity to participate in a silent retreat conducted by the Discipleship & Nurture Ministry in October 2020. We were guided to enter into a quiet time with God to pause, ponder and pray. During this period of time of about two-and-a-half hours, we were told to be in a place where we would not be distracted by people or phone, and to tune our heart and mind to meditate upon God and just spend time with Him. In this time, I wrote a letter to Jesus, prayed and sang hymns – just spending time with God. It was a refreshing time for me, and because I devoted this time just for God without any distraction like chores, family, or phone, etc. I felt no sense of rush nor compulsion to insert words into my prayer. I simply rested in God's presence and was still before Him learning to listen to what He had to say to me. The retreat had shown me that I desire to seek God more often in this manner.



Testimony



SILENCE AND SOLITUDE – SLOWING DOWN

By Alvin Tay

I was feeling tired trying to cope with my work in the 3 Cs – Company, Charity and Church. I know I need to drop one or two Cs, but which one? So in early 2018, I decided to attend a silent retreat at Seven Fountains in Chiangmai with a few fellow Wesleyans. I was then halfway through my first one-year post-retirement contract. I had several worries about full retirement. Loss of status and self-worth was one. More importantly, I worried about whether I had saved enough for my retirement, especially when I had medical bills to pay then.

At the silent retreat, Matthew 11:28-30 spoke to me –

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

As I reflected on this passage, I felt Jesus telling me to go to Him because I was weary and He would give me rest. I needed to slow down.

On Day Two of the silent retreat, the Spiritual Director gave me Luke 12:22-31 to read and reflect on. Verses 29 to 31 stood out for me –

"And do not set your heart on what you will eat or drink; do not worry about it. For the pagan world runs after all such things, and your Father knows that you need them. But seek his kingdom, and these things will be given to you as well."

Reflecting on the passage, especially verse 31, gave me the peace and courage to focus on church and charity, and trusting that God will provide for my family needs during retirement. The final affirmation came that night when I dreamt that my previous CEO and a fellow colleague had met me separately and told me that the company had announced my resignation. And I responded to both that since the company had announced my resignation, I would proceed to submit my resignation. I felt the peace when I shared the dream with the spiritual director. To me, the message from God was clear and so on my return to Singapore, I submitted my resignation.



Testimony



EXAMEN – REVIEW AND REFLECTION

By Vivienne Ng

As a person drawn to spiritual contemplation and Christian mysticism, I totally enjoyed the times of guided meditation on His Word, the practice of Examen, contemplative prayer, spiritual journalling, etc. I have never finished these exercises without weeping quietly before the Lord tears of gratitude, conviction, repentance or joy. The various exercises have renewed my enjoyment in practising the presence of God, as they slow me down to hear His voice more and trace His hand in my life. This has drawn me closer to my Master and Father.

When I am alone driving, walking or jogging, doing my quiet time or just waiting, I use this time, whether short or long, to reflect on the state of my walk with the Lord, praying through and allowing the Holy Spirit to speak to me about the things that are bothering me emotionally or spiritually, or about the things that may be bothering Him about me (things I have grieved Him about).

Practising Examen makes me more acutely aware of the moment-by-moment state of my relationship with God. When I have these quiet moments of review and reflection in Examen, I can do the following:

- express my joy over something amazing He has done in my life through His divine intervention and trace His hand in marvel;
- acknowledge that I have pulled back from Him over a disappointment and wrestle in prayer over it;
- observe spiritual stagnation or complacency that had crept in and ask God to reveal more of Himself to me or to speak to me and touch my heart;
- be more aware of how I relate to others in a day-to-day basis, whether I was a good testimony of Christ or otherwise, whether I said or did something in the flesh or out of selfish reasons, rather than an attempt to edify or build someone up. I can repent and ask God to make me more mindful of His presence while interacting with others, so that all interactions are pleasing to Him.



EXAMEN – ACKNOWLEDGING GOD’S PRESENCE

By Angelina Ong

Doing Examen, Lectio Divina, and breath prayer helps me listen to God's promptings and be more aware of His presence in my daily activities. Acknowledging God's presence, I am more conscious of the way I respond to people and situations around me. In John 5:19, Jesus said, "...he can do only what he sees his Father doing..."

Seeing Jesus' example, I am learning to align my mind, heart, and action to God's direction. Aided by the Holy Spirit, doing Examen helps me to conscientiously overcome my fallen nature. God is moulding me, step by step, to surrender in joyful abandon, my will and my all to His intended reign. I thank God for His amazing grace and love and for God's right ordering for my life. Amen!



APPENDIX III

R.O.A.D. Journaling Sample

Date: 7 November 2020

Title: Keeping His Sabbath Holy

Read:

Ezekiel 20:1-29, Psalm 119:1-8

I felt led to focus on Ezekiel 20:10-13.

Observe:

In Ezekiel 20, God reminded the people of Israel that when He chose them, He promised that He would make Himself known to them, deliver them out of Egypt (their land of oppression) and to the Promised Land. His only requirement was that they had to worship only God and forsake the idols of Egypt and all detestable things.

Unfortunately, they did not remove the detestable things nor forsook their idols. Despite the cycles of experiencing God's wrath, followed by God's wrath withheld, and warning, they persisted in their rebellion. They continually did not walk in God's statutes nor obeyed His laws such as keeping His Sabbaths holy.

Apply:

As I read today's Scripture which listed the Israelites' various disobediences such as idolatry and profaning of the Sabbath, I must confess that I have been struggling to observe my personal Sabbath day of rest.

I realised that my mind and heart continue to crave the grind of work and ministry on my rest day. It seeks the thrill of completing yet another task. As a result, I am unable to rest fully on my Sabbath day.

Possibly like many others, I also continue to receive emails and WhatsApp messages regarding work on my off days. Having been so used to the daily work rhythm of reading and responding to my WhatsApp messages, I struggle with resisting the urge to respond to matters on my Sabbath day, even if they are not matters of life and death.

I realise that this failure to observe my Sabbath days, has a dilapidating effect on my spiritual and mental wellbeing. I am unable to take a day to fully reconnect with God in Word and prayer. Instead, I become resentful that I am not allowed to rest when I finally have a day off. And worse of all, by allowing work to keep creeping in on my personal time, I neglect to be present with my family who anticipate my day off to finally have their time alone with me as well.

Do:

I will rest on my Sabbath day, by not reading my work emails and messages on my phone on my day off. Instead, I will make a point to redirect my urges to look at my phone for these forms of communication, to connect with God instead.

Prayer:

Father Lord, forgive me for neglecting to observe my rest days. I confess I need Your reminders to resist the urge to keep checking my phone for messages and emails. Grant me the discipline to fix my eyes on You during my Sabbath days, so that I may delight in Your presence and the blessings You surround me with. In Jesus' name, Amen.



Roadmap for R.O.A.D

Here is a roadmap to help you hear and respond to what God is saying to you through the scriptures. Incidentally, the middle four steps of the roadmap has the acronym R.O.A.D. to help us remember it better.

PREPARE

your time with God by seeking a quiet place and time to read God's Word. Bring your Bible, this journal and a writing instrument so that you may record what God impresses upon you. Locate the scripture reading for the day in the Bible Reading Plan found on page 30. Begin your meditation of Scripture by inviting God's presence and asking the Holy Spirit to sanctify your mind anew.

READ

or listen to the scripture readings for the day, inviting the Holy Spirit to give you understanding. Read it slowly. It is best to read through all the prescribed Bible passages. Then go back and read the passage/verse that you feel God wants you to focus on and which resonates with your spirit. **Read that passage/verse a third time, slowly.** Be willing to stay with portions of the text that seem to be speaking to you, and allow for times of silence and re-reading.

OBSERVE

what the passage/verse is about. **When** and **where** did the event happen? **What** was the context? **Who** were the people involved? What was the main message the writer had for the people of that time? As you re-read that particular section, take note of what you observe in that passage. In this segment, we want to also hear and explore more deeply the specific words, images or phrases through which God may be speaking to you. Allow these words to sink into our consciousness and to examine our relationship with God. Record your observations.



APPLY

the passage/verse to your life. What relevance has this passage/verse to your life? What are the lessons to be learned? What promises are there to claim? What examples are there to follow? What commands are there to obey? Look for all the possible applications for your life arising from what you understand the passage is saying. Here is when you move from information to revelation.

DO

what God has revealed to you. Choose one of the applications and commit yourself, with full dependence on God, to work out the application that very day. It may be to respond in worship, to act in faith on something, to trust in God's promise, to correct a behaviour, to restore a relationship, to share the revelation with someone else, to serve someone in need, etc. When you do what is revealed to you, you move from revelation to transformation. Once you have carried out what God has purposed you to do, record your experience in obeying God's revelation to you (*see page 27 for a sample of R.O.A.D. journalling*).

PRAY

over what God has impressed upon you.

Convert your reflections, considerations, into prayers of desire, love, and commitment and request for God's help, guidance, and blessing (*see Sabbath-Rest Journal Book 1 Appendix V for samples of prayers*).

Go on, go have your conversation with God! Be sure to develop a healthy habit of spending time daily with God.

If time permits, you might want to consider extending your prayer segment by praying the scriptures.

BIBLE READING DRIVE 2021

Theme: Rest, Reflect, Renew

JANUARY 2021

Friday, 1 Jan

(New Year's Day)

Readings: Genesis 1; 2:1-3
Psalm 1

Saturday, 2 Jan

Readings: Genesis 2:4-25
Psalm 2

Sunday, 3 Jan

Readings: Genesis 3
Psalm 3

Monday, 4 Jan

Readings: Genesis 4
Psalm 4

Tuesday, 5 Jan

Readings: Genesis 5
Psalm 5

Wednesday, 6 Jan

Readings: Genesis 6; 7
Psalm 6

Thursday, 7 Jan

Readings: Genesis 8
Psalm 7

Friday, 8 Jan

Readings: Genesis 9
Psalm 8

Saturday, 9 Jan

Readings: Genesis 10
Psalm 9

Sunday, 10 Jan

Readings: Genesis 11
Psalm 10

Monday, 11 Jan

Readings: Genesis 12
Psalm 11

Tuesday, 12 Jan

Readings: Genesis 13
Psalm 12

Wednesday, 13 Jan

Readings: Genesis 14
Psalm 13

Thursday, 14 Jan

Readings: Genesis 15; 16
Psalm 14

Friday, 15 Jan

Readings: Genesis 17
Psalm 15

Saturday, 16 Jan

Readings: Genesis 18
Psalm 16

Sunday, 17 Jan

Readings: Genesis 19
Psalm 17

Monday, 18 Jan

Readings: Genesis 20
Psalm 18:1-29

Tuesday, 19 Jan

Readings: Genesis 21
Psalm 18:30-50

Wednesday, 20 Jan

Readings: Genesis 22
Psalm 19

Thursday, 21 Jan

Readings: Genesis 23
Psalm 20

Friday, 22 Jan

Readings: Genesis 24
Psalm 21

Saturday, 23 Jan

Readings: Genesis 25
Psalm 22

Sunday, 24 Jan

Readings: Genesis 26
Psalm 23

Monday, 25 Jan

Readings: Genesis 27
Psalm 24

Tuesday, 26 Jan

Readings: Genesis 28
Psalm 25

Wednesday, 27 Jan

Readings: Genesis 29
Psalm 26

Thursday, 28 Jan

Readings: Genesis 30
Psalm 27

Friday, 29 Jan

Readings: Genesis 31
Psalm 28

Saturday, 30 Jan

Readings: Genesis 32
Psalm 29

Sunday, 31 Jan

Readings: Genesis 33
Psalm 30

FEBRUARY 2021

Monday, 1 Feb

Readings: Genesis 34
Psalm 31

Tuesday, 2 Feb

Readings: Genesis 35
Psalm 32

Wednesday, 3 Feb

Readings: Genesis 36
Psalm 33

Thursday, 4 Feb

Readings: Genesis 37
Psalm 34

Friday, 5 Feb

Readings: Genesis 38
Psalm 35

Saturday, 6 Feb

Readings: Genesis 39; 40
Psalm 36

Sunday, 7 Feb

Readings: Genesis 41:1-40
Psalm 37

Monday, 8 Feb

Readings: Genesis 41:41-57;
42
Psalm 38

Tuesday, 9 Feb

Readings: Genesis 43
Psalm 39

Wednesday, 10 Feb

Readings: Genesis 44
Psalm 40

Thursday, 11 Feb

Readings: Genesis 45
Psalm 41

Friday, 12 Feb

(Chinese New Year)
Readings: Genesis 46
Psalm 42

Saturday, 13 Feb

(Chinese New Year)
Readings: Genesis 47
Psalm 43

Sunday, 14 Feb

Readings: Genesis 48
Psalm 44

Monday, 15 Feb

Readings: Genesis 49
Psalm 45

Tuesday, 16 Feb

Readings: Genesis 50
Psalm 46

Wednesday, 17 Feb

(Ash Wednesday)
Readings: Matthew 1
Psalm 47

Thursday, 18 Feb

Readings: Matthew 2
Psalm 48

Friday, 19 Feb

Readings: Matthew 3
Psalm 49

Saturday, 20 Feb

Readings: Matthew 4
Psalm 50

Sunday, 21 Feb

Readings: Matthew 5:1-12
Psalm 51

Monday, 22 Feb

Readings: Matthew 5:13-48
Psalm 52

Tuesday, 23 Feb

Readings: Matthew 6:1-18
Psalm 53

Wednesday, 24 Feb

Readings: Matthew 6:19-34
Psalm 54

Thursday, 25 Feb

Readings: Matthew 7
Psalm 55

Friday, 26 Feb

Readings: Matthew 8:1-17
Psalm 56

Saturday, 27 Feb

Readings: Matthew 8:18-34
Psalm 57

Sunday, 28 Feb

Readings: Matthew 9:1-17
Psalm 58

BIBLE READING DRIVE 2021

Theme: Rest, Reflect, Renew

MARCH 2021

Monday, 1 Mar

Readings: Matthew 9:18-38
Psalm 59

Tuesday, 2 Mar

Readings: Matthew 10:1-15
Psalm 60

Wednesday, 3 Mar

Readings: Matthew 10:16-42
Psalm 61

Thursday, 4 Mar

Readings: Matthew 11:1-19
Psalm 62

Friday, 5 Mar

Readings: Matthew 11:20-30
Psalm 63

Saturday, 6 Mar

Readings: Matthew 12:1-21
Psalm 64

Sunday, 7 Mar

Readings: Matthew 12:22-50
Psalm 65

Monday, 8 Mar

Readings: Matthew 13:1-23
Psalm 66

Tuesday, 9 Mar

Readings: Matthew 13:24-43
Psalm 67

Wednesday, 10 Mar

Readings: Matthew 13:44-58
Psalm 68

Thursday, 11 Mar

Readings: Matthew 14
Psalm 69

Friday, 12 Mar

Readings: Matthew 15:1-20
Psalm 70

Saturday, 13 Mar

Readings: Matthew 15:21-39
Psalm 71

Sunday, 14 Mar

Readings: Matthew 16:1-12
Psalm 72

Monday, 15 Mar

Readings: Matthew 16:13-28
Psalm 73

Tuesday, 16 Mar

Readings: Matthew 17:1-13
Psalm 74

Wednesday, 17 Mar

Readings: Matthew 17:14-27
Psalm 75

Thursday, 18 Mar

Readings: Matthew 18:1-20
Psalm 76

Friday, 19 Mar

Readings: Matthew 18:21-35
Psalm 77

Saturday, 20 Mar

Readings: Matthew 19:1-15
Psalm 78:1-39

Sunday, 21 Mar

Readings: Matthew 19:16-30
Psalm 78:40-72

Monday, 22 Mar

Readings: Matthew 20:1-16
Psalm 79

Tuesday, 23 Mar

Readings: Matthew 20:17-34
Psalm 80

Wednesday, 24 Mar

Readings: Matthew 21:1-17
Psalm 81

Thursday, 25 Mar

Readings: Matthew 21:18-46
Psalm 82

Friday, 26 Mar

Readings: Matthew 22:1-14
Psalm 83

Saturday, 27 Mar

Readings: Matthew 22:15-46
Psalm 84

Sunday, 28 Mar

(Palm Sunday)
Readings: Matthew 23
Psalm 85

Monday, 29 Mar

(Holy Monday)
Readings: Matthew 24
Psalm 86

Tuesday, 30 Mar

(Holy Tuesday)
Readings: Matthew 25
Psalm 87

Wednesday, 31 Mar

(Holy Wednesday)
Readings: Matthew 26:1-35
Psalm 88

APRIL 2021

Thursday, 1 Apr

(Maundy Thursday)

Readings: Matthew 26:36-75
Psalm 89:1-29

Friday, 2 Apr

(Good Friday)

Readings: Matthew 27:1-61
Psalm 89:30-52

Saturday, 3 Apr

Readings: Matthew 27:62-66
Psalm 90

Sunday, 4 Apr

(Easter Sunday)

Readings: Matthew 28
Psalm 91

Monday, 5 Apr

Readings: Exodus 1
Psalm 92

Tuesday, 6 Apr

Readings: Exodus 2; 3
Psalm 93

Wednesday, 7 Apr

Readings: Exodus 4
Psalm 94

Thursday, 8 Apr

Readings: Exodus 5
Psalm 95

Friday, 9 Apr

Readings: Exodus 6; 7:1-7
Psalm 96

Saturday, 10 Apr

Readings: Exodus 7:8-25; 8
Psalm 97

Sunday, 11 Apr

Readings: Exodus 9; 10
Psalm 98

Monday, 12 Apr

Readings: Exodus 11; 12
Psalm 99

Tuesday, 13 Apr

Readings: Exodus 13; 14
Psalm 100

Wednesday, 14 Apr

Readings: Exodus 15; 16
Psalm 101

Thursday, 15 Apr

Readings: Exodus 17
Psalm 102

Friday, 16 Apr

Readings: Exodus 18
Psalm 103

Saturday, 17 Apr

Readings: Exodus 19
Psalm 104

Sunday, 18 Apr

Readings: Exodus 20
Psalm 105

Monday, 19 Apr

Readings: Exodus 21
Psalm 106

Tuesday, 20 Apr

Readings: Exodus 22
Psalm 107

Wednesday, 21 Apr

Readings: Exodus 23; 24
Psalm 108

Thursday, 22 Apr

Readings: Exodus 25
Psalm 109

Friday, 23 Apr

Readings: Exodus 26; 27
Psalm 110

Saturday, 24 Apr

Readings: Exodus 28
Psalm 111

Sunday, 25 Apr

Readings: Exodus 29
Psalm 112

Monday, 26 Apr

Readings: Exodus 30; 31
Psalm 113

Tuesday, 27 Apr

Readings: Exodus 32; 33
Psalm 114

Wednesday, 28 Apr

Readings: Exodus 34; 35:1-29
Psalm 115

Thursday, 29 Apr

Readings: Exodus 35:30-35;
36
Psalm 116

Friday, 30 Apr

Readings: Exodus 37; 38
Psalm 117

BIBLE READING DRIVE 2021

Theme: Rest, Reflect, Renew

MAY 2021

Saturday, 1 May

(Labour Day)

Readings: Exodus 39
Psalm 118

Sunday, 2 May

Readings: Exodus 40
Psalm 119:1-24

Monday, 3 May

Readings: John 1:1-18
Psalm 119:25-48

Tuesday, 4 May

Readings: John 1:19-51
Psalm 119:49-72

Wednesday, 5 May

Readings: John 2
Psalm 119:73-96

Thursday, 6 May

Readings: John 3
Psalm 119:97-120

Friday, 7 May

Readings: John 4:1-26
Psalm 119:121-144

Saturday, 8 May

Readings: John 4:27-54
Psalm 119:145-176

Sunday, 9 May

Readings: John 5
Psalm 120

Monday, 10 May

Readings: John 6:1-40
Psalm 121

Tuesday, 11 May

Readings: John 6:41-71
Psalm 122

Wednesday, 12 May

Readings: John 7
Psalm 123

Thursday, 13 May

(Hari Raya Puasa)

Readings: John 8
Psalm 124

Friday, 14 May

Readings: John 9
Psalm 125

Saturday, 15 May

Readings: John 10
Psalm 126

Sunday, 16 May

Readings: John 11
Psalm 127

Monday, 17 May

Readings: John 12
Psalm 128

Tuesday, 18 May

Readings: John 13
Psalm 129

Wednesday, 19 May

Readings: John 14
Psalm 130

Thursday, 20 May

Readings: John 15
Psalm 131

Friday, 21 May

Readings: John 16
Psalm 132

Saturday, 22 May

Readings: John 17
Psalm 133

Sunday, 23 May

Readings: John 18
Psalm 134

Monday, 24 May

Readings: John 19
Psalm 135

Tuesday, 25 May

Readings: John 20
Psalm 136

Wednesday, 26 May

(Vesak Day)

Readings: John 21
Psalm 137

Thursday, 27 May

Readings: 1 John 1; 2
Psalm 138

Friday, 28 May

Readings: 1 John 3
Psalm 139

Saturday, 29 May

Readings: 1 John 4
Psalm 140

Sunday, 30 May

Readings: 1 John 5
Psalm 141

Monday, 31 May

Readings: 2 John
3 John 1
Psalm 142

JUNE 2021

Tuesday, 1 Jun

Readings: Proverbs 1
Psalm 143

Wednesday, 2 Jun

Readings: Proverbs 2
Psalm 144

Thursday, 3 Jun

Readings: Proverbs 3
Psalm 145

Friday, 4 Jun

Readings: Proverbs 4
Psalm 146

Saturday, 5 Jun

Readings: Proverbs 5
Psalm 147

Sunday, 6 Jun

Readings: Proverbs 6
Psalm 148

Monday, 7 Jun

Readings: Proverbs 7
Psalm 149

Tuesday, 8 Jun

Readings: Proverbs 8
Psalm 150

Wednesday, 9 Jun

Readings: Proverbs 9
Psalm 1

Thursday, 10 Jun

Readings: Proverbs 10
Psalm 2

Friday, 11 Jun

Readings: Proverbs 11
Psalm 3

Saturday, 12 Jun

Readings: Proverbs 12
Psalm 4

Sunday, 13 Jun

Readings: Proverbs 13
Psalm 5

Monday, 14 Jun

Readings: Proverbs 14
Psalm 6

Tuesday, 15 Jun

Readings: Proverbs 15
Psalm 7

Wednesday, 16 Jun

Readings: Proverbs 16
Psalm 8

Thursday, 17 Jun

Readings: Proverbs 17
Psalm 9

Friday, 18 Jun

Readings: Proverbs 18
Psalm 10

Saturday, 19 Jun

Readings: Proverbs 19
Psalm 11

Sunday, 20 Jun

Readings: Proverbs 20
Psalm 12

Monday, 21 Jun

Readings: Proverbs 21
Psalm 13

Tuesday, 22 Jun

Readings: Proverbs 22
Psalm 14

Wednesday, 23 Jun

Readings: Proverbs 23
Psalm 15

Thursday, 24 Jun

Readings: Proverbs 24
Psalm 16

Friday, 25 Jun

Readings: Proverbs 25
Psalm 17

Saturday, 26 Jun

Readings: Proverbs 26
Psalm 18

Sunday, 27 Jun

Readings: Proverbs 27
Psalm 19

Monday, 28 Jun

Readings: Proverbs 28
Psalm 20

Tuesday, 29 Jun

Readings: Proverbs 29
Psalm 21

Wednesday, 30 Jun

Readings: Proverbs 30
Psalm 22

BIBLE READING DRIVE 2021

Theme: Rest, Reflect, Renew

JULY 2021

Thursday, 1 Jul

Readings: Proverbs 31
Psalm 23

Friday, 2 Jul

Readings: Ecclesiastes 1
Psalm 24

Saturday, 3 Jul

Readings: Ecclesiastes 2
Psalm 25

Sunday, 4 Jul

Readings: Ecclesiastes 3
Psalm 26

Monday, 5 Jul

Readings: Ecclesiastes 4
Psalm 27

Tuesday, 6 Jul

Readings: Ecclesiastes 5
Psalm 28

Wednesday, 7 Jul

Readings: Ecclesiastes 6
Psalm 29

Thursday, 8 Jul

Readings: Ecclesiastes 7
Psalm 30

Friday, 9 Jul

Readings: Ecclesiastes 8
Psalm 31

Saturday, 10 Jul

Readings: Ecclesiastes 9
Psalm 32

Sunday, 11 Jul

Readings: Ecclesiastes 10
Psalm 33

Monday, 12 Jul

Readings: Ecclesiastes 11
Psalm 34

Tuesday, 13 Jul

Readings: Ecclesiastes 12
Psalm 35

Wednesday, 14 Jul

Readings: Romans 1
Psalm 36

Thursday, 15 Jul

Readings: Romans 2
Psalm 37

Friday, 16 Jul

Readings: Romans 3
Psalm 38

Saturday, 17 Jul

Readings: Romans 4
Psalm 39

Sunday, 18 Jul

Readings: Romans 5
Psalm 40

Monday, 19 Jul

Readings: Romans 6
Psalm 41

Tuesday, 20 Jul

(Hari Raya Haji)
Readings: Romans 7
Psalm 42

Wednesday, 21 Jul

Readings: Romans 8
Psalm 43

Thursday, 22 Jul

Readings: Romans 9
Psalm 44

Friday, 23 Jul

Readings: Romans 10
Psalm 45

Saturday, 24 Jul

Readings: Romans 11
Psalm 46

Sunday, 25 Jul

Readings: Romans 12
Psalm 47

Monday, 26 Jul

Readings: Romans 13
Psalm 48

Tuesday, 27 Jul

Readings: Romans 14
Psalm 49

Wednesday, 28 Jul

Readings: Romans 15
Psalm 50

Thursday, 29 Jul

Readings: Romans 16
Psalm 51

Friday, 30 Jul

Readings: 1 Corinthians 1
Psalm 52

Saturday, 31 Jul

Readings: 1 Corinthians 2
Psalm 53

AUGUST 2021

Sunday, 1 Aug

Readings: 1 Corinthians 3
Psalm 54

Monday, 2 Aug

Readings: 1 Corinthians 4
Psalm 55

Tuesday, 3 Aug

Readings: 1 Corinthians 5; 6
Psalm 56

Wednesday, 4 Aug

Readings: 1 Corinthians 7
Psalm 57

Thursday, 5 Aug

Readings: 1 Corinthians 8
Psalm 58

Friday, 6 Aug

Readings: 1 Corinthians 9
Psalm 59

Saturday, 7 Aug

Readings: 1 Corinthians 10;
Psalm 60

Sunday, 8 Aug

Readings: 1 Corinthians
11:2-34
Psalm 61

Monday, 9 Aug

(National Day)

Readings: 1 Corinthians 12
Psalm 62

Tuesday, 10 Aug

Readings: 1 Corinthians 13
Psalm 63

Wednesday, 11 Aug

Readings: 1 Corinthians 14
Psalm 64

Thursday, 12 Aug

Readings: 1 Corinthians 15
Psalm 65

Friday, 13 Aug

Readings: 1 Corinthians 16
Psalm 66

Saturday, 14 Aug

Readings: 2 Corinthians
1; 2:1-11
Psalm 67

Sunday, 15 Aug

Readings: 2 Corinthians
2:12-17; 3
Psalm 68

Monday, 16 Aug

Readings: 2 Corinthians 4
Psalm 69

Tuesday, 17 Aug

Readings: 2 Corinthians 5
Psalm 70

Wednesday, 18 Aug

Readings: 2 Corinthians 6
Psalm 71

Thursday, 19 Aug

Readings: 2 Corinthians 7
Psalm 72

Friday, 20 Aug

Readings: 2 Corinthians 8
Psalm 73

Saturday, 21 Aug

Readings: 2 Corinthians 9
Psalm 74

Sunday, 22 Aug

Readings: 2 Corinthians 10
Psalm 75

Monday, 23 Aug

Readings: 2 Corinthians 11
Psalm 76

Tuesday, 24 Aug

Readings: 2 Corinthians 12
Psalm 77

Wednesday, 25 Aug

Readings: 2 Corinthians 13
Psalm 78:1-39

Thursday, 26 Aug

Readings: Galatians 1
Psalm 78:40-72

Friday, 27 Aug

Readings: Galatians 2
Psalm 79

Saturday, 28 Aug

Readings: Galatians 3
Psalm 80

Sunday, 29 Aug

Readings: Galatians 4
Psalm 81

Monday, 30 Aug

Readings: Galatians 5
Psalm 82

Tuesday, 31 Aug

Readings: Galatians 6
Psalm 83

BIBLE READING DRIVE 2021

Theme: Rest, Reflect, Renew

SEPTEMBER 2021

Wednesday, 1 Sep

Readings: Ephesians 1; 2
Psalm 84

Thursday, 2 Sep

Readings: Ephesians 3
Psalm 85

Friday, 3 Sep

Readings: Ephesians 4:1-16
Psalm 86

Saturday, 4 Sep

Readings: Ephesians 4:17-32;
5:1-20
Psalm 87

Sunday, 5 Sep

Readings: Ephesians 5:21-33;
6:1-9
Psalm 88

Monday, 6 Sep

Readings: Ephesians 6:10-24
Psalm 89

Tuesday, 7 Sep

Readings: Philippians 1
Psalm 90

Wednesday, 8 Sep

Readings: Philippians 2
Psalm 91

Thursday, 9 Sep

Readings: Philippians 3
Psalm 92

Friday, 10 Sep

Readings: Philippians 4
Psalm 93

Saturday, 11 Sep

Readings: Colossians 1
Psalm 94

Sunday, 12 Sep

Readings: Colossians 2
Psalm 95

Monday, 13 Sep

Readings: Colossians 3:1-17
Psalm 96

Tuesday, 14 Sep

Readings: Colossians 3:18-25; 4
Psalm 97

Wednesday, 15 Sep

Readings: 1 Thessalonians 1; 2
Psalm 98

Thursday, 16 Sep

Readings: 1 Thessalonians 3
Psalm 99

Friday, 17 Sep

Readings: 1 Thessalonians 4
Psalm 100

Saturday, 18 Sep

Readings: 1 Thessalonians 5
Psalm 101

Sunday, 19 Sep

Readings: 2 Thessalonians 1; 2
Psalm 102

Monday, 20 Sep

Readings: 2 Thessalonians 3
Psalm 103

Tuesday, 21 Sep

Readings: 1 Timothy 1
Psalm 104

Wednesday, 22 Sep

Readings: 1 Timothy 2
Psalm 105

Thursday, 23 Sep

Readings: 1 Timothy 3
Psalm 106

Friday, 24 Sep

Readings: 1 Timothy 4
Psalm 107

Saturday, 25 Sep

Readings: 1 Timothy 5
Psalm 108

Sunday, 26 Sep

Readings: 1 Timothy 6
Psalm 109

Monday, 27 Sep

Readings: 2 Timothy 1
Psalm 110

Tuesday, 28 Sep

Readings: 2 Timothy 2
Psalm 111

Wednesday, 29 Sep

Readings: 2 Timothy 3
Psalm 112

Thursday, 30 Sep

Readings: 2 Timothy 4
Psalm 113

OCTOBER 2021

Friday, 1 Oct

Readings: Titus 1
Psalm 114

Saturday, 2 Oct

Readings: Titus 2
Psalm 115

Sunday, 3 Oct

Readings: Titus 3
Psalm 116

Monday, 4 Oct

Readings: Philemon
Psalm 117

Tuesday, 5 Oct

Readings: Hebrews 1
Psalm 118

Wednesday, 6 Oct

Readings: Hebrews 2
Psalm 119:1-24

Thursday, 7 Oct

Readings: Hebrews 3
Psalm 119:25-48

Friday, 8 Oct

Readings: Hebrews 4
Psalm 119:49-72

Saturday, 9 Oct

Readings: Hebrews 5
Psalm 119:73-96

Sunday, 10 Oct

Readings: Hebrews 6
Psalm 119:97-120

Monday, 11 Oct

Readings: Hebrews 7
Psalm 119:121-144

Tuesday, 12 Oct

Readings: Hebrews 8
Psalm 119:145-176

Wednesday, 13 Oct

Readings: Hebrews 9
Psalm 120

Thursday, 14 Oct

Readings: Hebrews 10
Psalm 121

Friday, 15 Oct

Readings: Hebrews 11
Psalm 122

Saturday, 16 Oct

Readings: Hebrews 12
Psalm 123

Sunday, 17 Oct

Readings: Hebrews 13
Psalm 124

Monday, 18 Oct

Readings: James 1
Psalm 125

Tuesday, 19 Oct

Readings: James 2
Psalm 126

Wednesday, 20 Oct

Readings: James 3
Psalm 127

Thursday, 21 Oct

Readings: James 4
Psalm 128

Friday, 22 Oct

Readings: James 5
Psalm 129

Saturday, 23 Oct

Readings: 1 Peter 1
Psalm 130

Sunday, 24 Oct

Readings: 1 Peter 2
Psalm 131

Monday, 25 Oct

Readings: 1 Peter 3
Psalm 132

Tuesday, 26 Oct

Readings: 1 Peter 4
Psalm 133

Wednesday, 27 Oct

Readings: 1 Peter 5
Psalm 134

Thursday, 28 Oct

Readings: 2 Peter 1
Psalm 135

Friday, 29 Oct

Readings: 2 Peter 2
Psalm 136

Saturday, 30 Oct

Readings: 2 Peter 3
Psalm 137

Sunday, 31 Oct

Readings: Jude
Psalm 138

BIBLE READING DRIVE 2021

Theme: Rest, Reflect, Renew

NOVEMBER 2021

Monday, 1 Nov

Readings: Isaiah 1
Psalm 139

Tuesday, 2 Nov

Readings: Isaiah 2
Psalm 140

Wednesday, 3 Nov

Readings: Isaiah 3; 4
Psalm 141

Thursday, 4 Nov

(Deepavali)

Readings: Isaiah 5
Psalm 142

Friday, 5 Nov

Readings: Isaiah 6
Psalm 143

Saturday, 6 Nov

Readings: Isaiah 7
Psalm 144

Sunday, 7 Nov

Readings: Isaiah 8
Psalm 145

Monday, 8 Nov

Readings: Isaiah 9; 10:1-4
Psalm 146

Tuesday, 9 Nov

Readings: Isaiah 10:5-34
Psalm 147

Wednesday, 10 Nov

Readings: Isaiah 11; 12
Psalm 148

Thursday, 11 Nov

Readings: Isaiah 13
Psalm 149

Friday, 12 Nov

Readings: Isaiah 14
Psalm 150

Saturday, 13 Nov

Readings: Isaiah 15; 16
Psalm 107

Sunday, 14 Nov

Readings: Isaiah 17
Psalm 108

Monday, 15 Nov

Readings: Isaiah 18
Psalm 109

Tuesday, 16 Nov

Readings: Isaiah 19; 20
Psalm 110

Wednesday, 17 Nov

Readings: Isaiah 21
Psalm 111

Thursday, 18 Nov

Readings: Isaiah 22
Psalm 112

Friday, 19 Nov

Readings: Isaiah 23
Psalm 113

Saturday, 20 Nov

Readings: Isaiah 24
Psalm 114

Sunday, 21 Nov

Readings: Isaiah 25
Psalm 115

Monday, 22 Nov

Readings: Isaiah 26
Psalm 116

Tuesday, 23 Nov

Readings: Isaiah 27
Psalm 117

Wednesday, 24 Nov

Readings: Isaiah 28:1-15
Psalm 118

Thursday, 25 Nov

Readings: Isaiah 28:16-29
Psalm 119:1-24

Friday, 26 Nov

Readings: Isaiah 29
Psalm 119:25-48

Saturday, 27 Nov

Readings: Isaiah 30:1-18
Psalm 119:49-80

Sunday, 28 Nov

Readings: Isaiah 30:19-33; 31
Psalm 119:81-112

Monday, 29 Nov

Readings: Isaiah 32
Psalm 119:113-144

Tuesday, 30 Nov

Readings: Isaiah 33
Psalm 119:145-176

DECEMBER 2021

Wednesday, 1 Dec

Readings: Isaiah 34
Psalm 120

Thursday, 2 Dec

Readings: Isaiah 35
Psalm 121

Friday, 3 Dec

Readings: Isaiah 36; 37:1-20
Psalm 122

Saturday, 4 Dec

Readings: Isaiah 37:21-38
Psalm 123

Sunday, 5 Dec

Readings: Isaiah 38; 39
Psalm 124

Monday, 6 Dec

Readings: Isaiah 40
Psalm 125

Tuesday, 7 Dec

Readings: Isaiah 41
Psalm 126

Wednesday, 8 Dec

Readings: Isaiah 42
Psalm 127

Thursday, 9 Dec

Readings: Isaiah 43
Psalm 128

Friday, 10 Dec

Readings: Isaiah 44:1-23
Psalm 129

Saturday, 11 Dec

Readings: Isaiah 44:24-28; 45
Psalm 130

Sunday, 12 Dec

Readings: Isaiah 46; 47
Psalm 131

Monday, 13 Dec

Readings: Isaiah 48
Psalm 132

Tuesday, 14 Dec

Readings: Isaiah 49
Psalm 133

Wednesday, 15 Dec

Readings: Isaiah 50
Psalm 134

Thursday, 16 Dec

Readings: Isaiah 51; 52:1-12
Psalm 135

Friday, 17 Dec

Readings: Isaiah 52:13-15; 53
Psalm 136

Saturday, 18 Dec

Readings: Isaiah 54
Psalm 137

Sunday, 19 Dec

Readings: Isaiah 55; 56
Psalm 138

Monday, 20 Dec

Readings: Isaiah 57
Psalm 139

Tuesday, 21 Dec

Readings: Isaiah 58
Psalm 140

Wednesday, 22 Dec

Readings: Isaiah 59
Psalm 141

Thursday, 23 Dec

Readings: Isaiah 60
Psalm 142

Friday, 24 Dec

Readings: Isaiah 61
Psalm 143

Saturday, 25 Dec

(Christmas Day)
Readings: Isaiah 62
Psalm 144

Sunday, 26 Dec

Readings: Isaiah 63
Psalm 145

Monday, 27 Dec

Readings: Isaiah 64
Psalm 146

Tuesday, 28 Dec

Readings: Isaiah 65:1-16
Psalm 147

Wednesday, 29 Dec

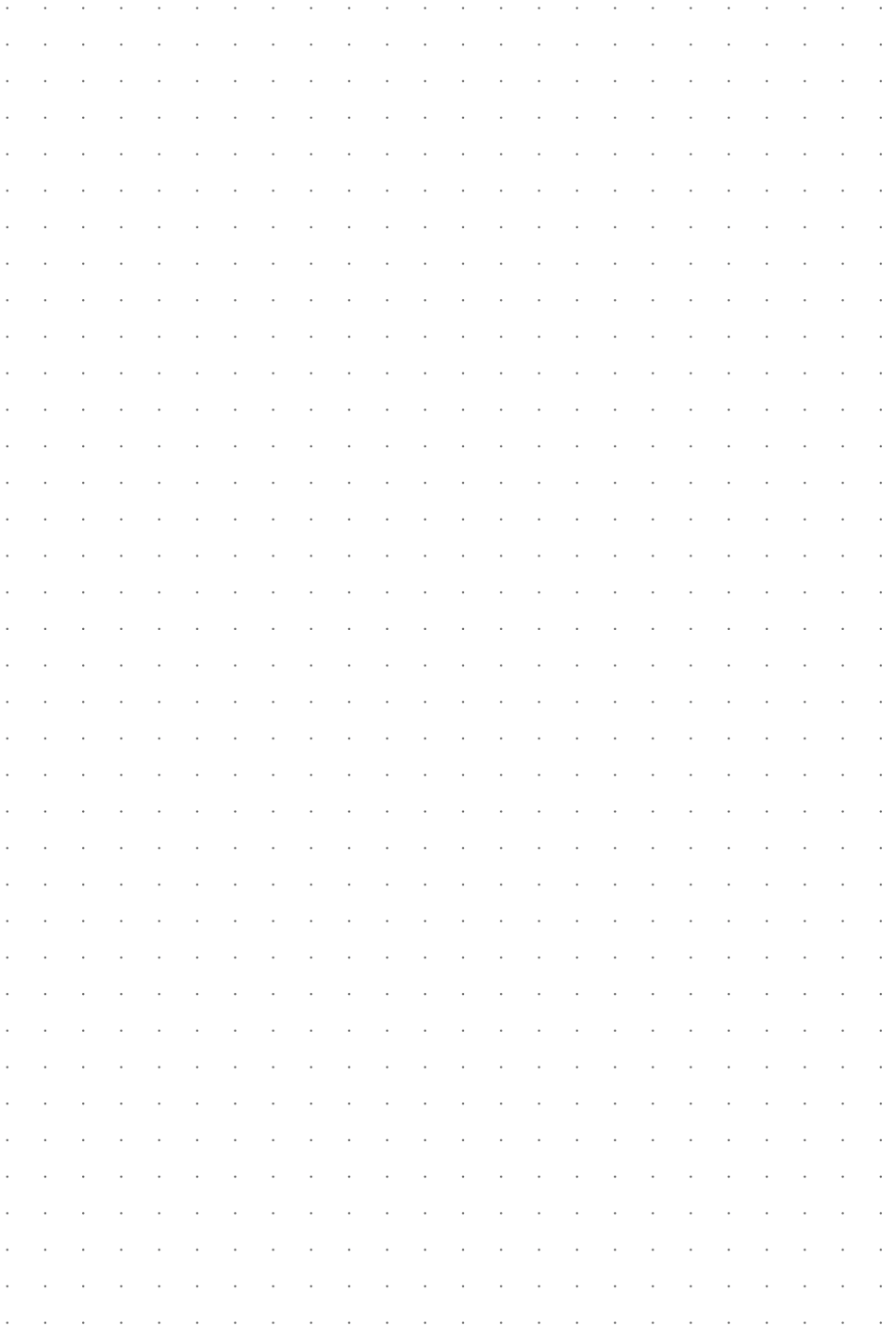
Readings: Isaiah 65:17-25
Psalm 148

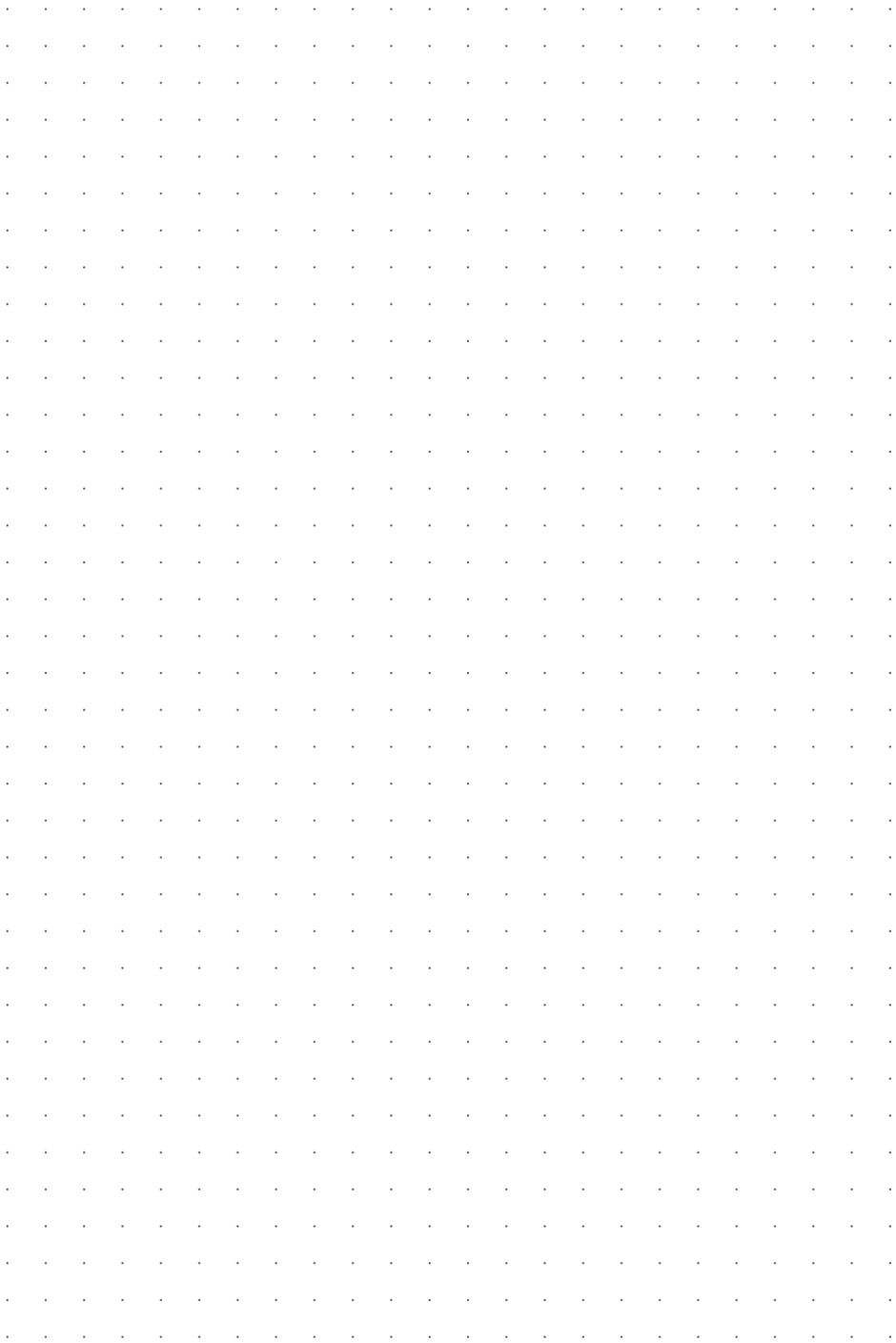
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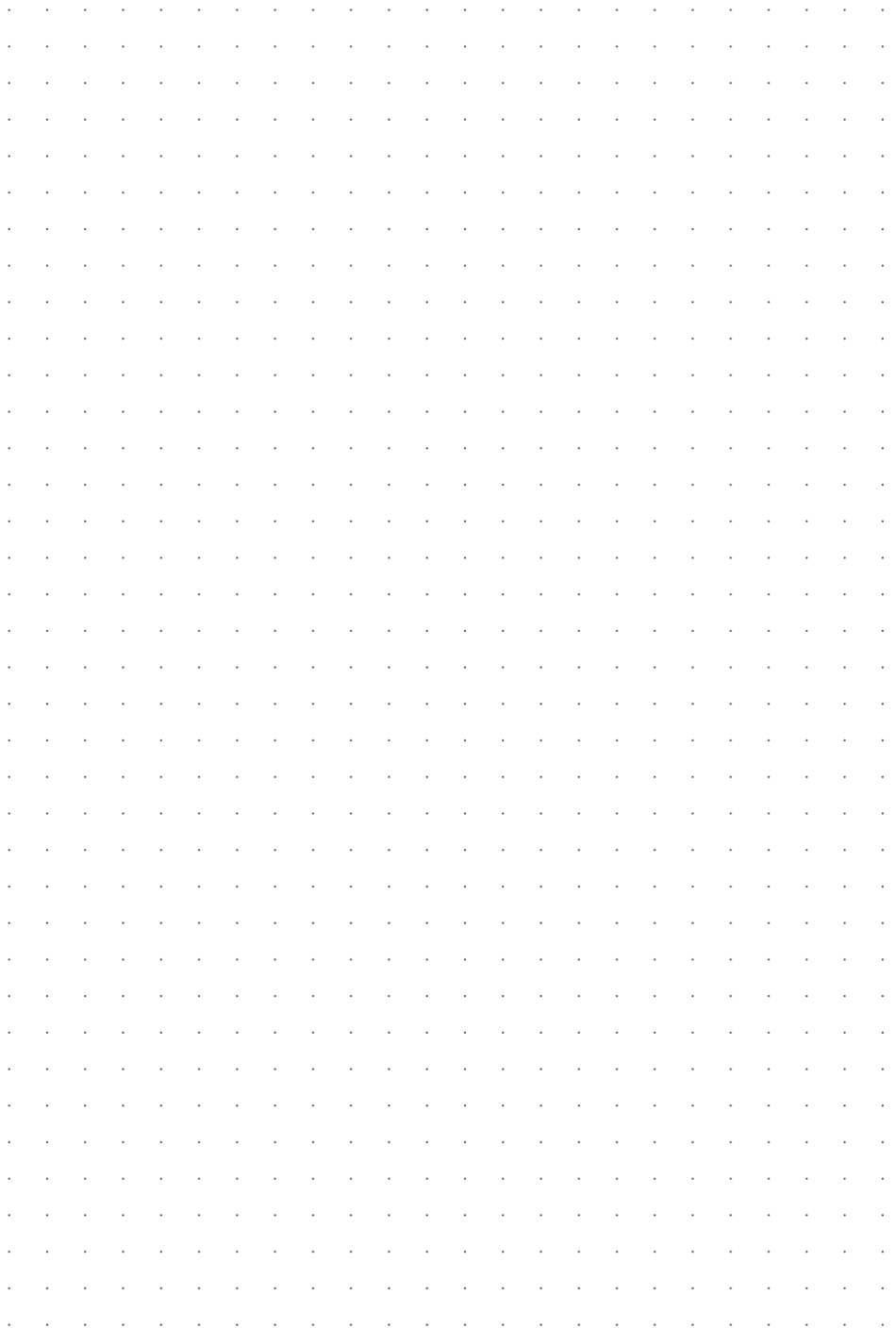
Readings: Isaiah 66:1-11
Psalm 149

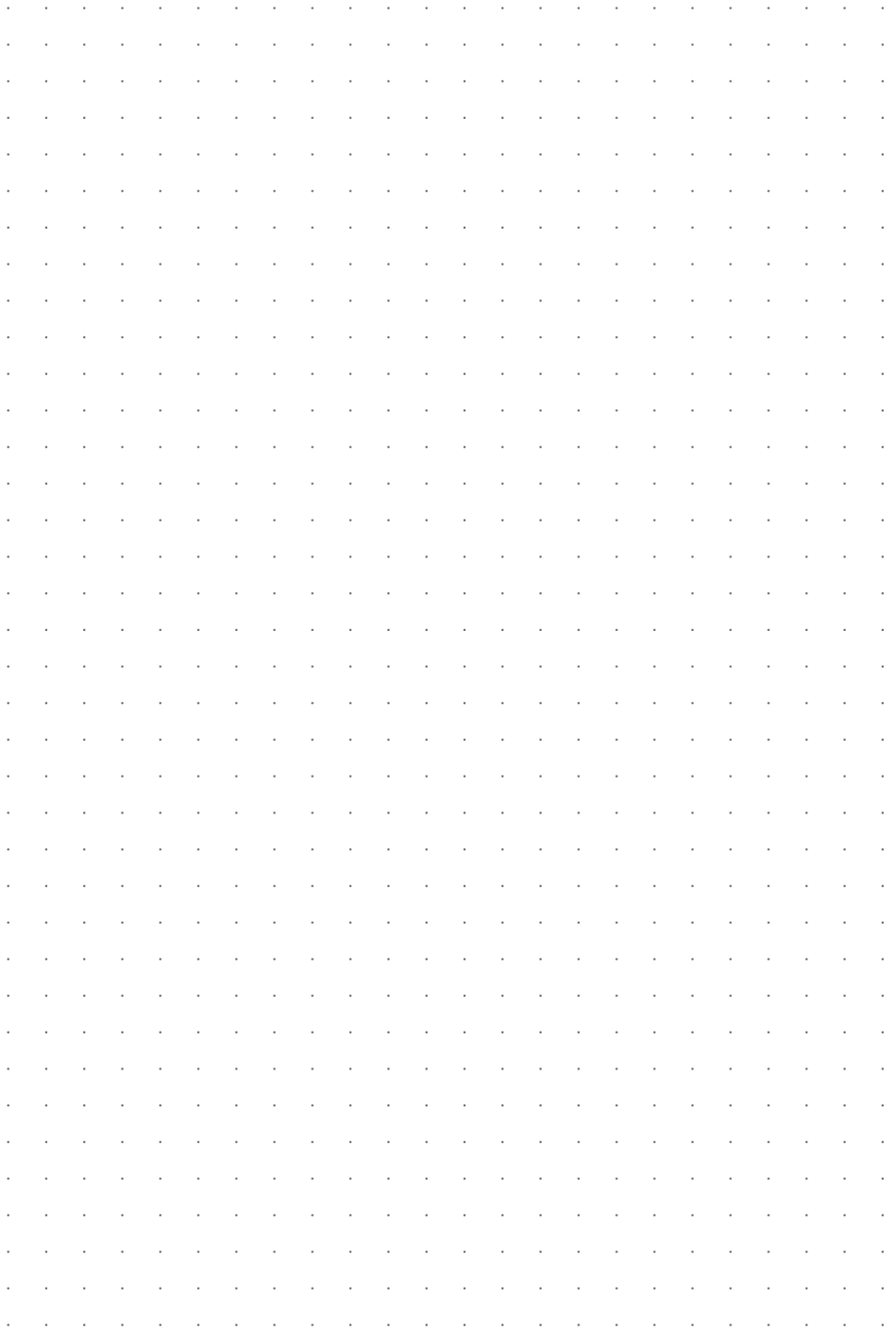
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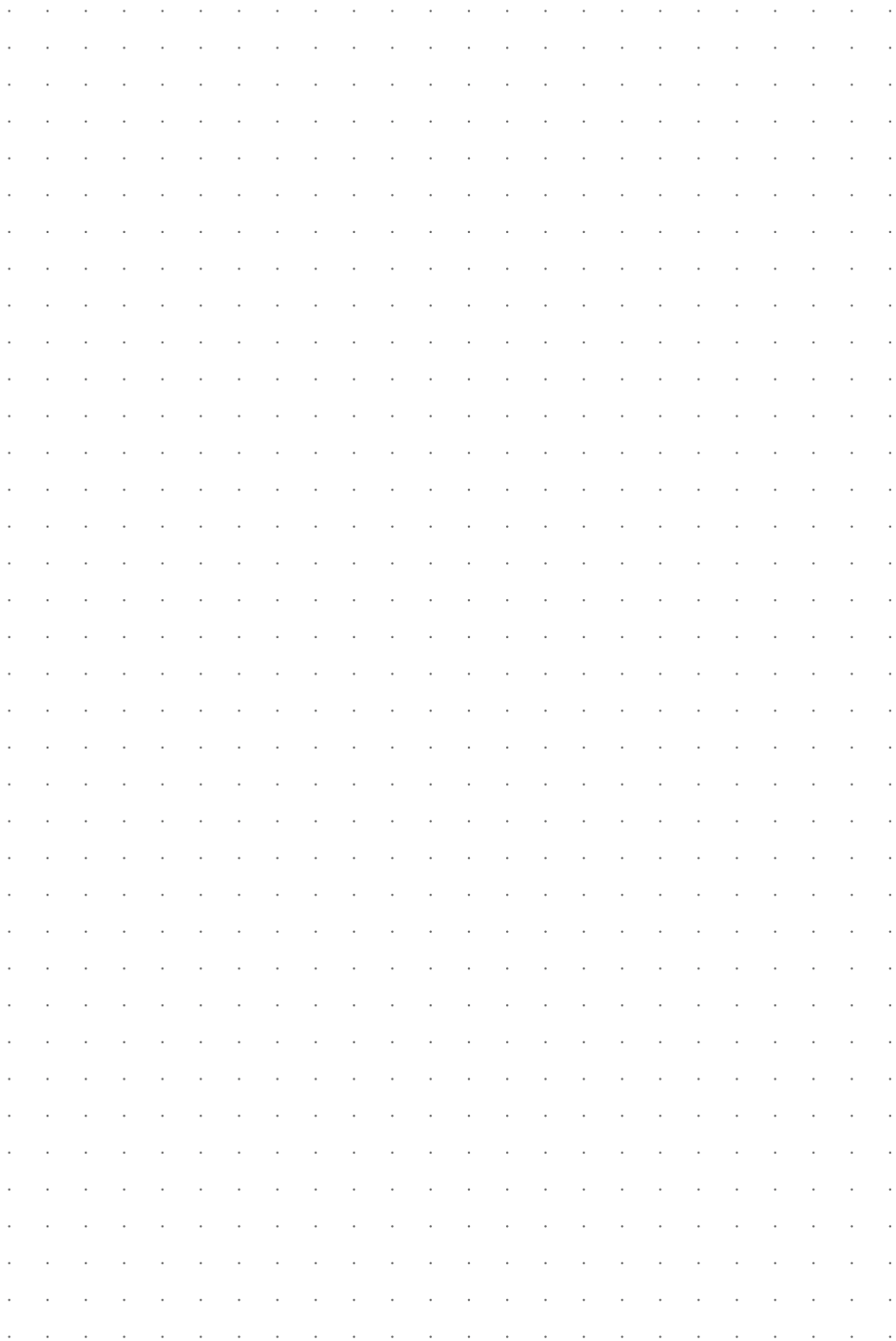
Readings: Isaiah 66:12-24
Psalm 150

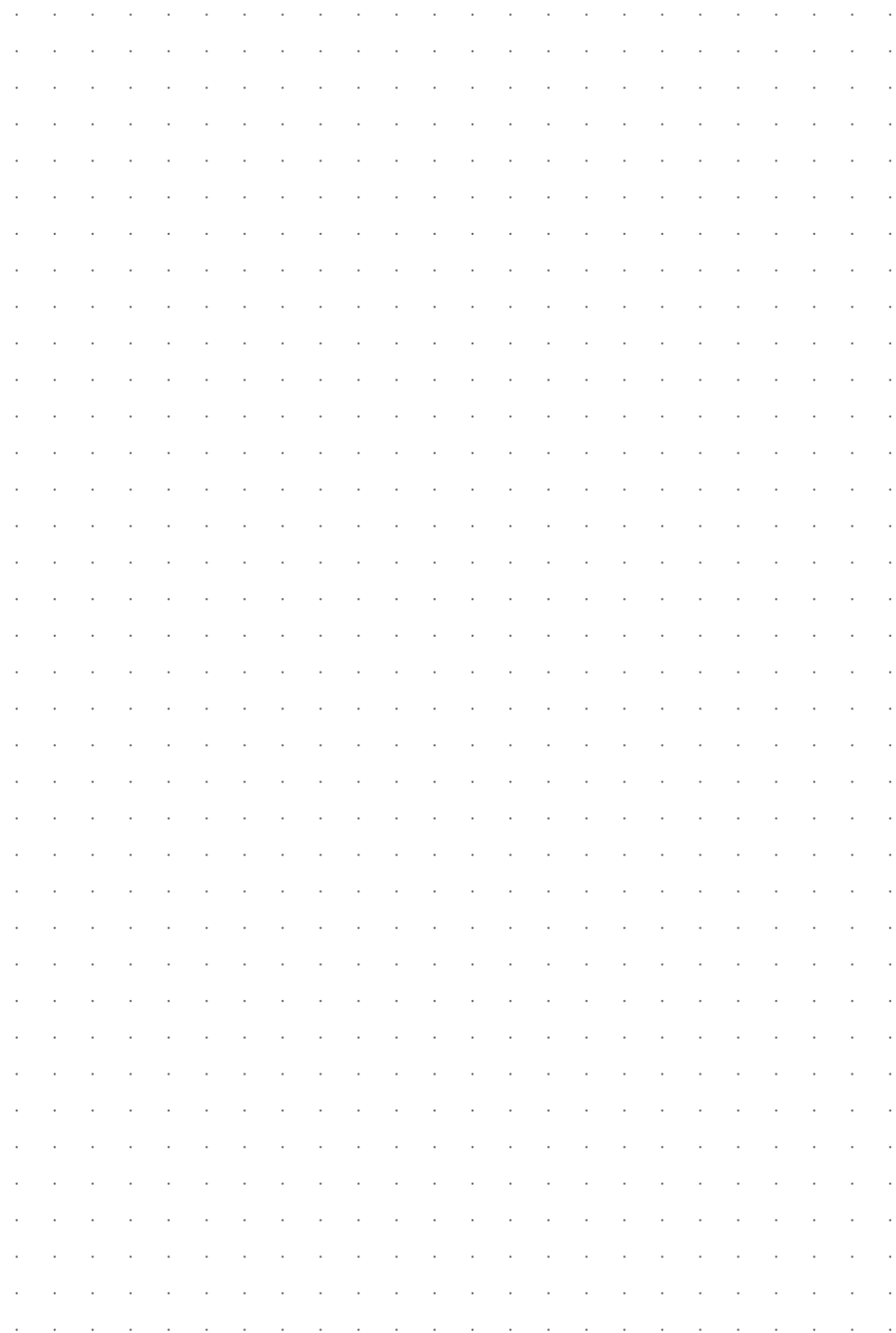


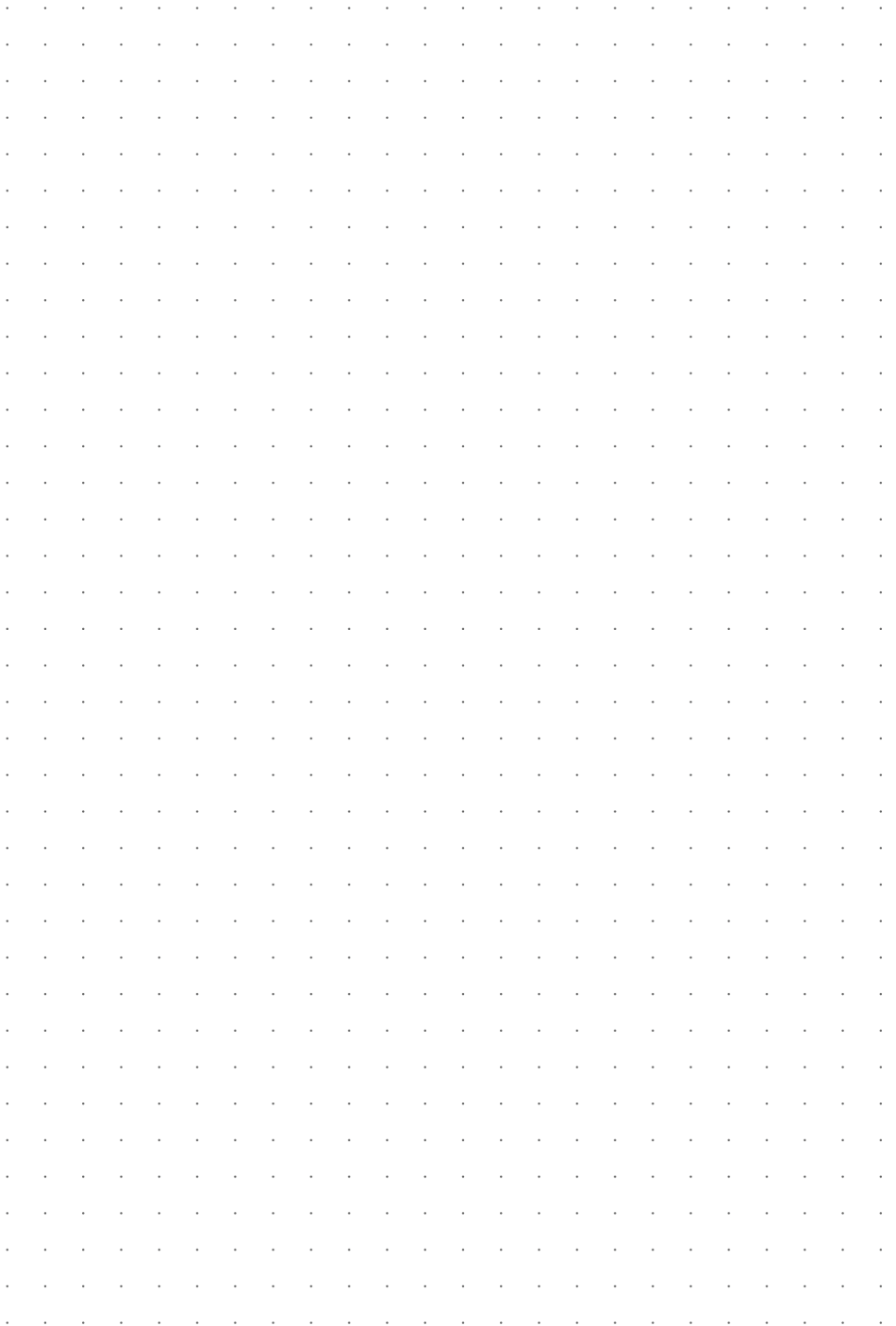


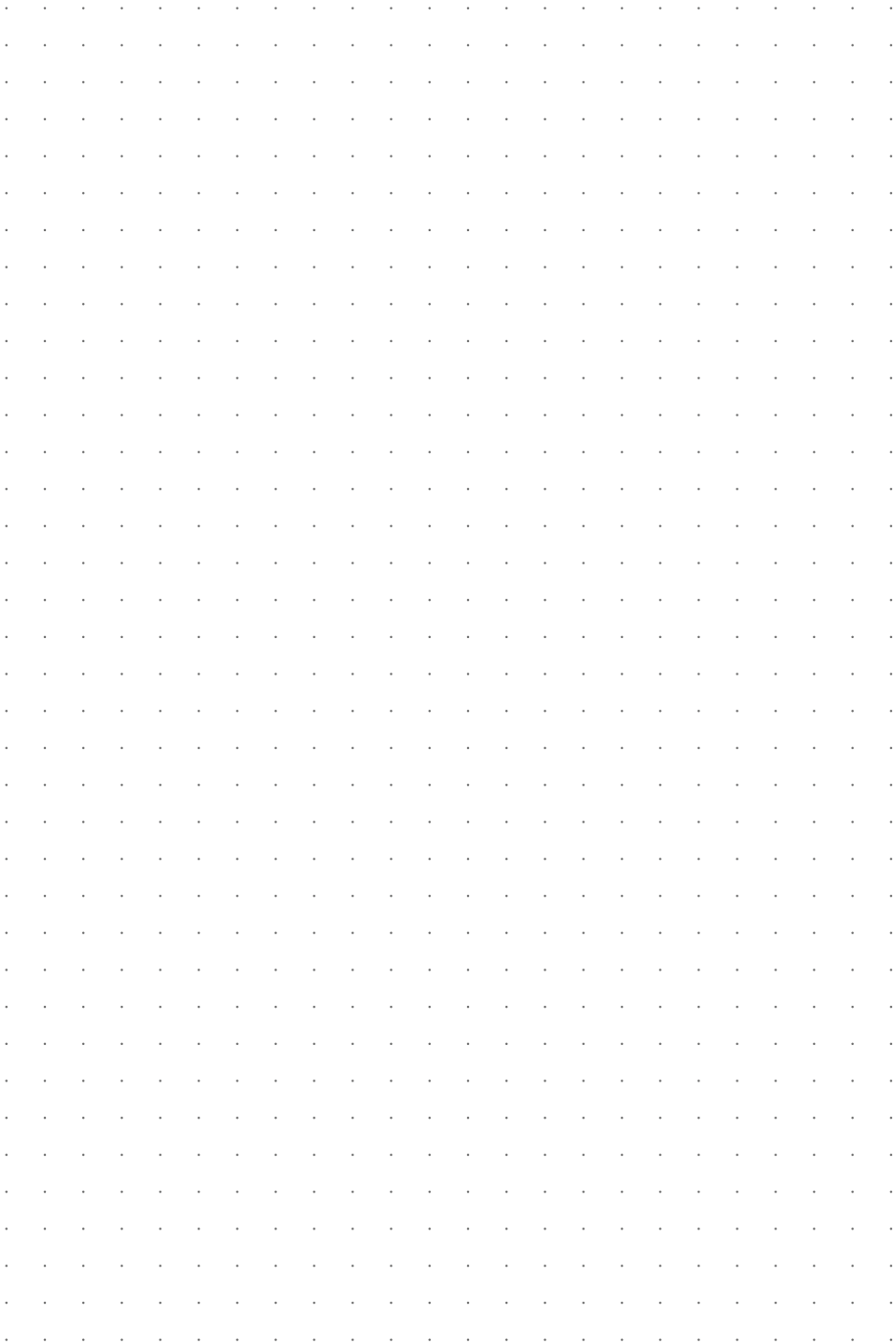


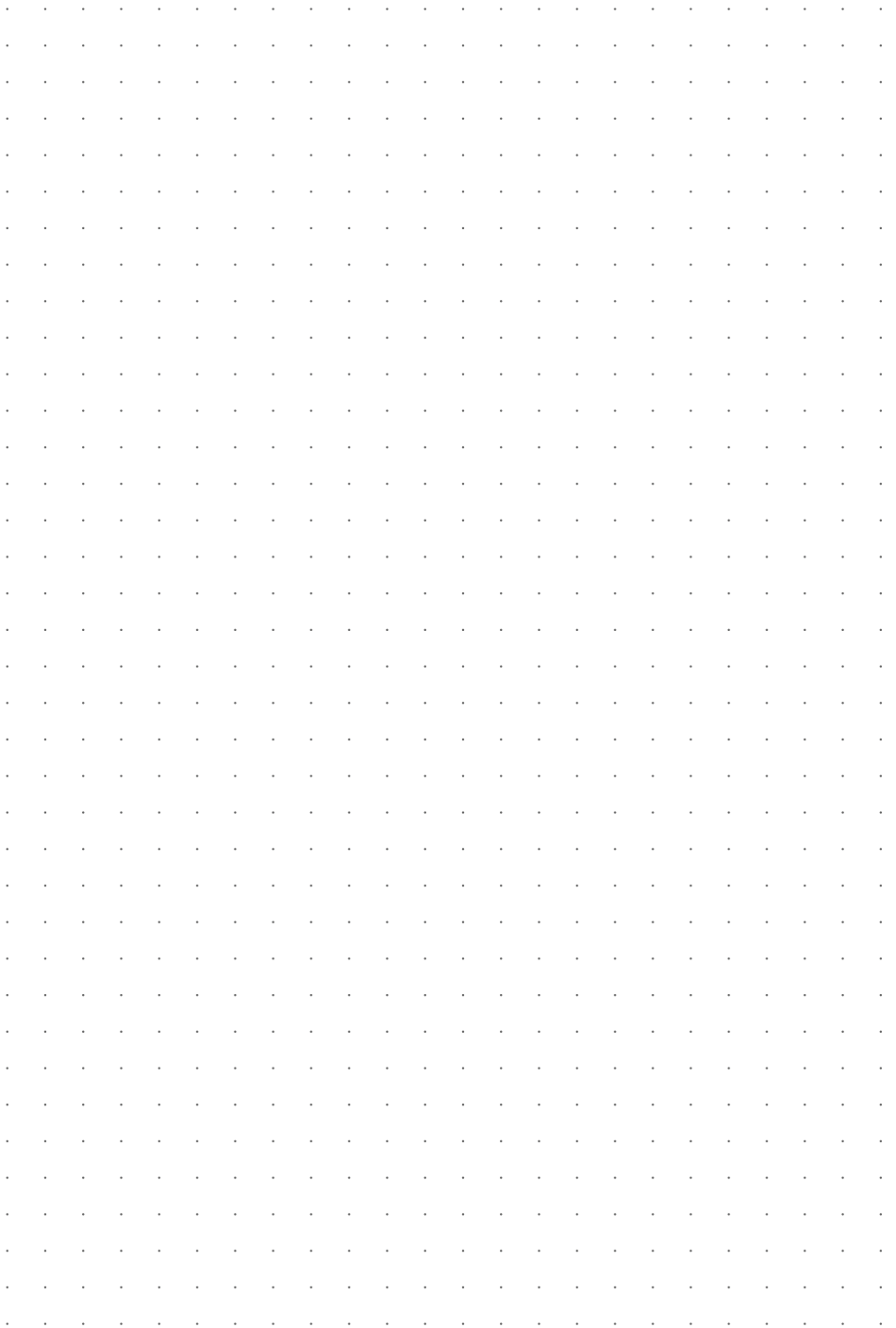


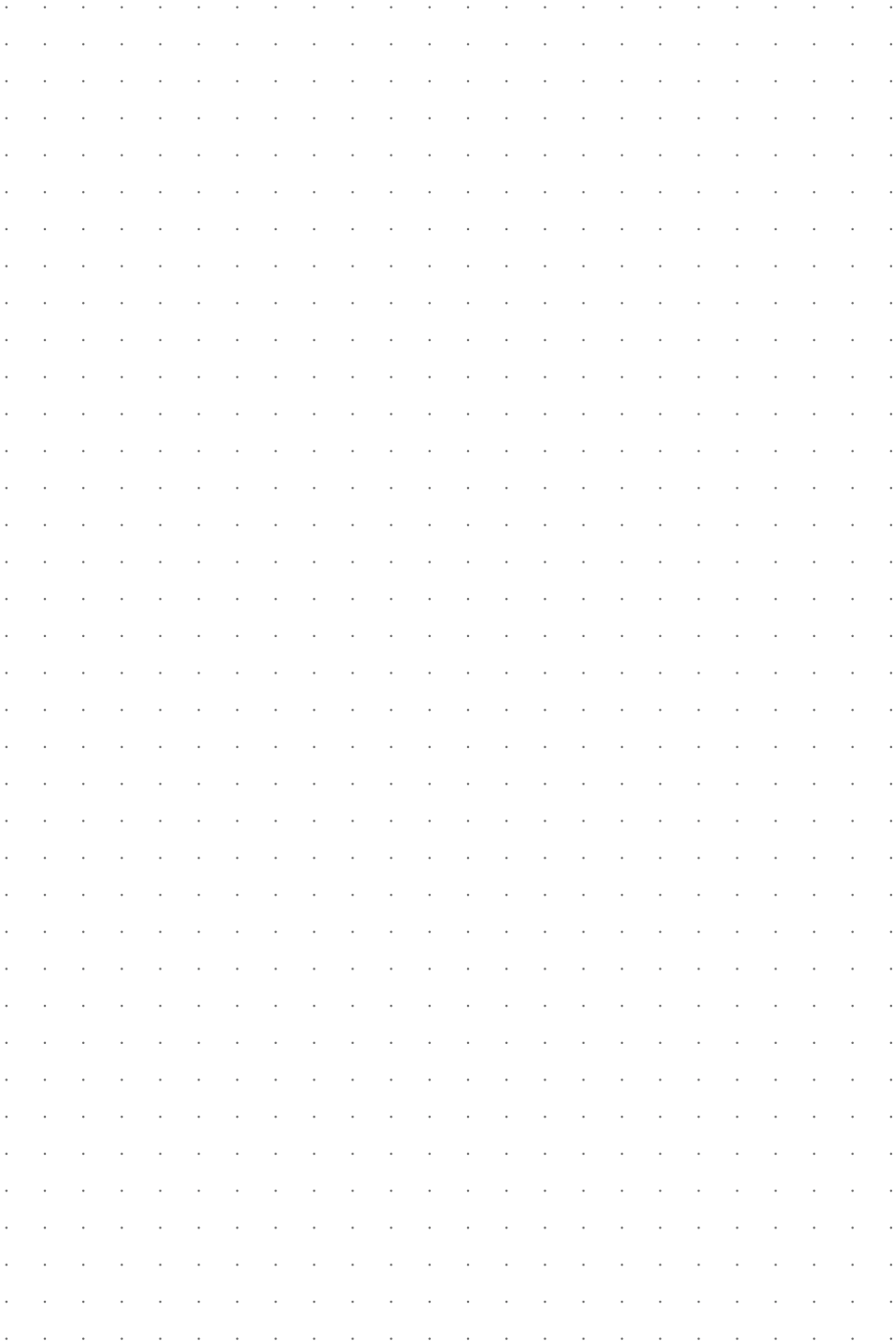


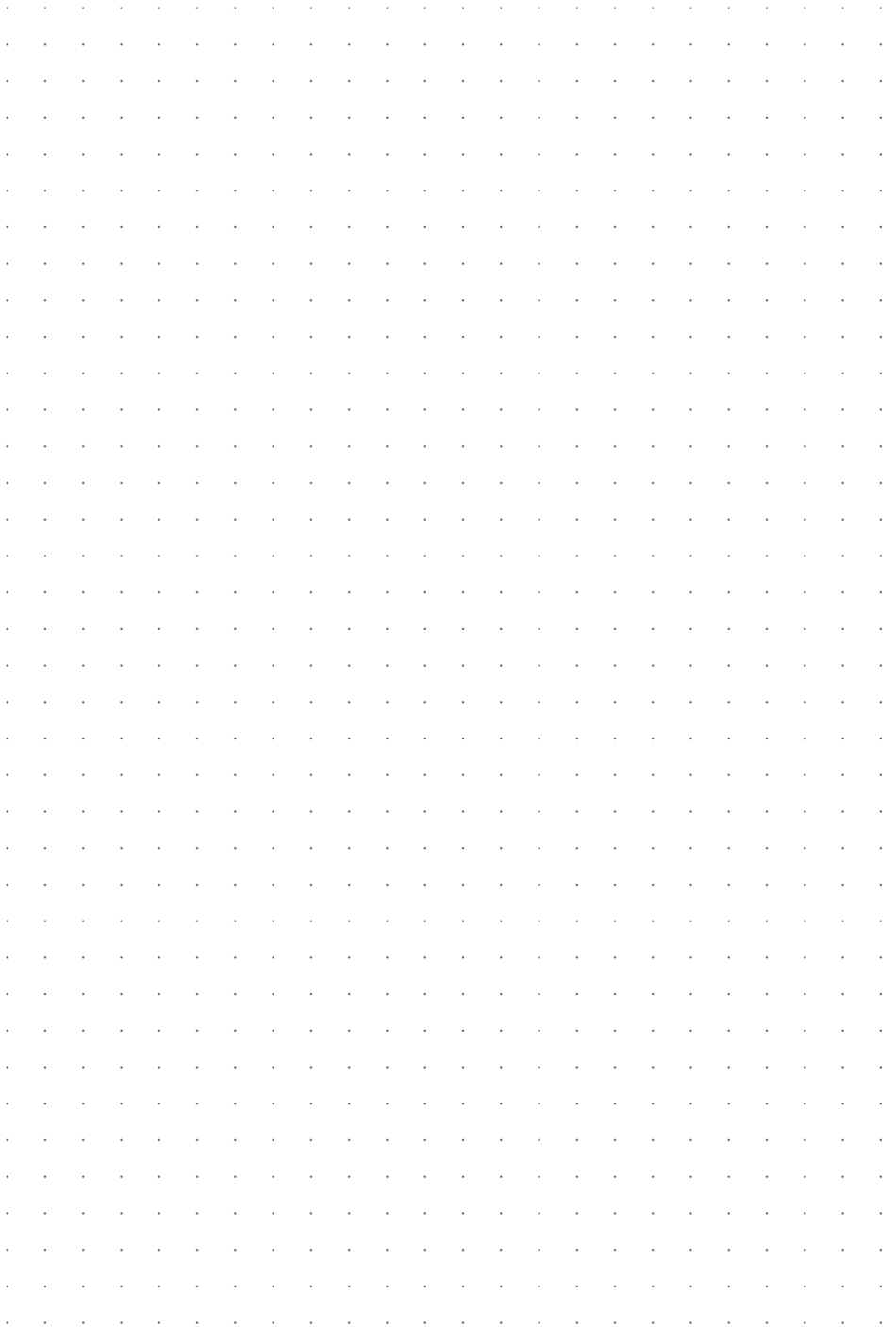


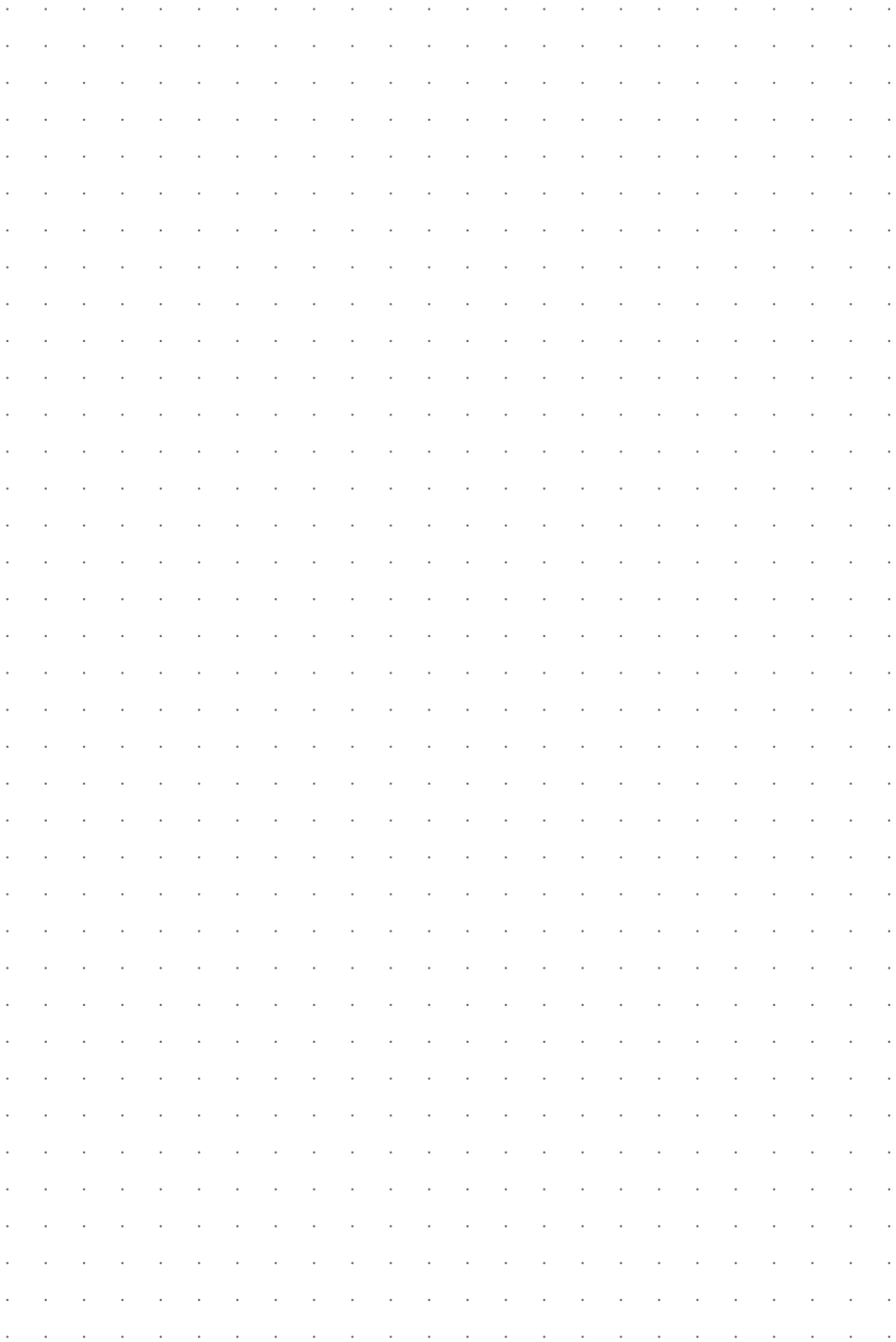


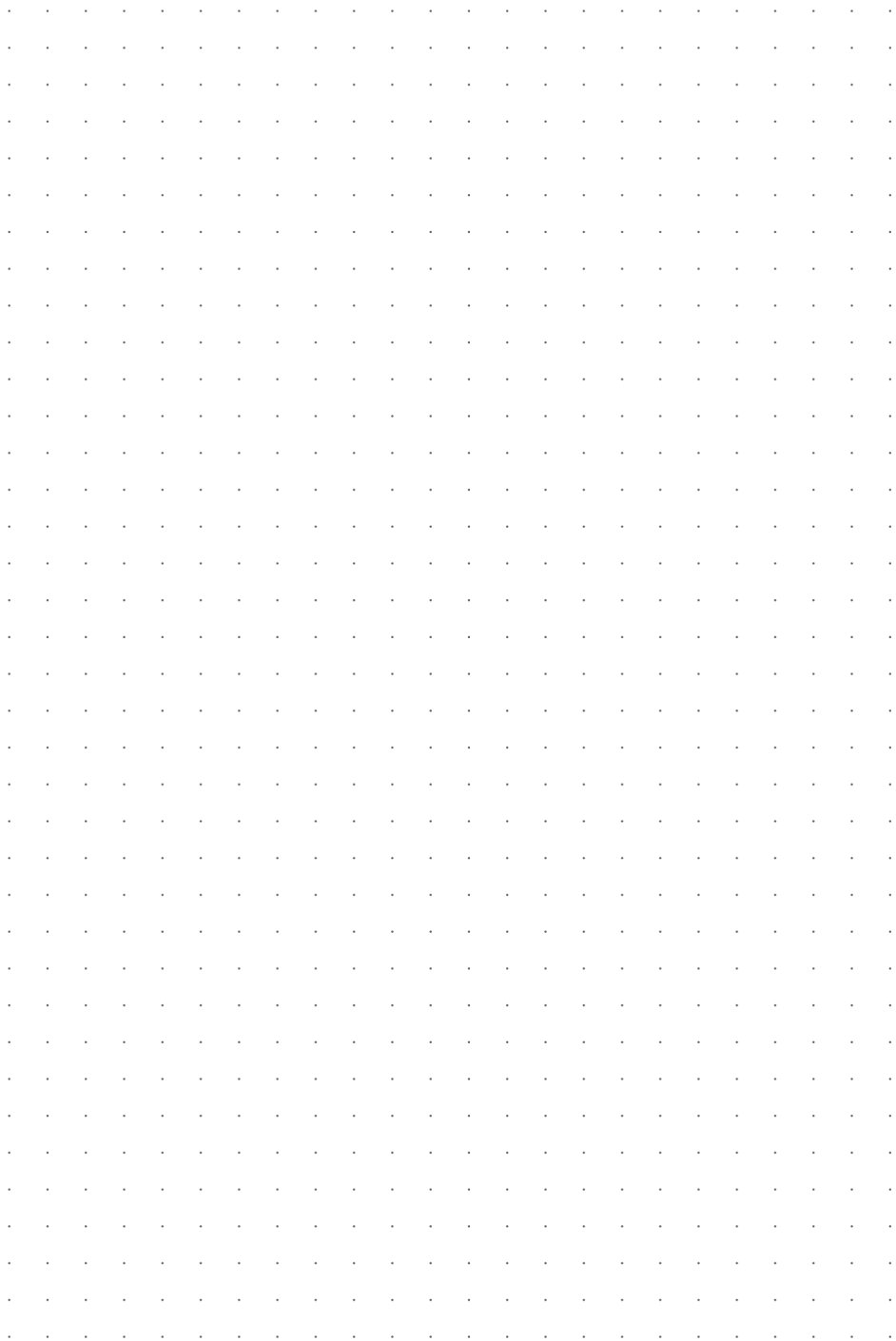


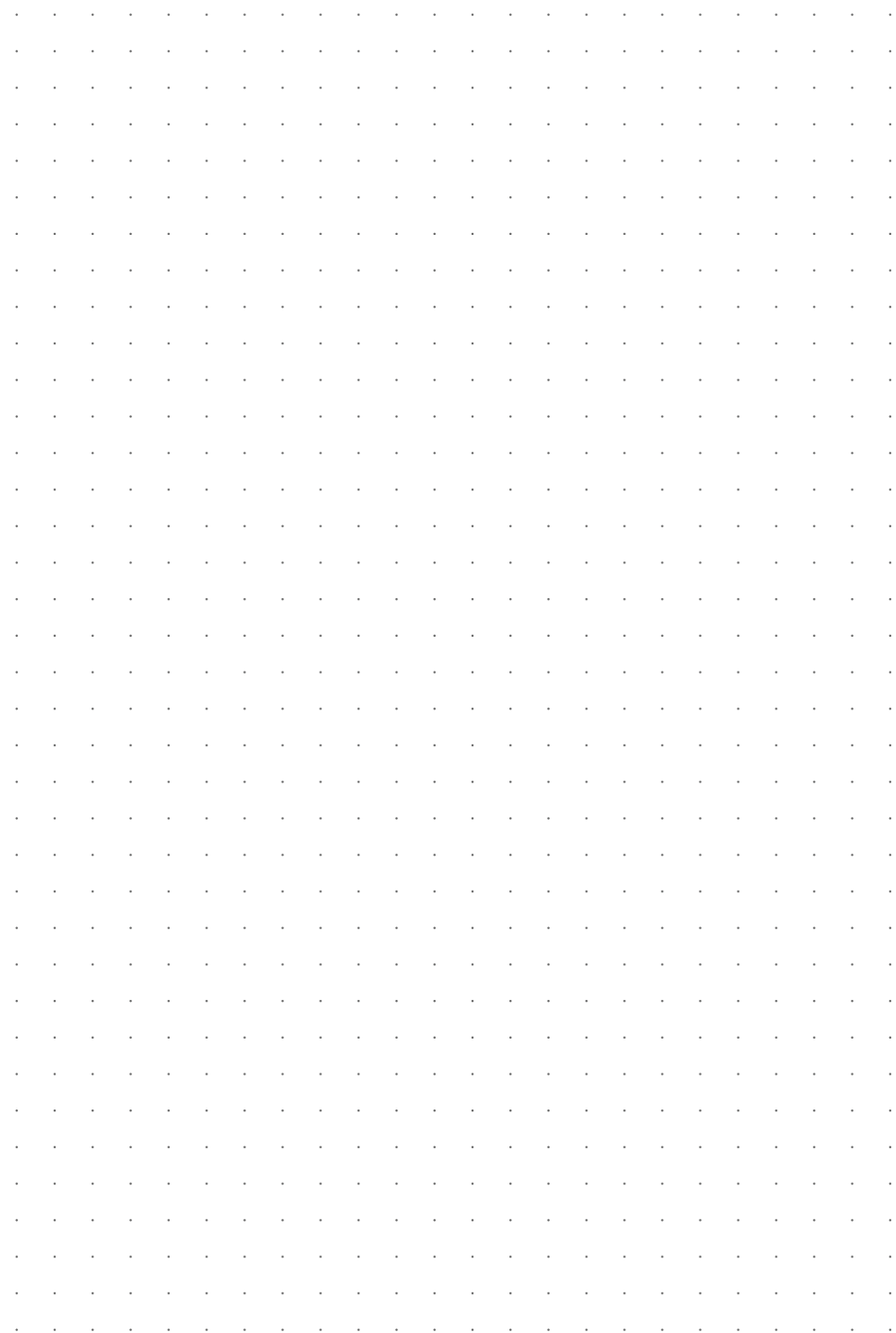


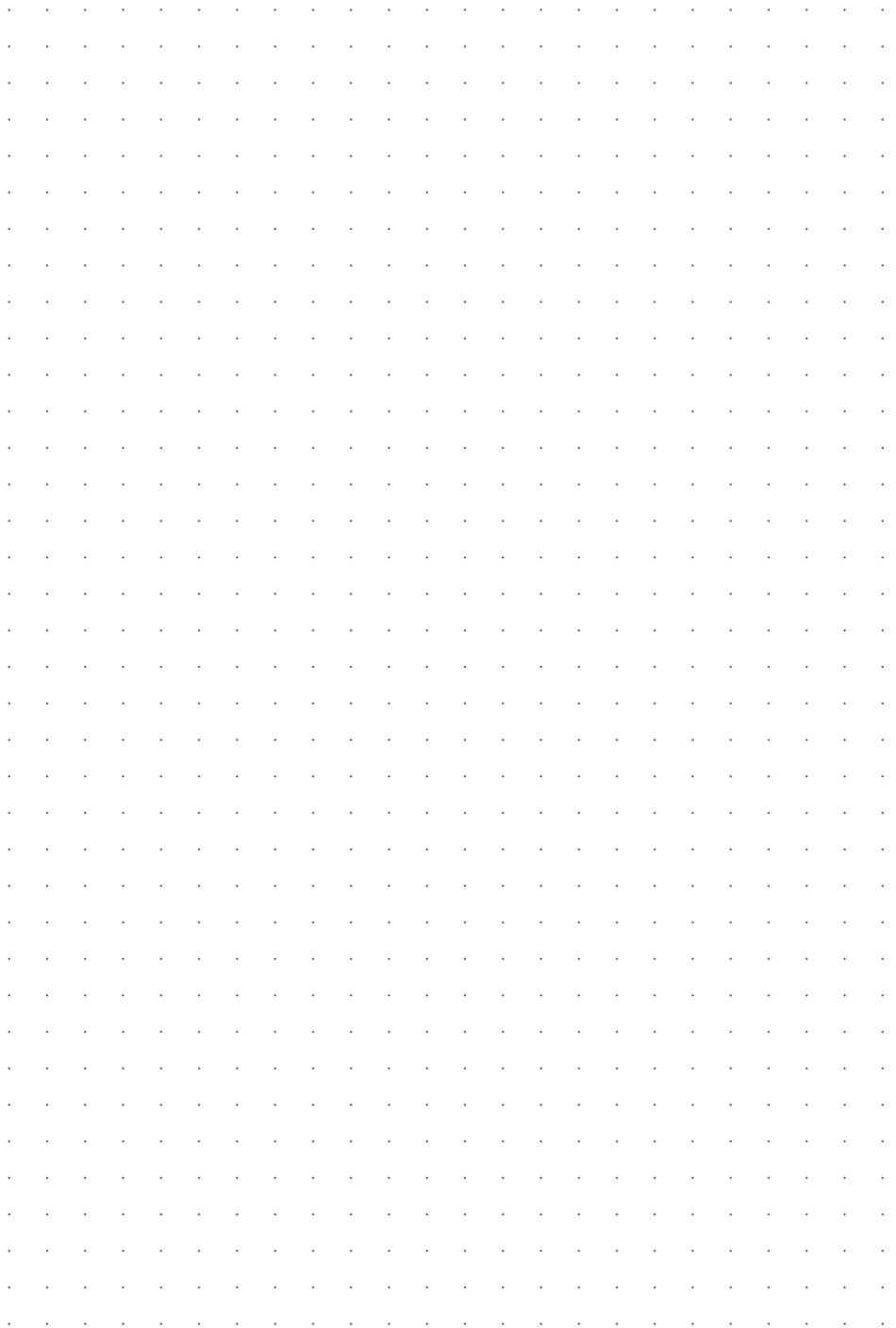


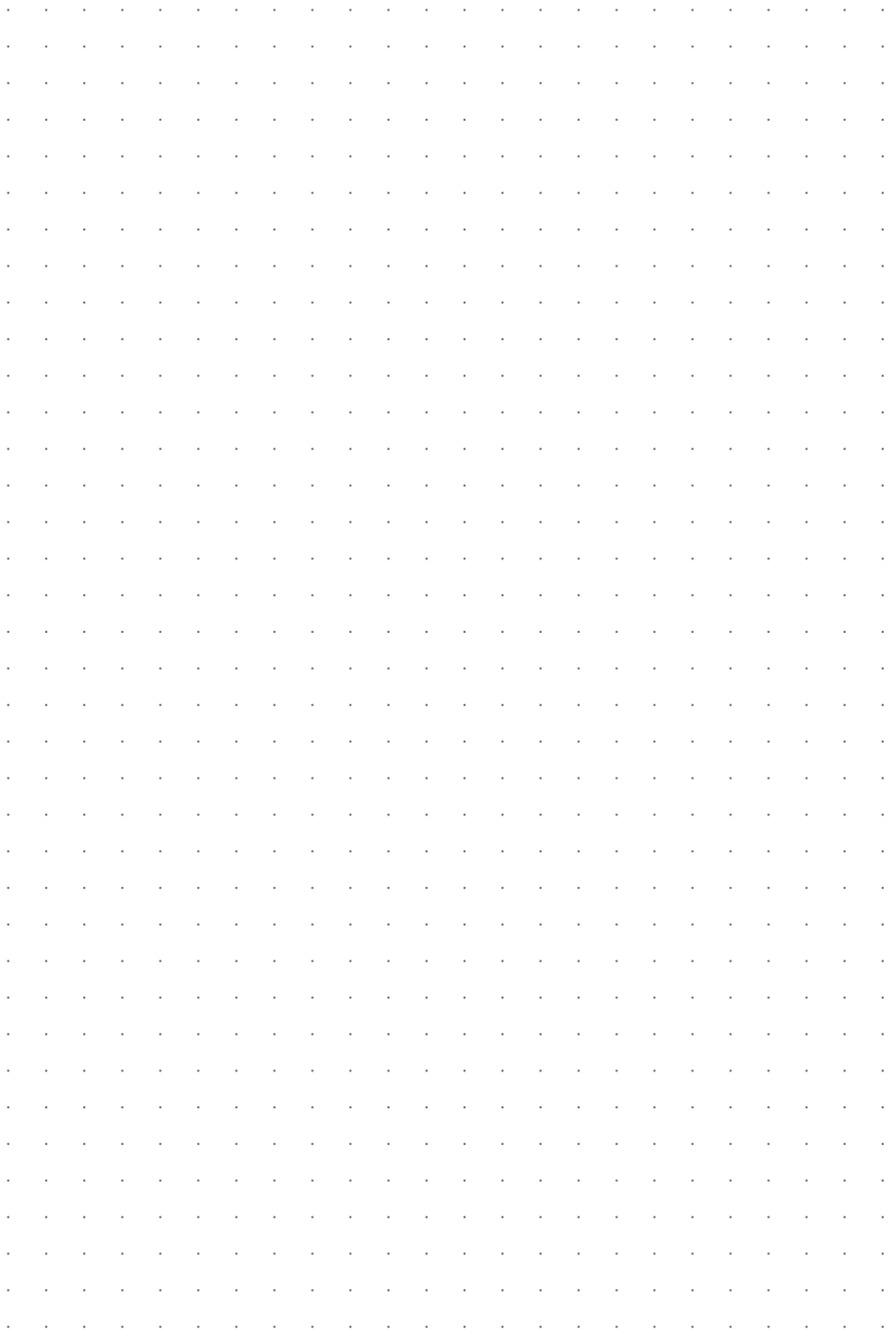


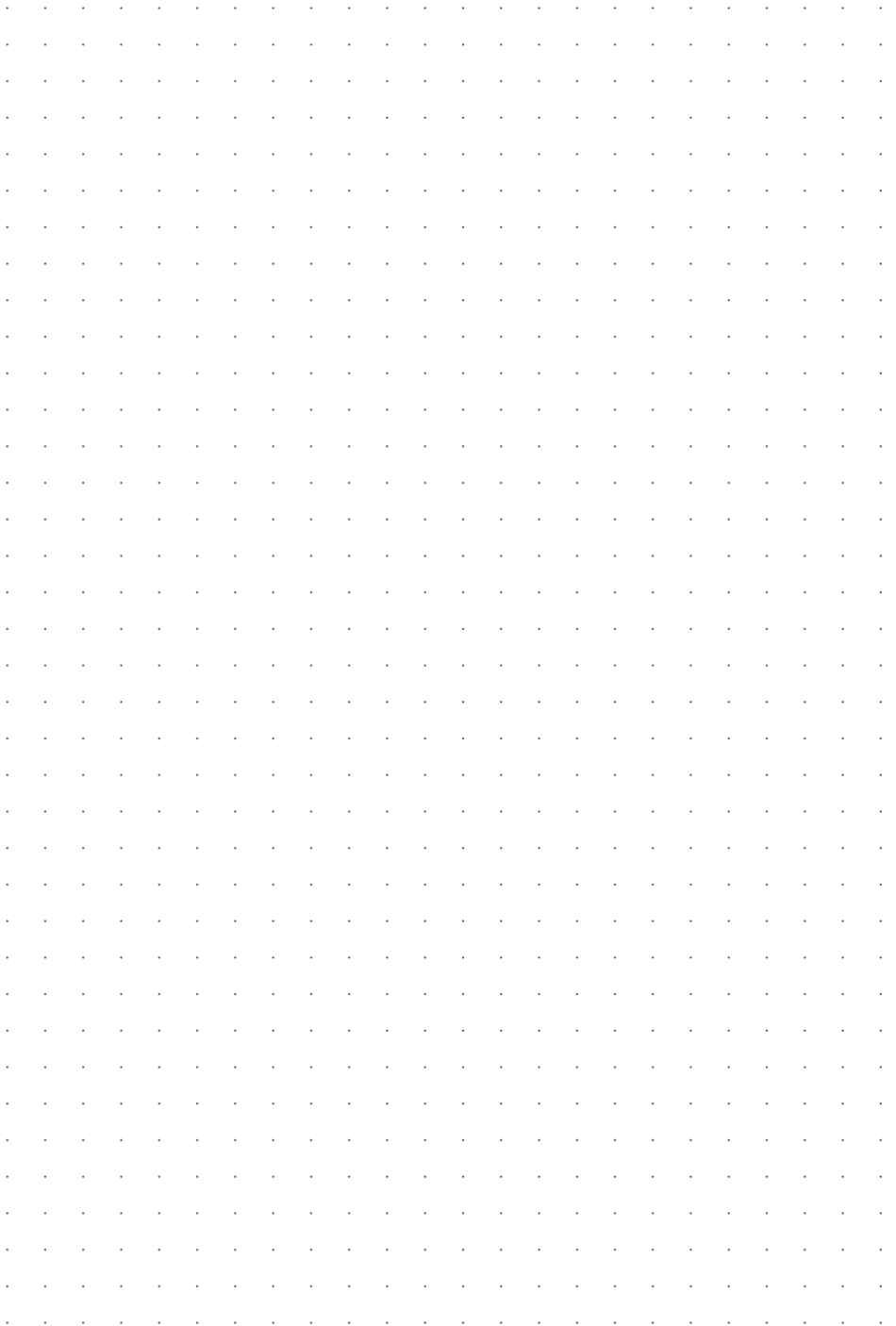


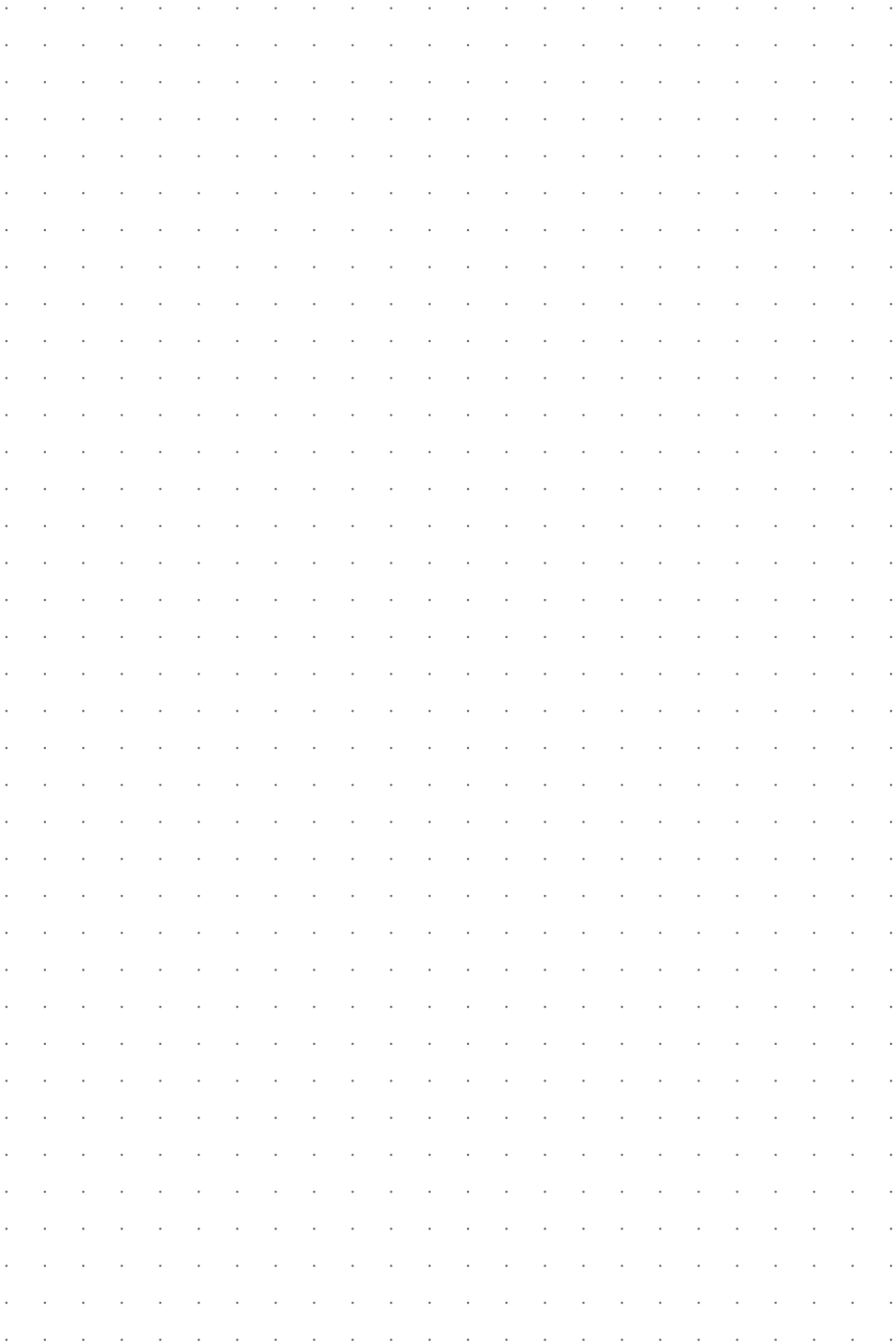


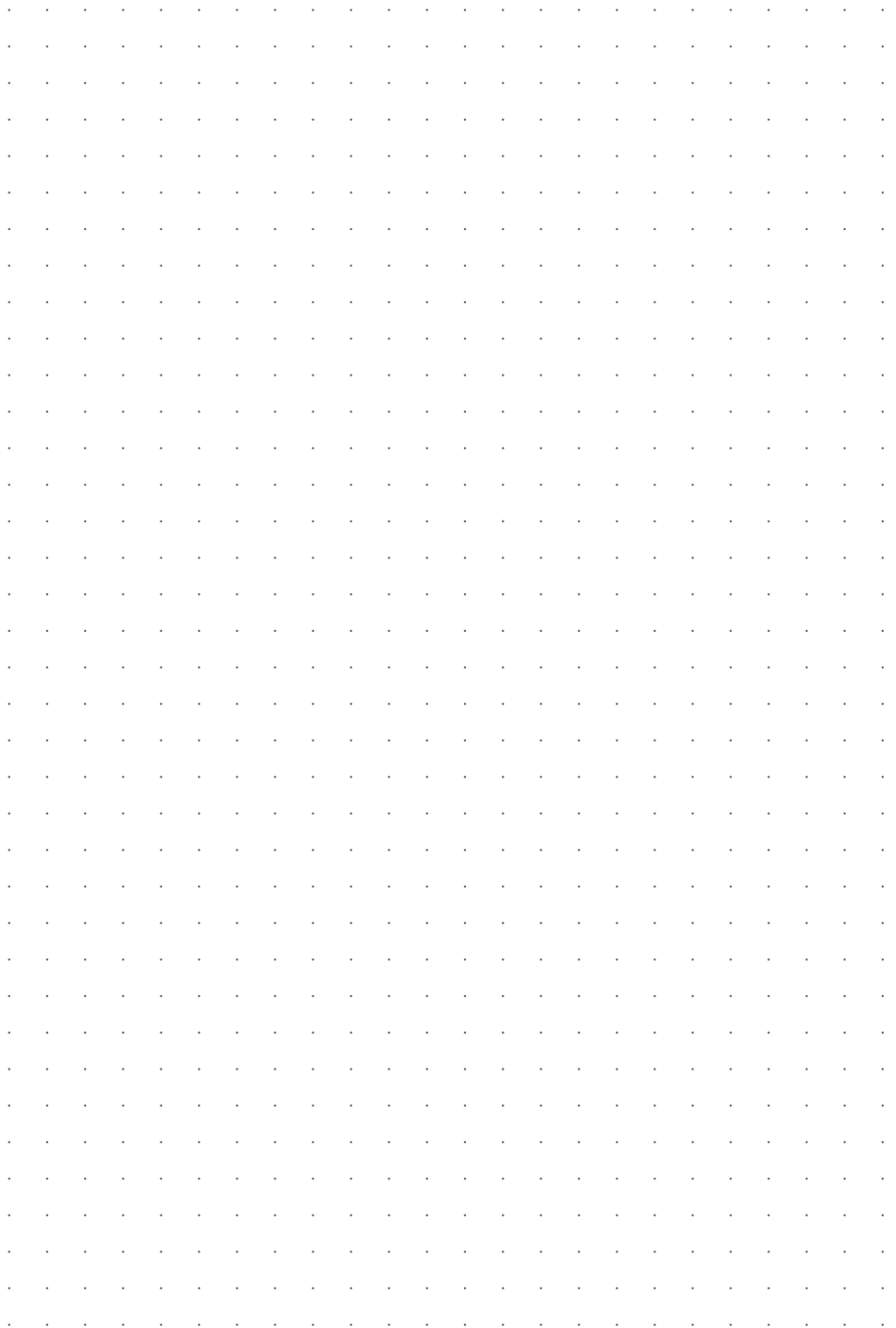


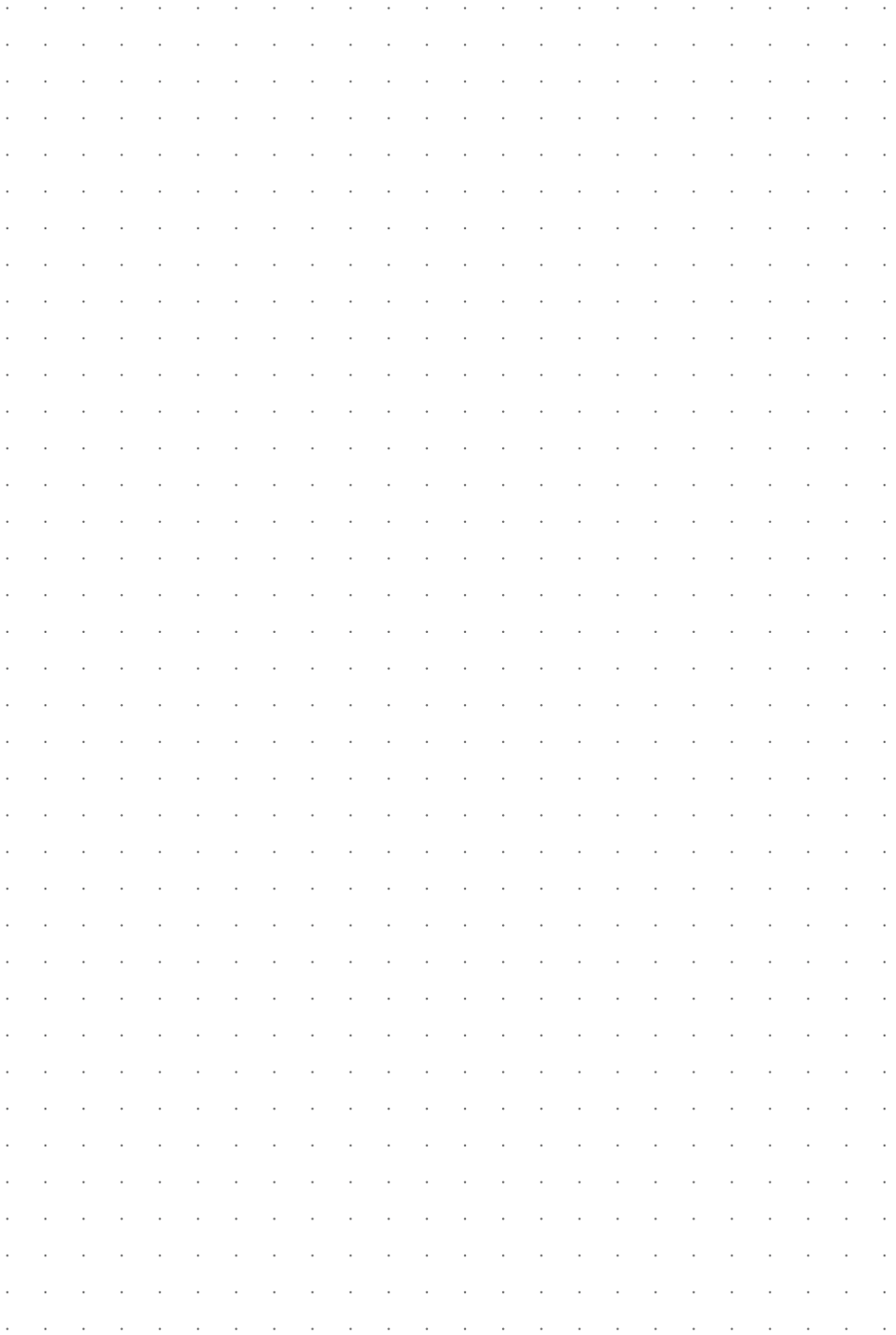


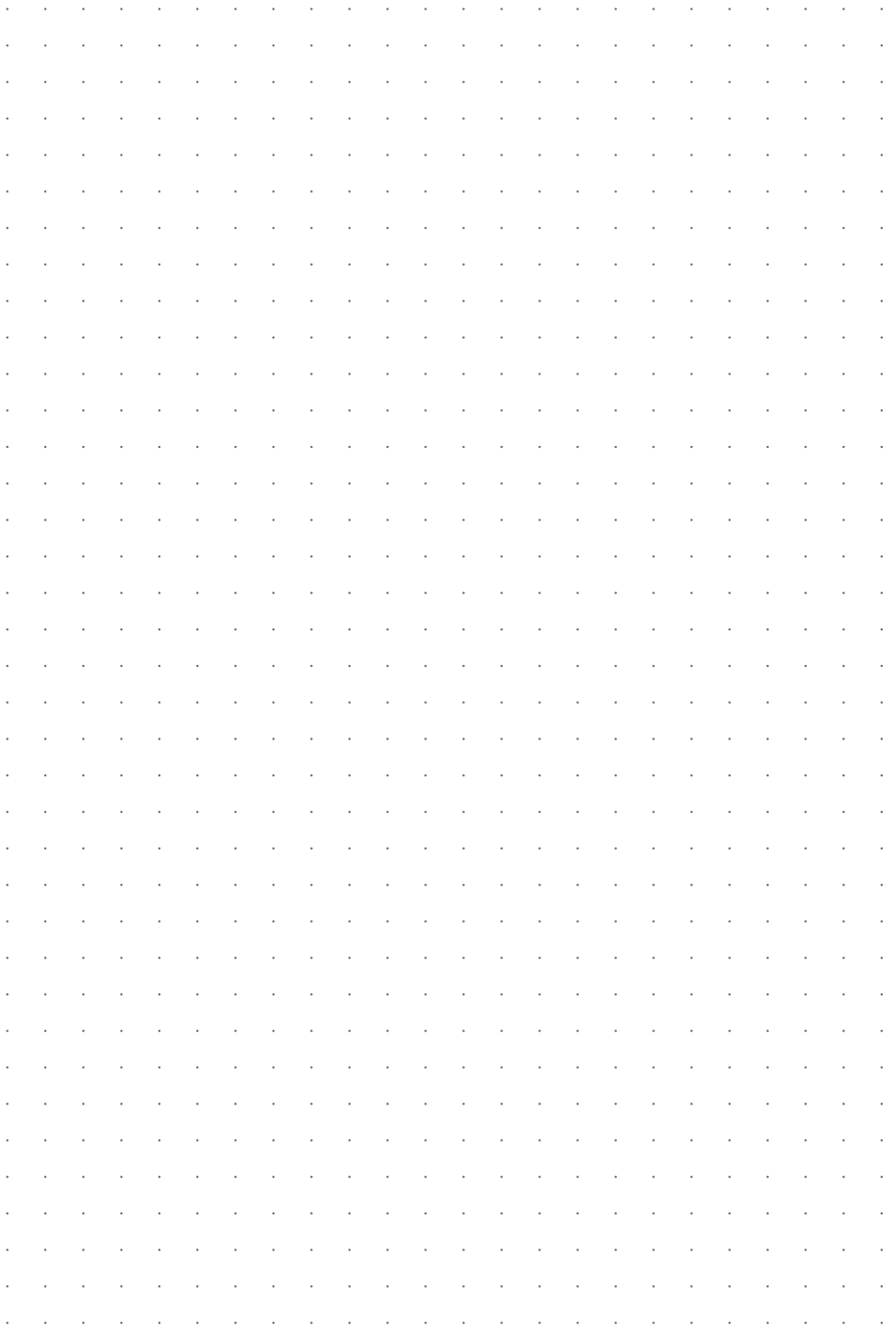


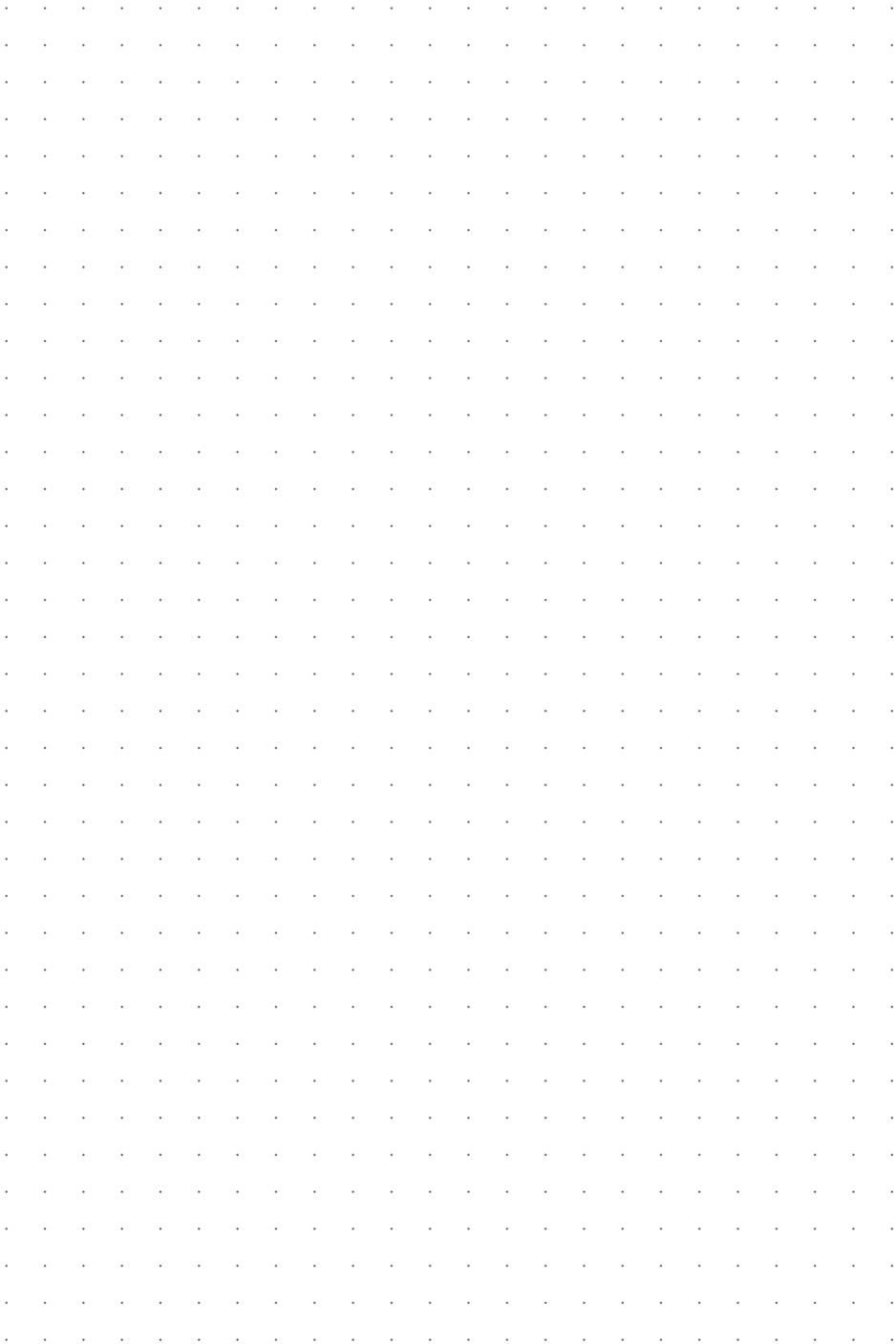


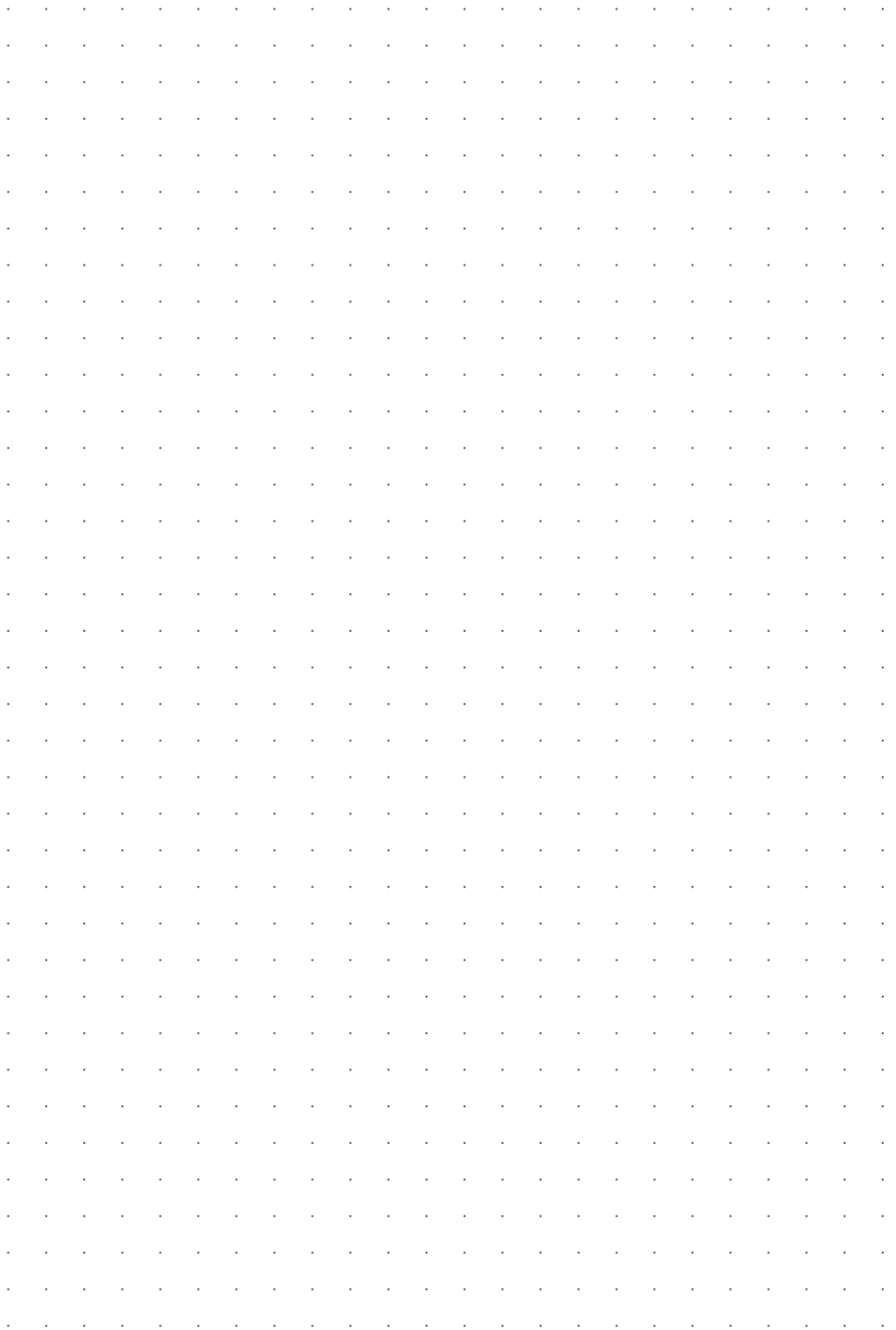


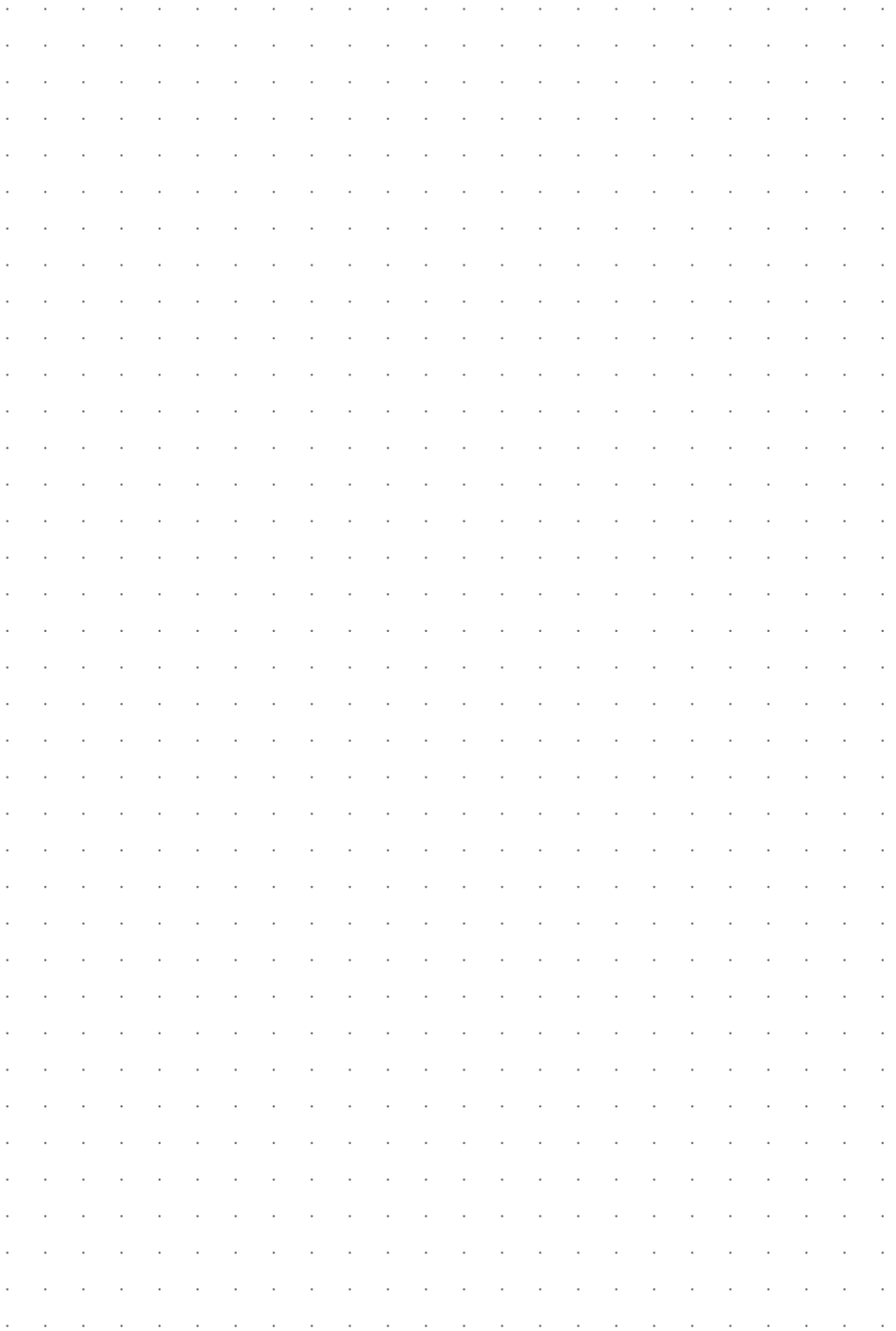


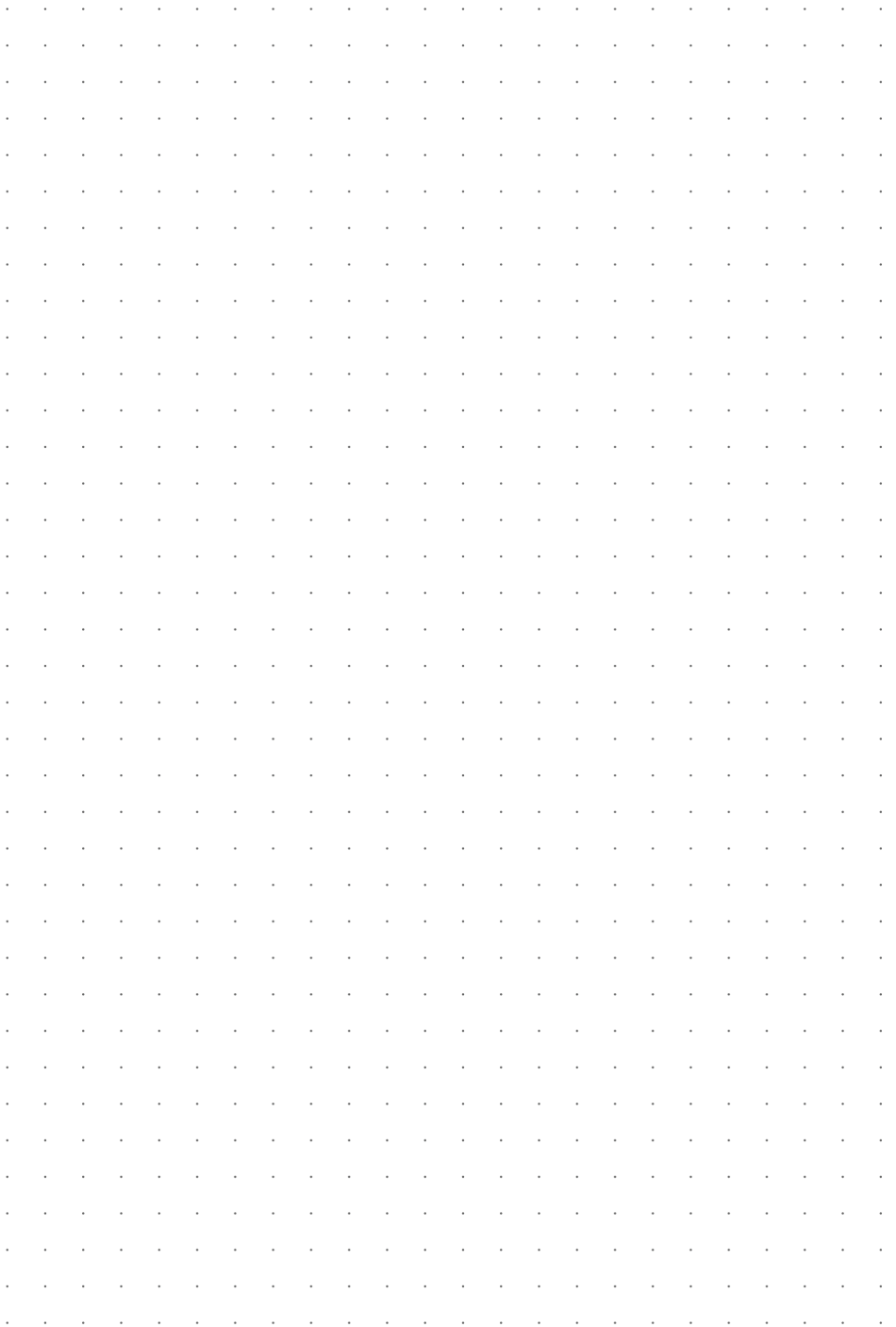


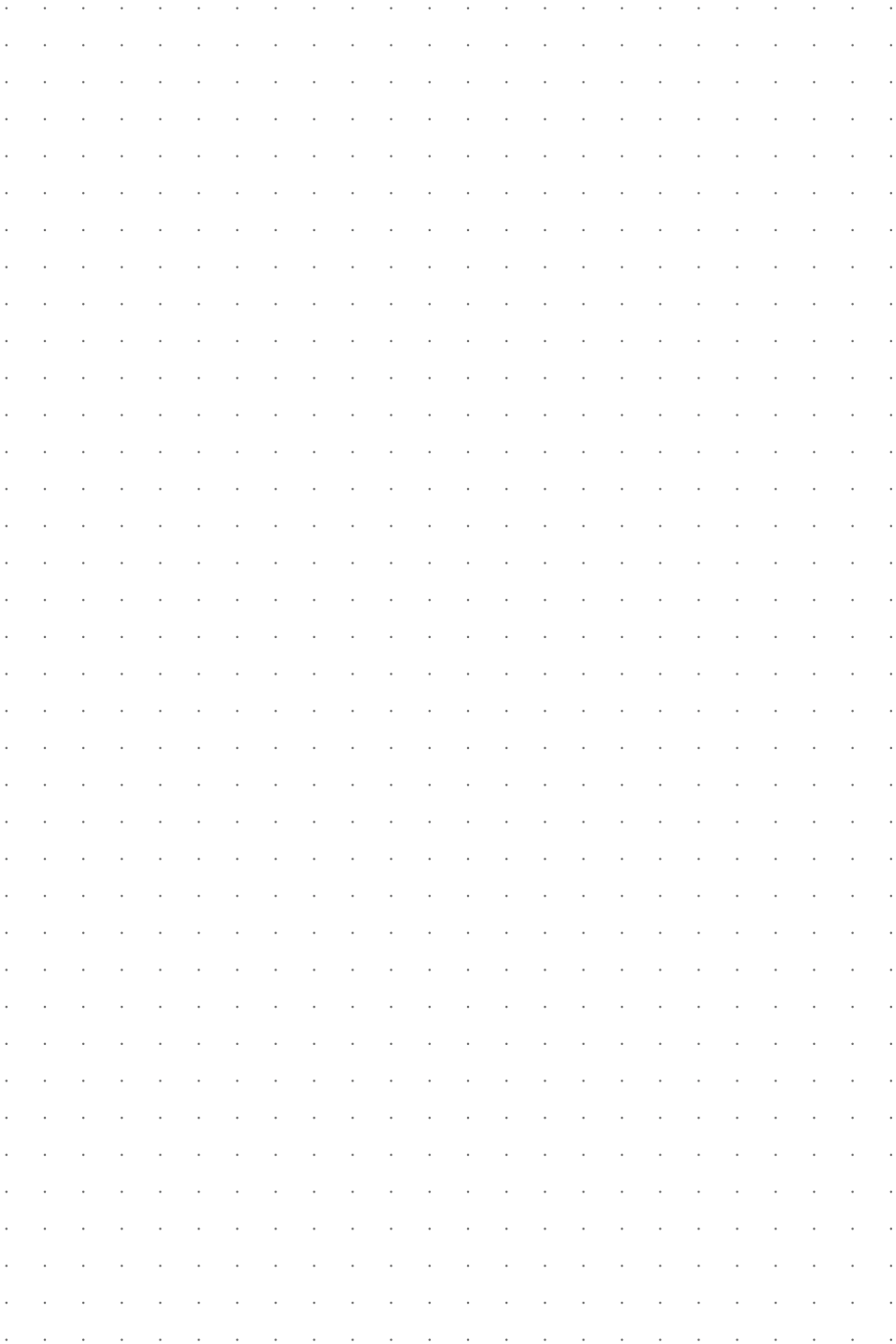


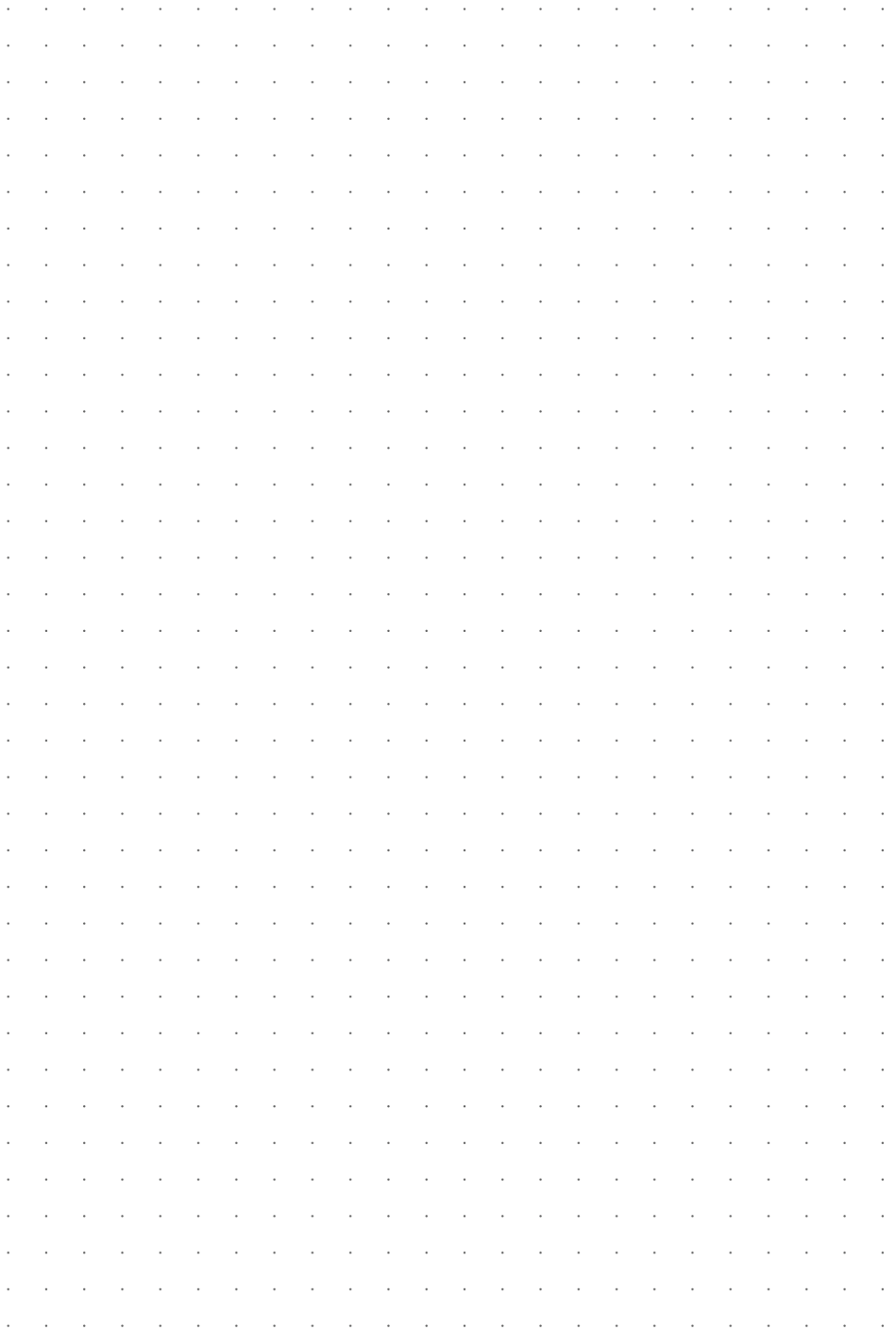


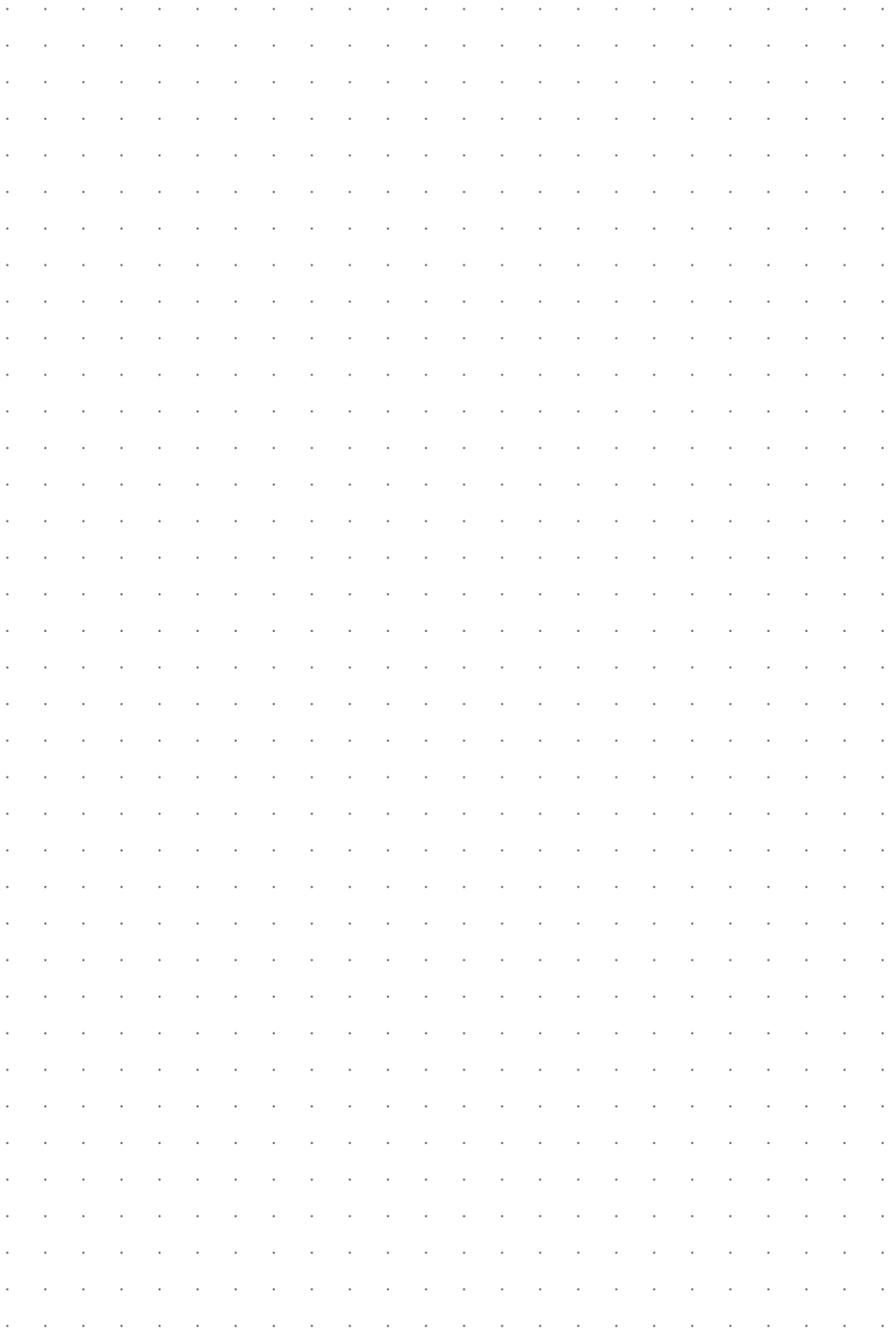


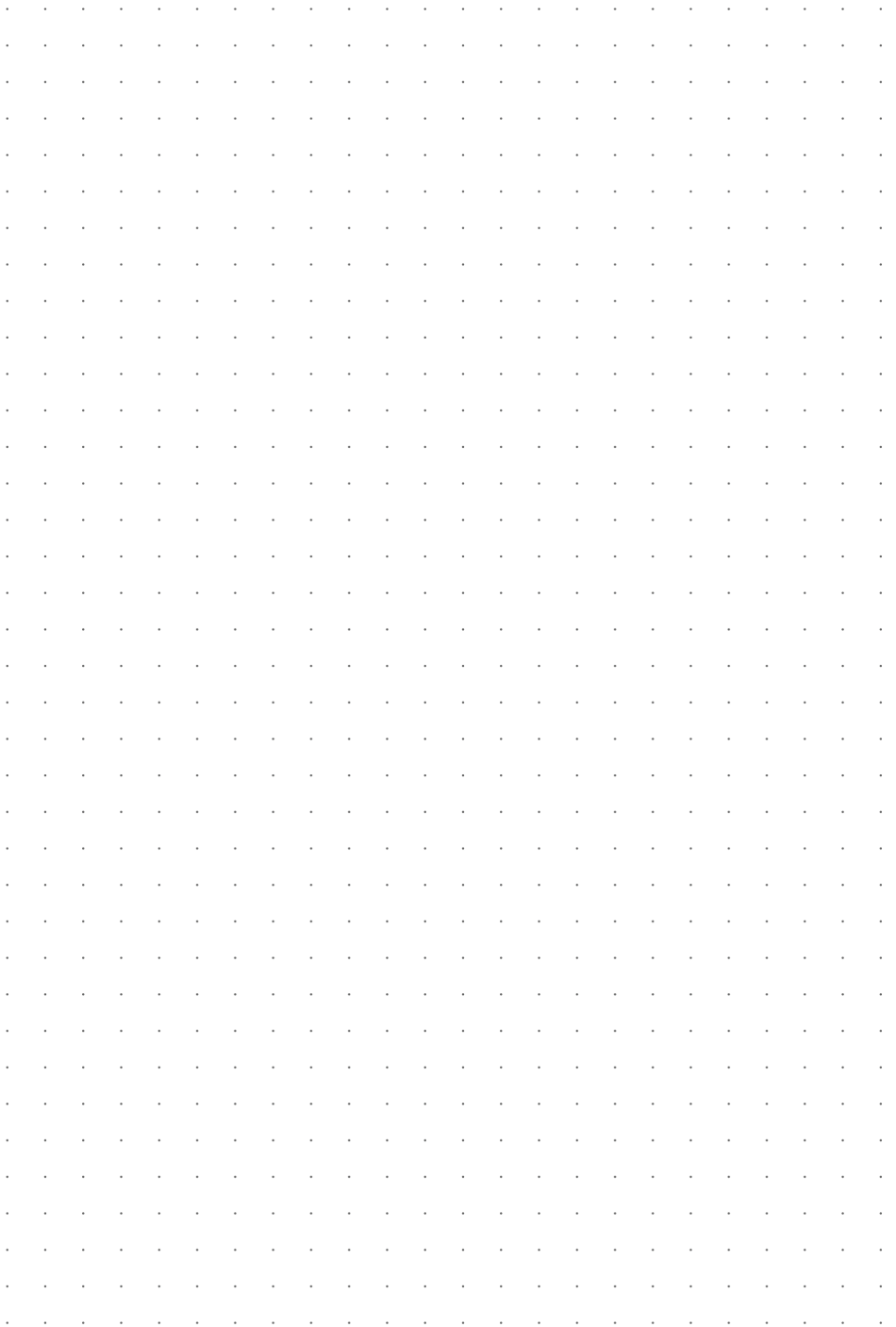


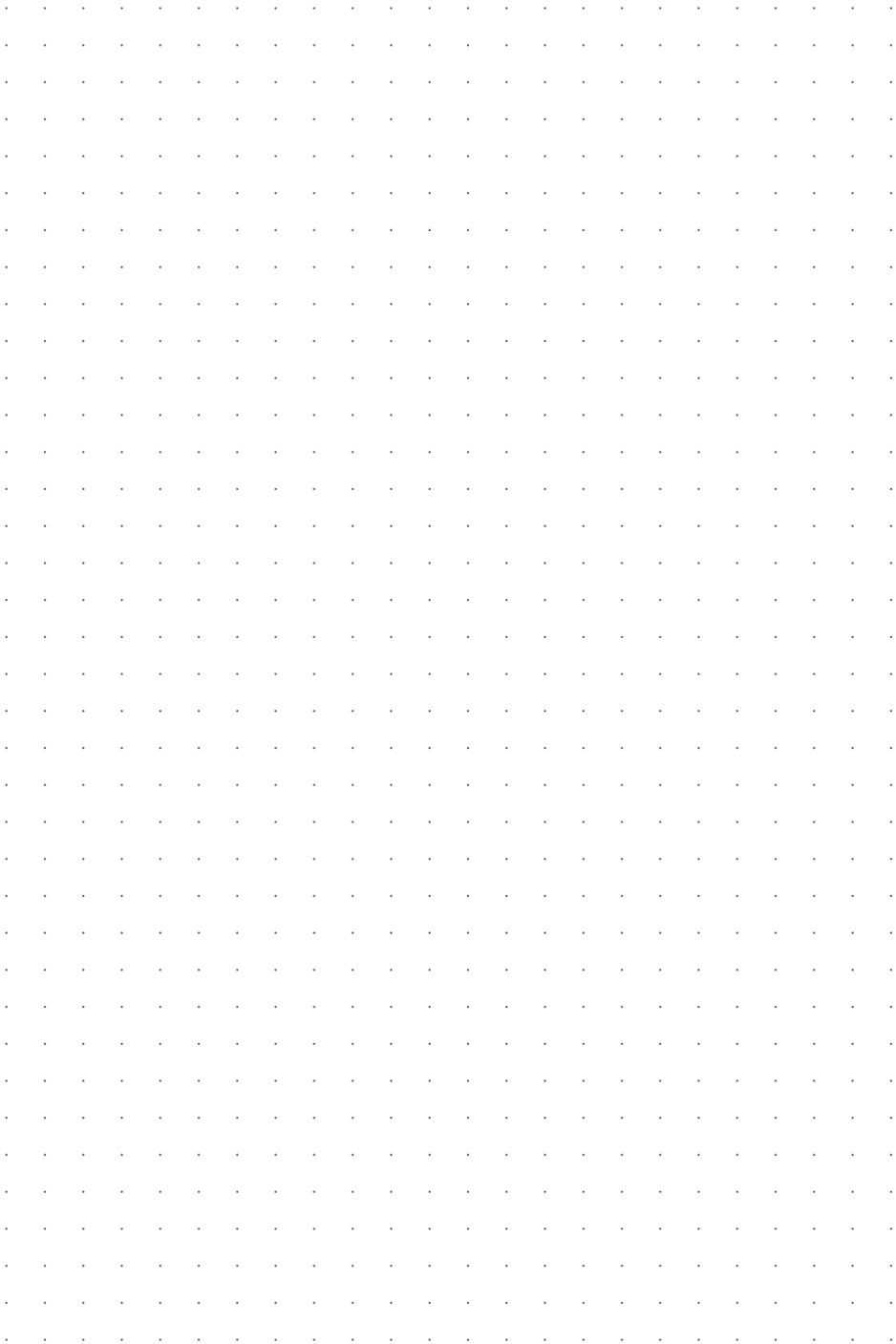




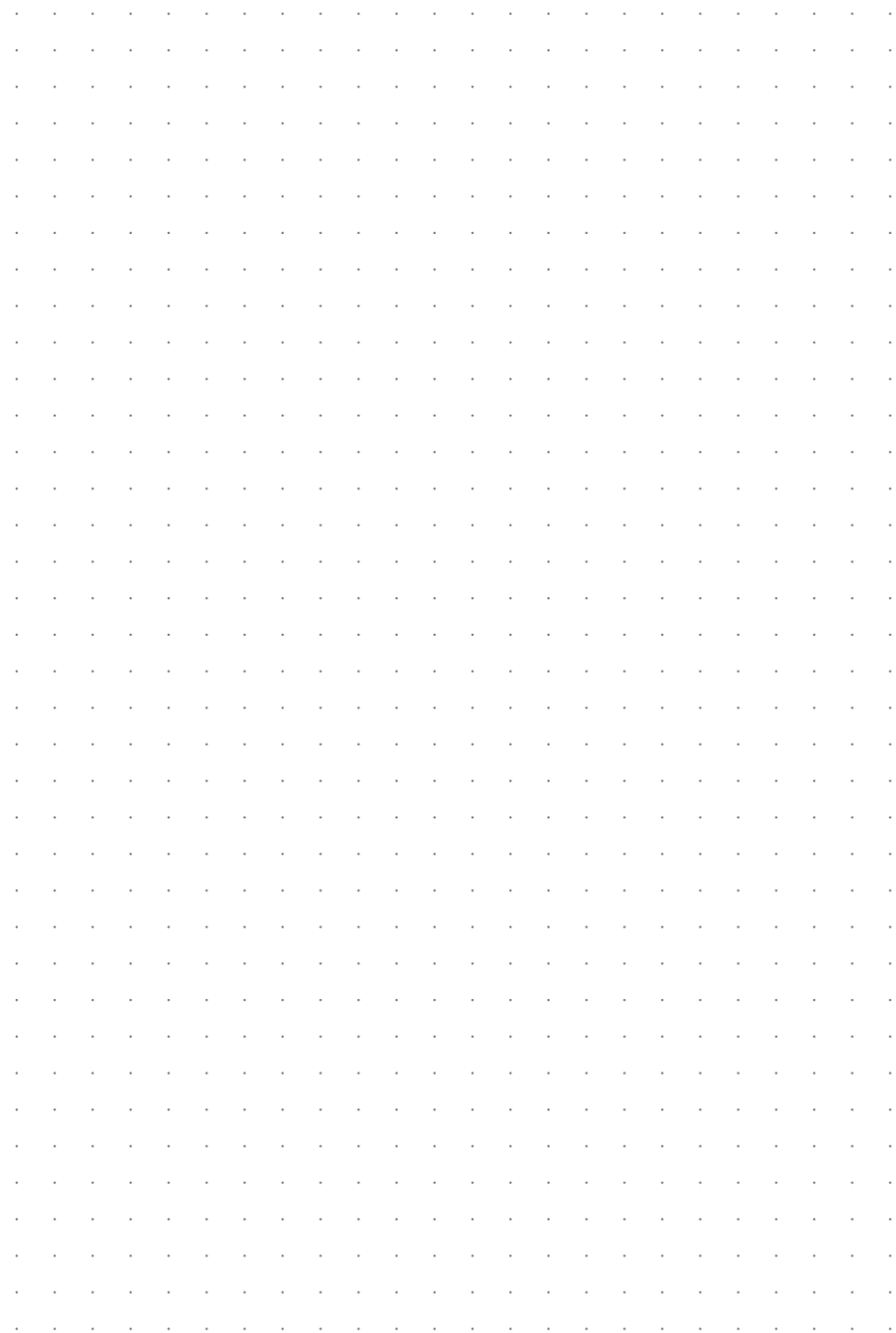


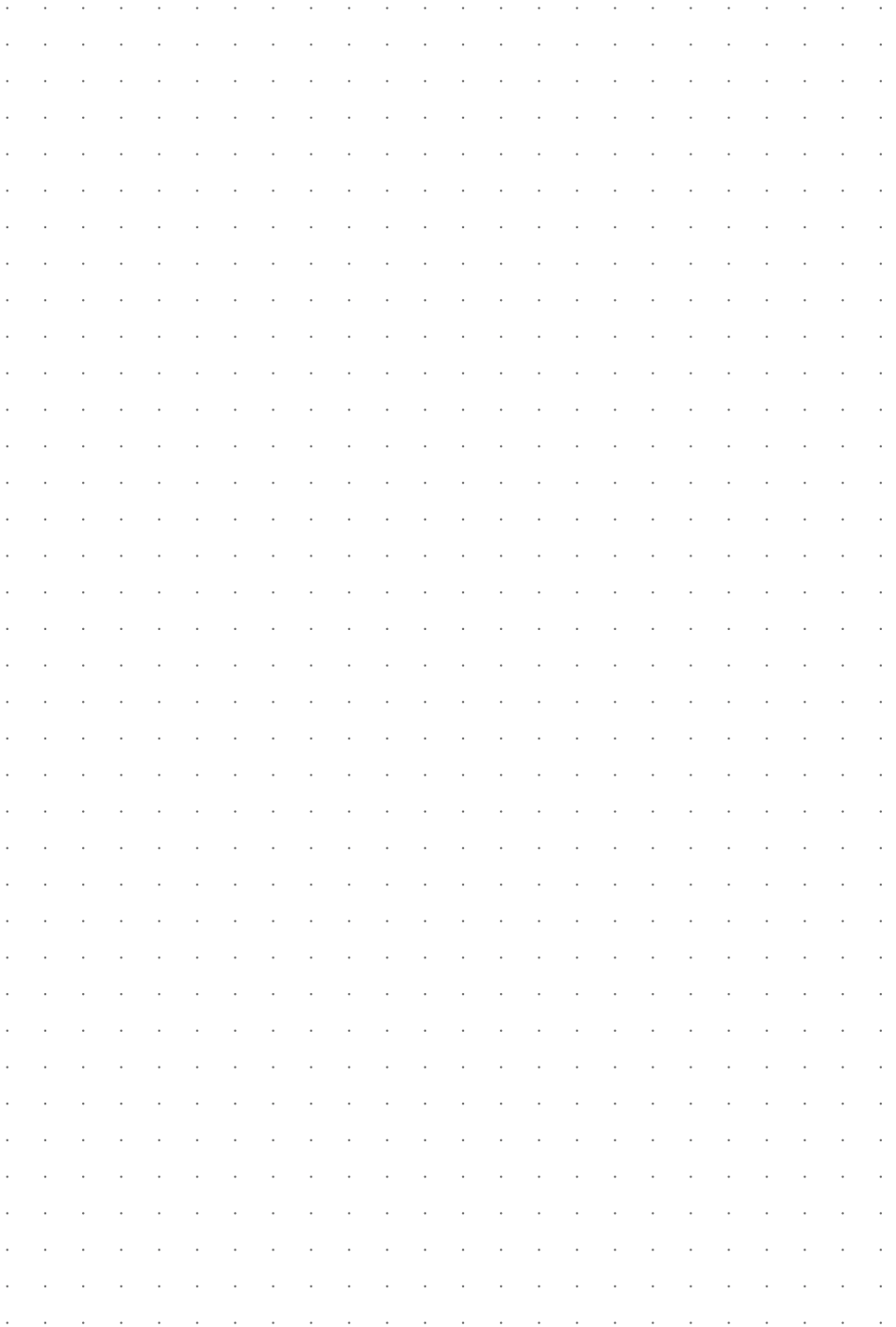


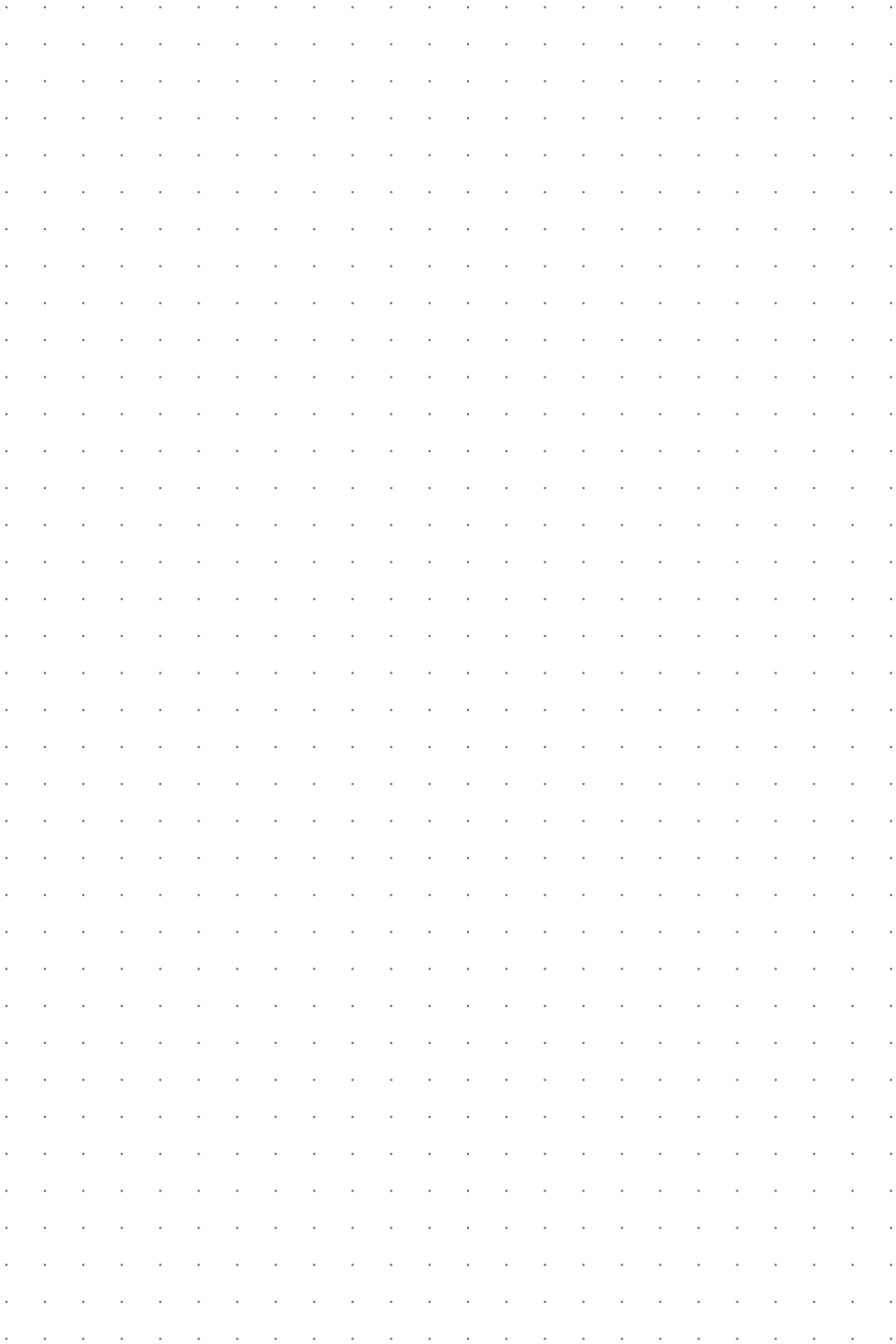


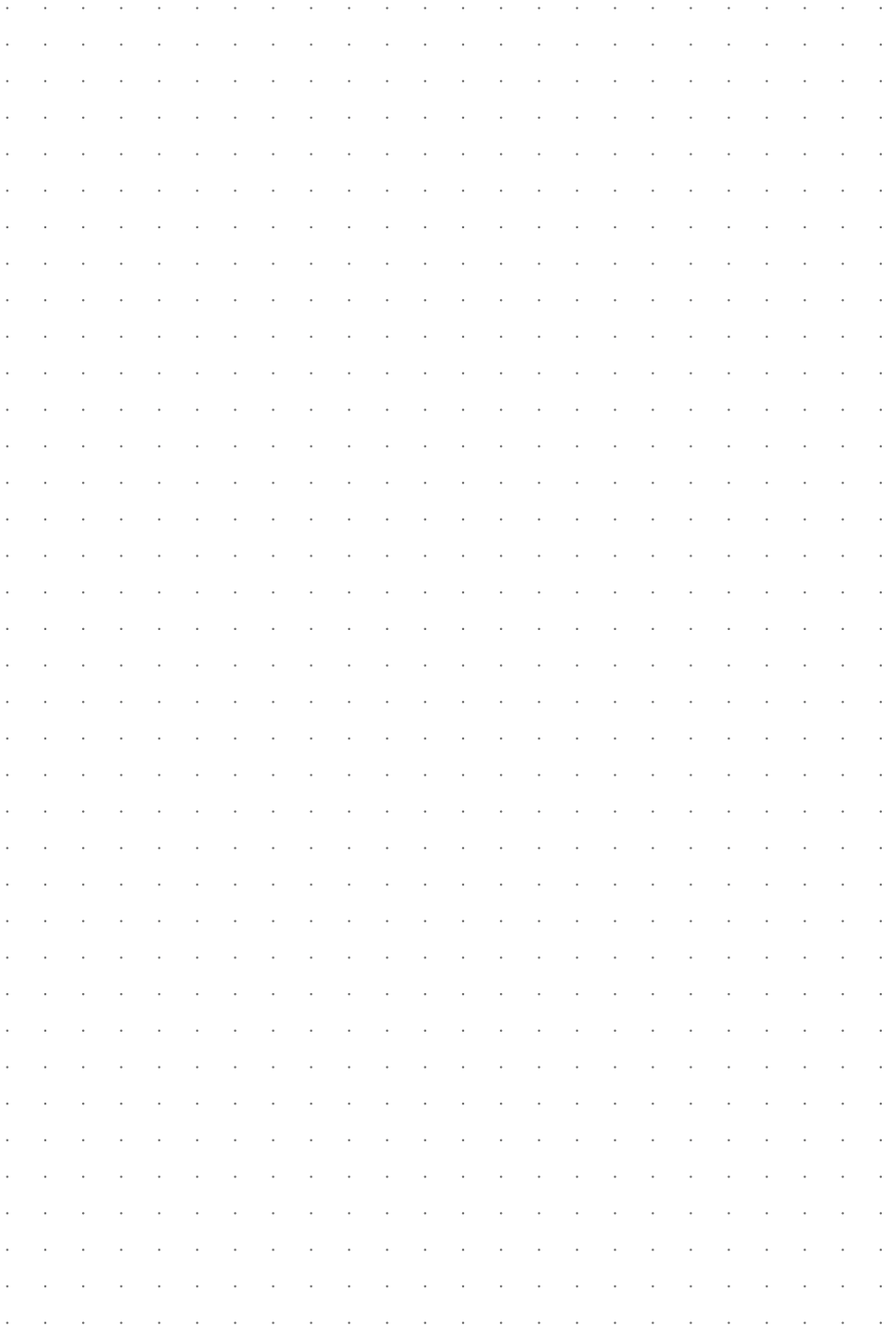


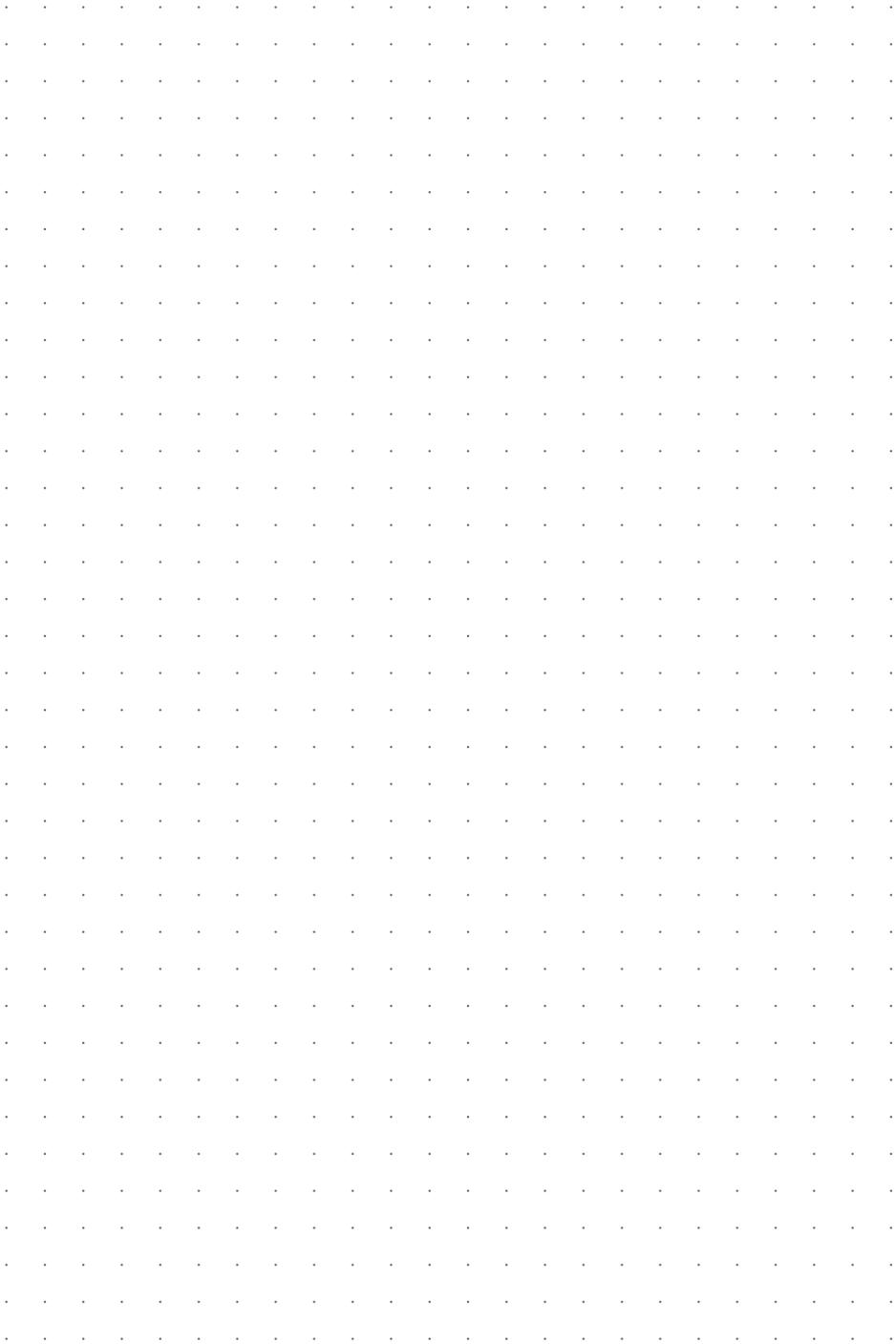


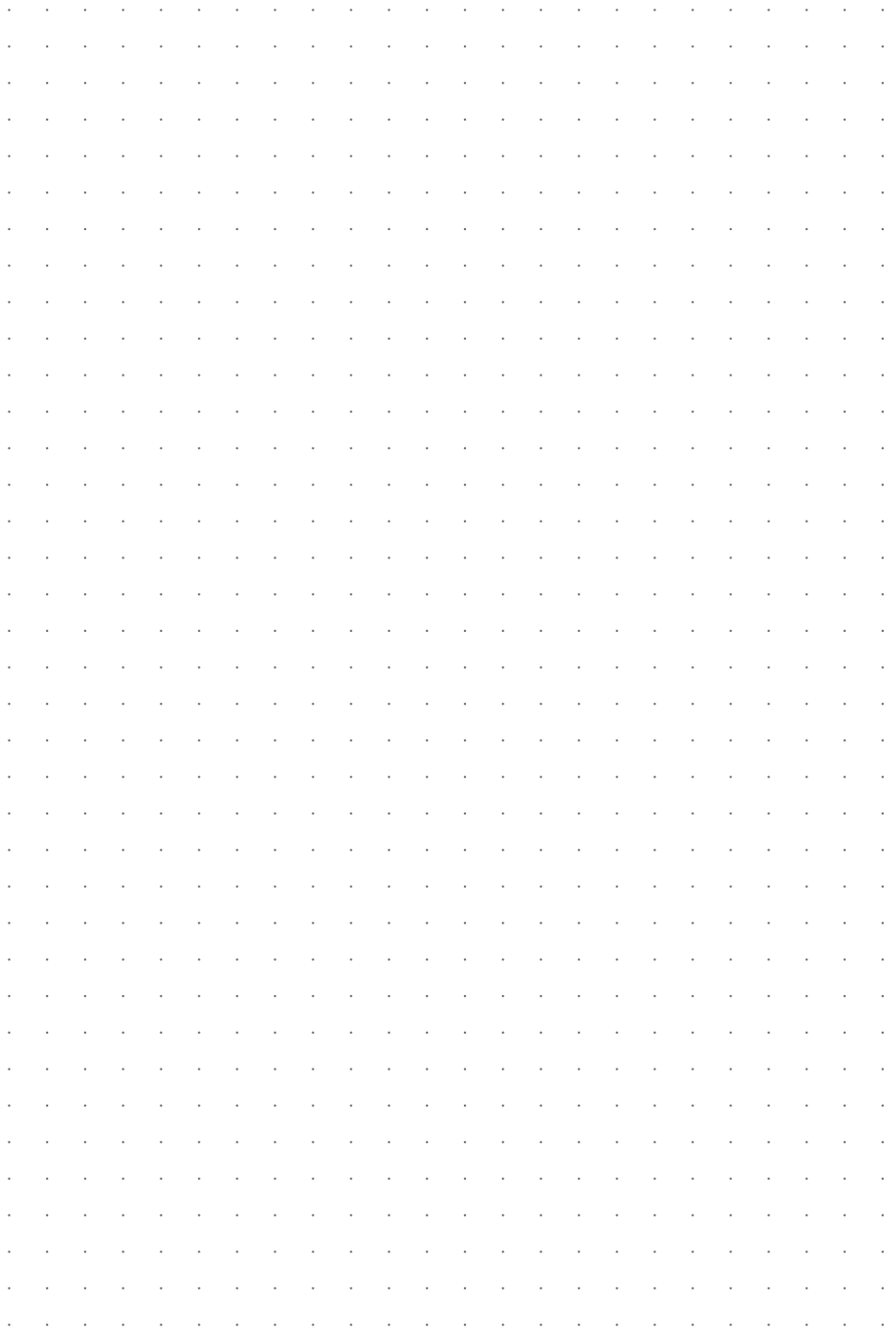


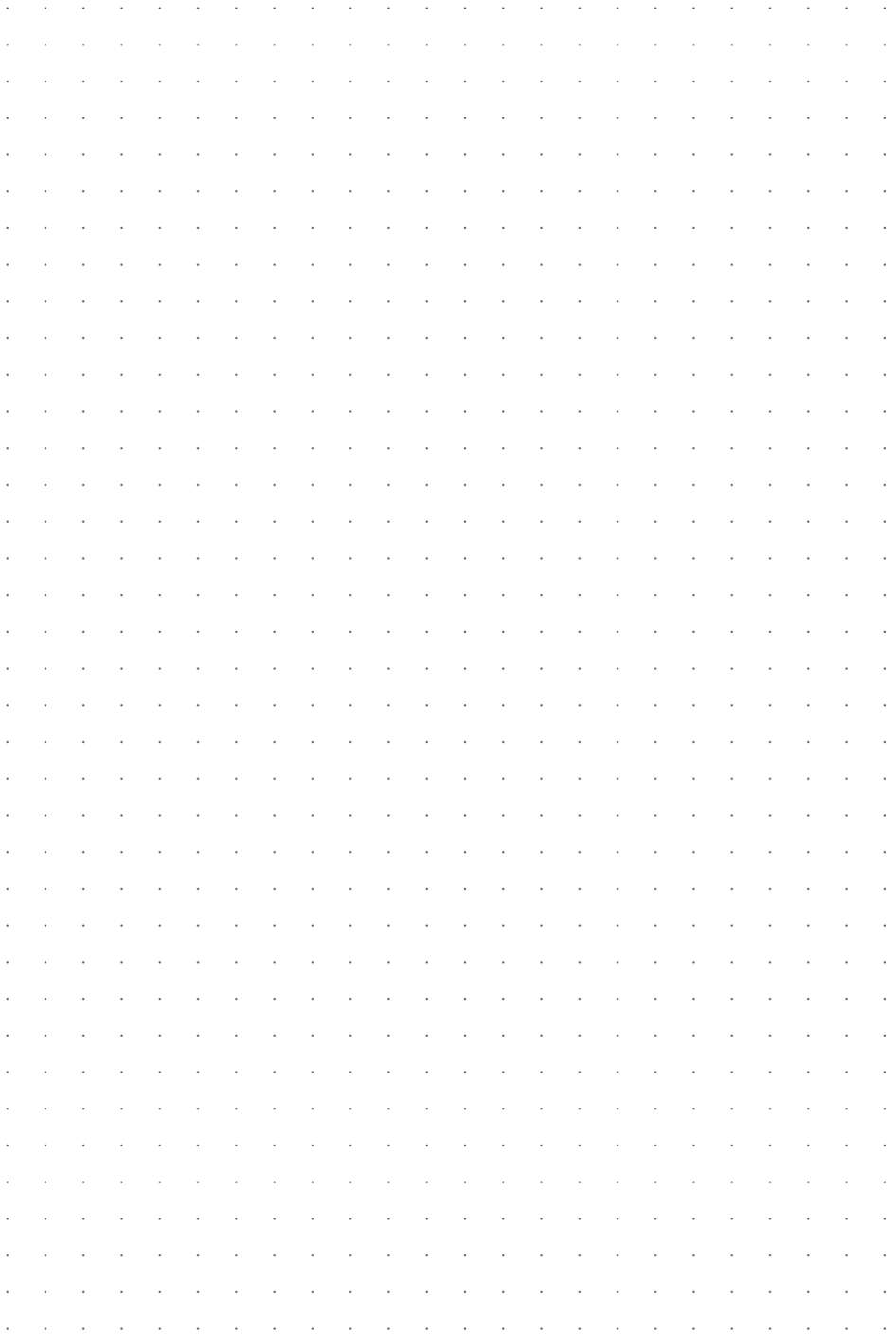


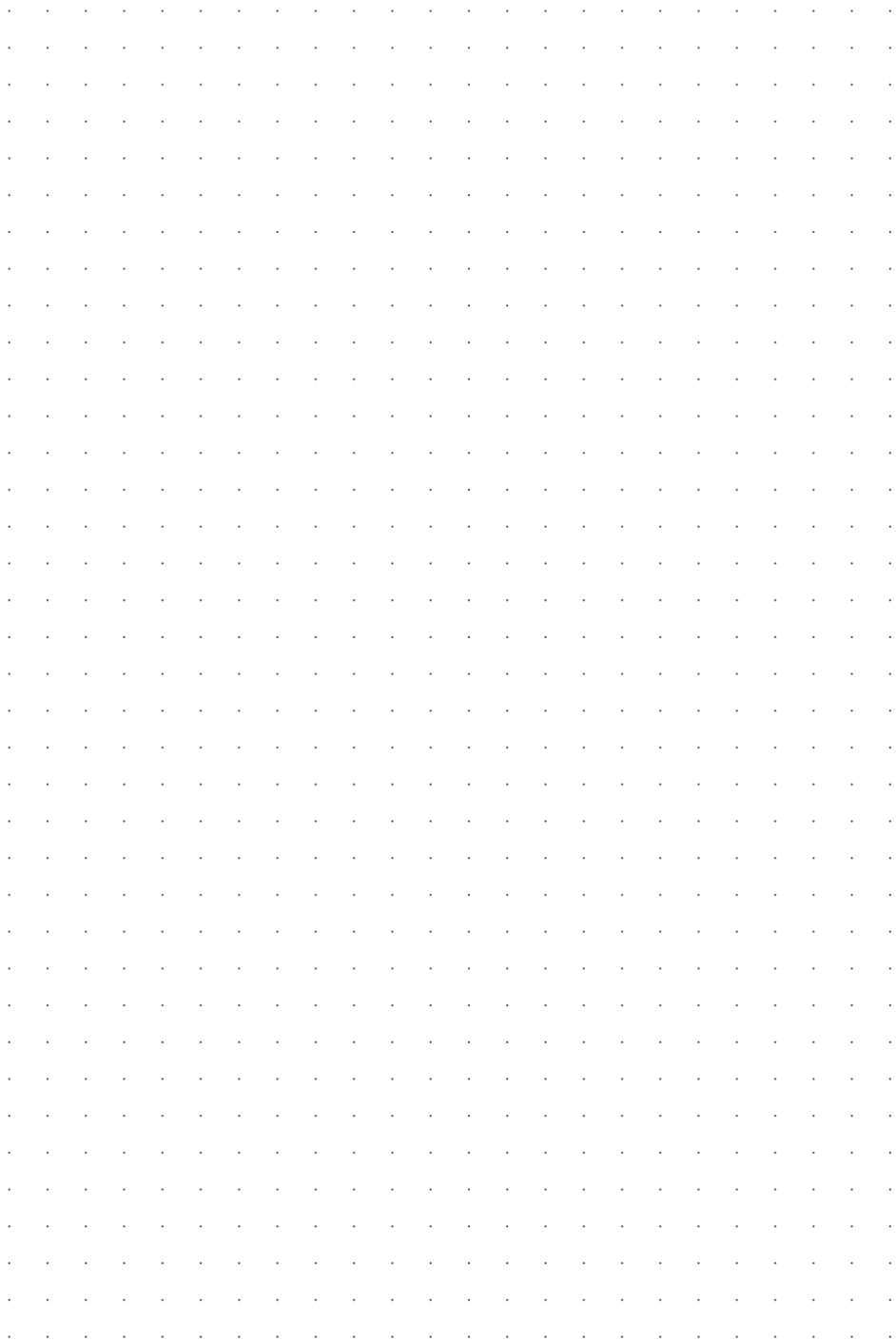


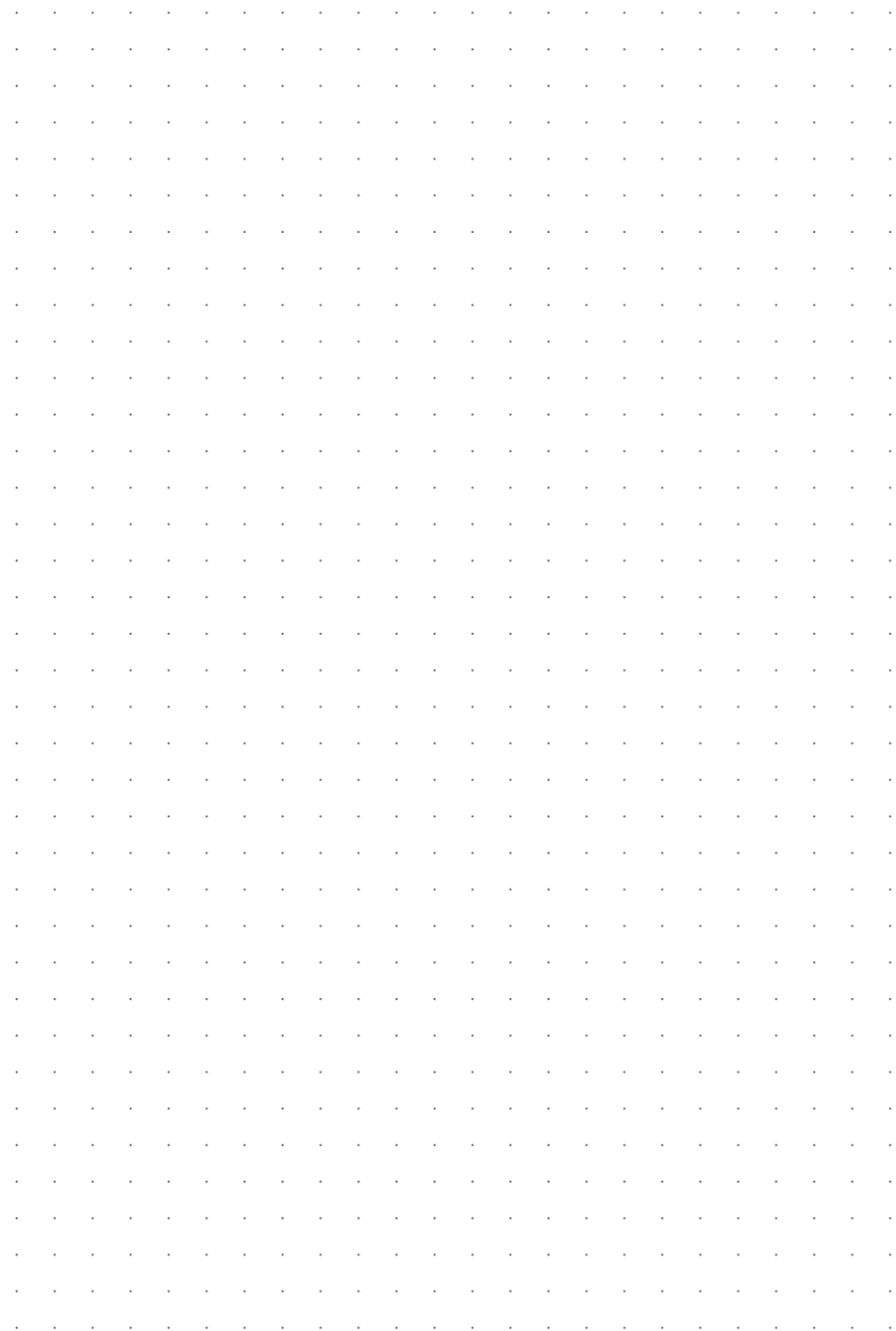


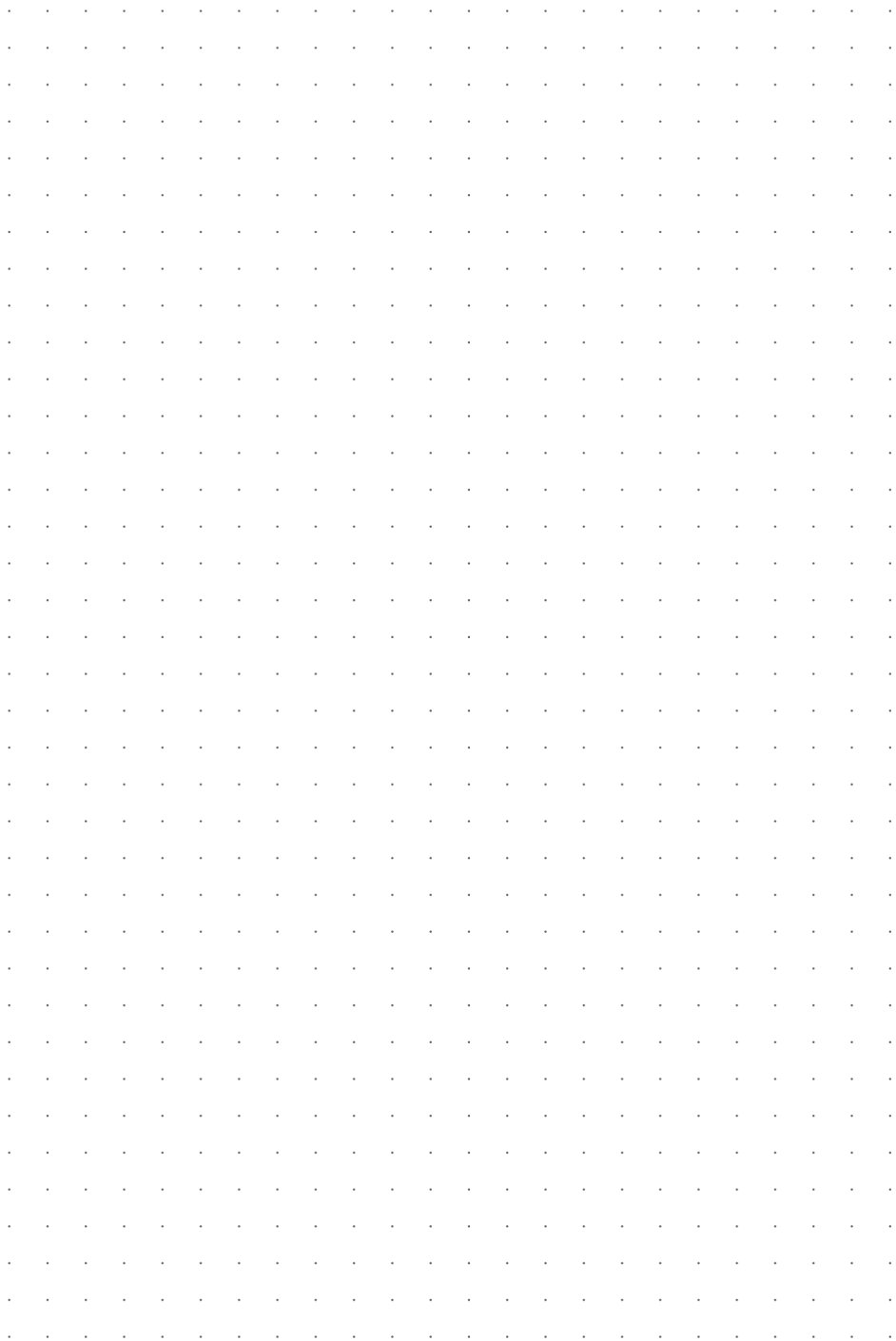


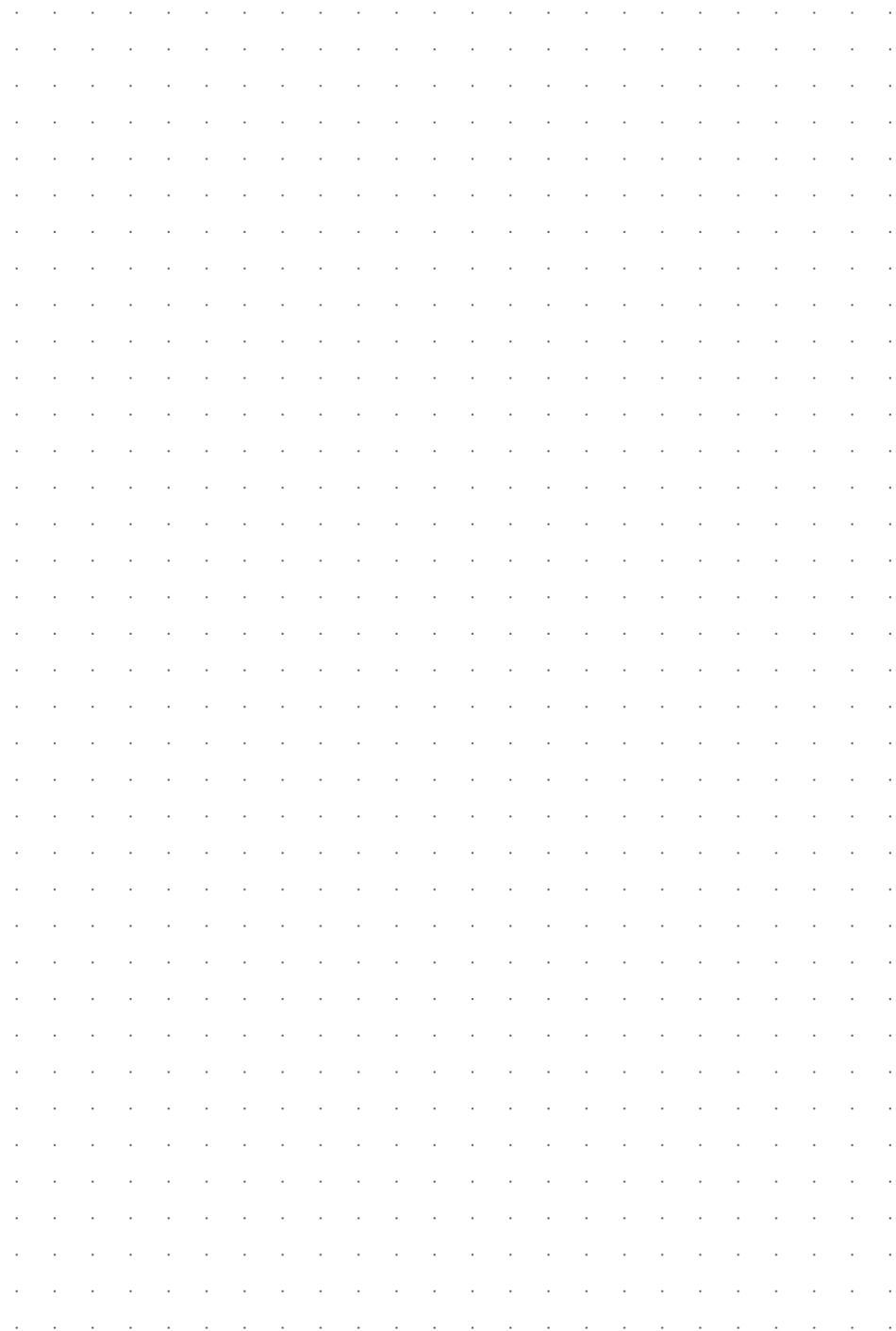


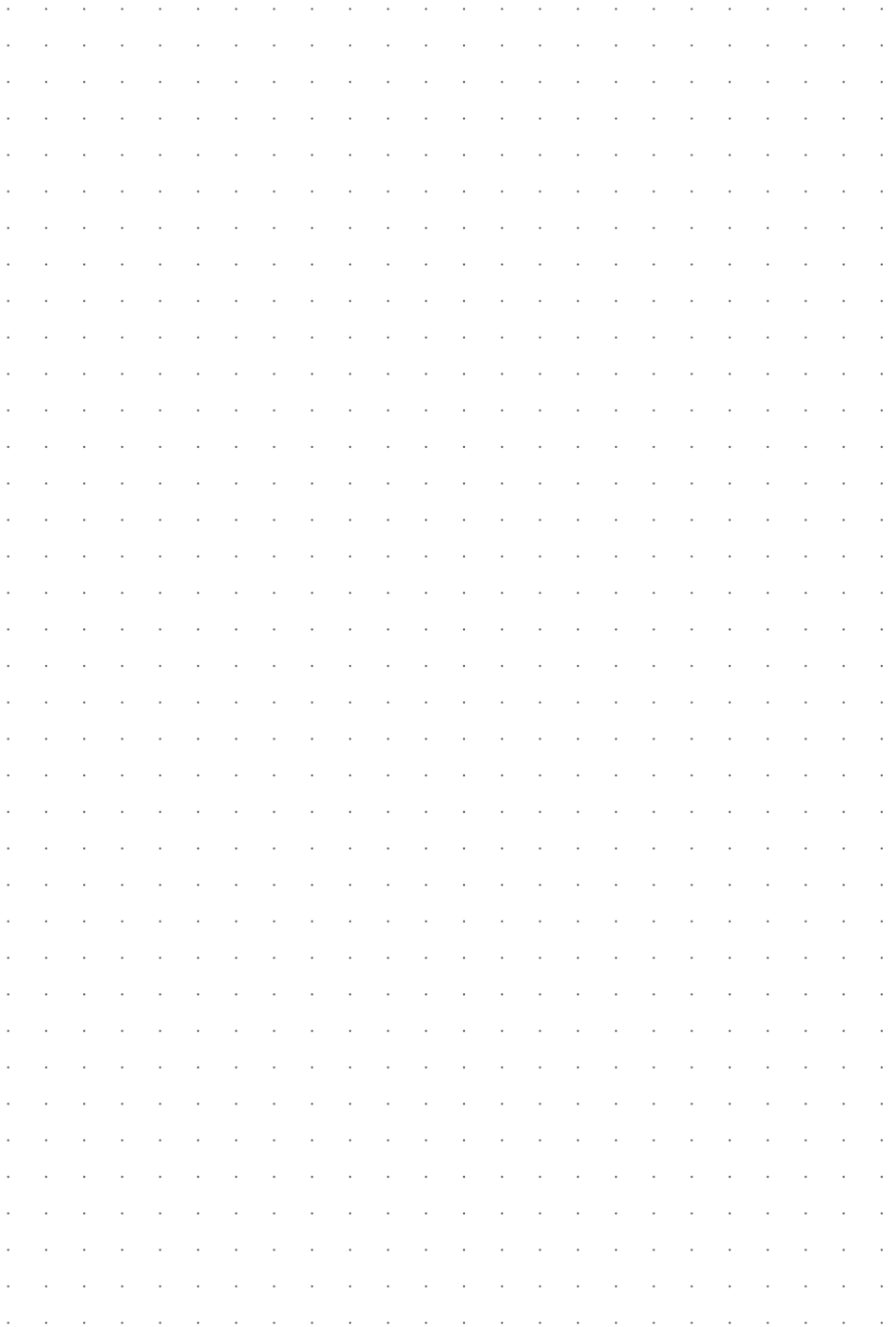


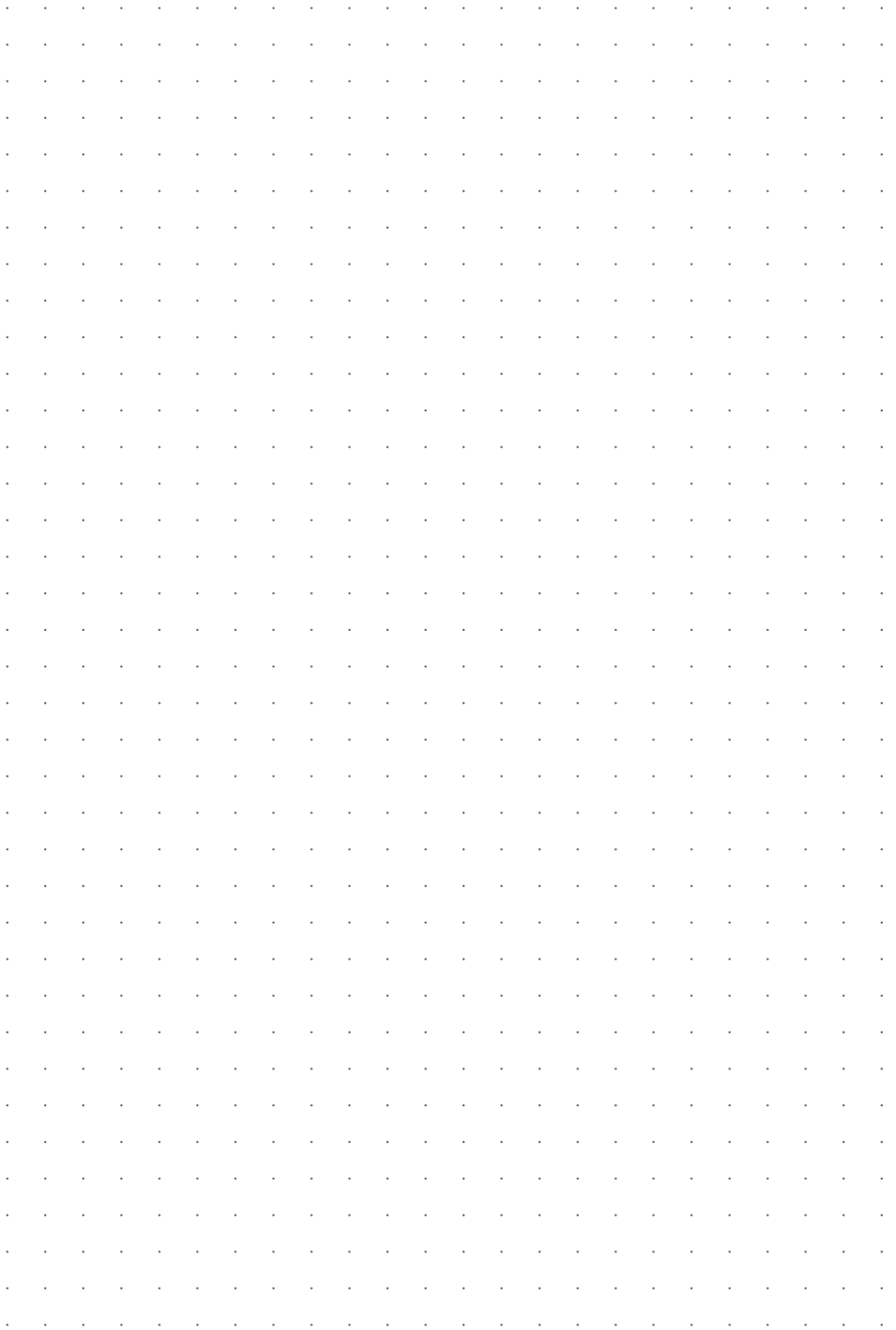


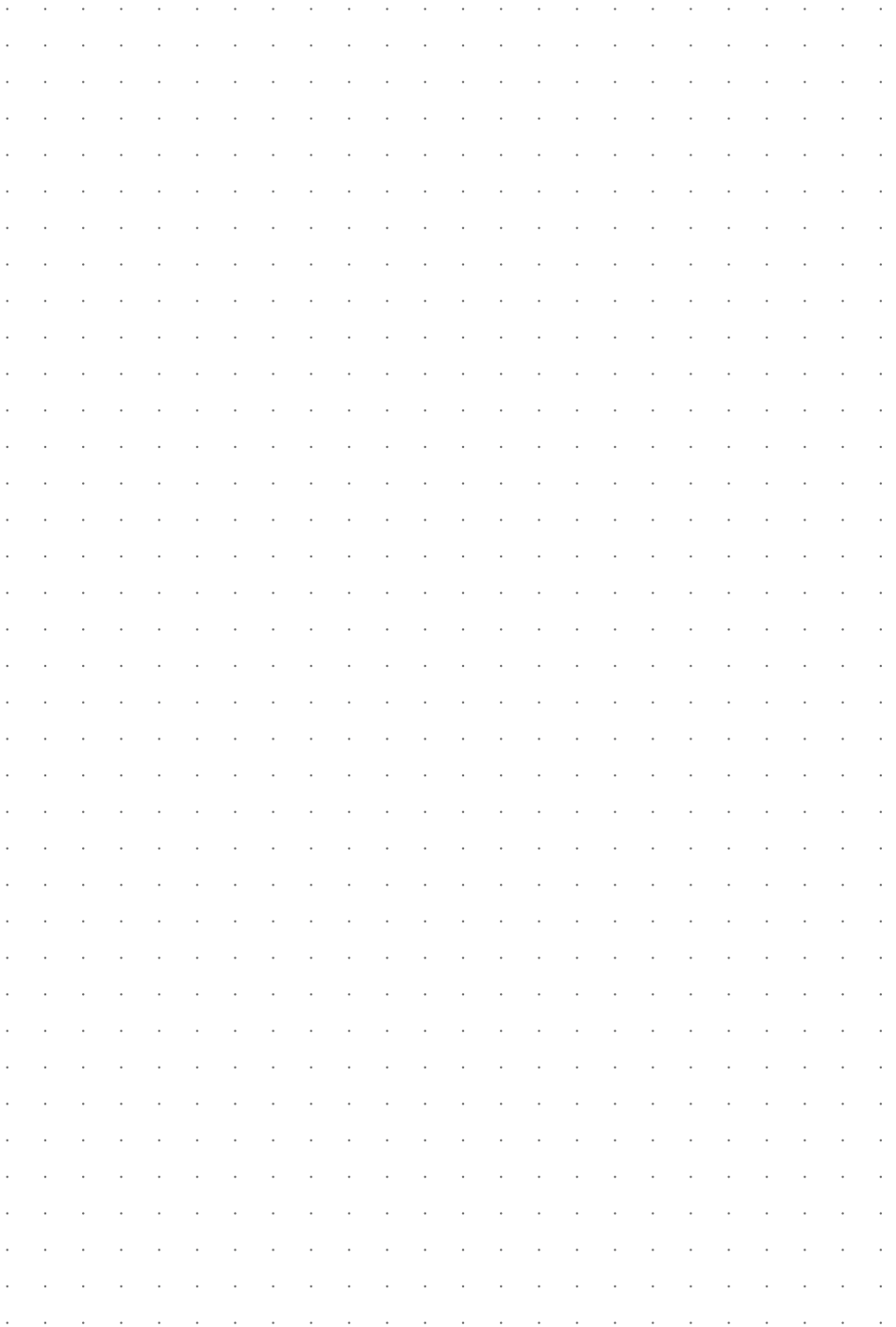


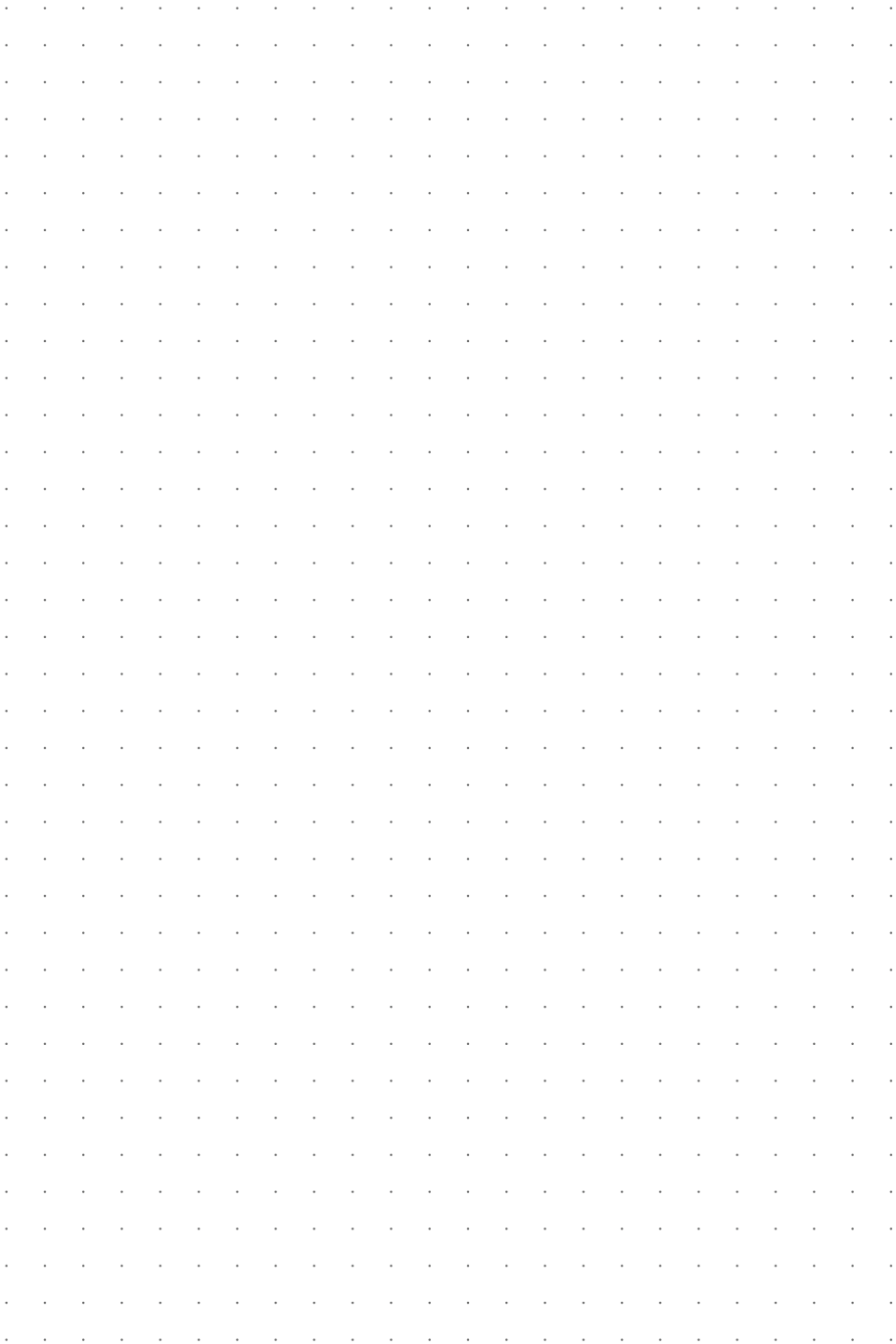




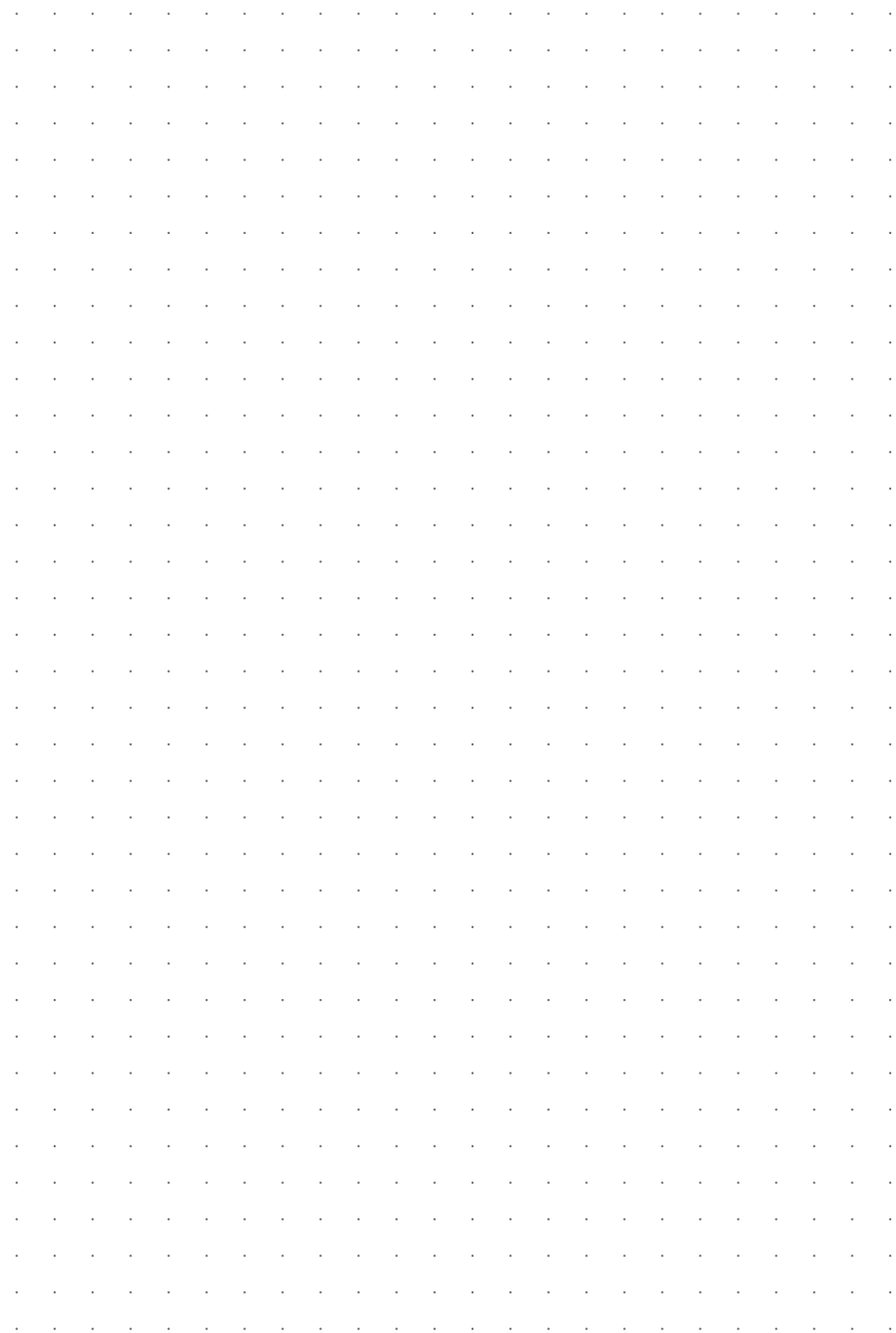


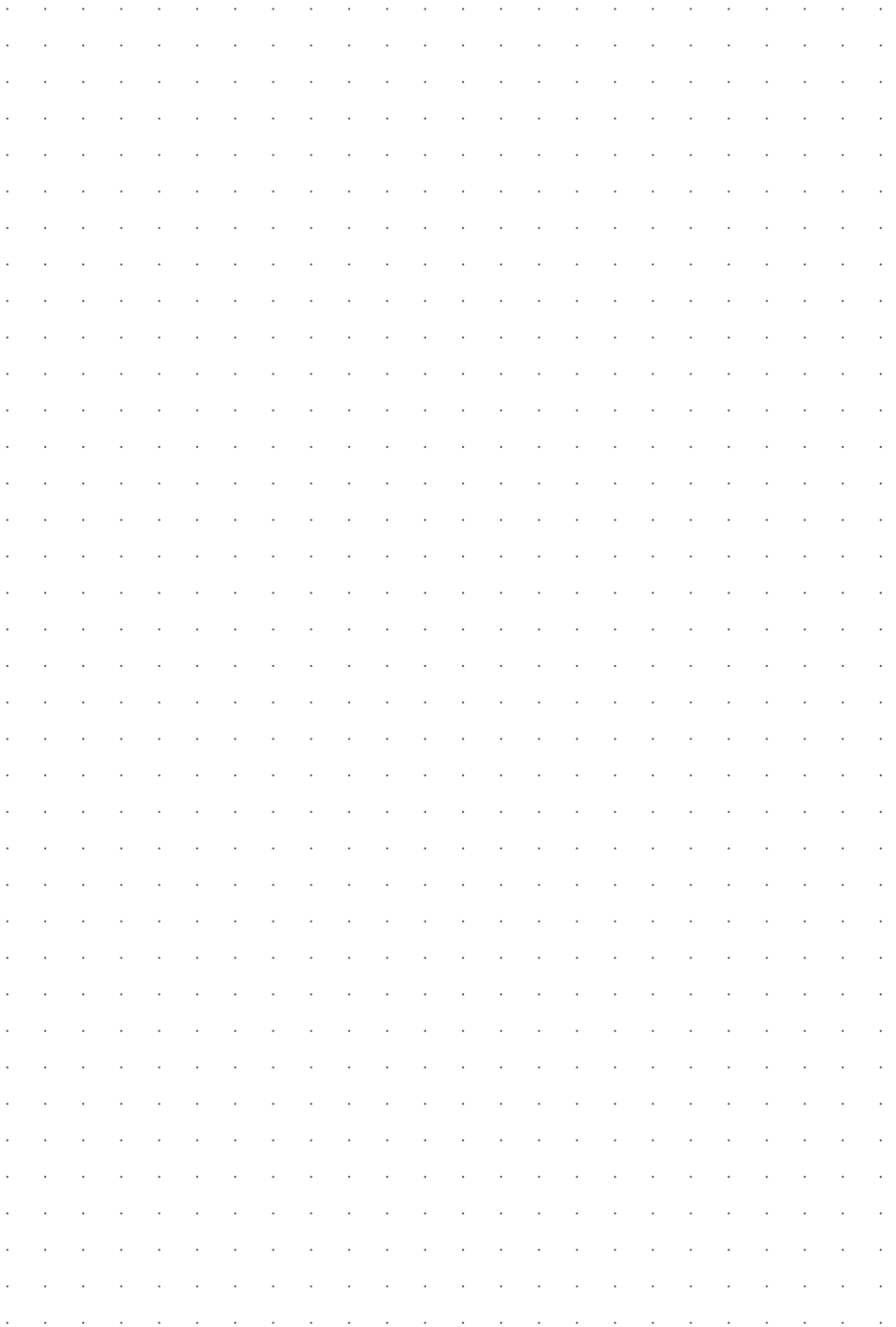


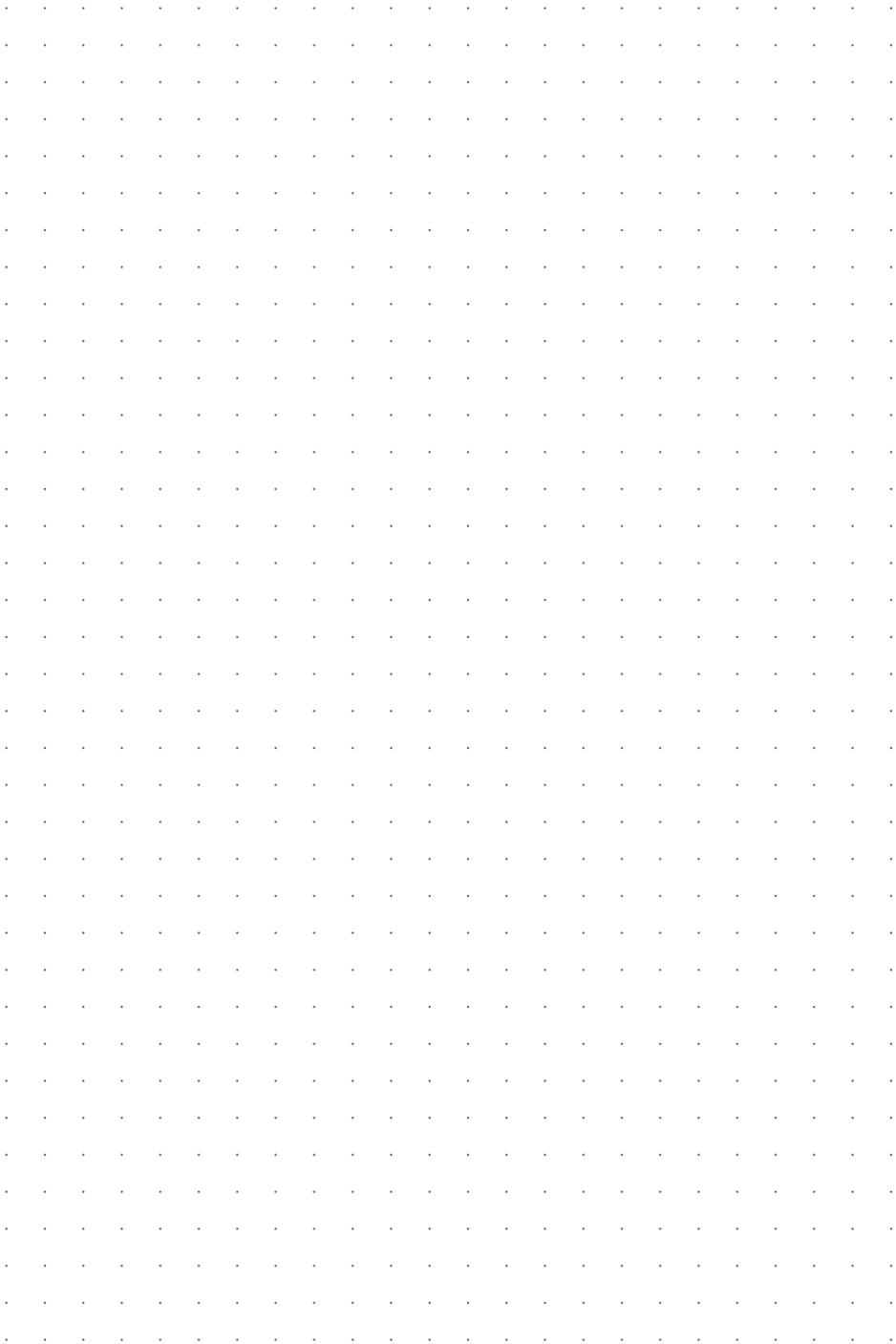


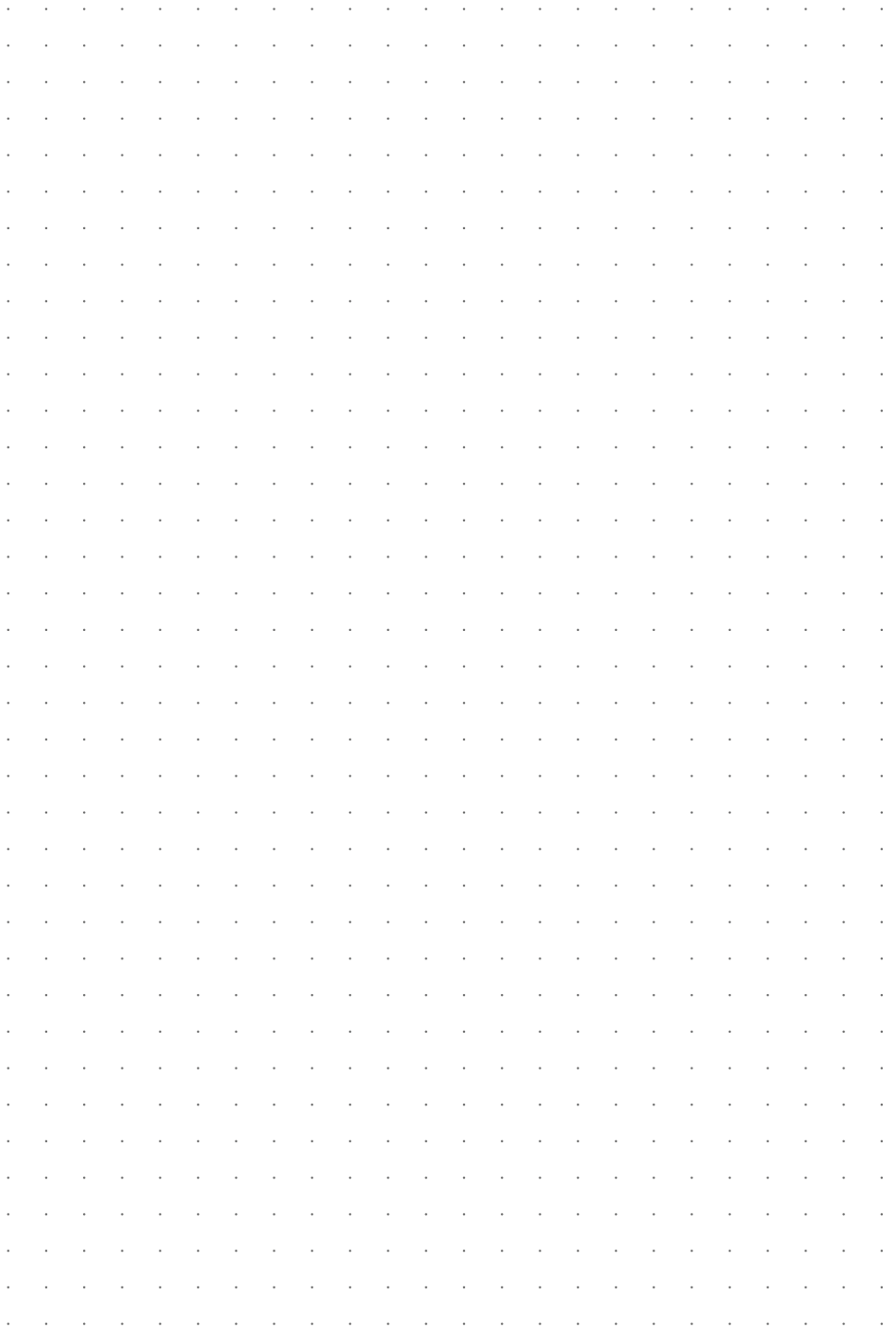


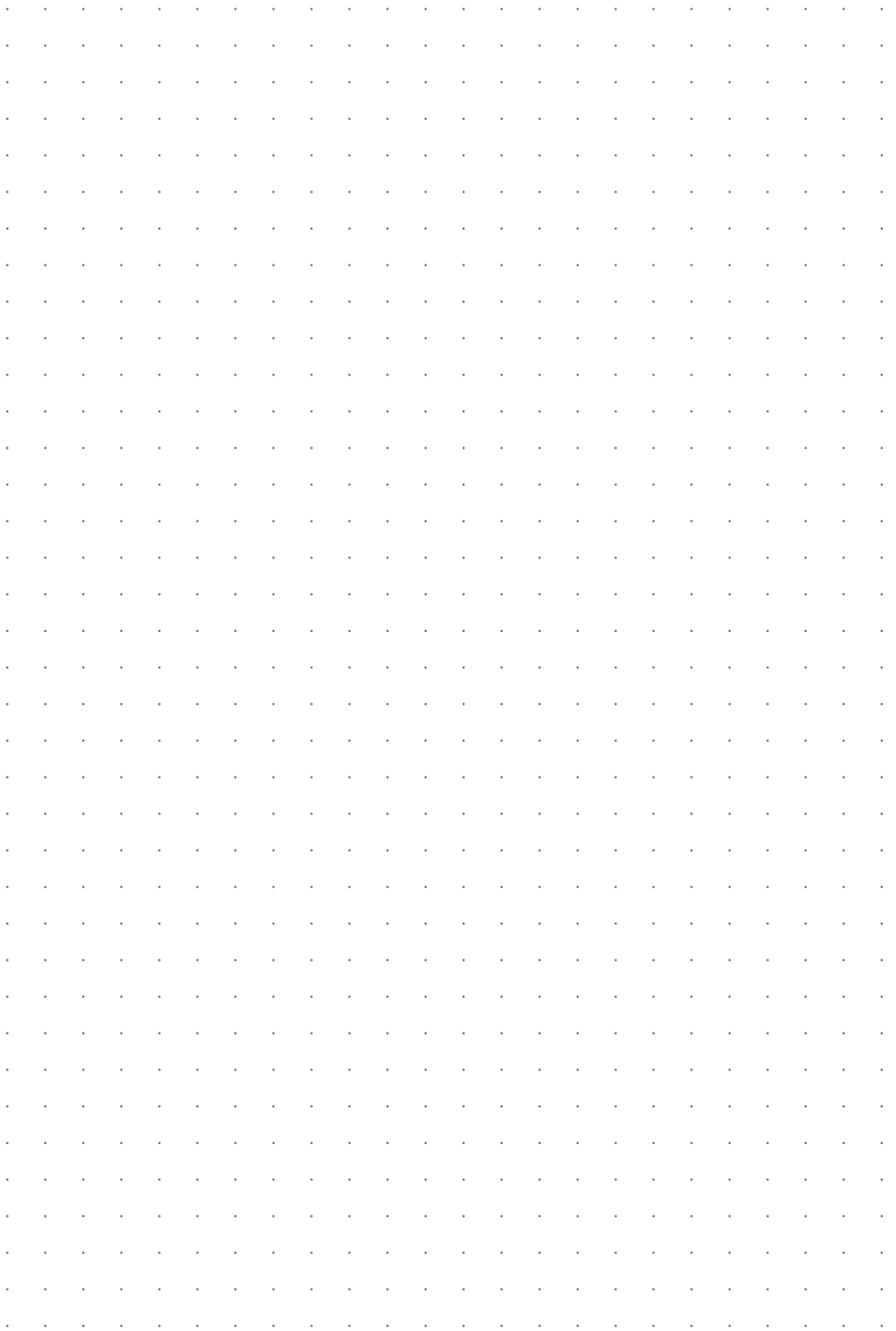


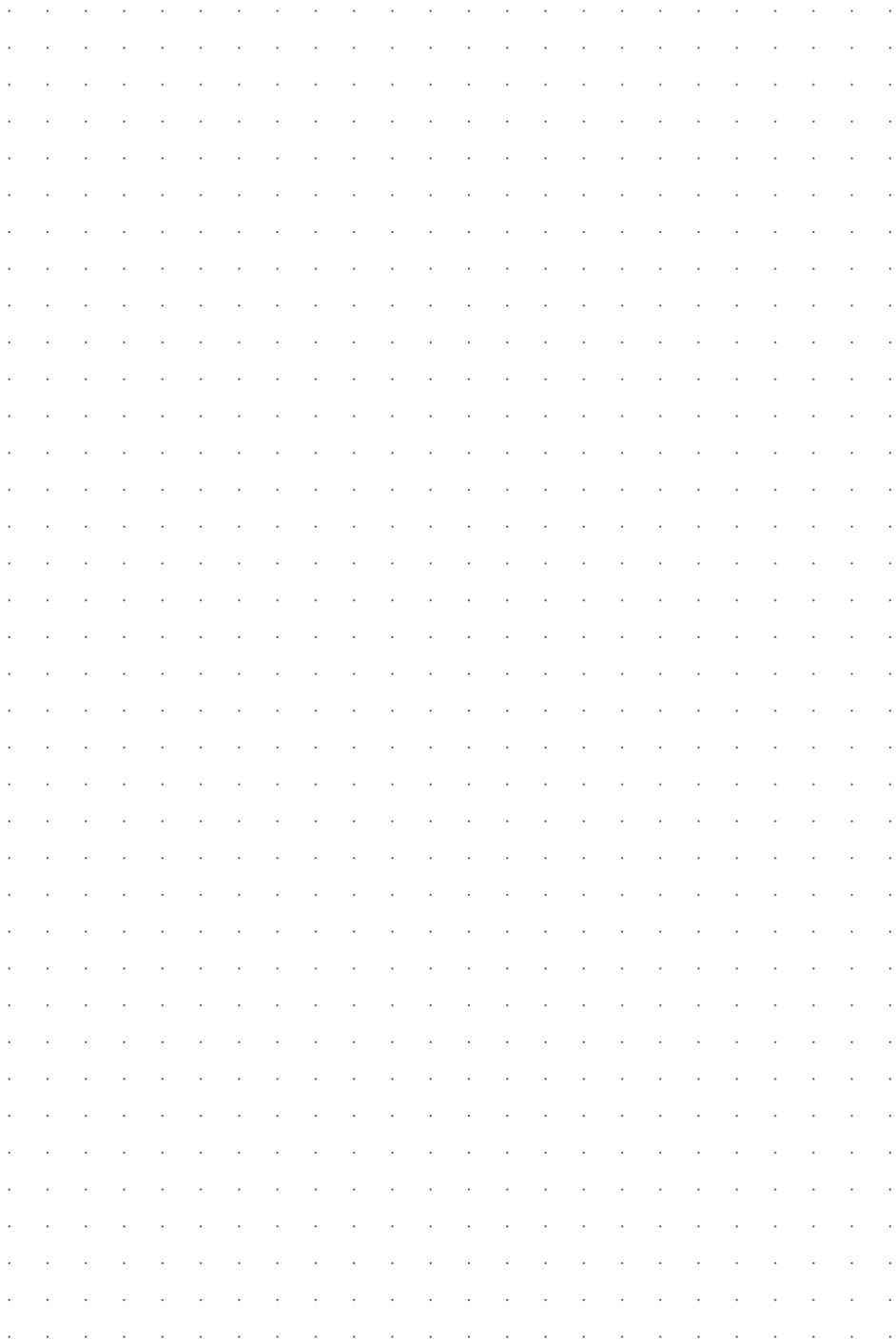


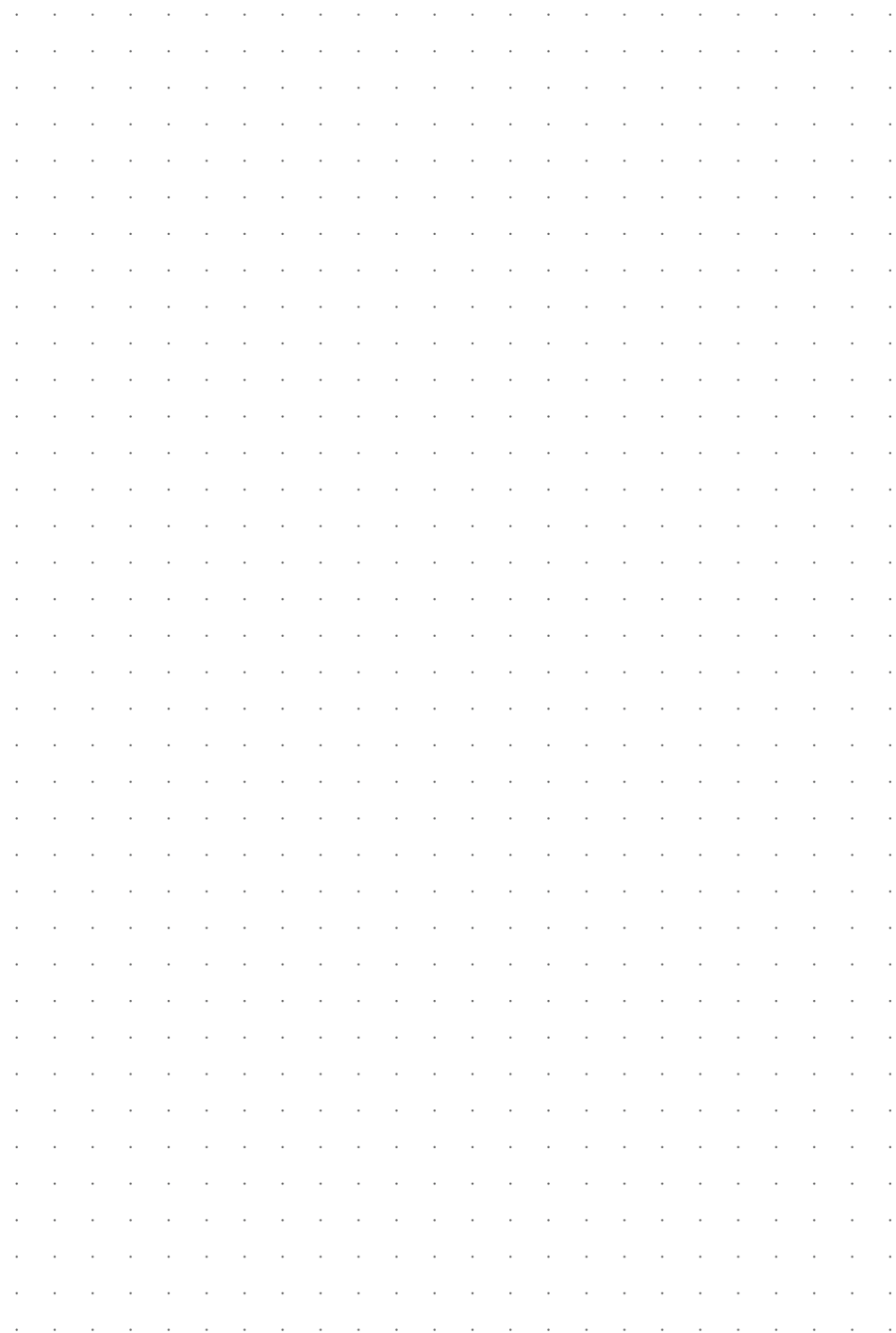


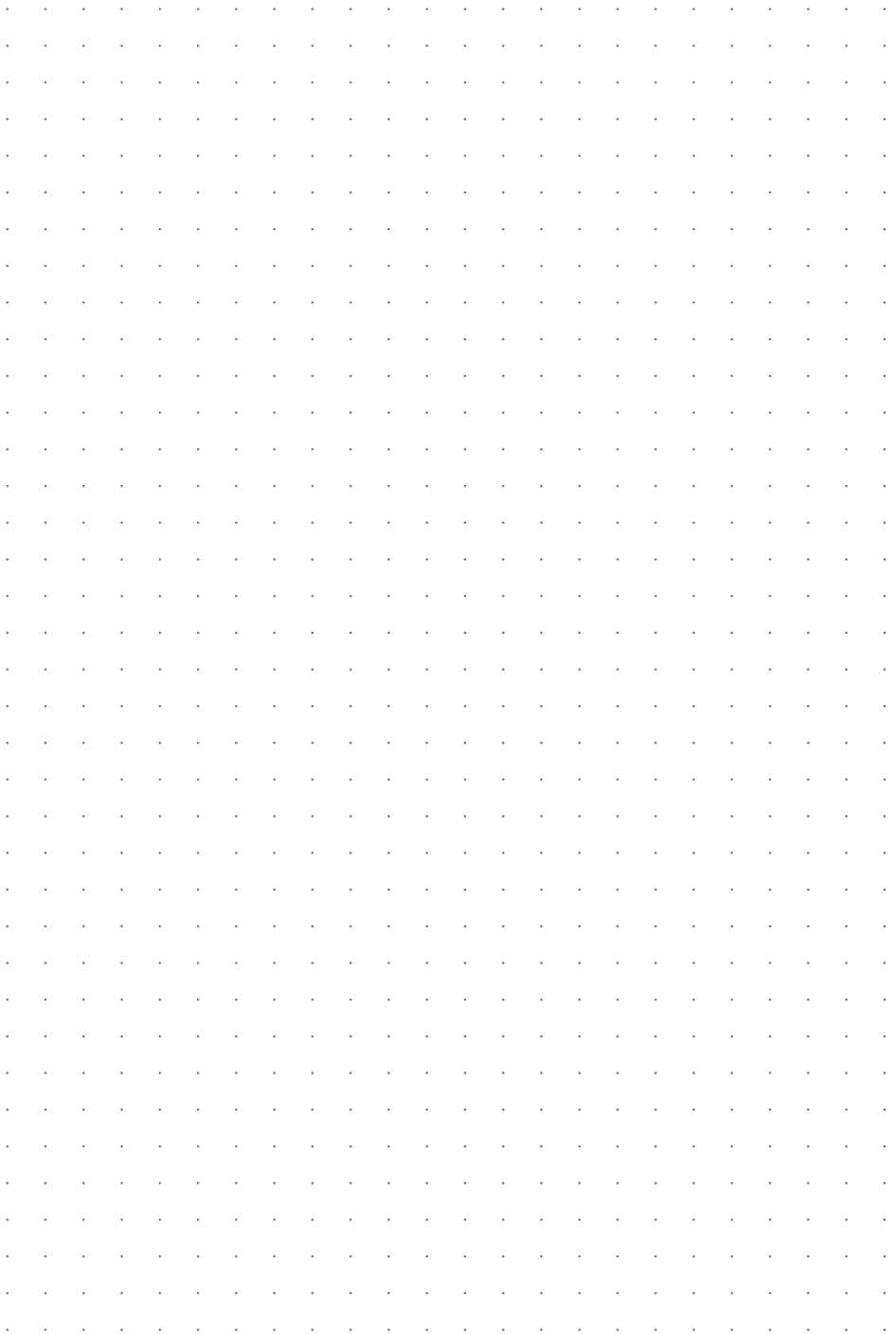


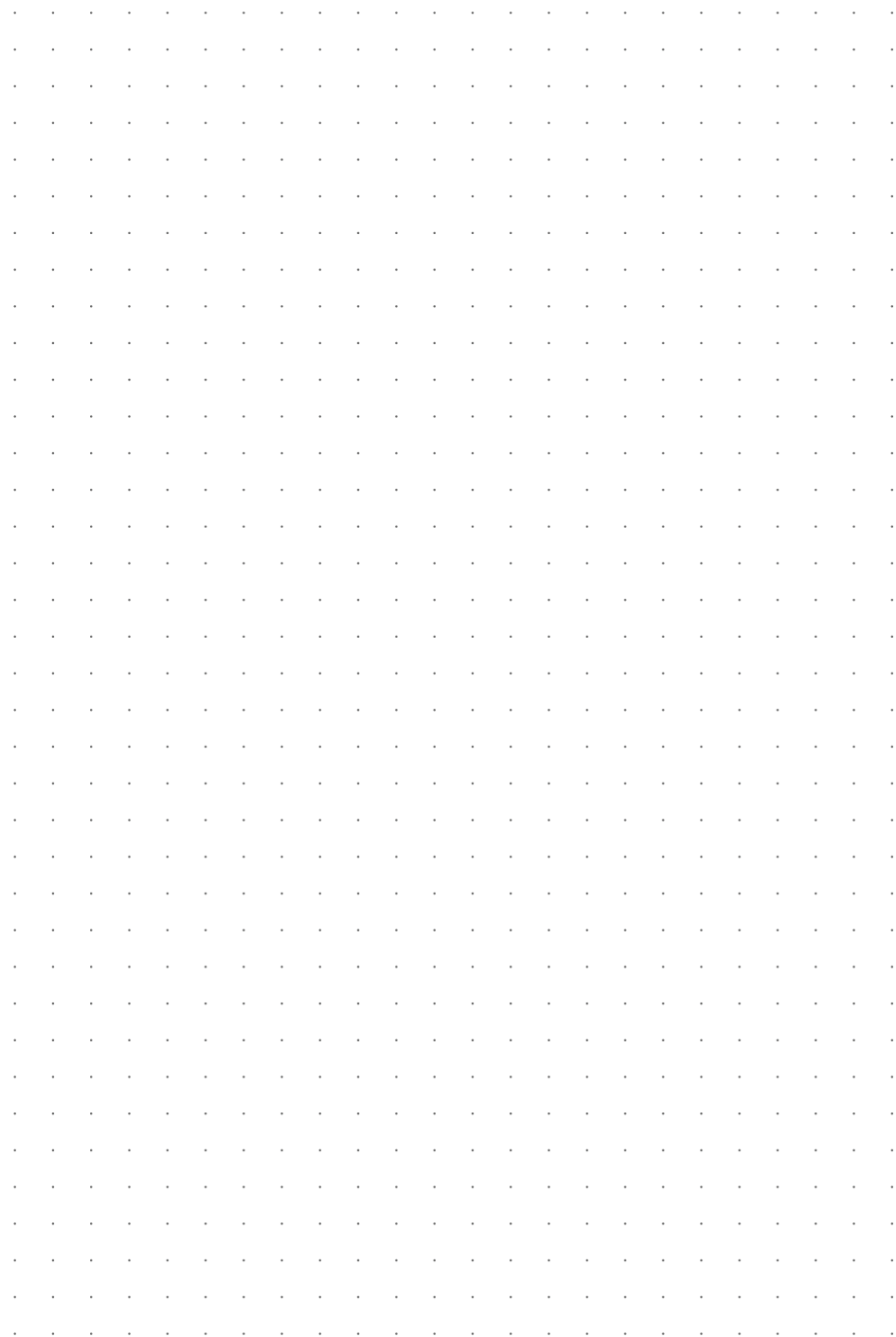




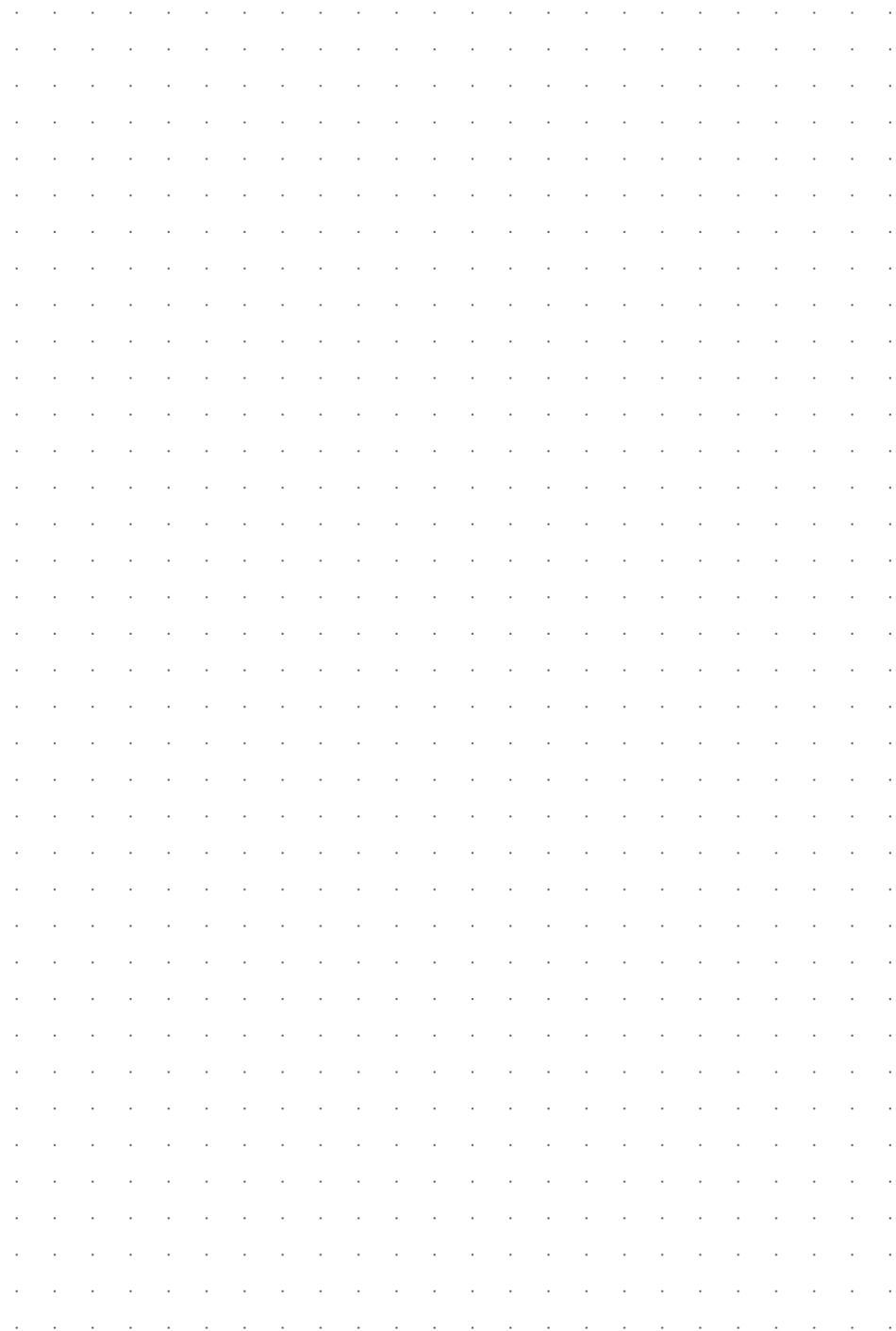


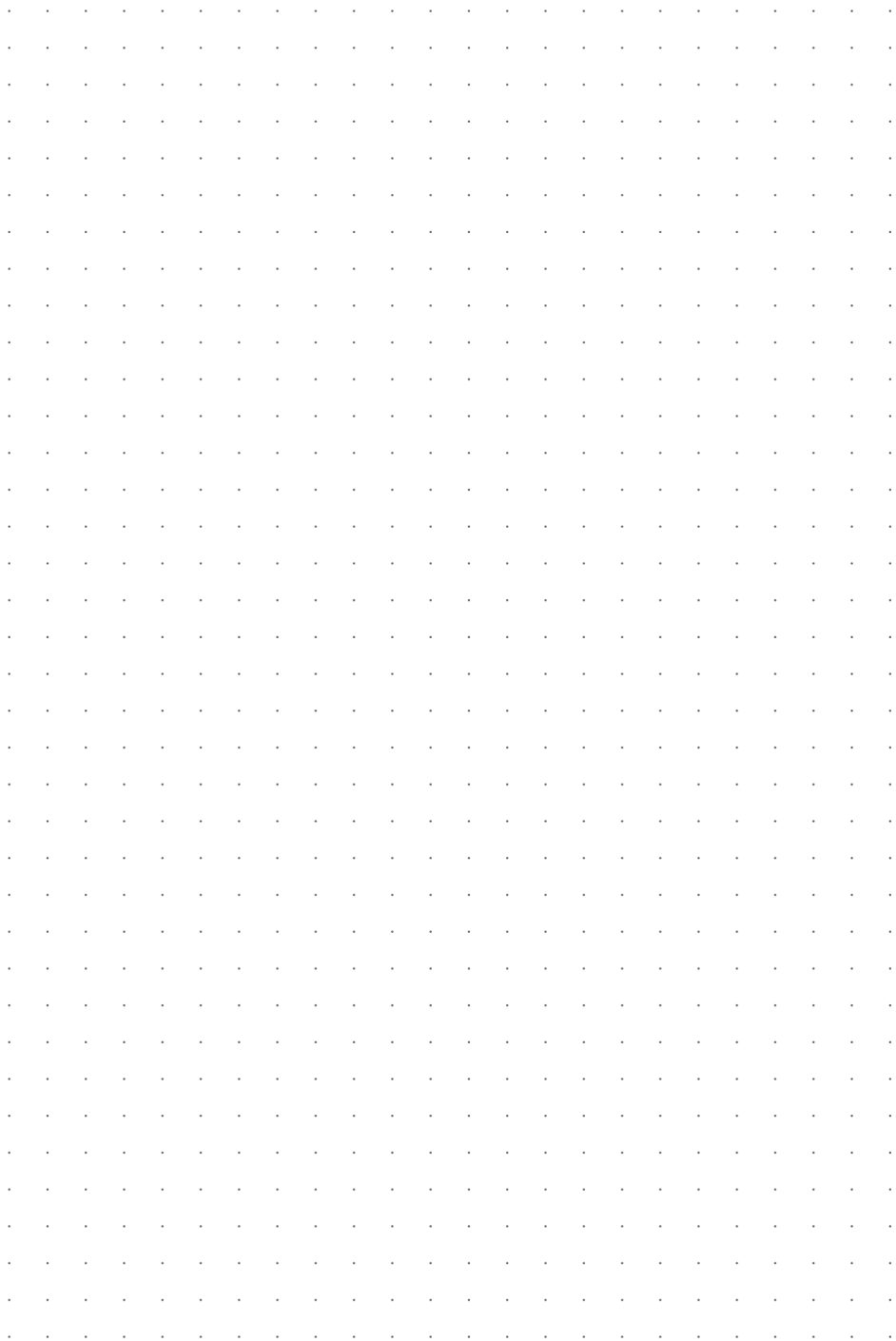


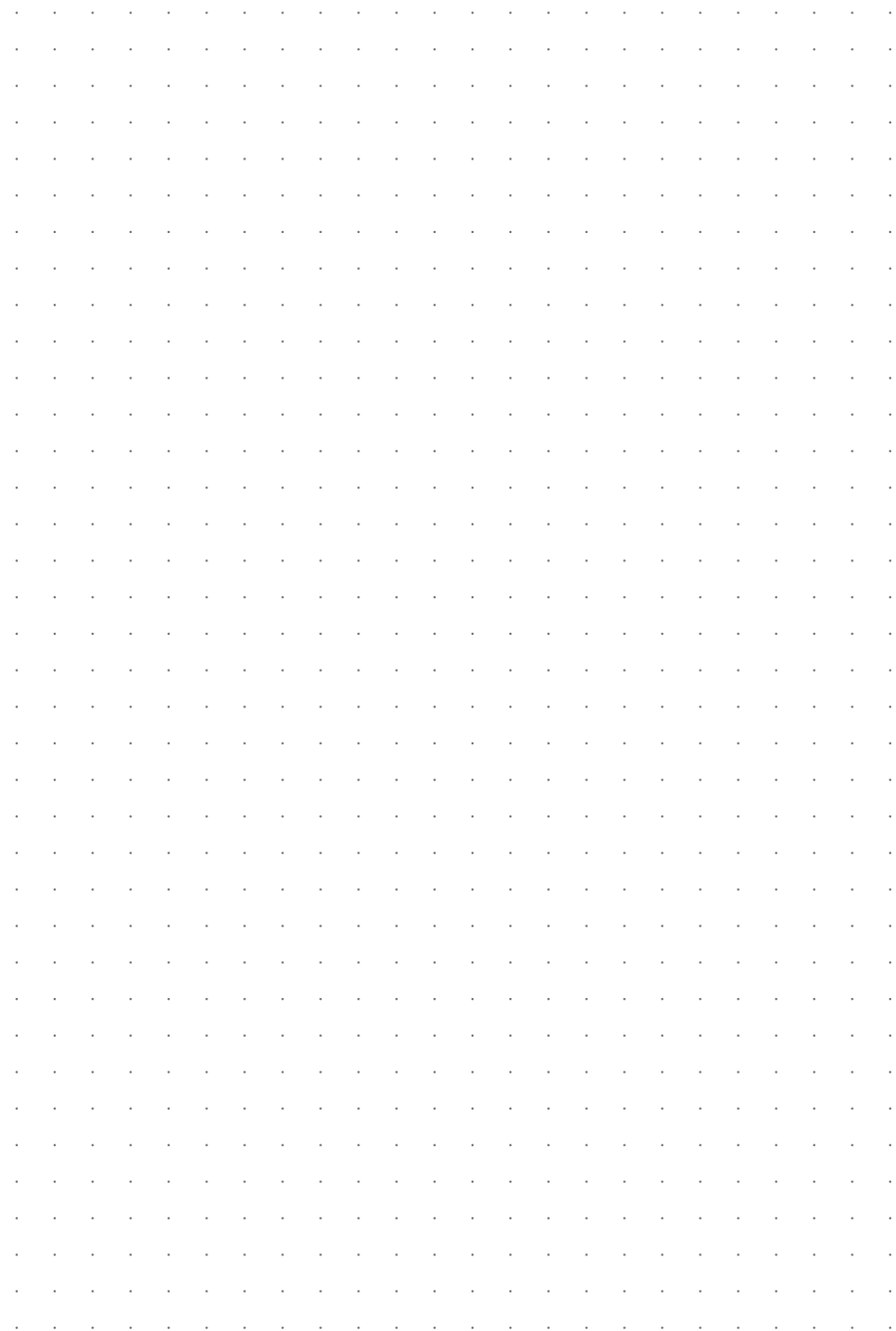


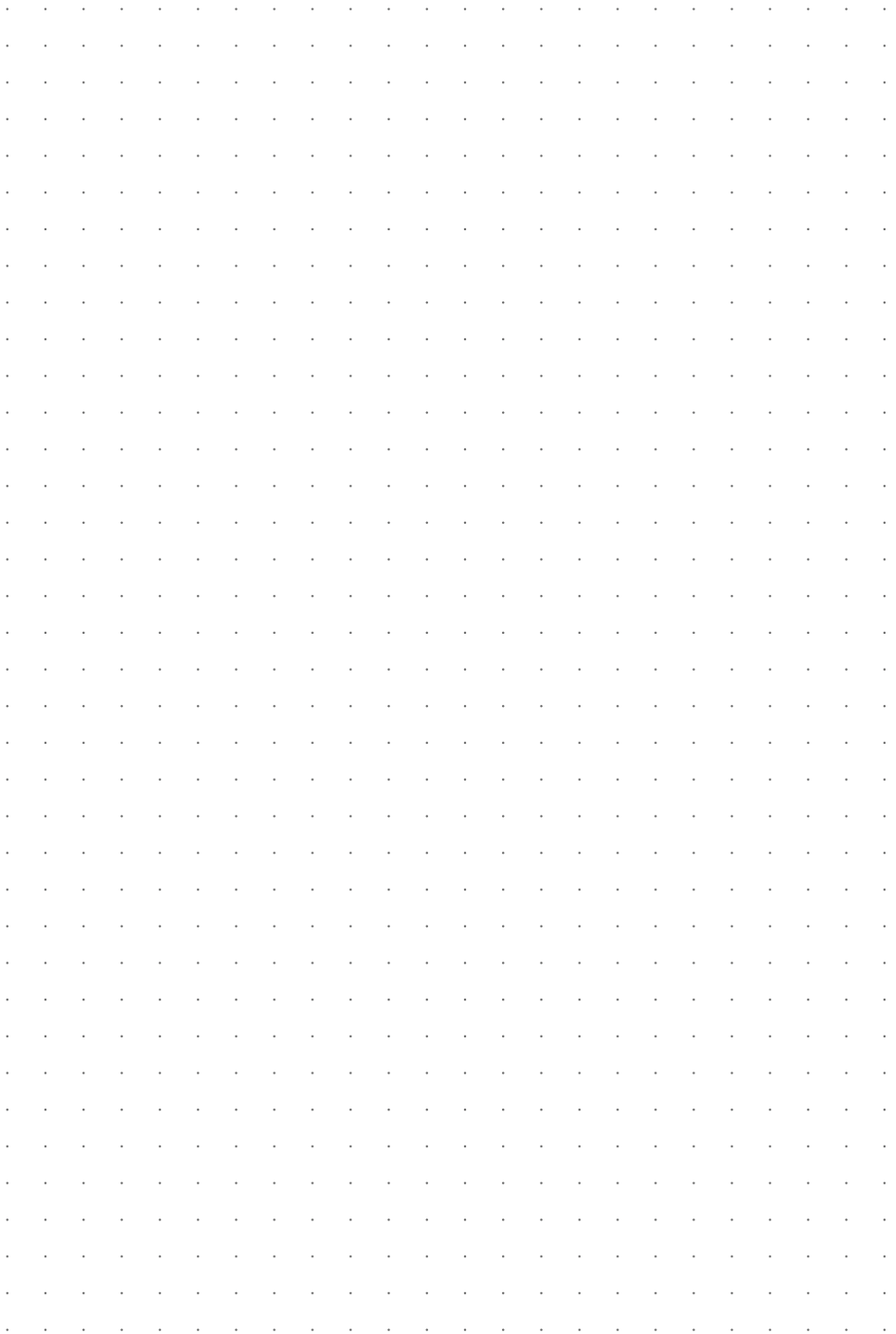


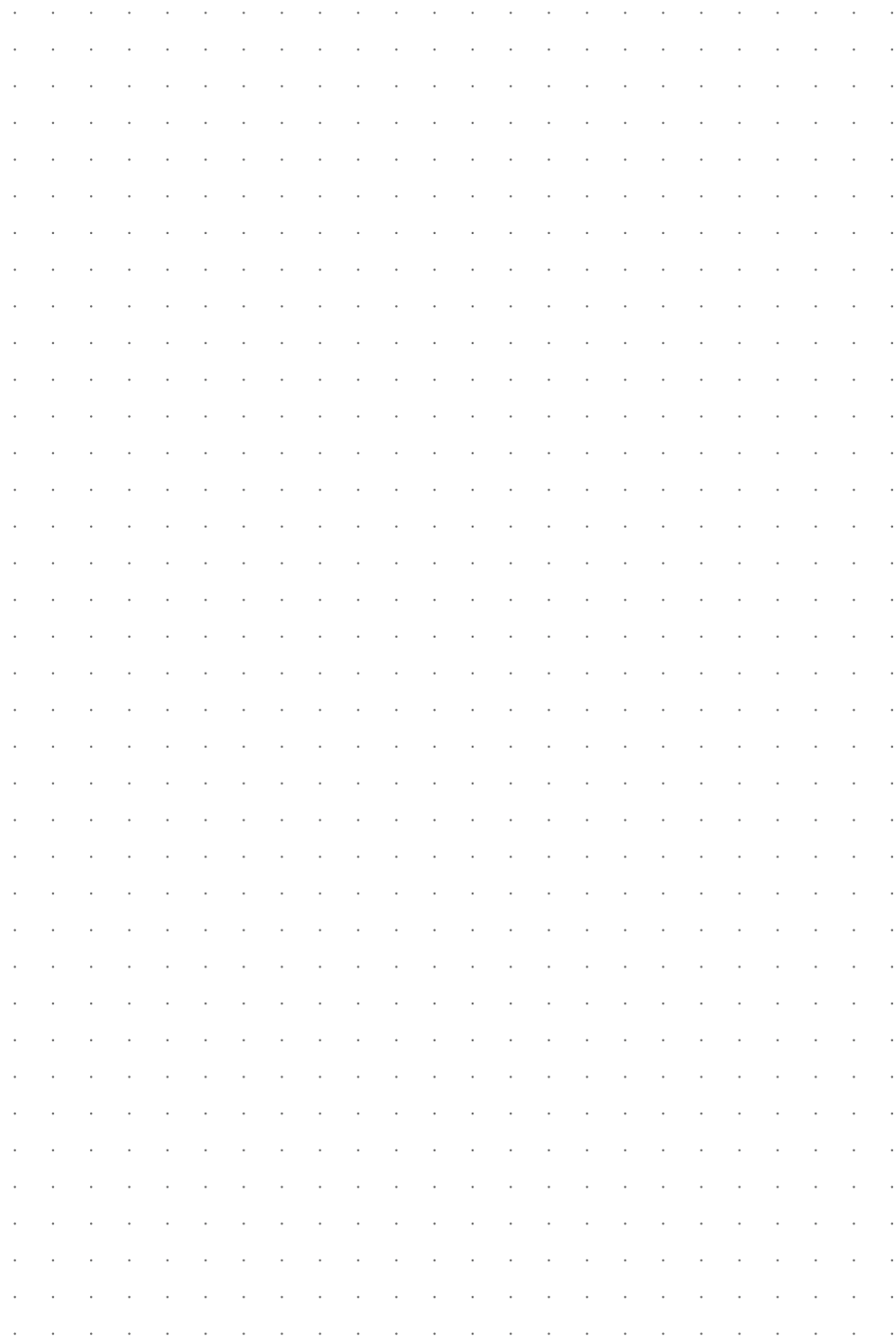


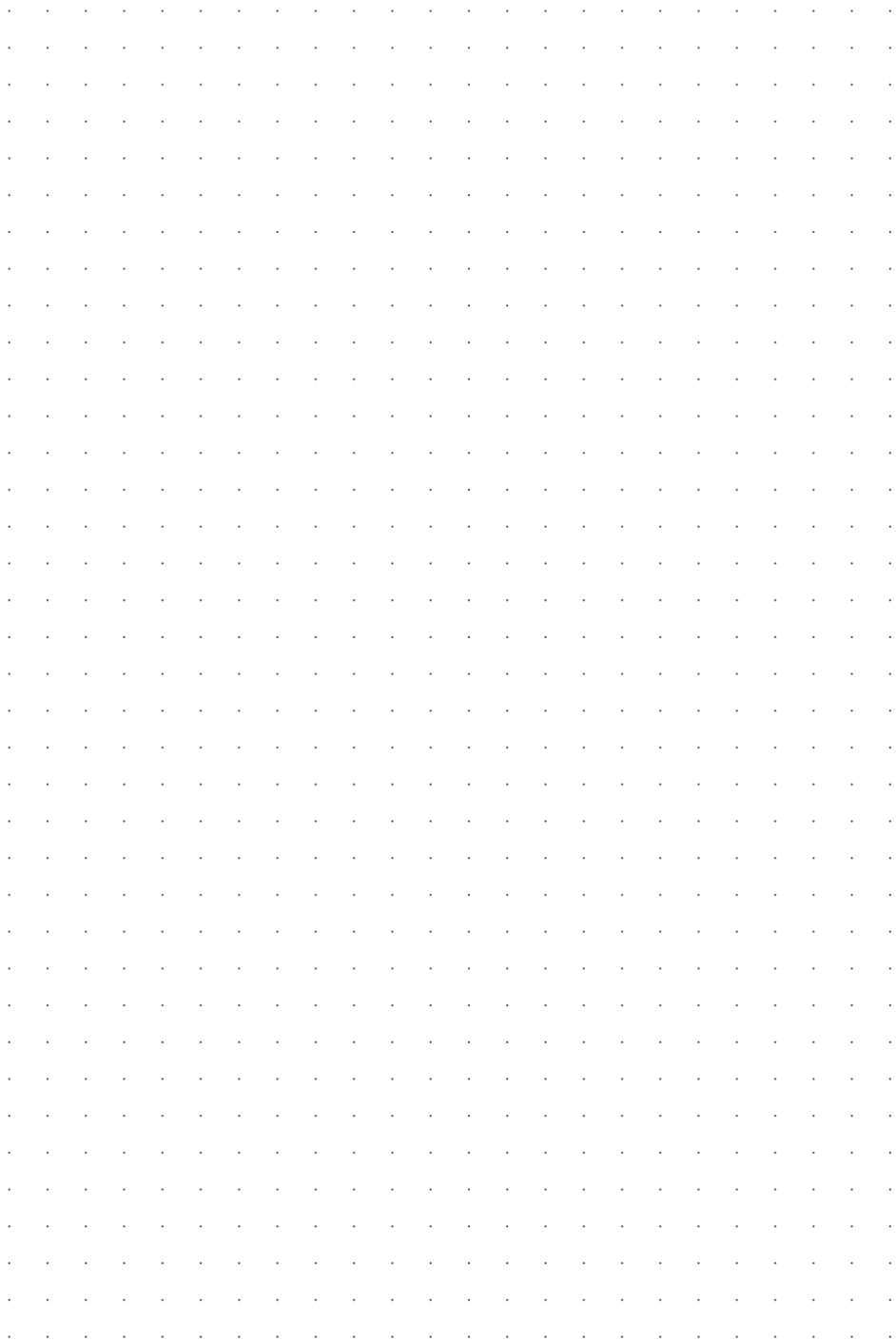


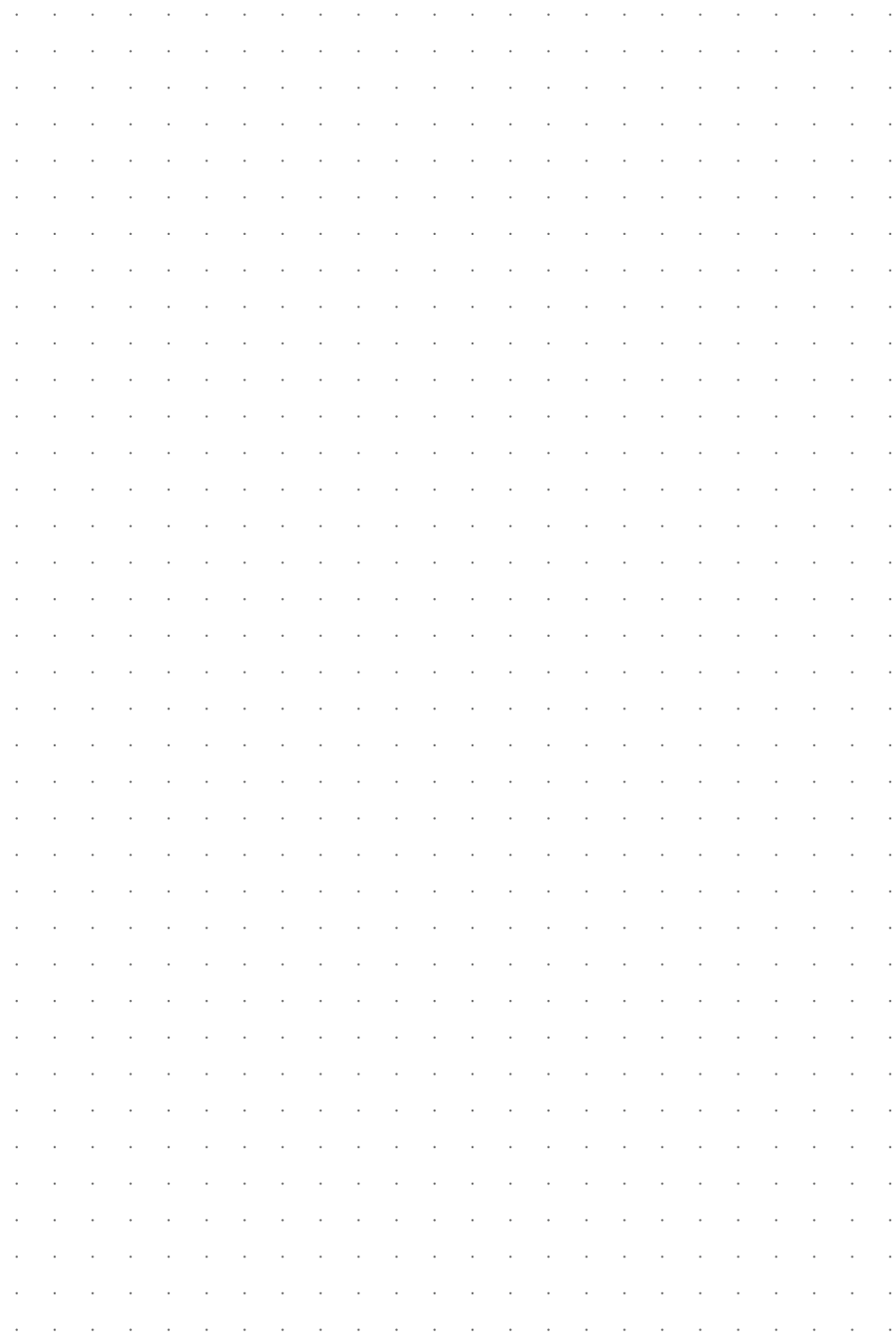


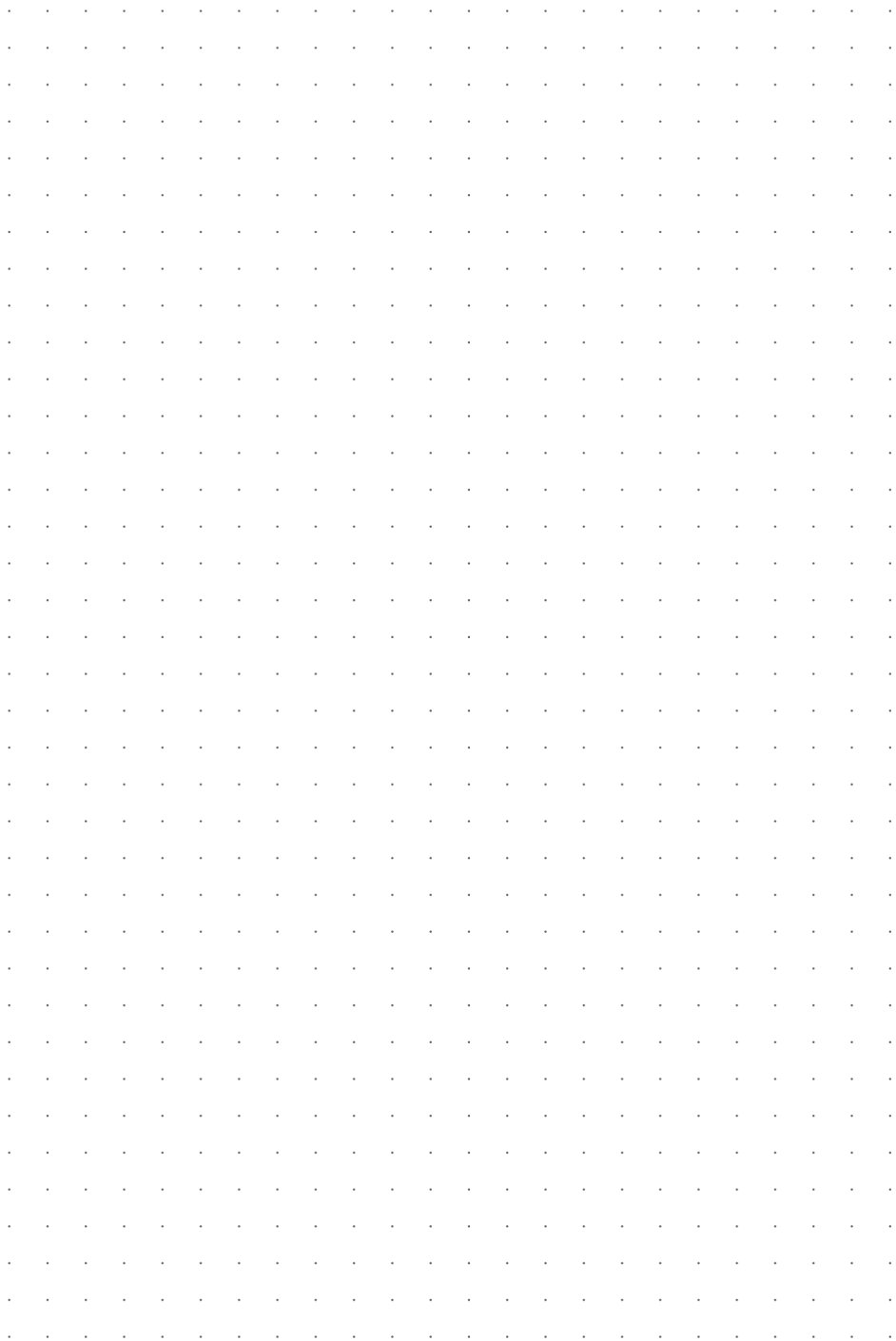


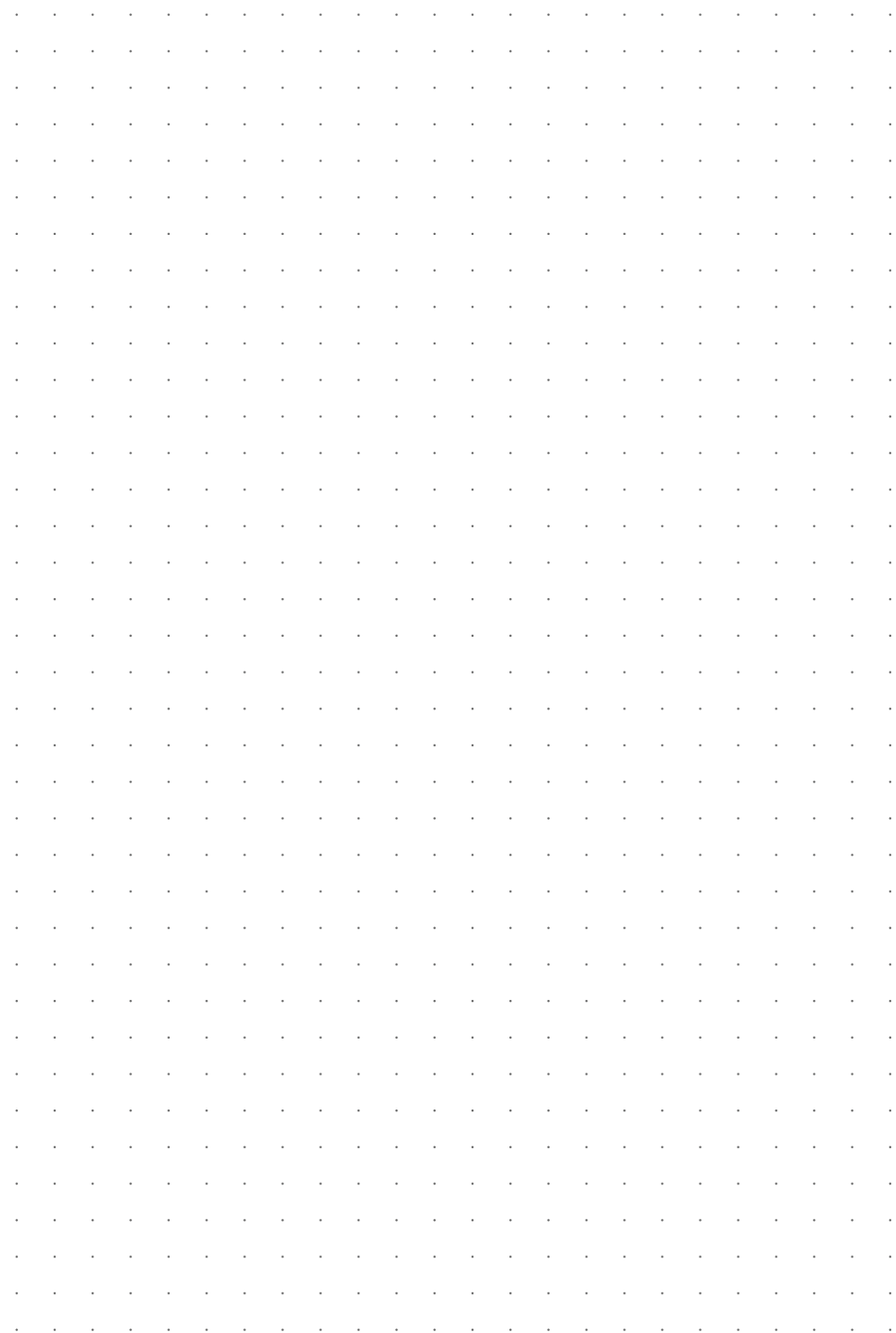


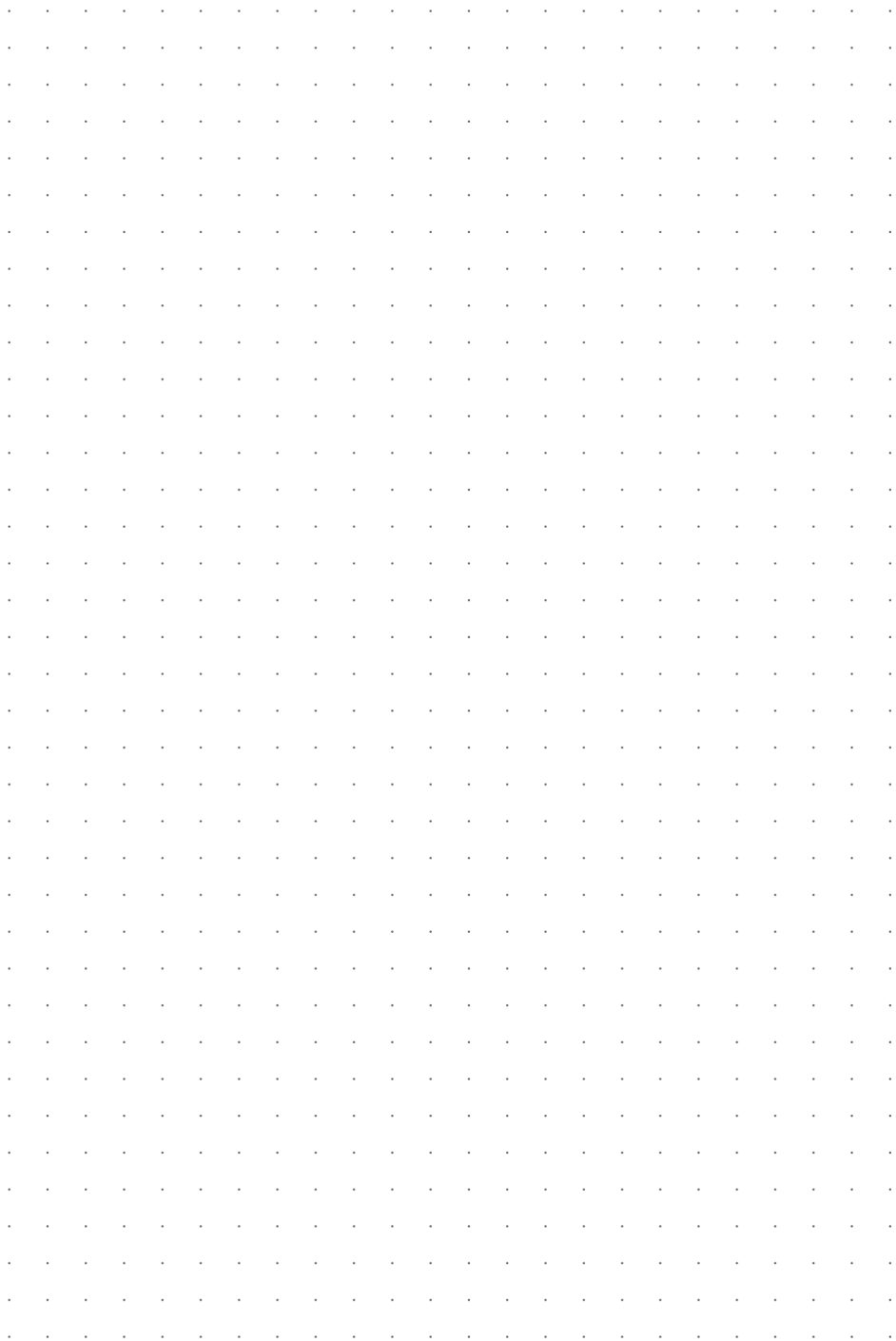


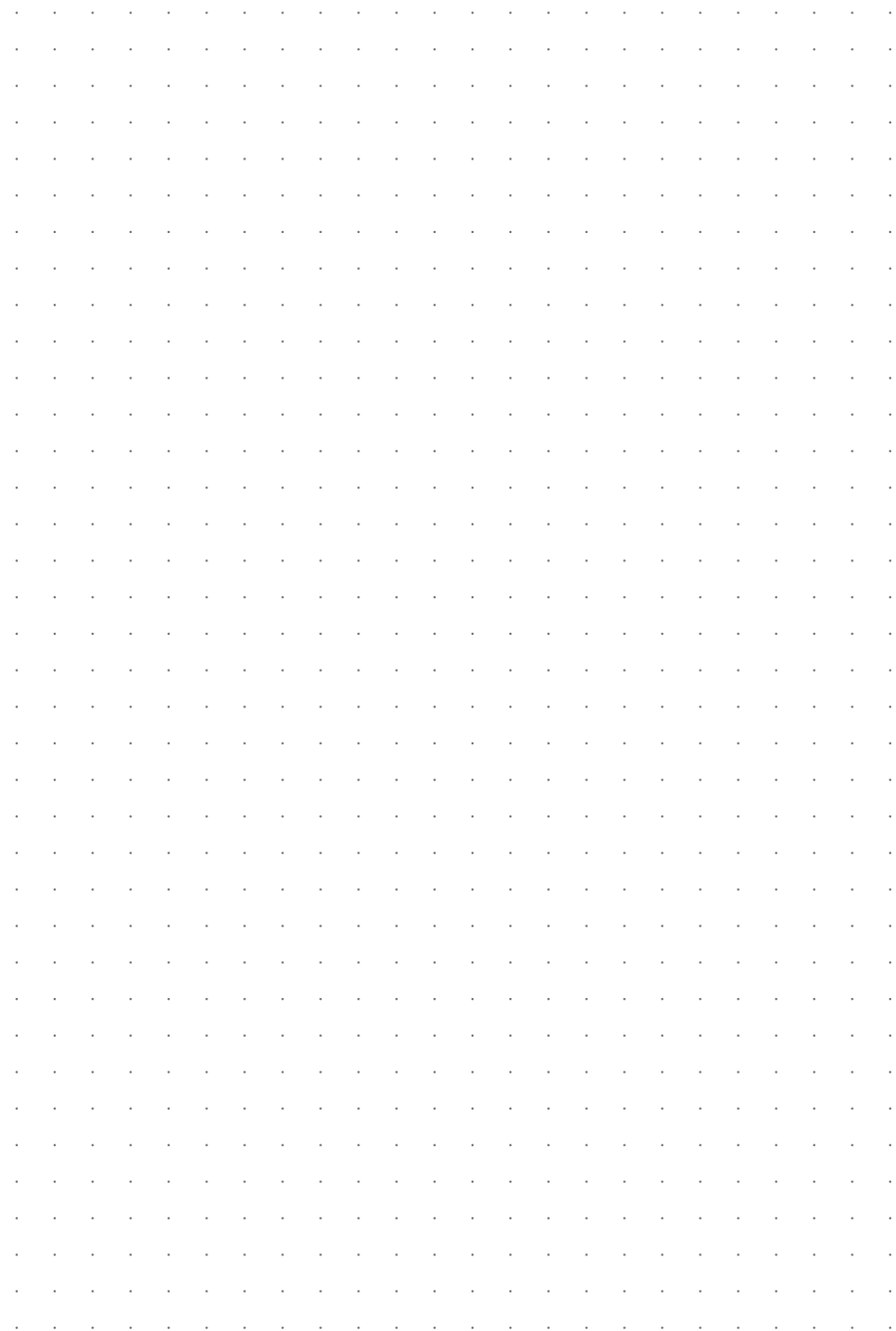


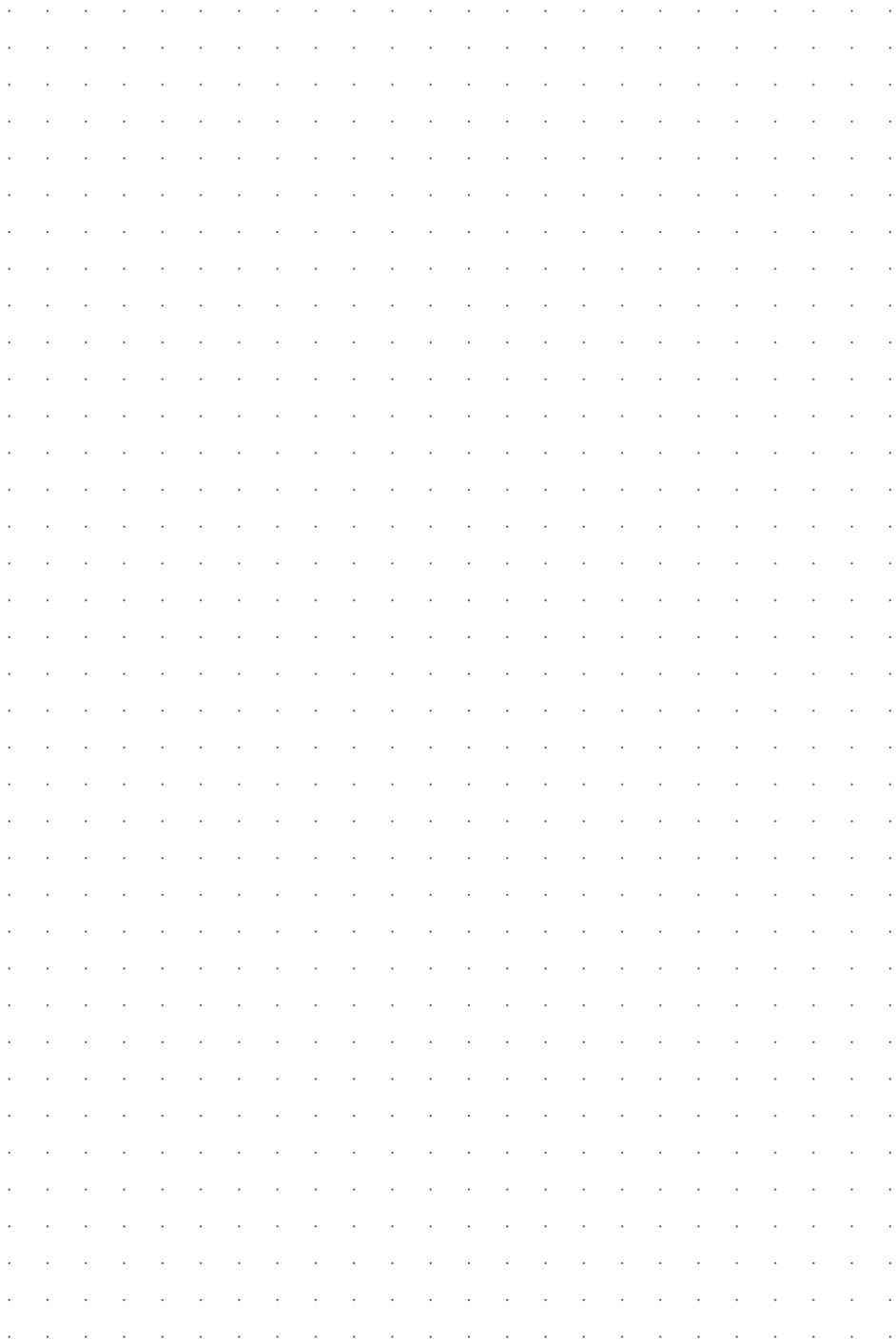


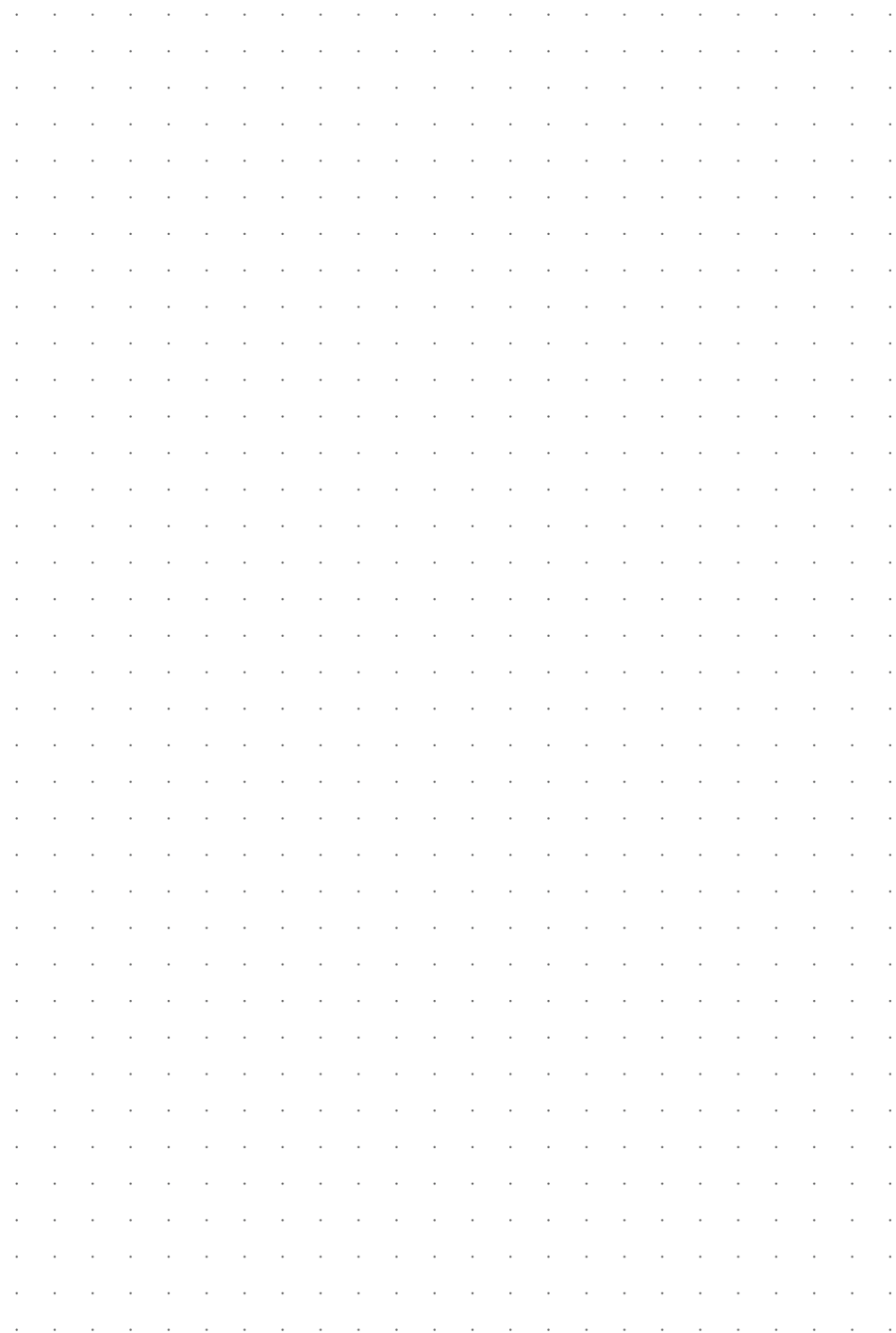


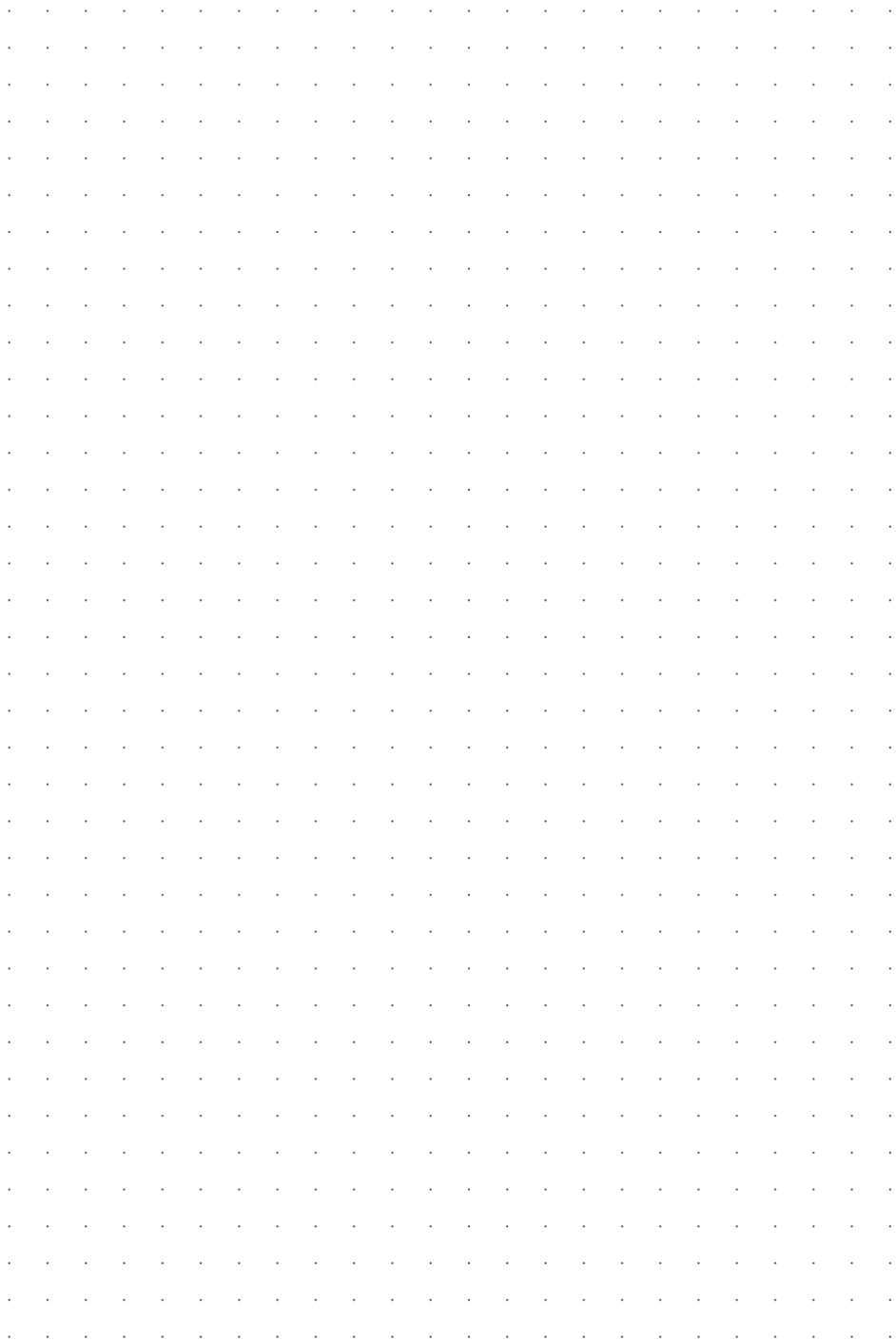


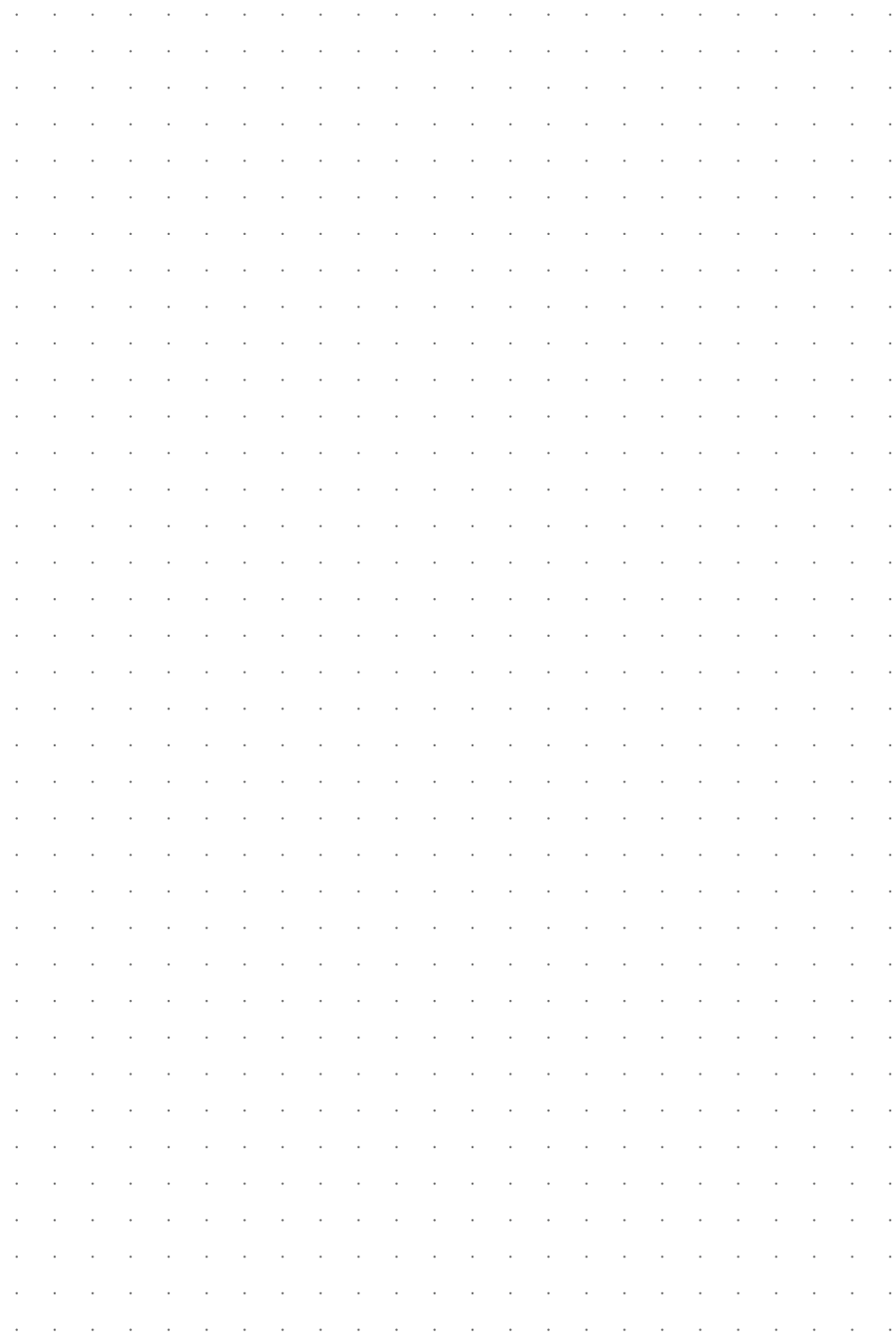


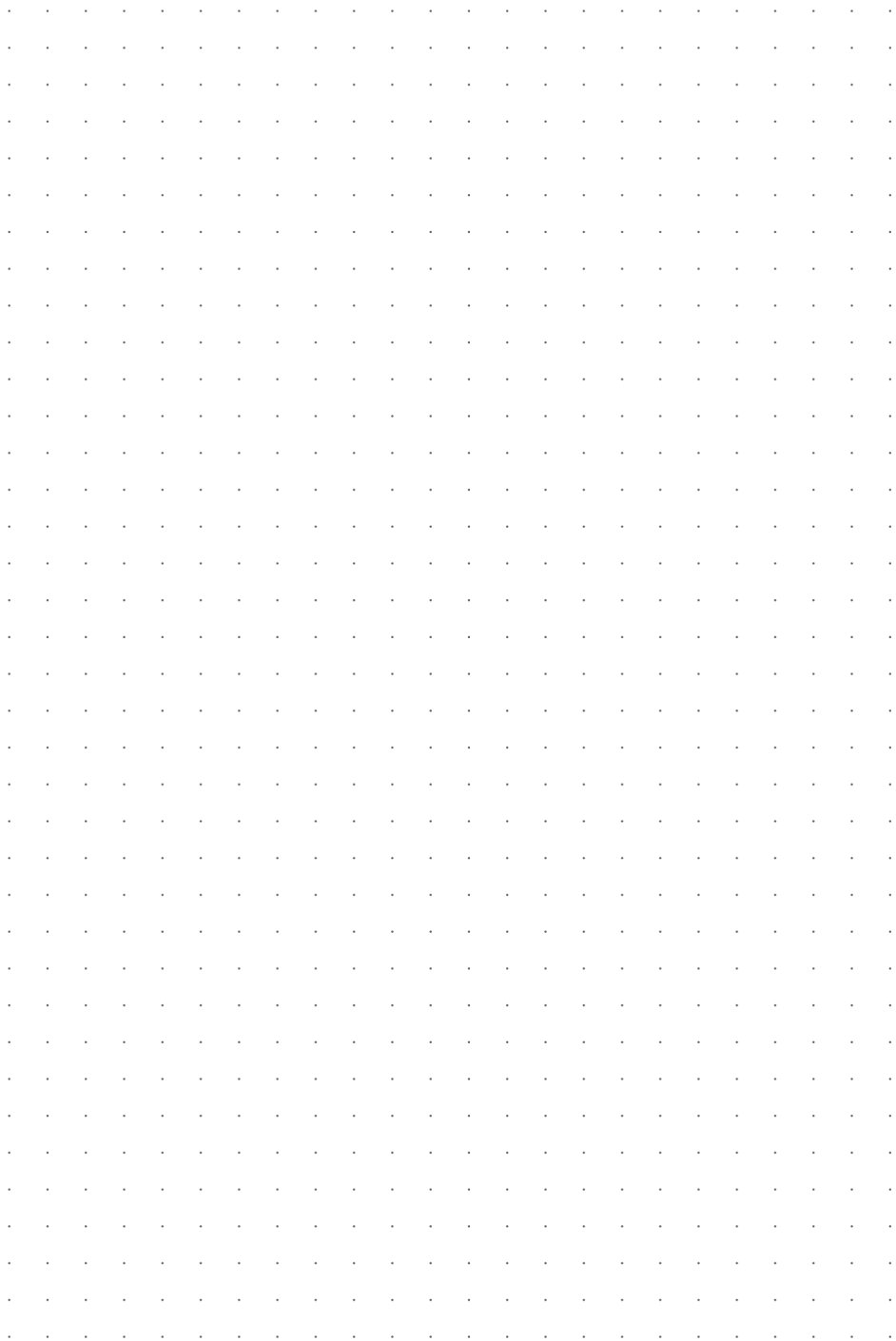


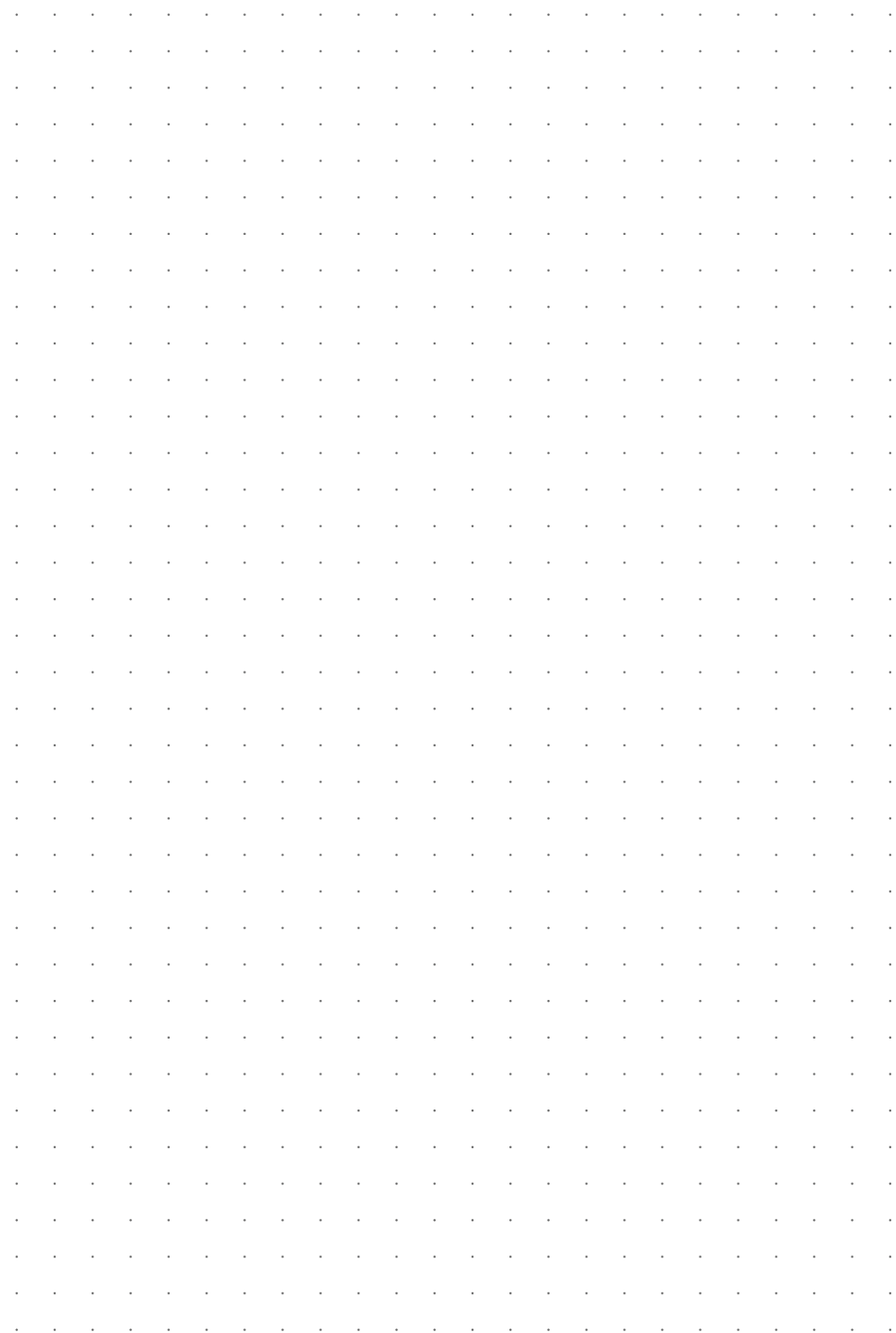


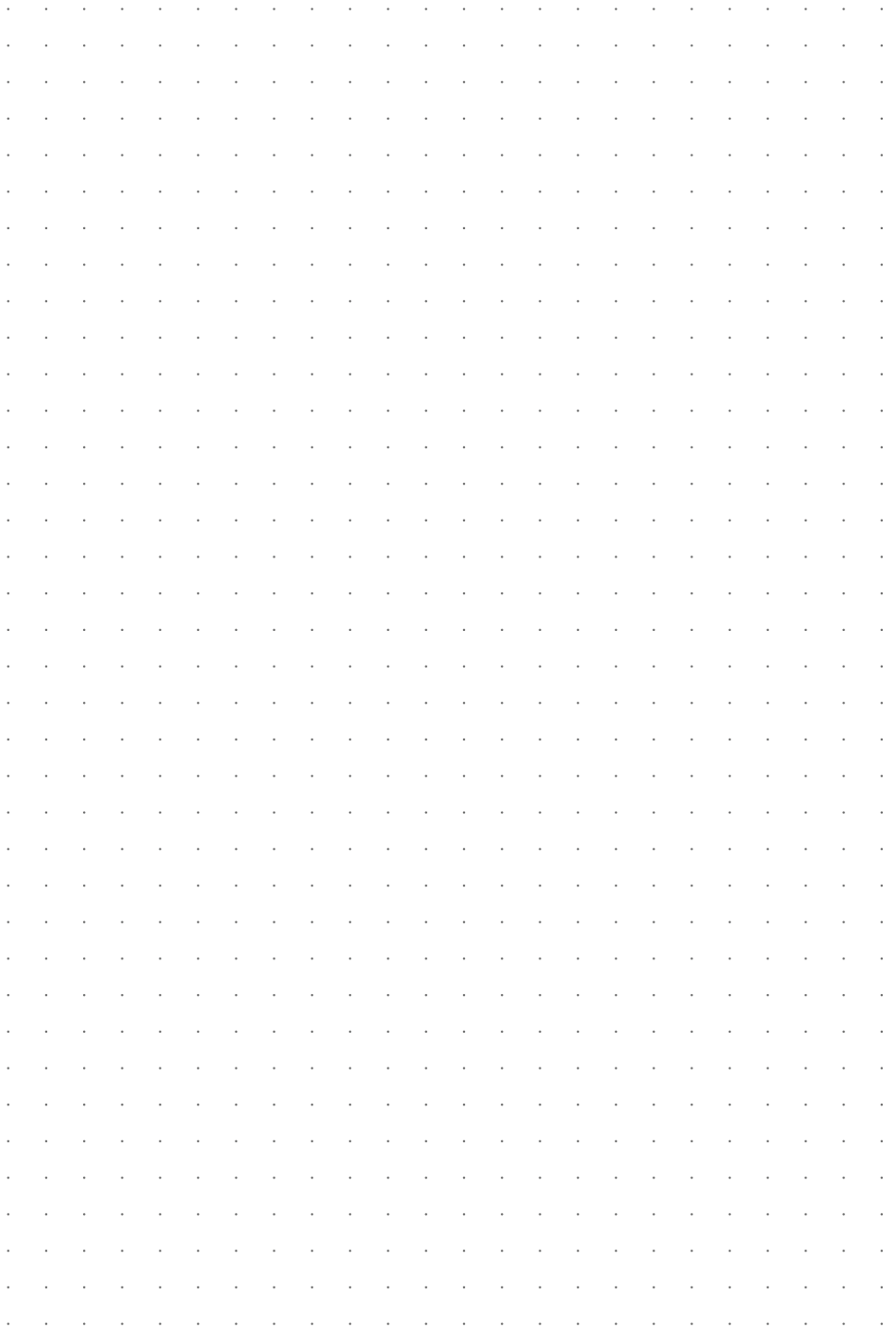


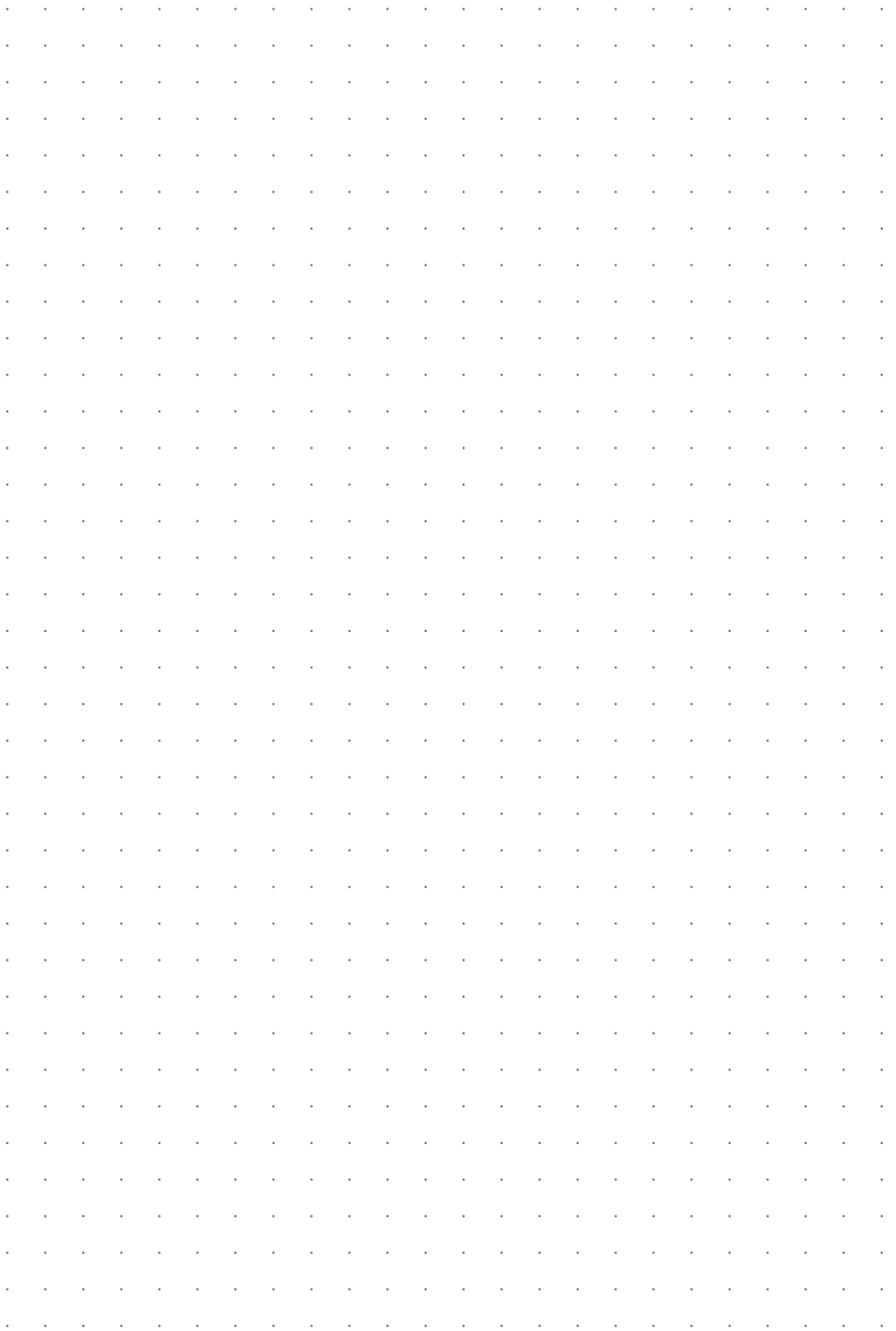


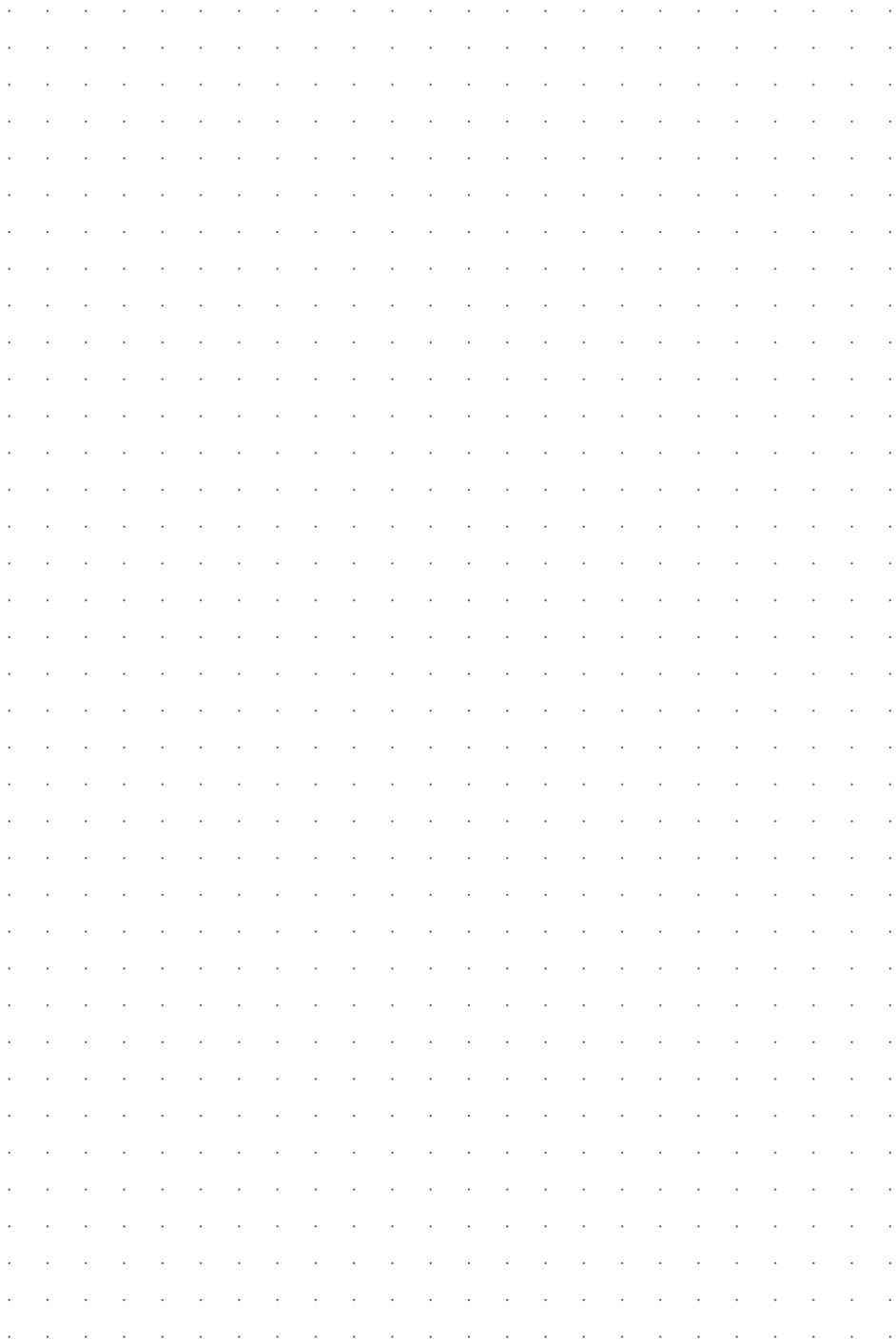


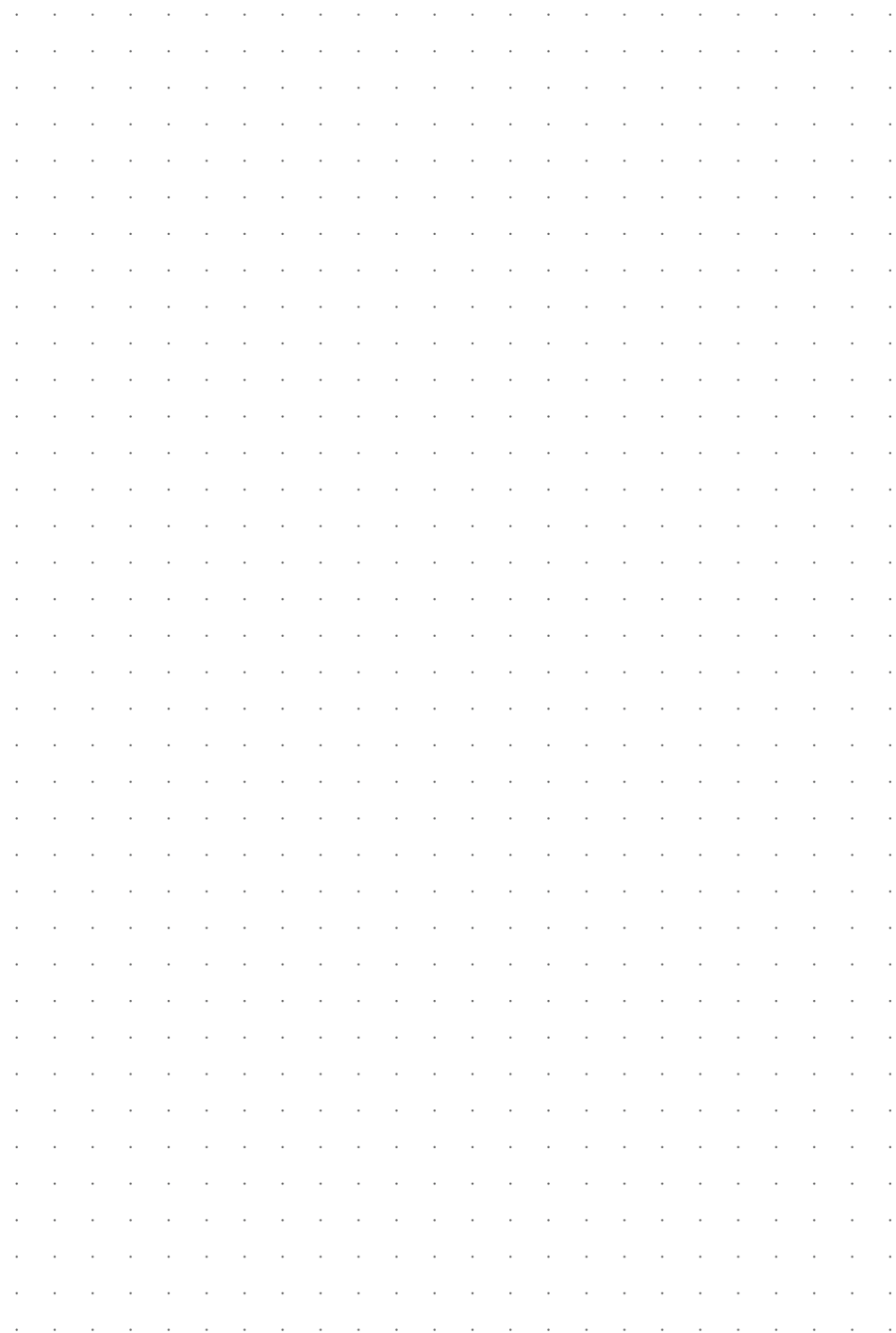


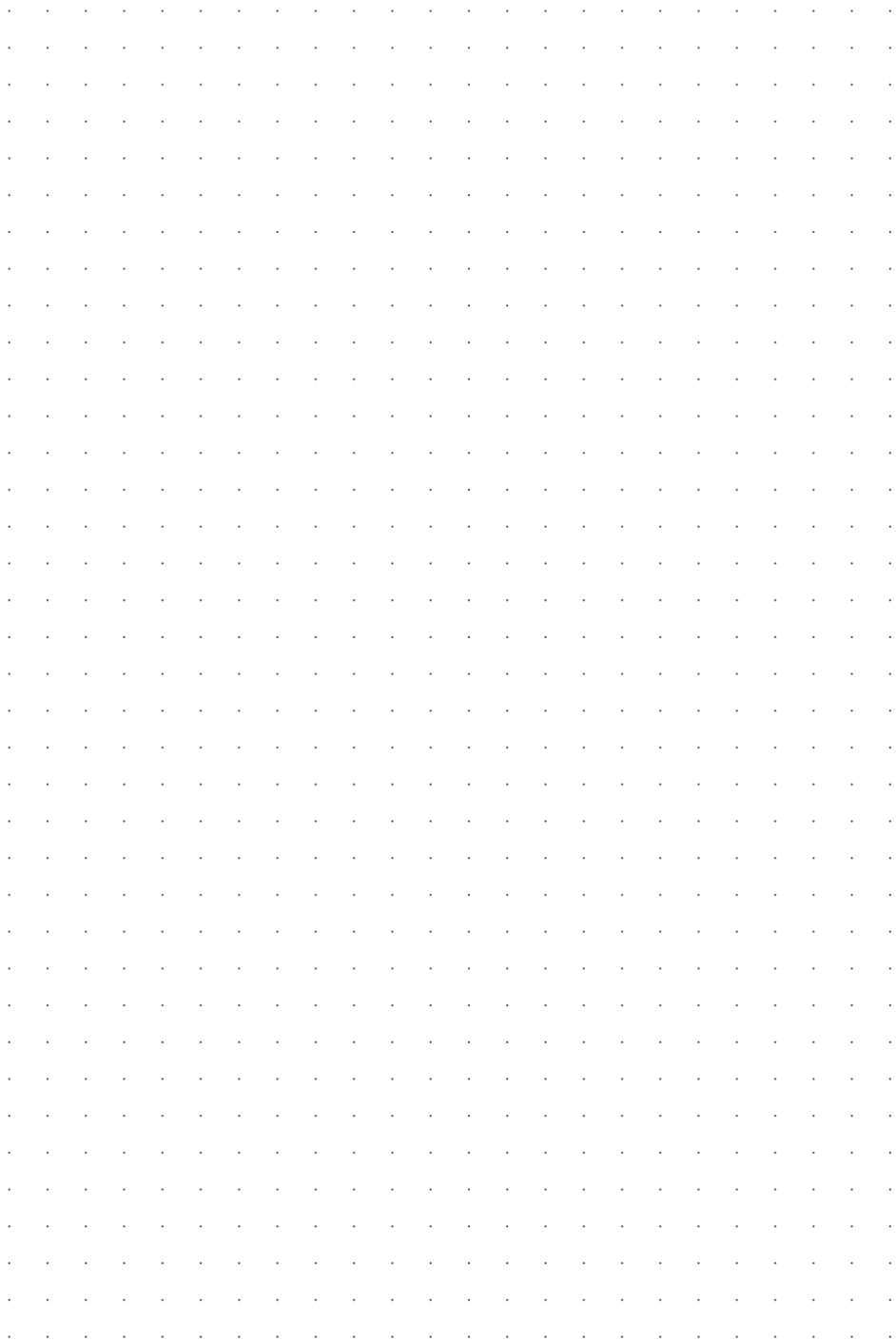


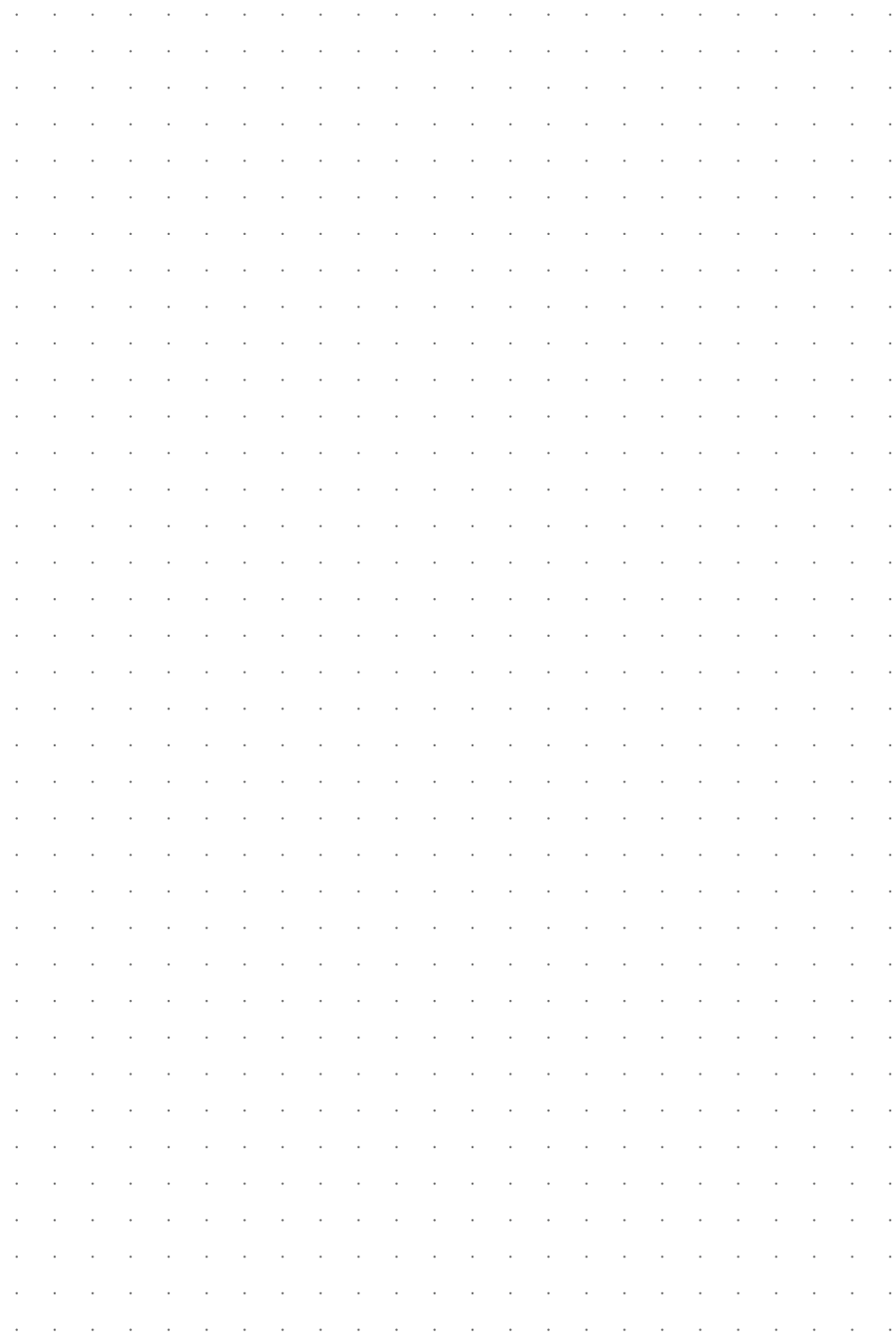


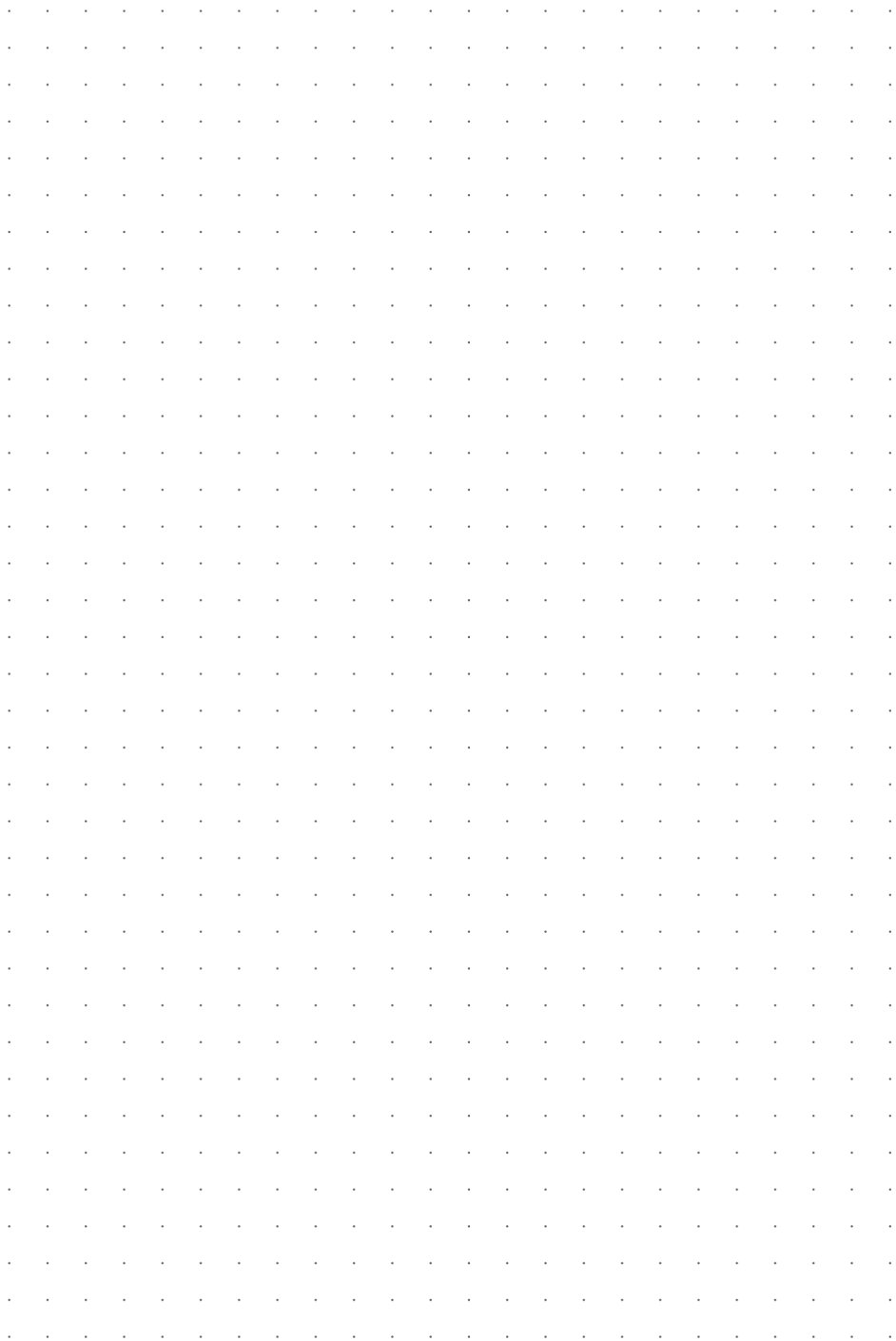


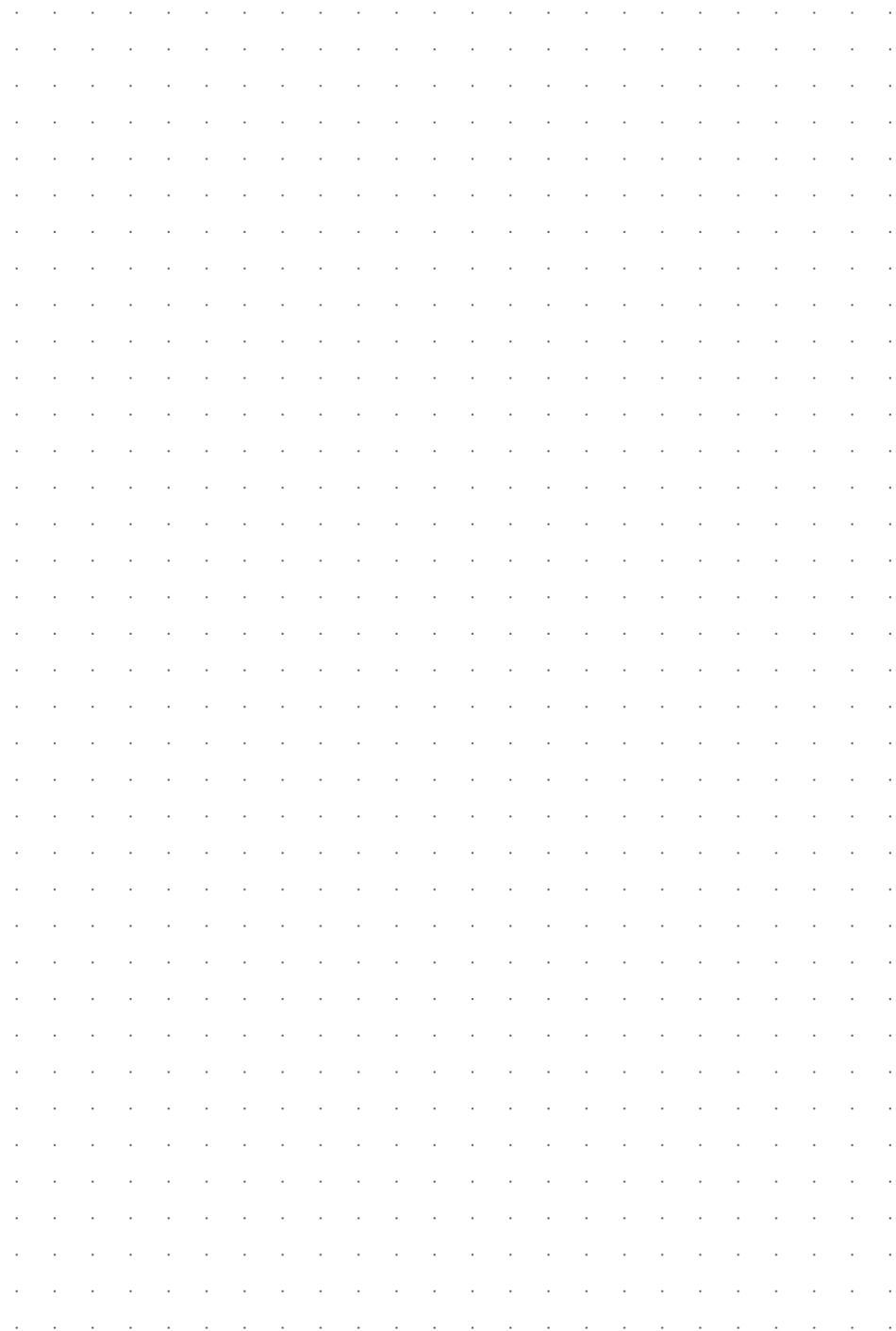


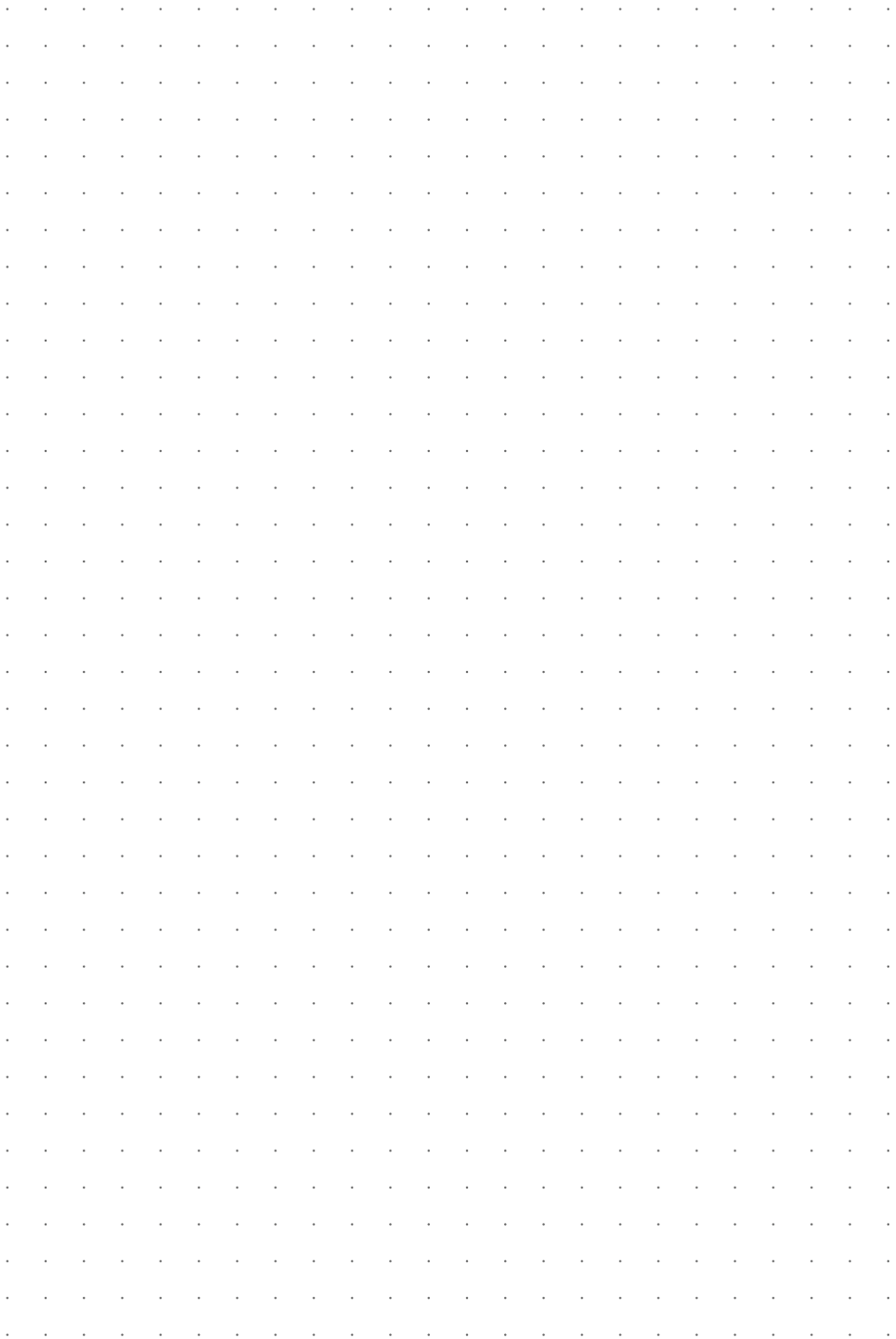


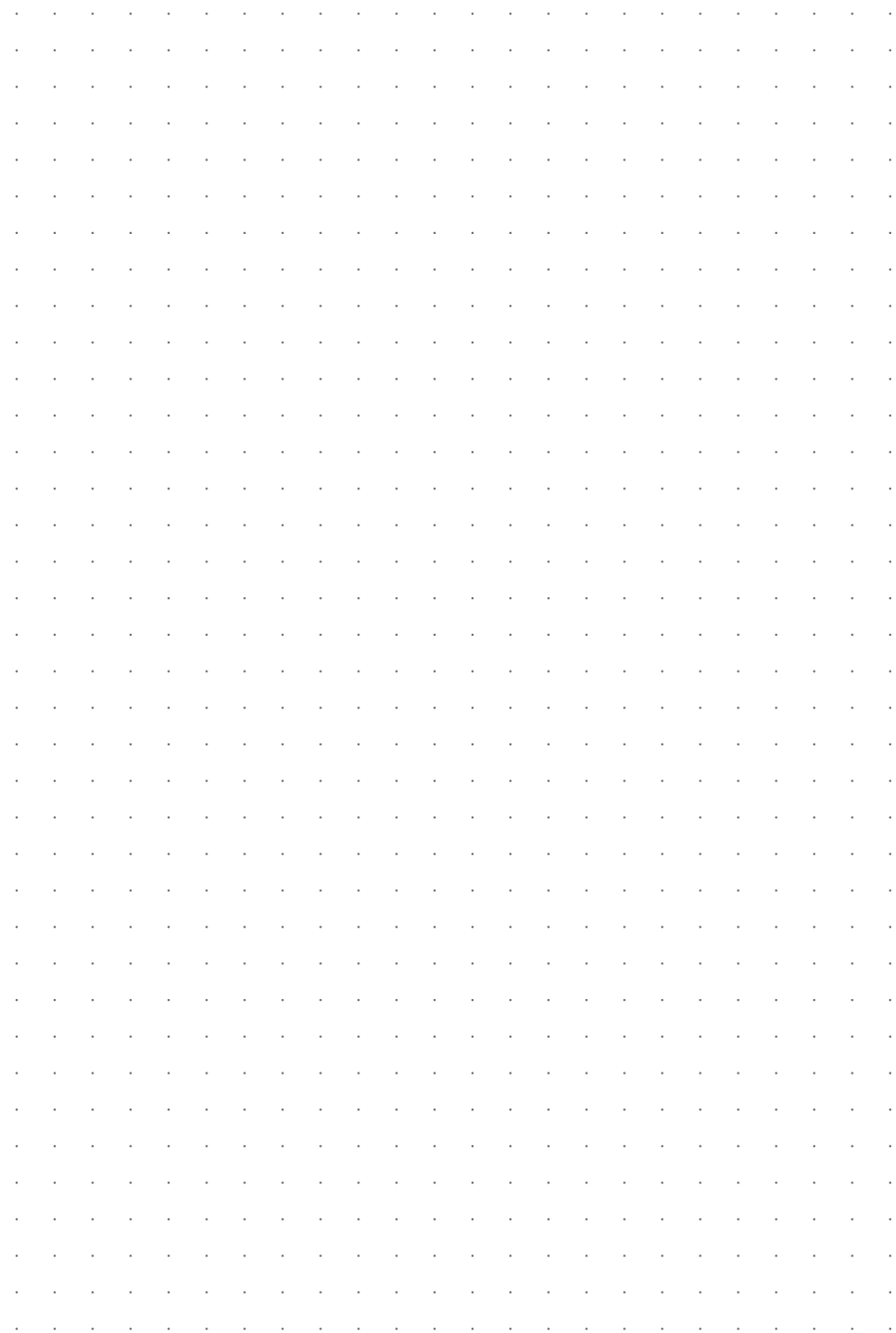


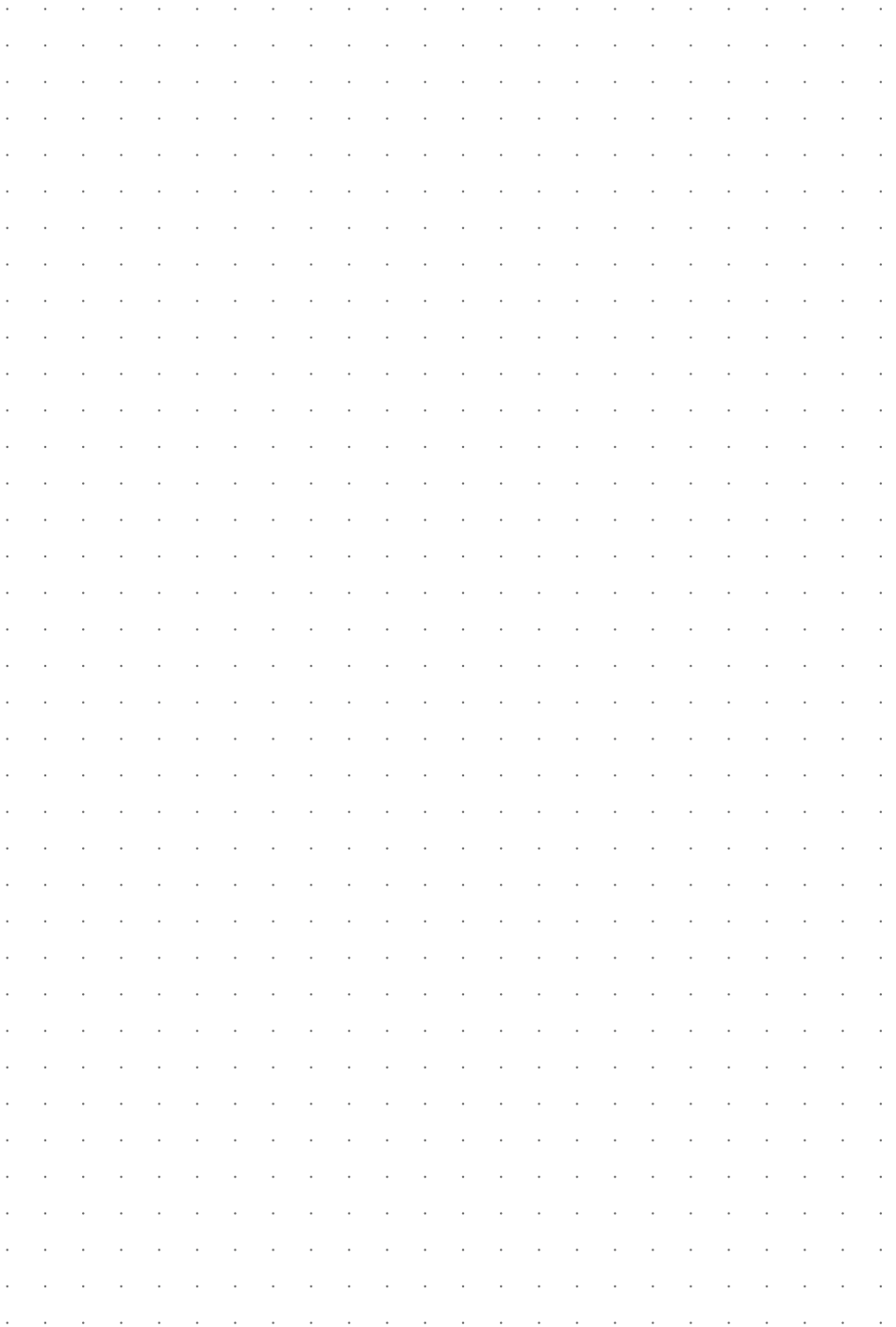


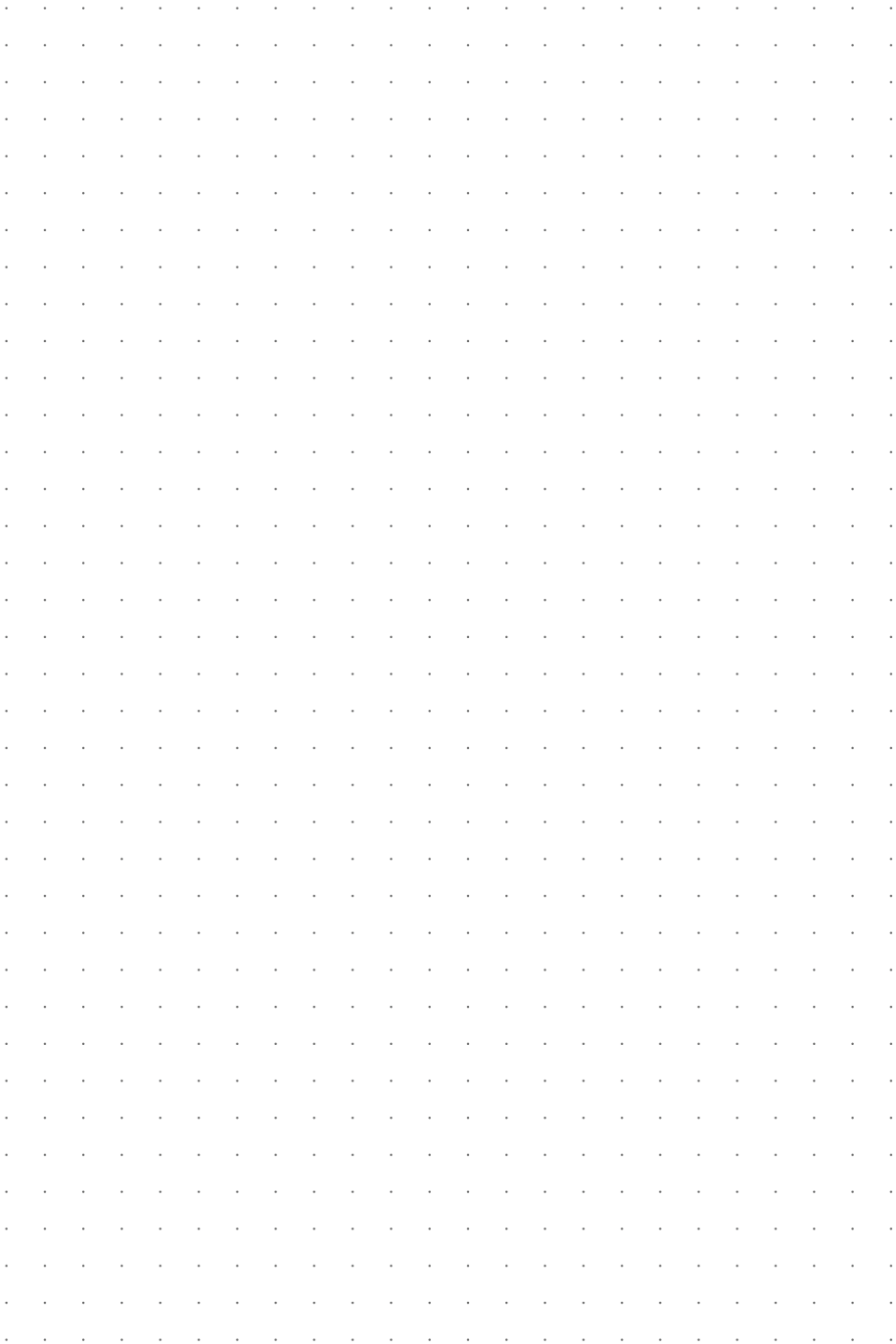


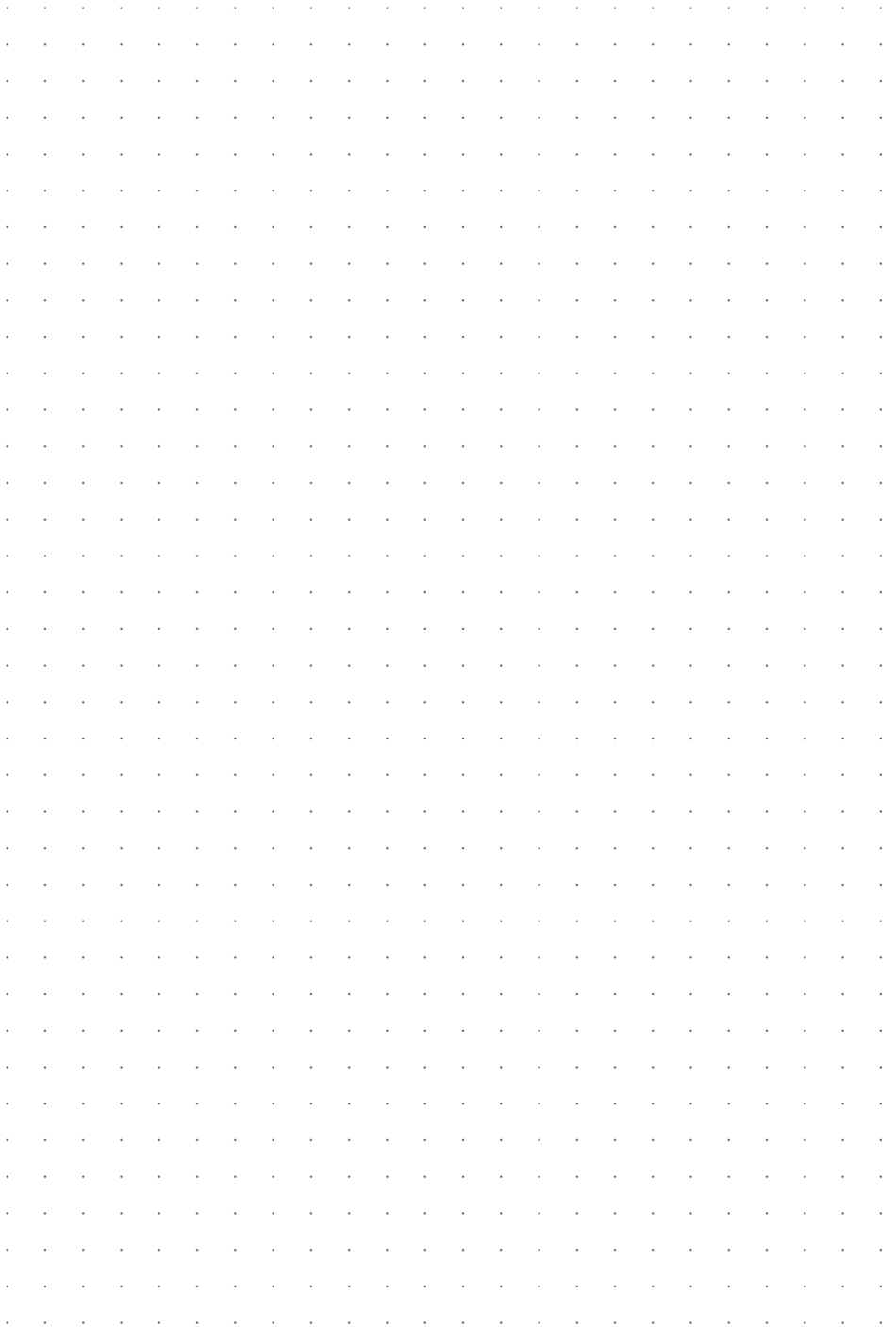


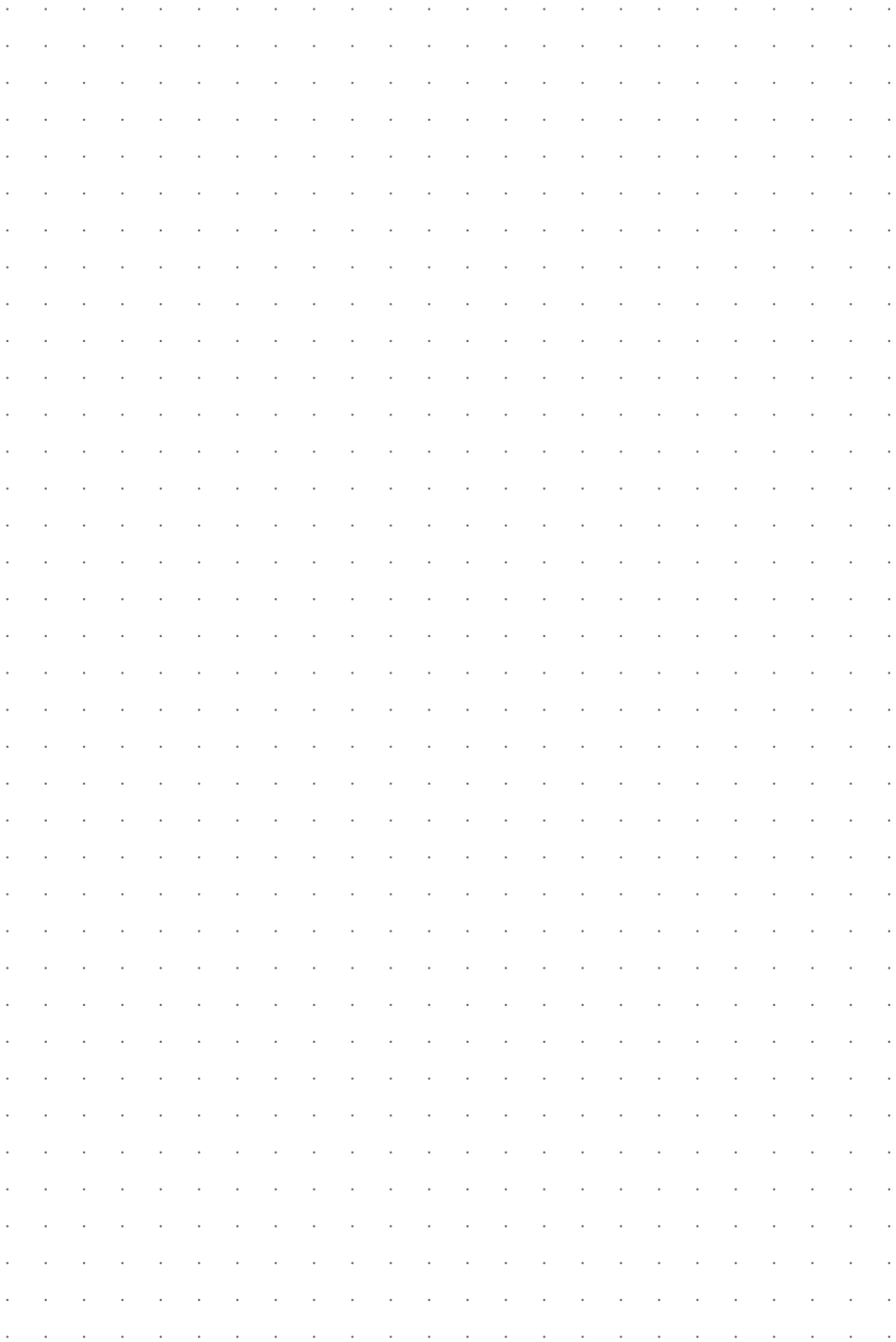


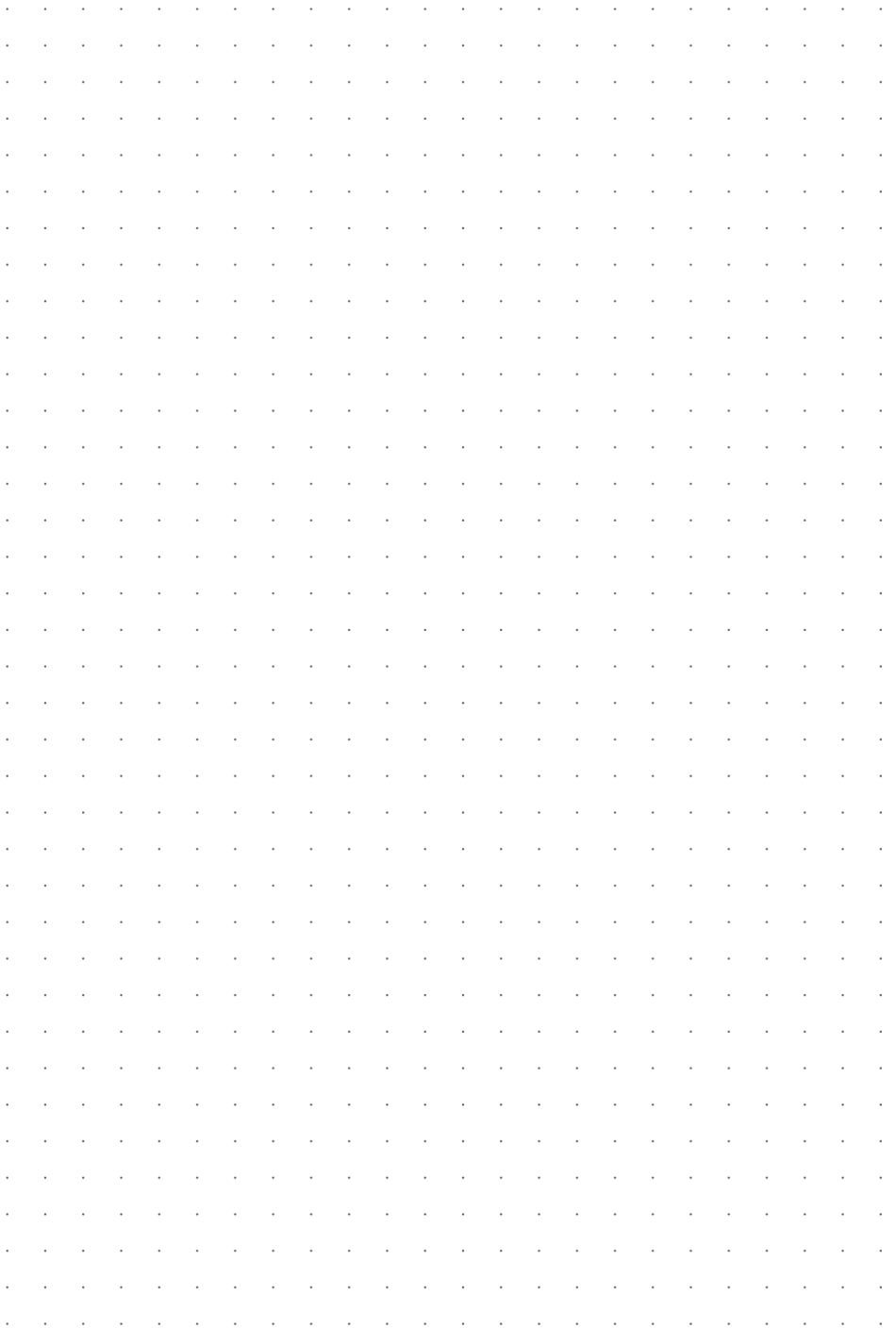


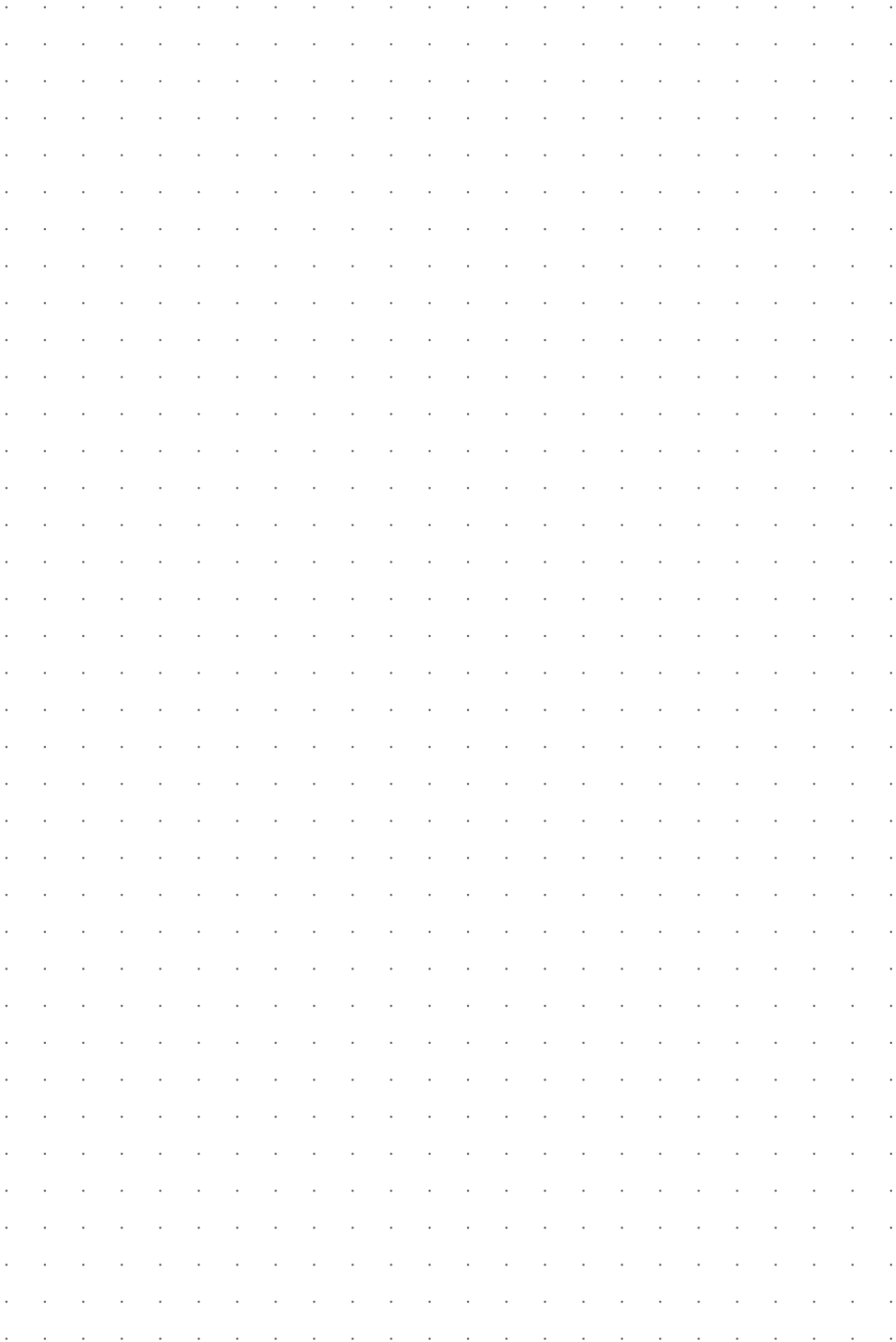


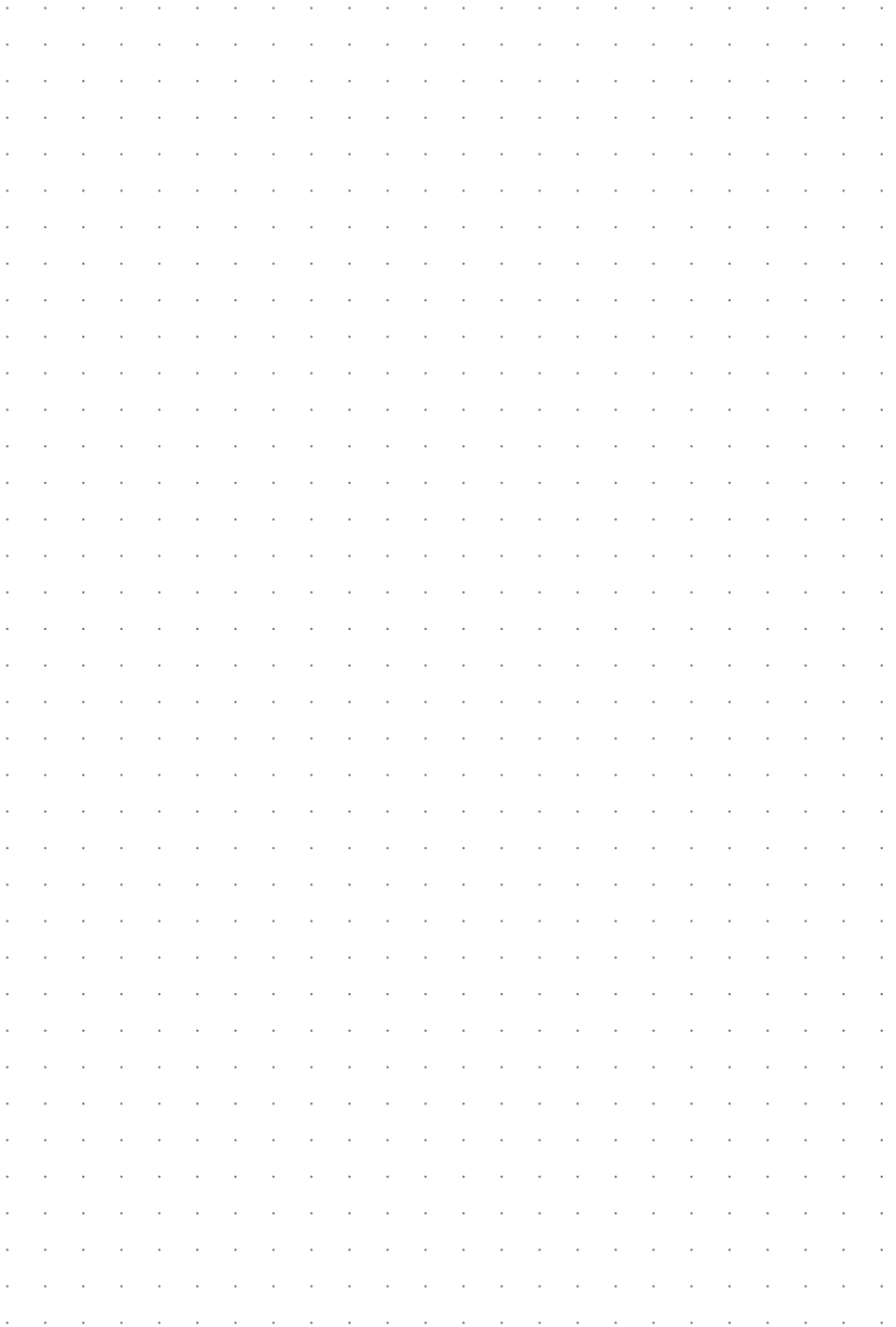


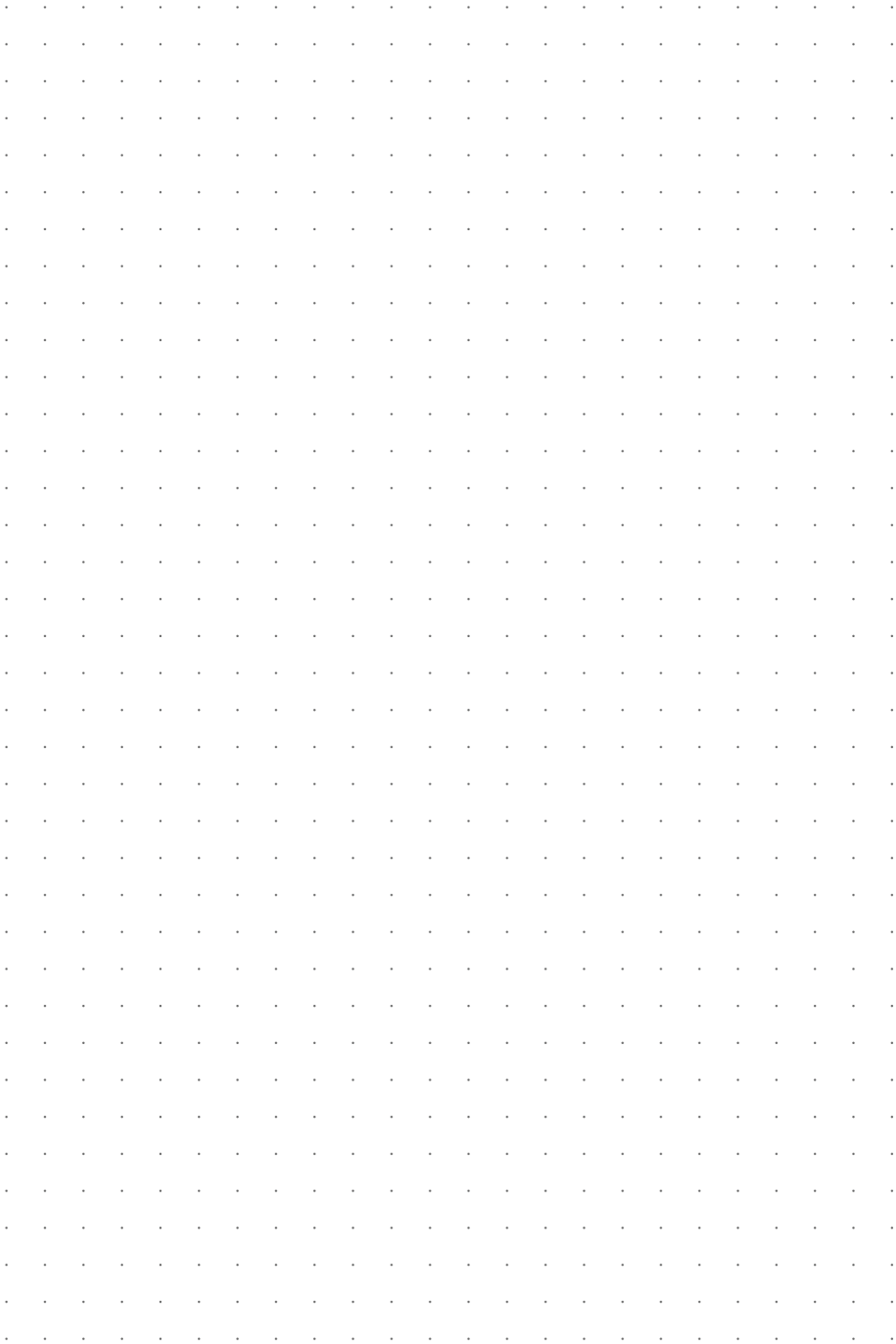


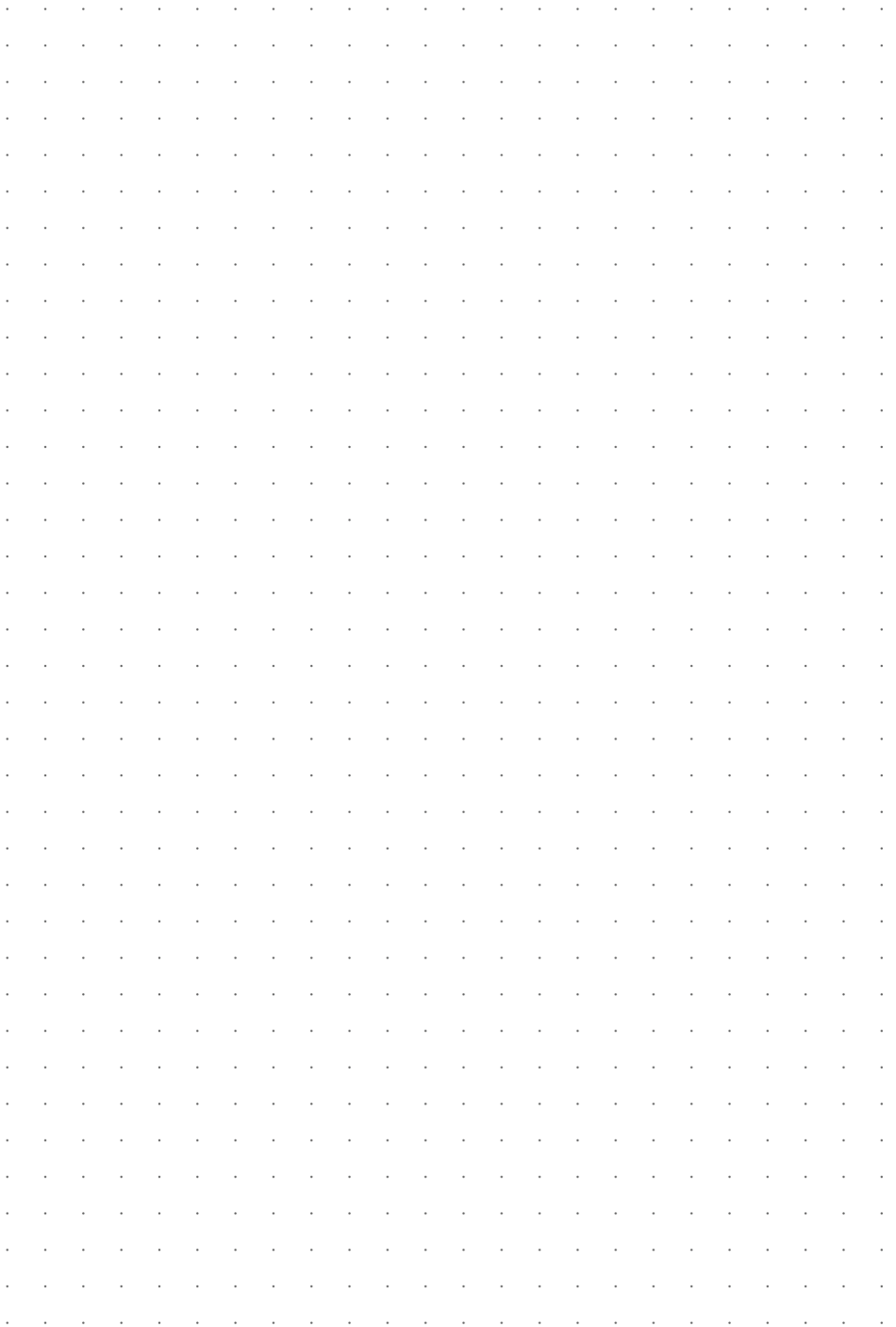


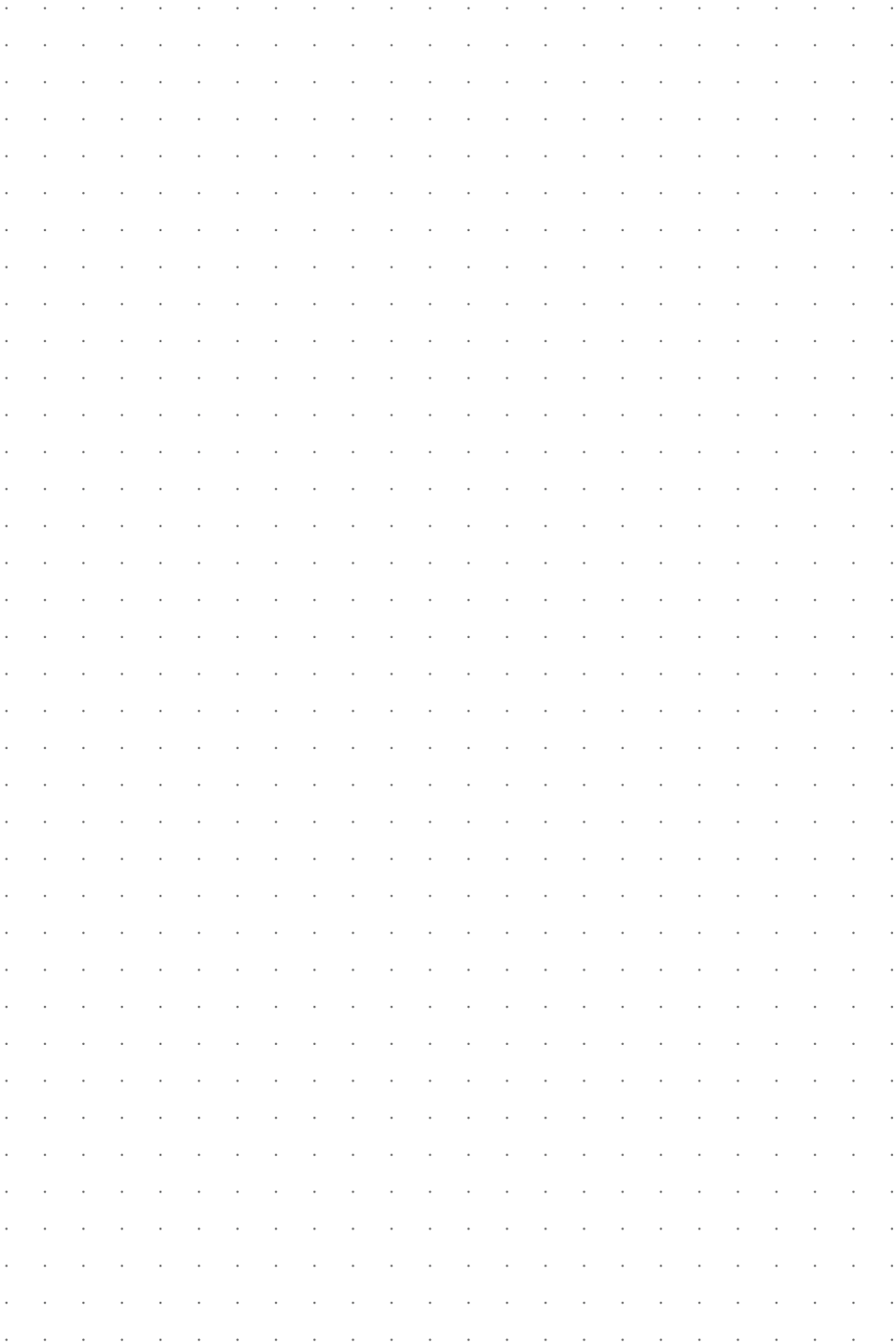


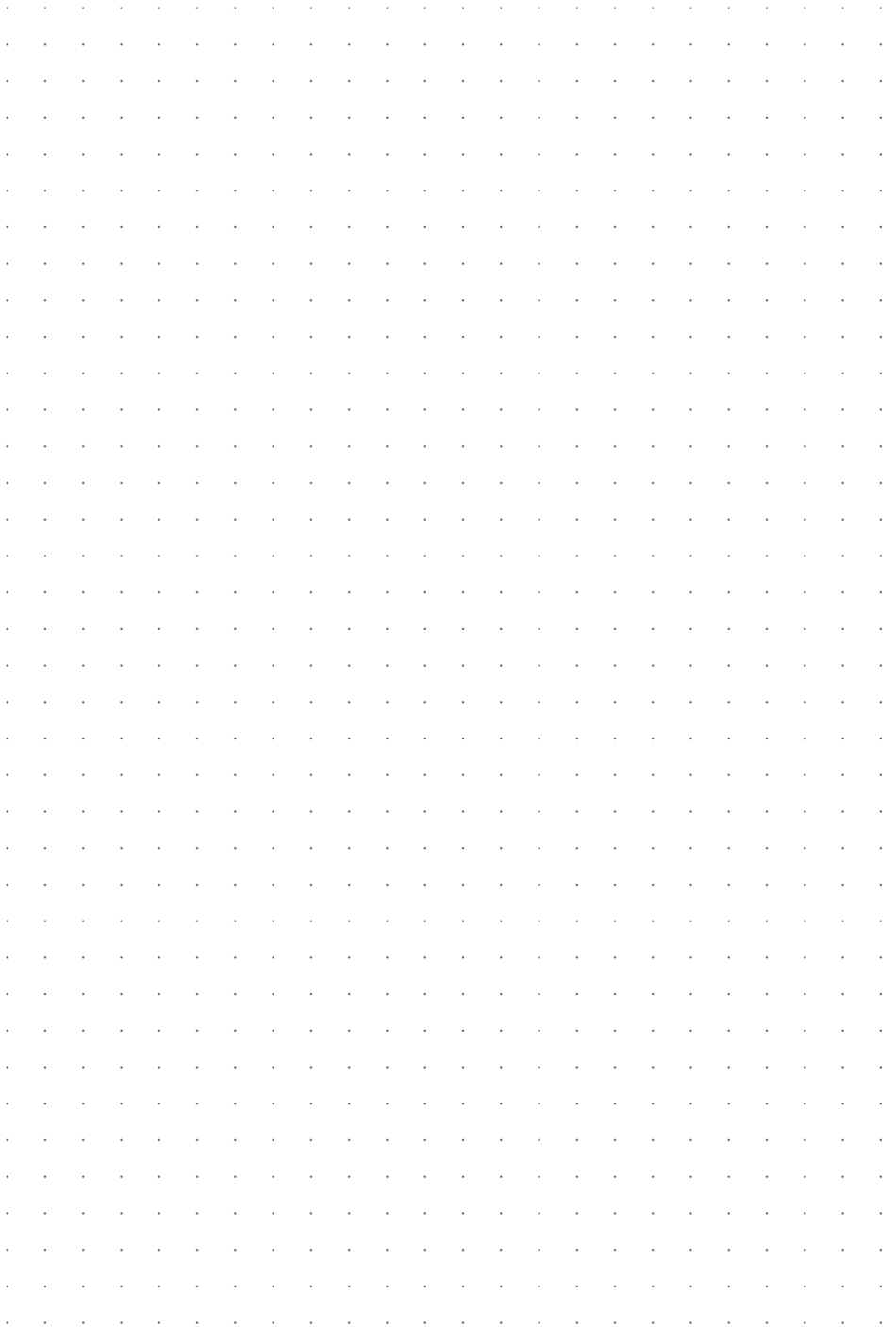


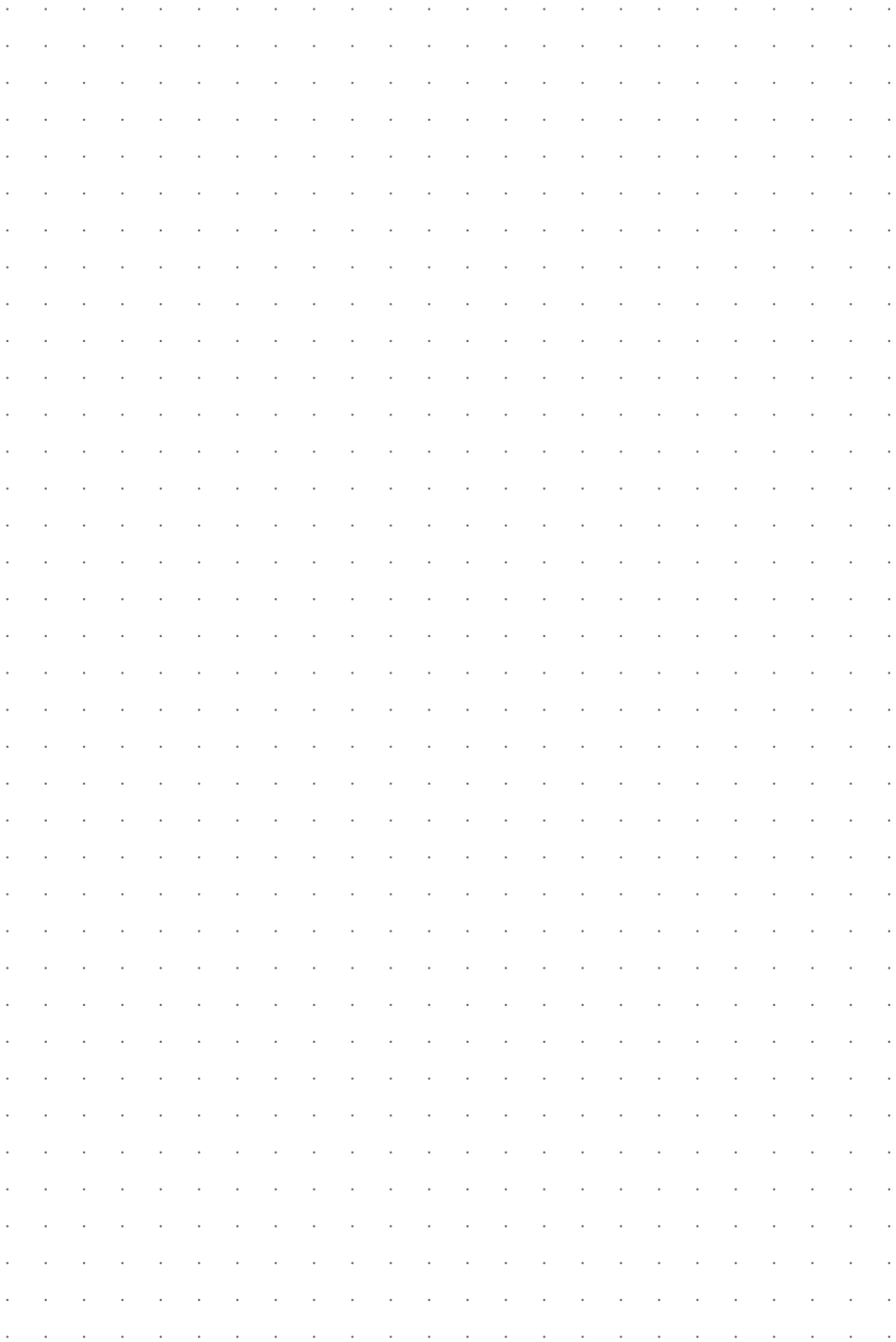


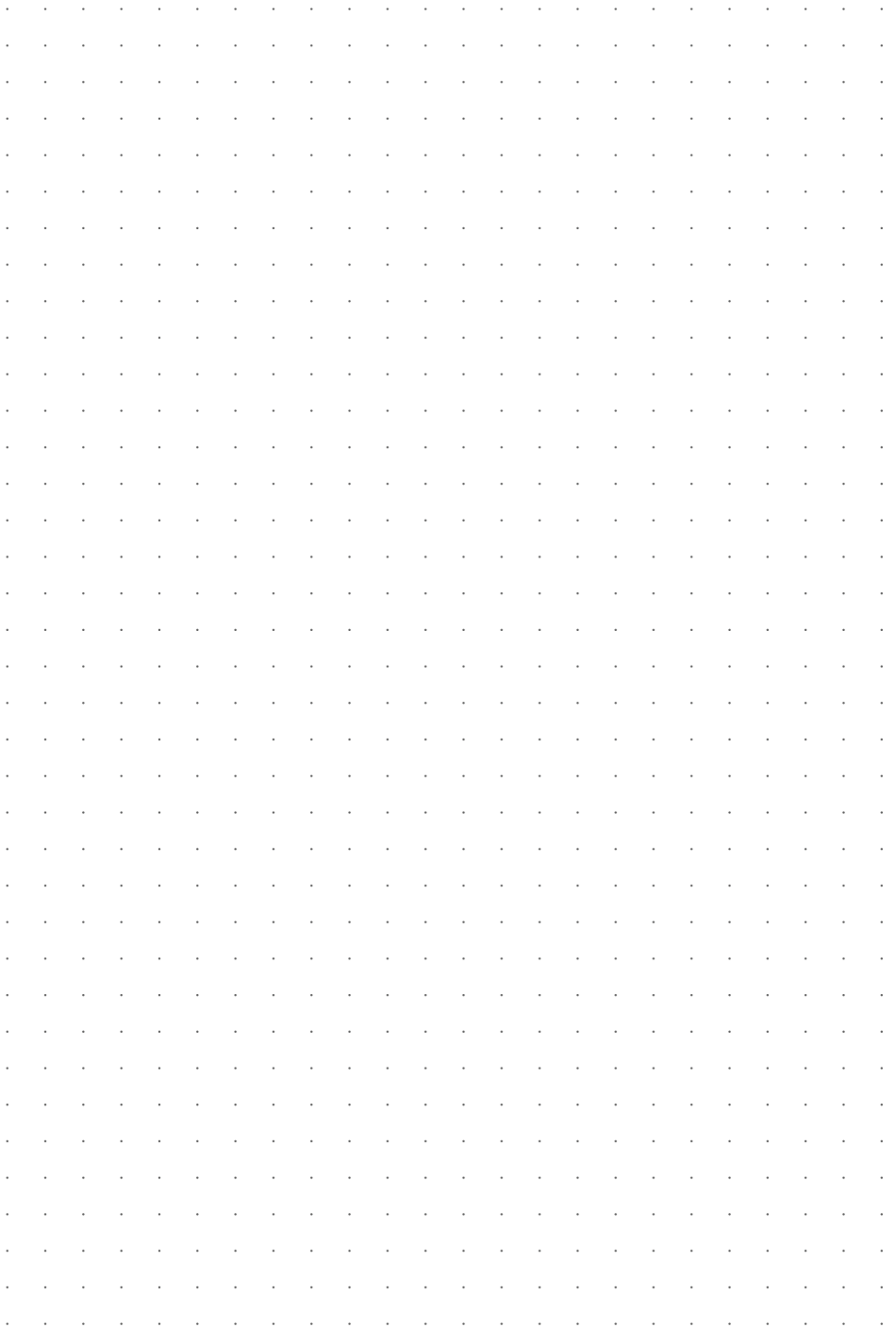


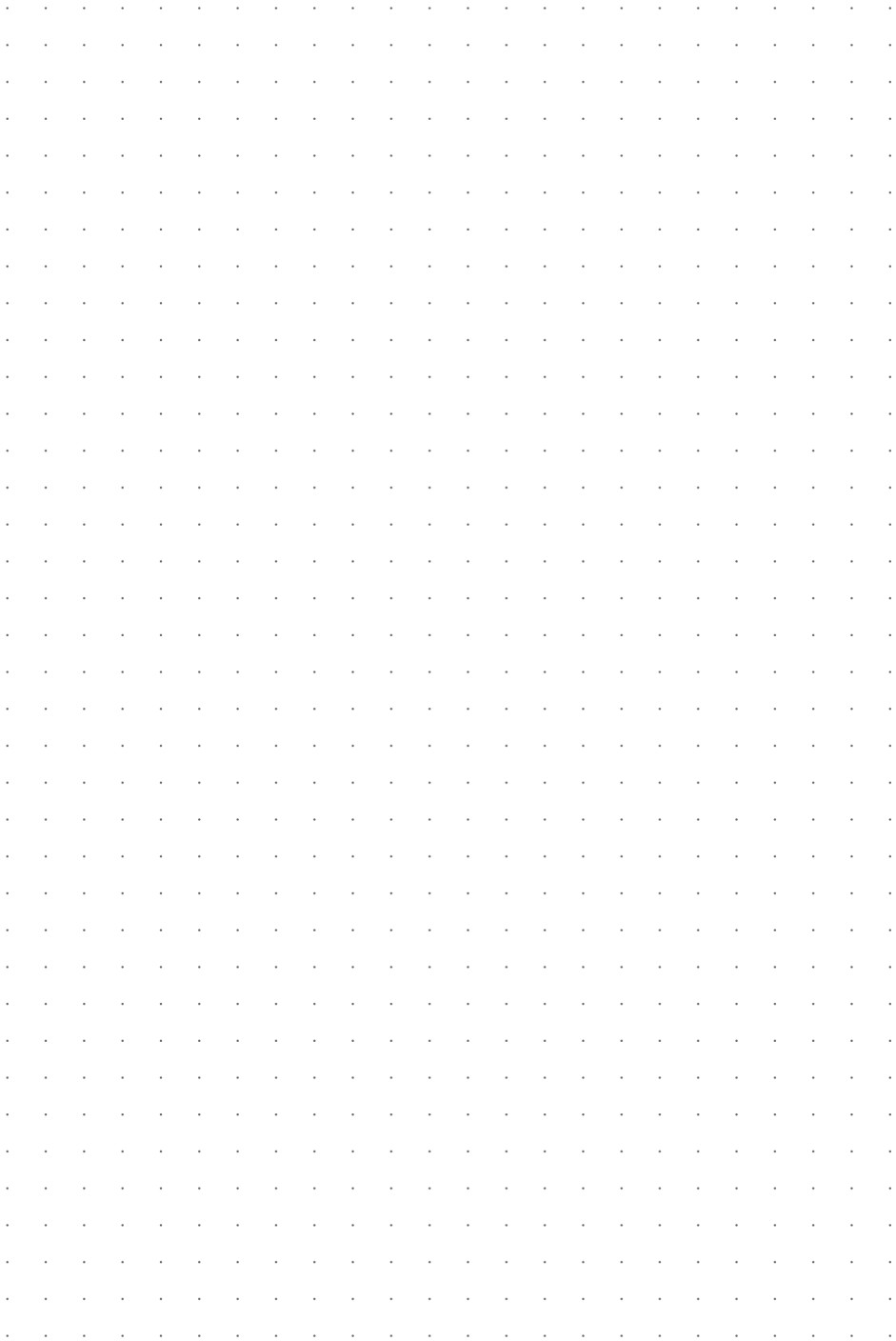


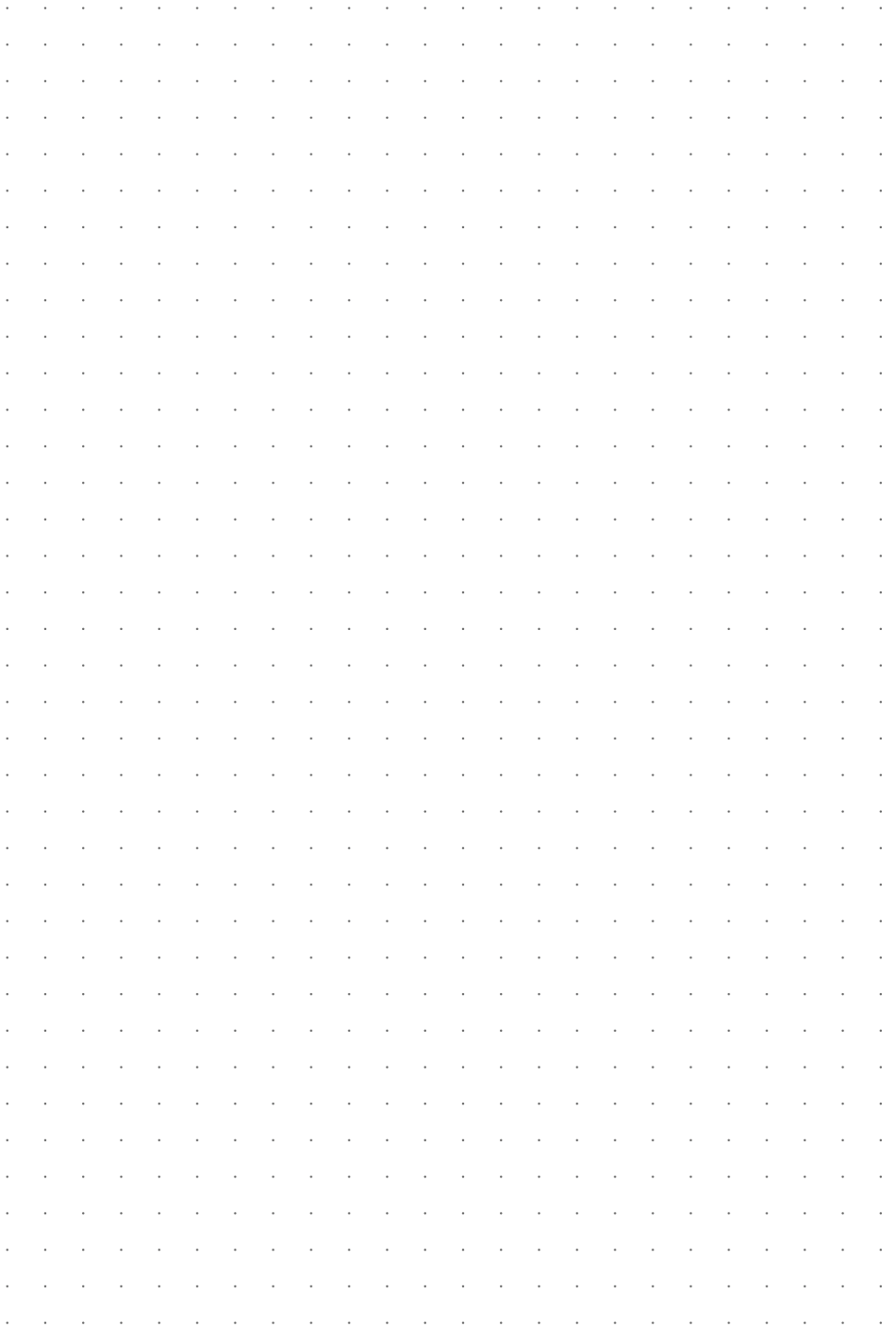


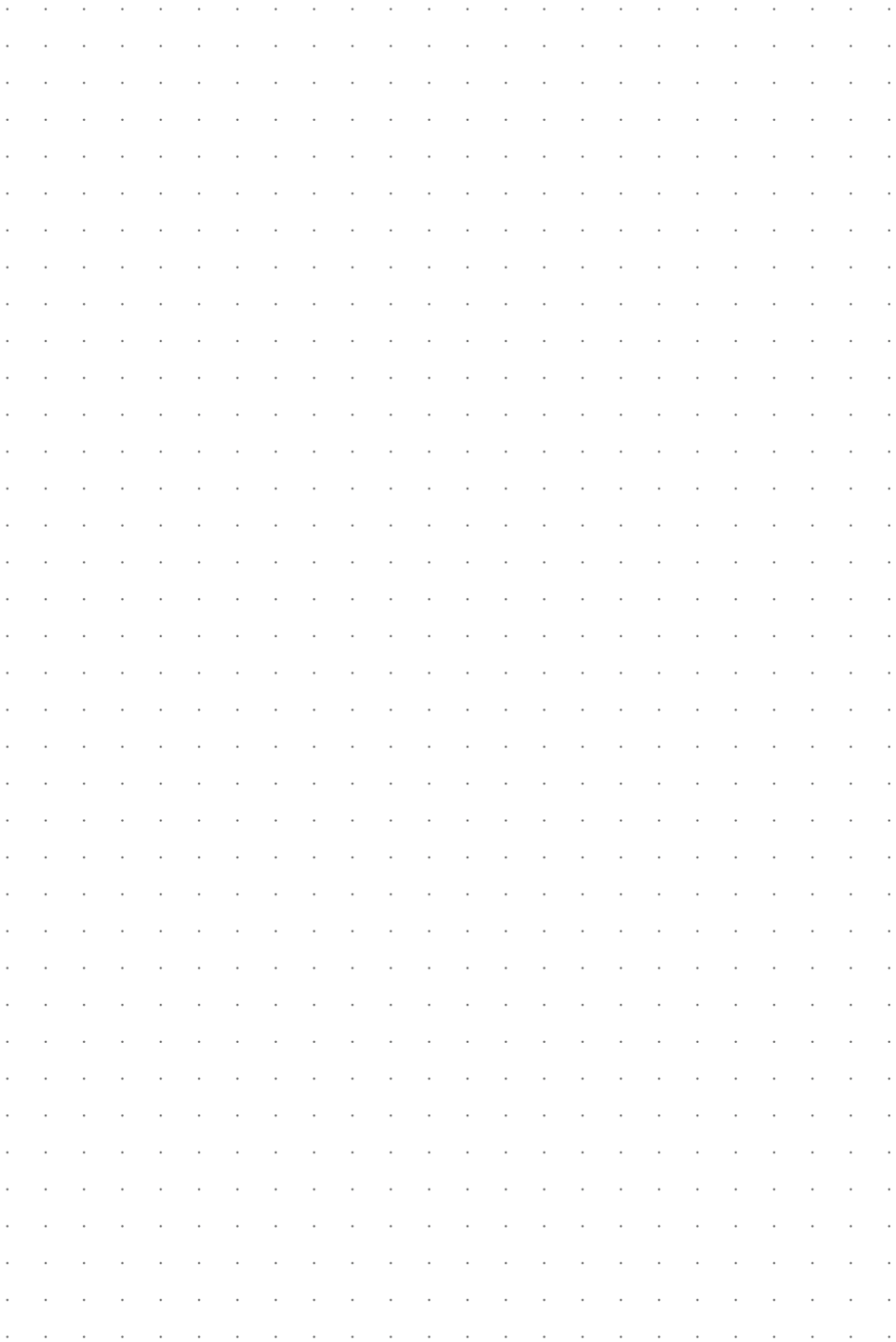


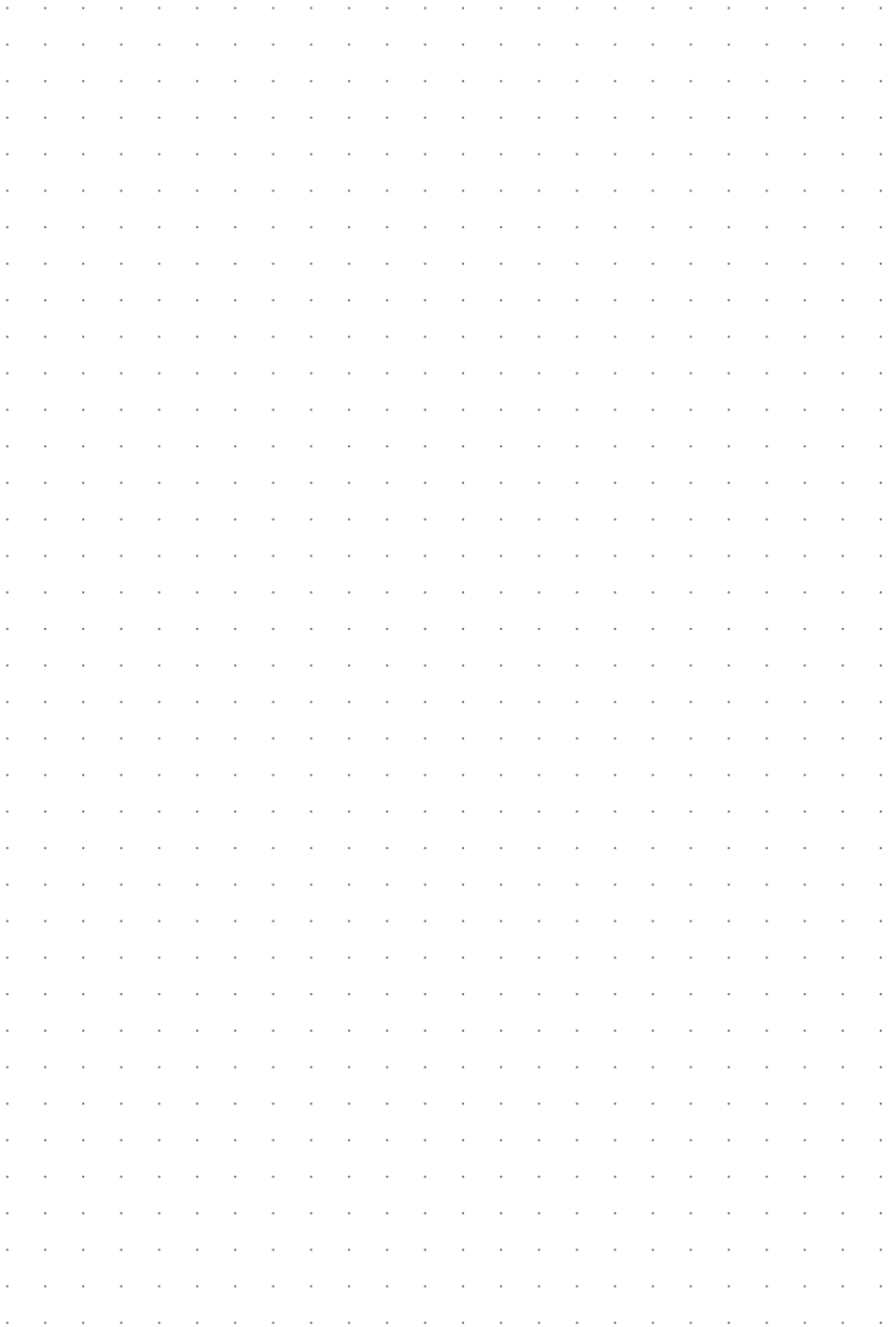


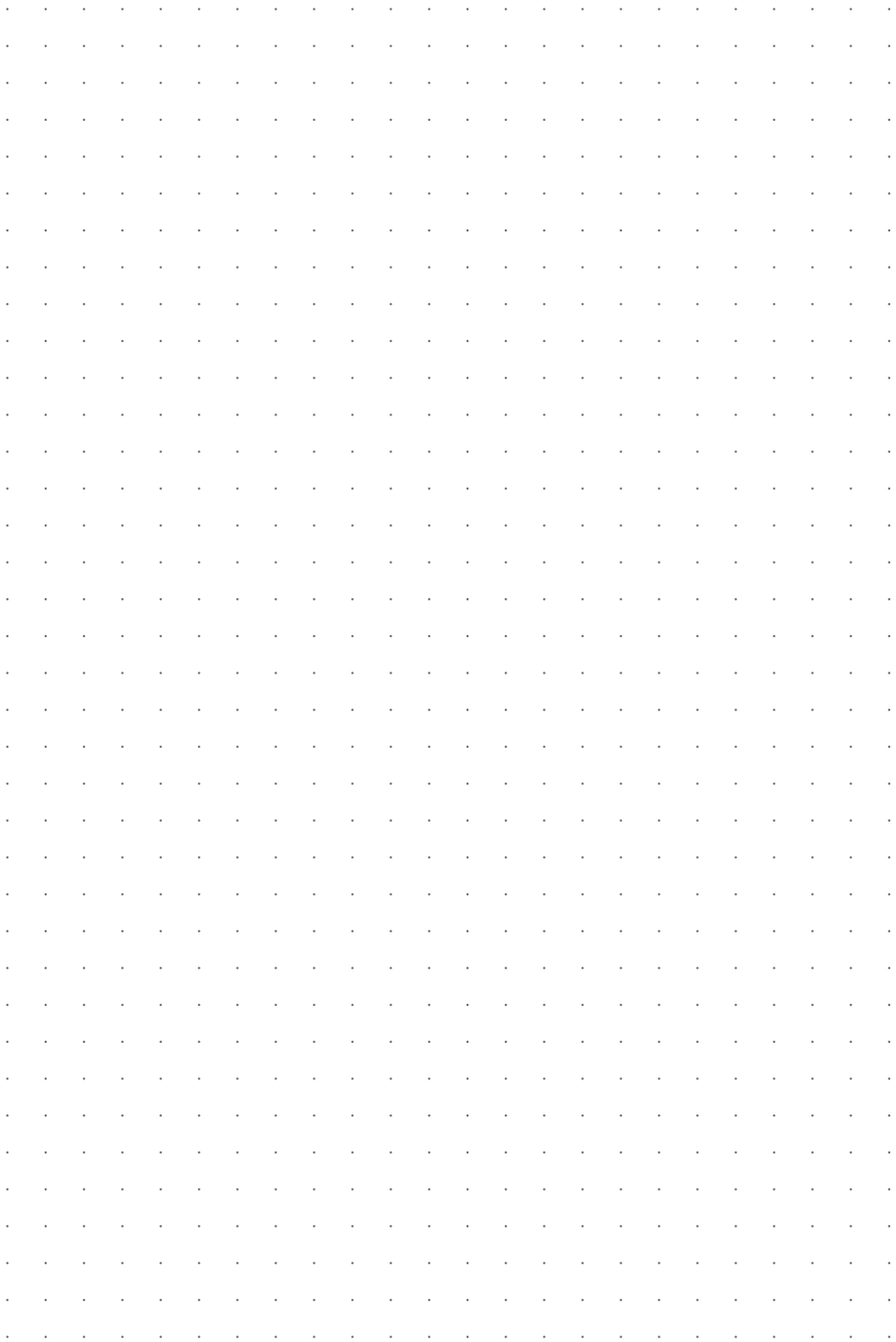


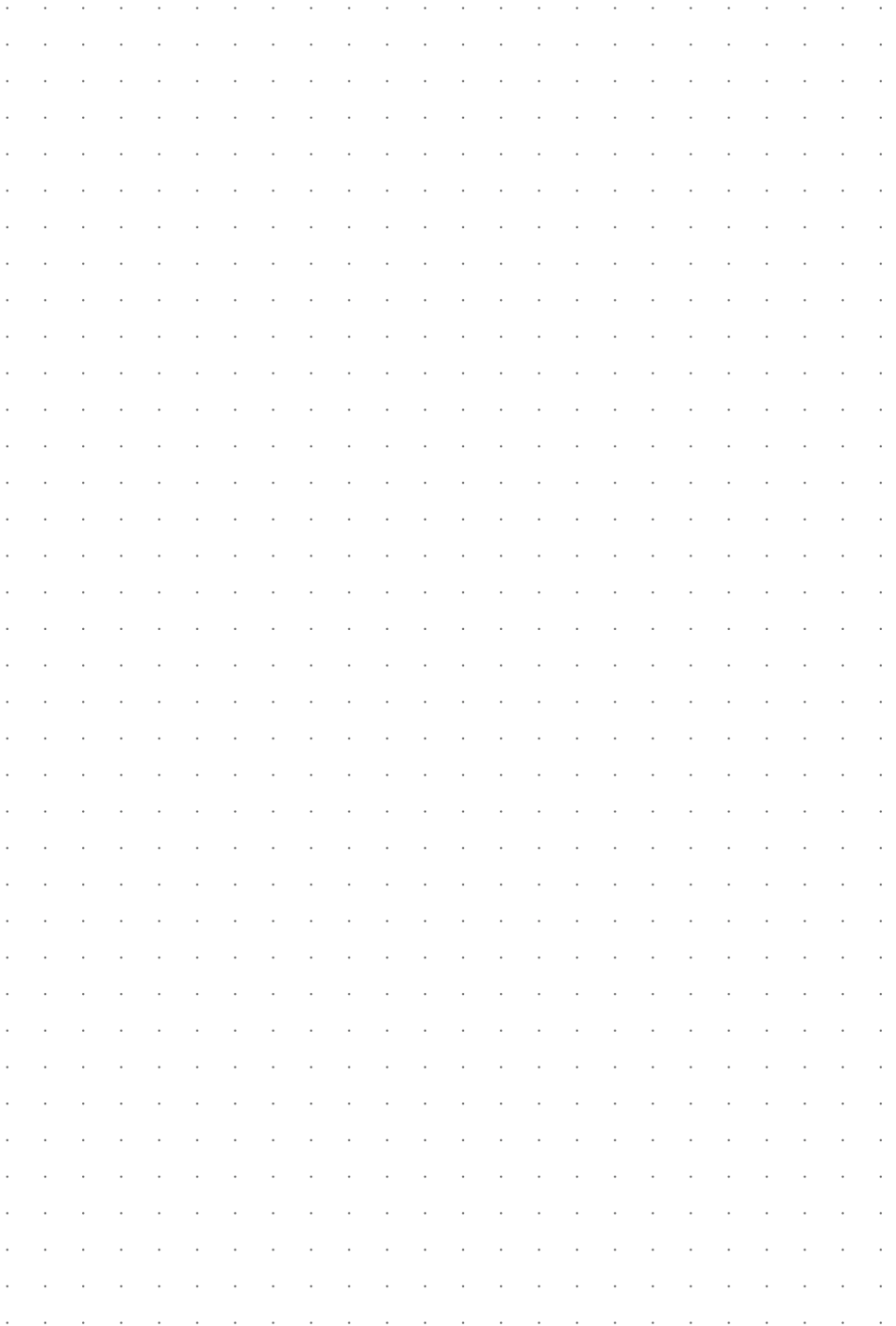


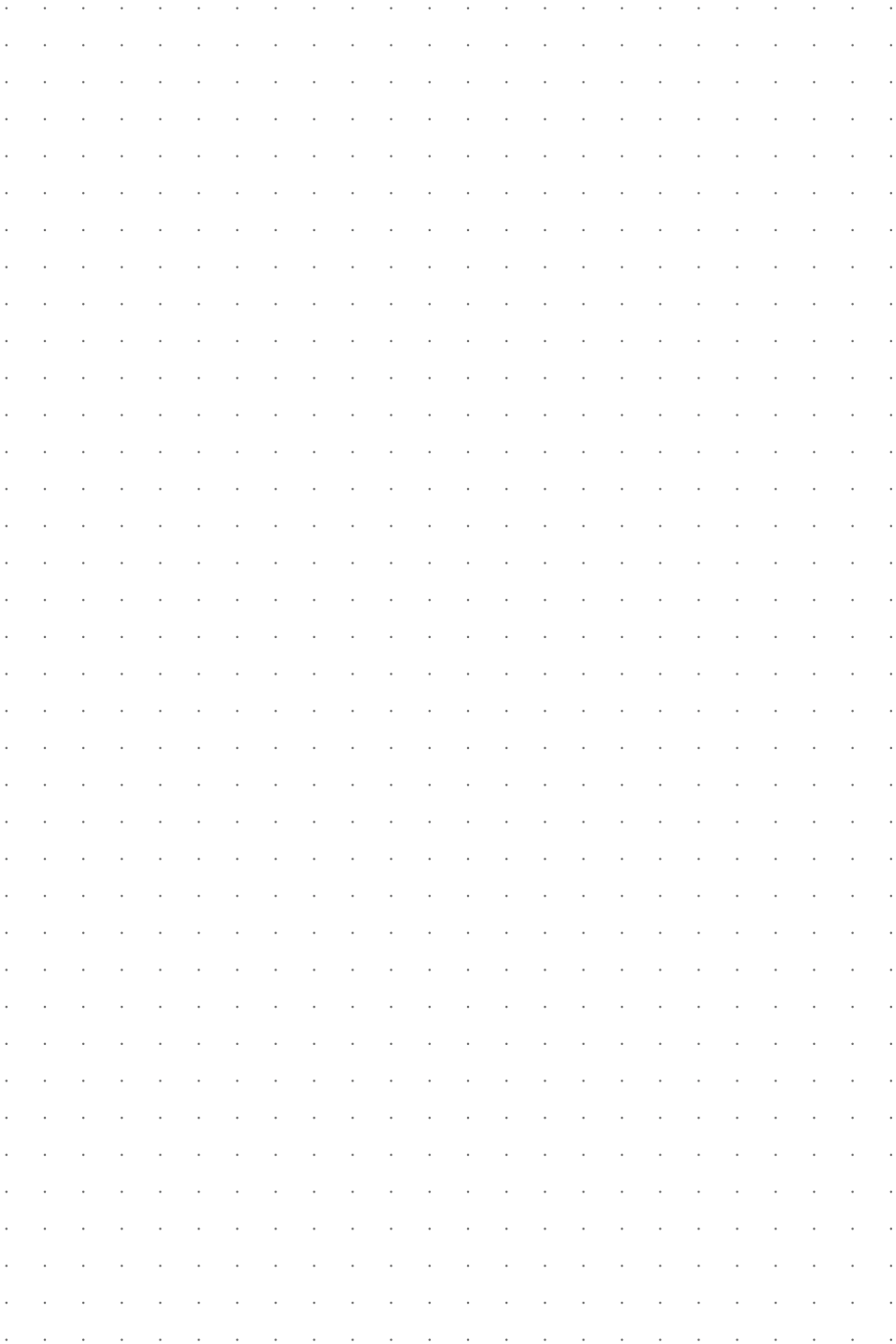


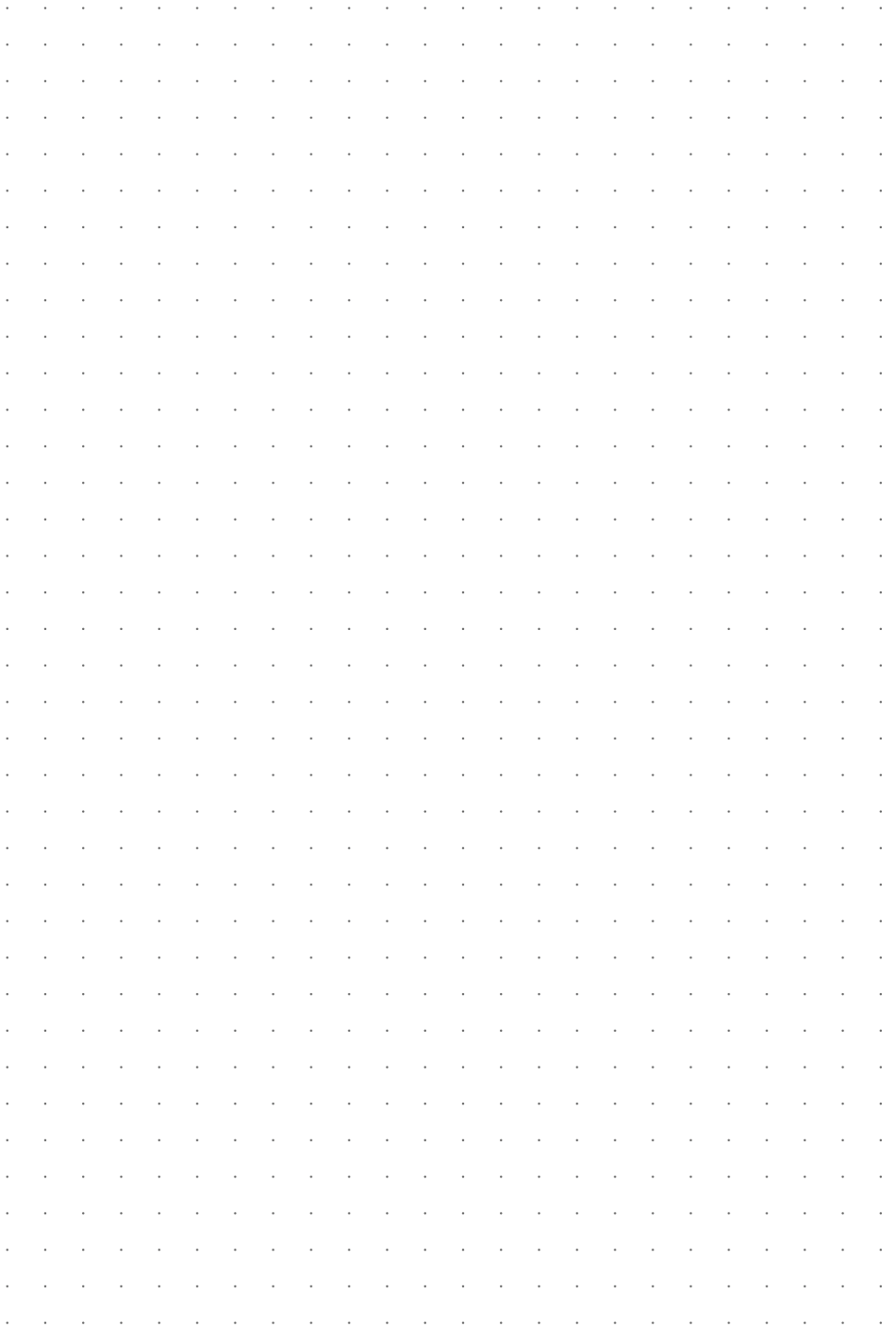


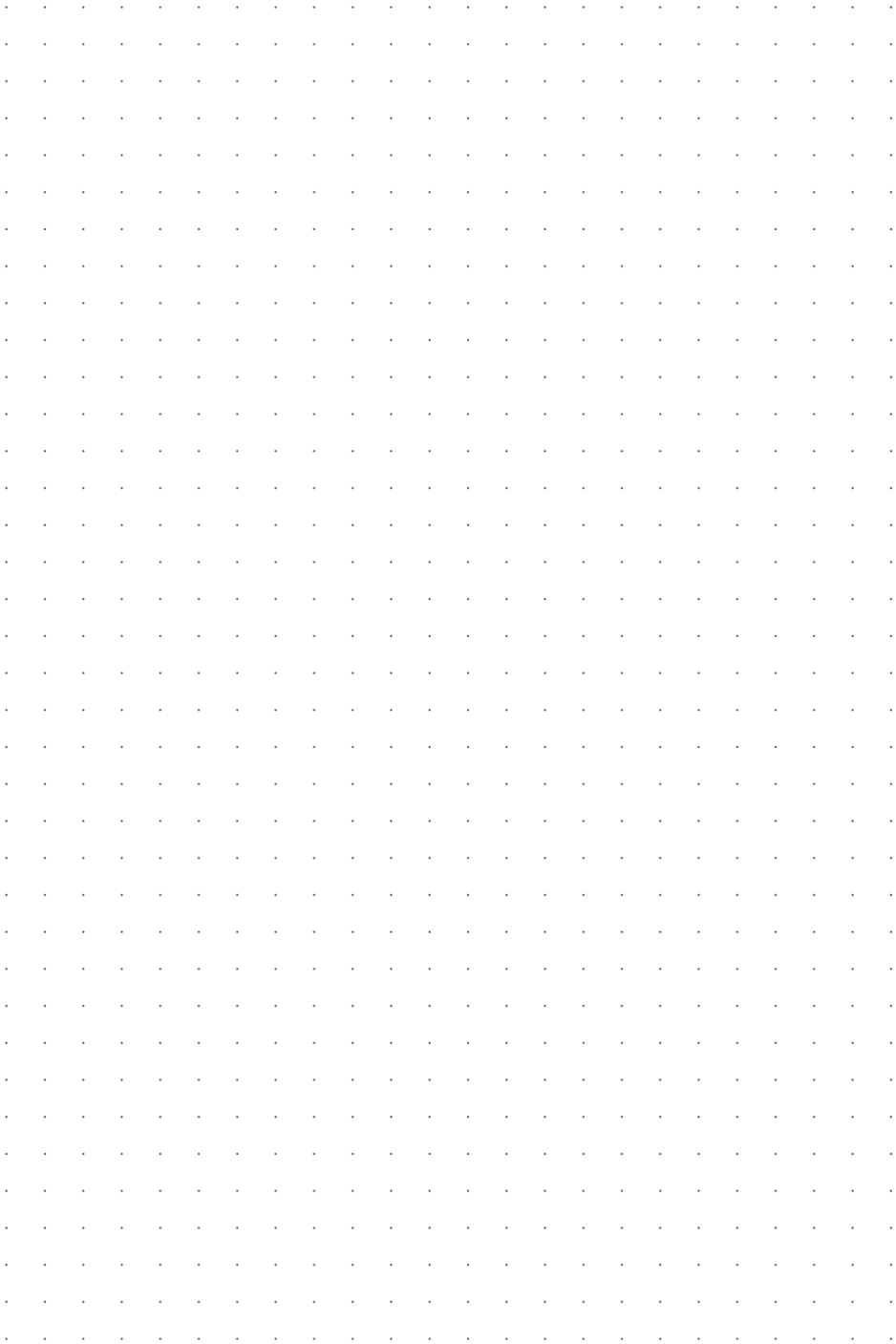


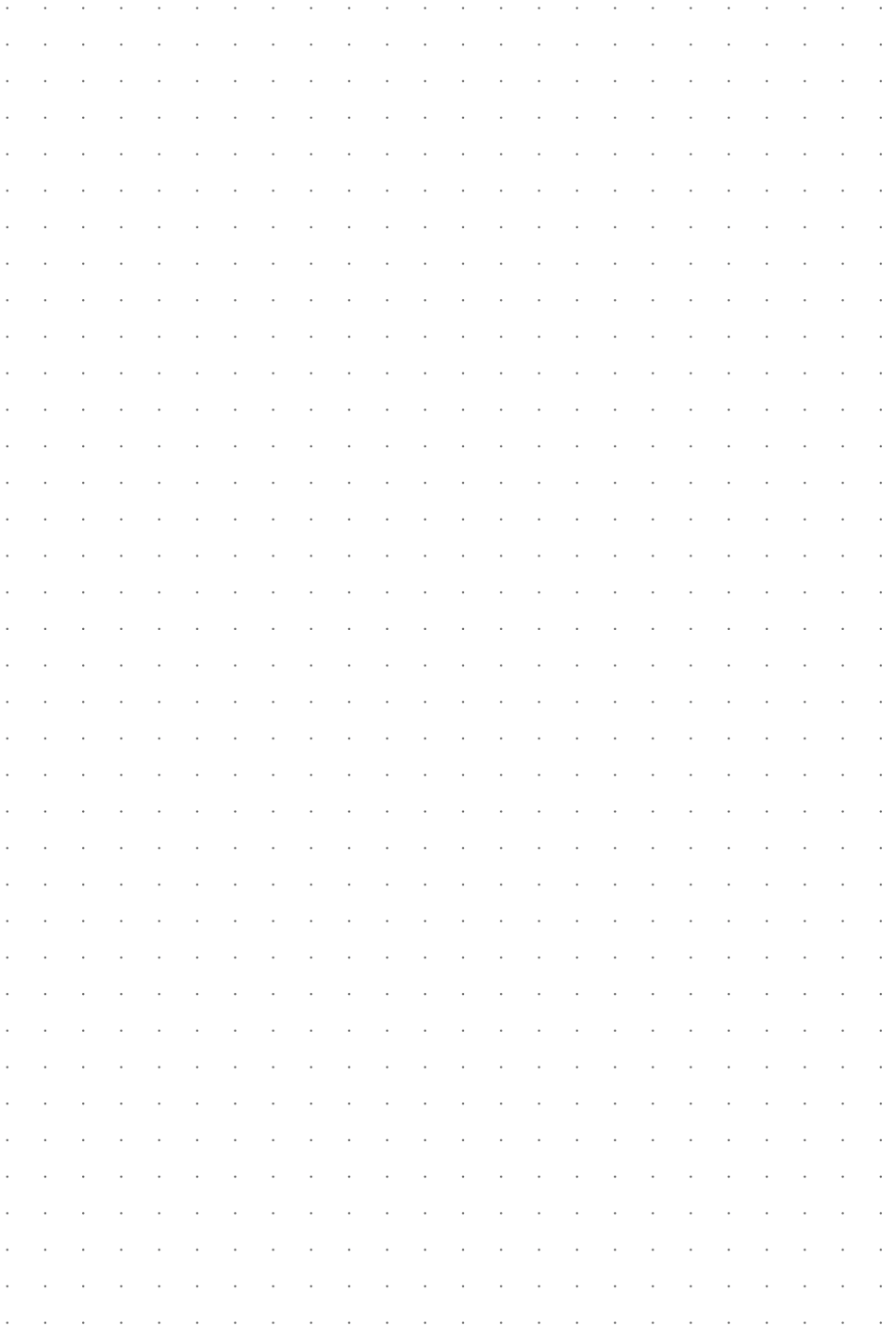


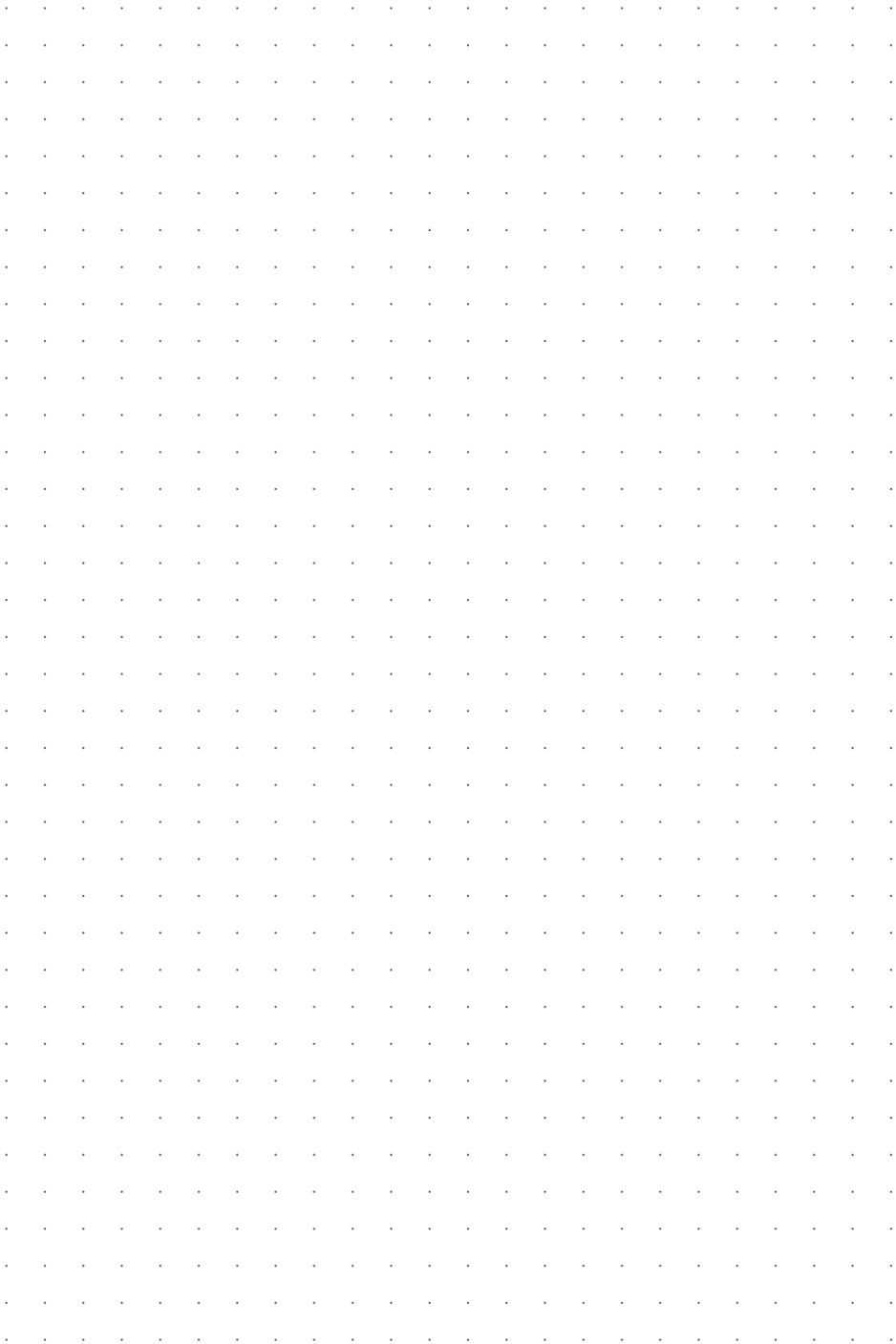


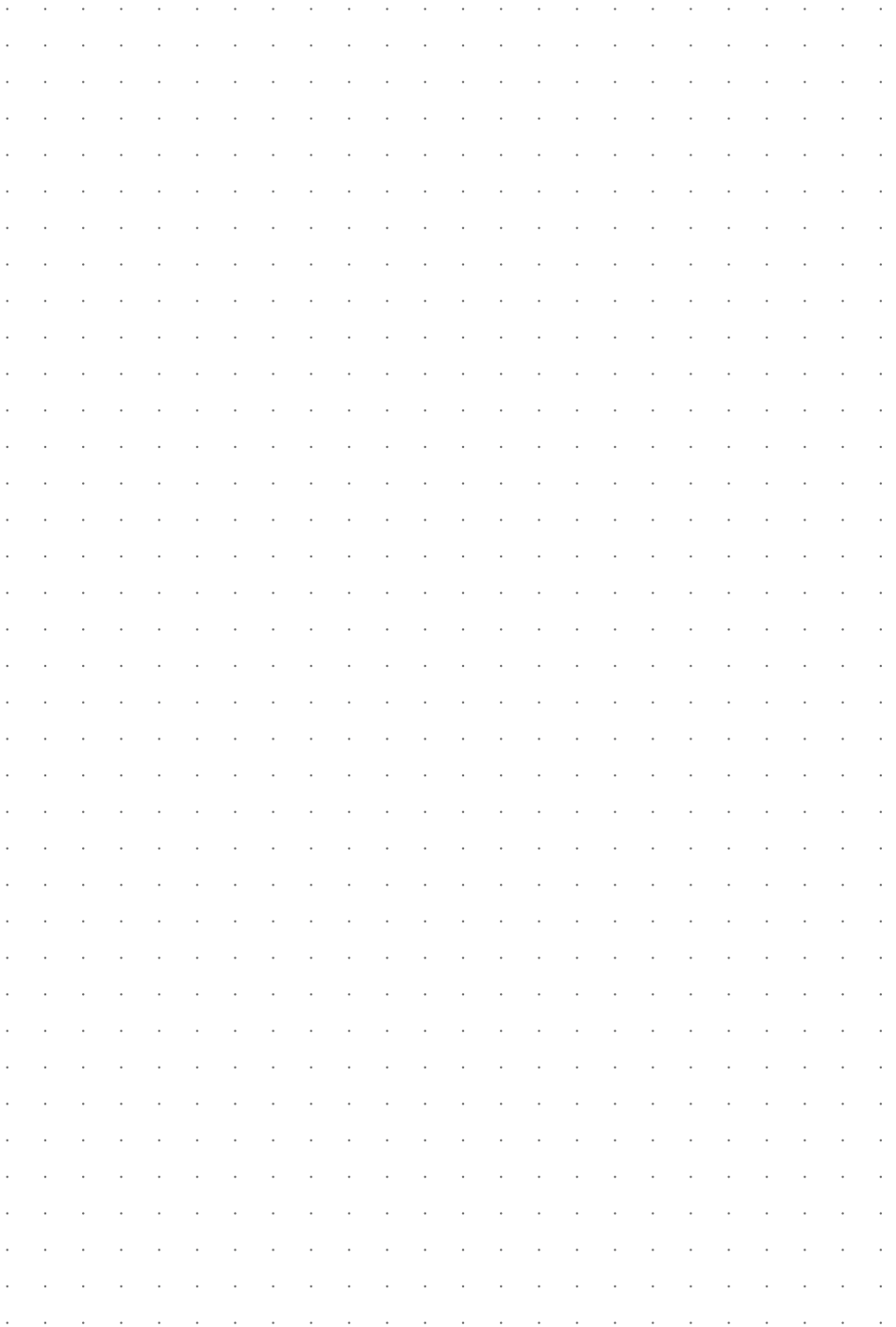


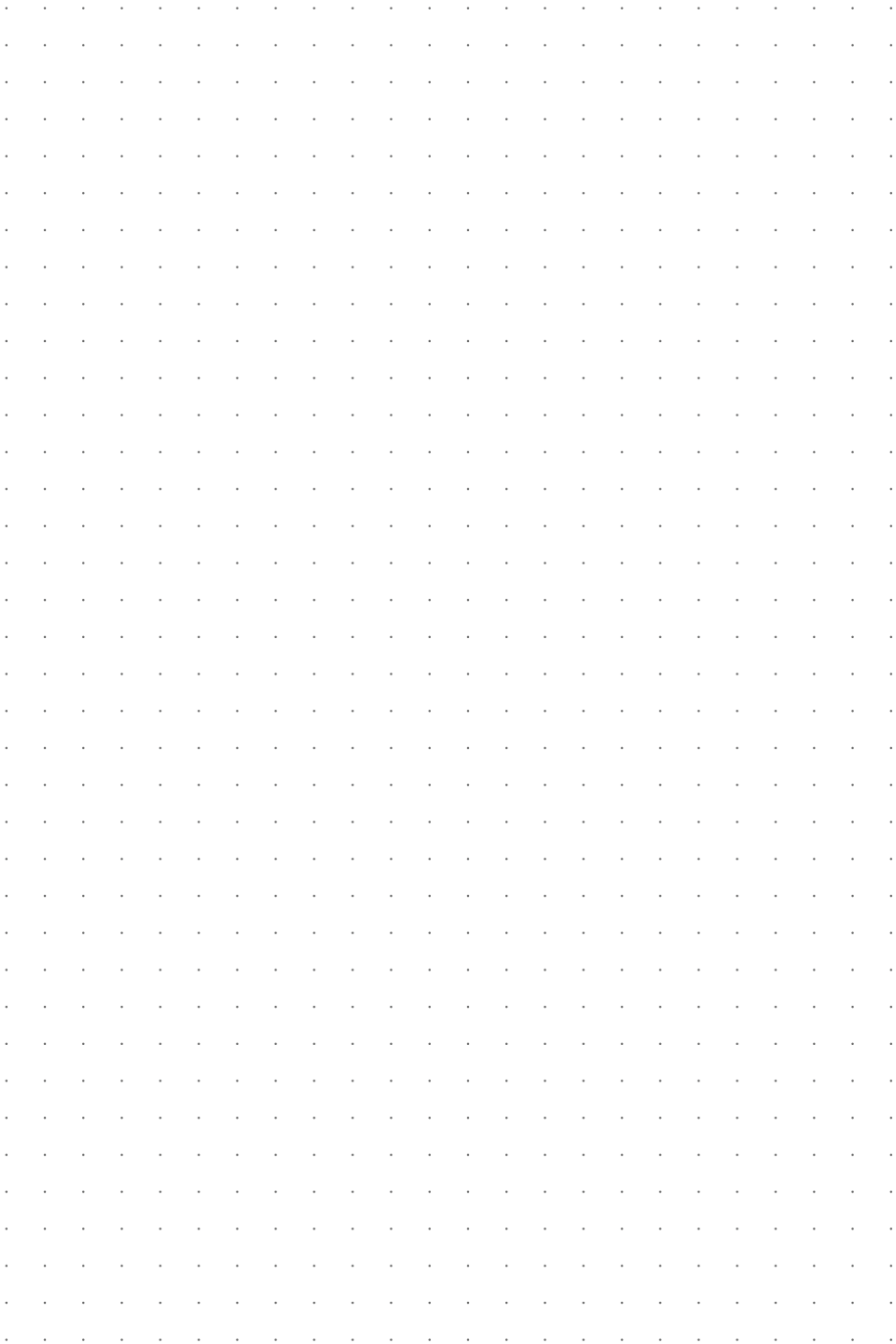


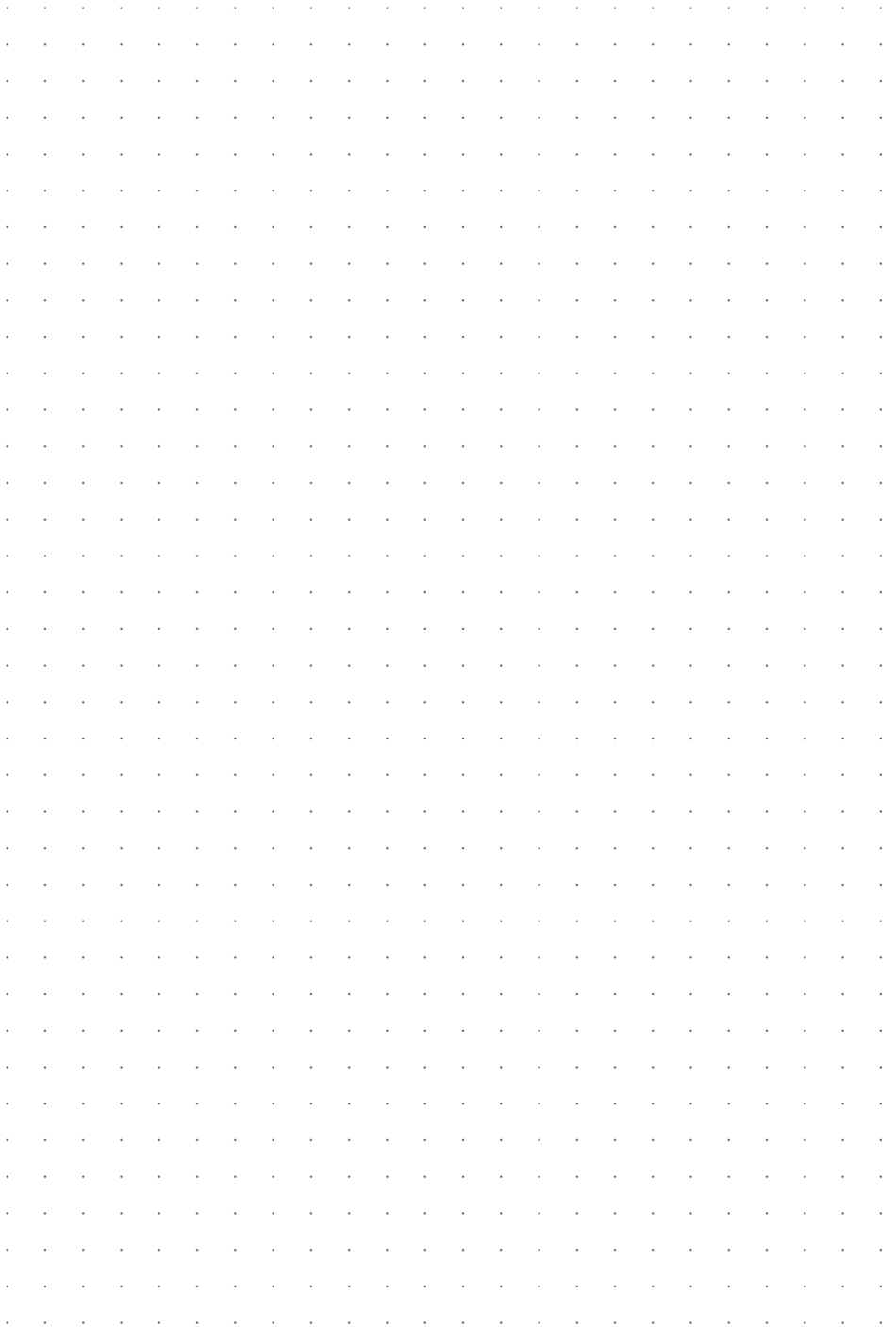


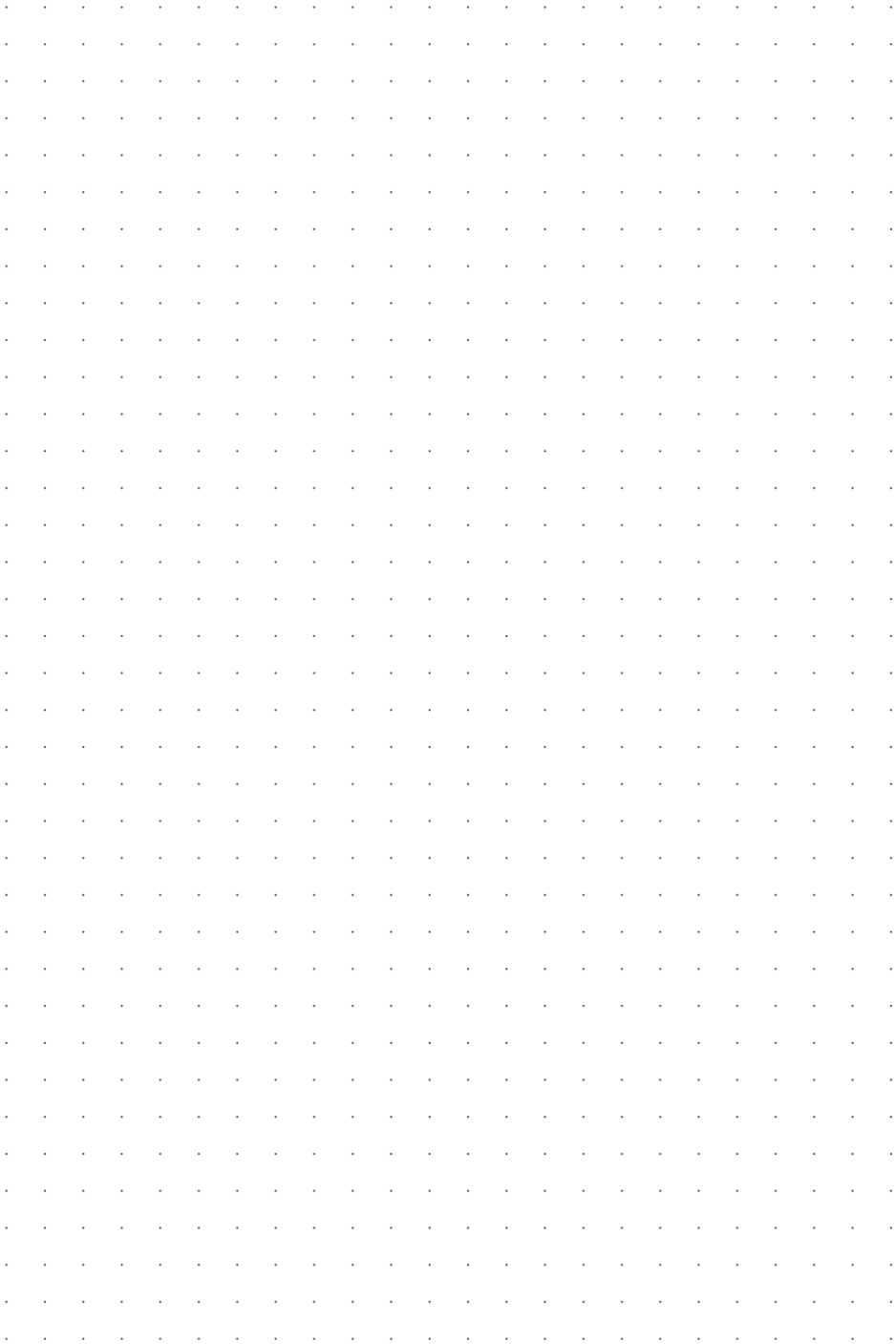


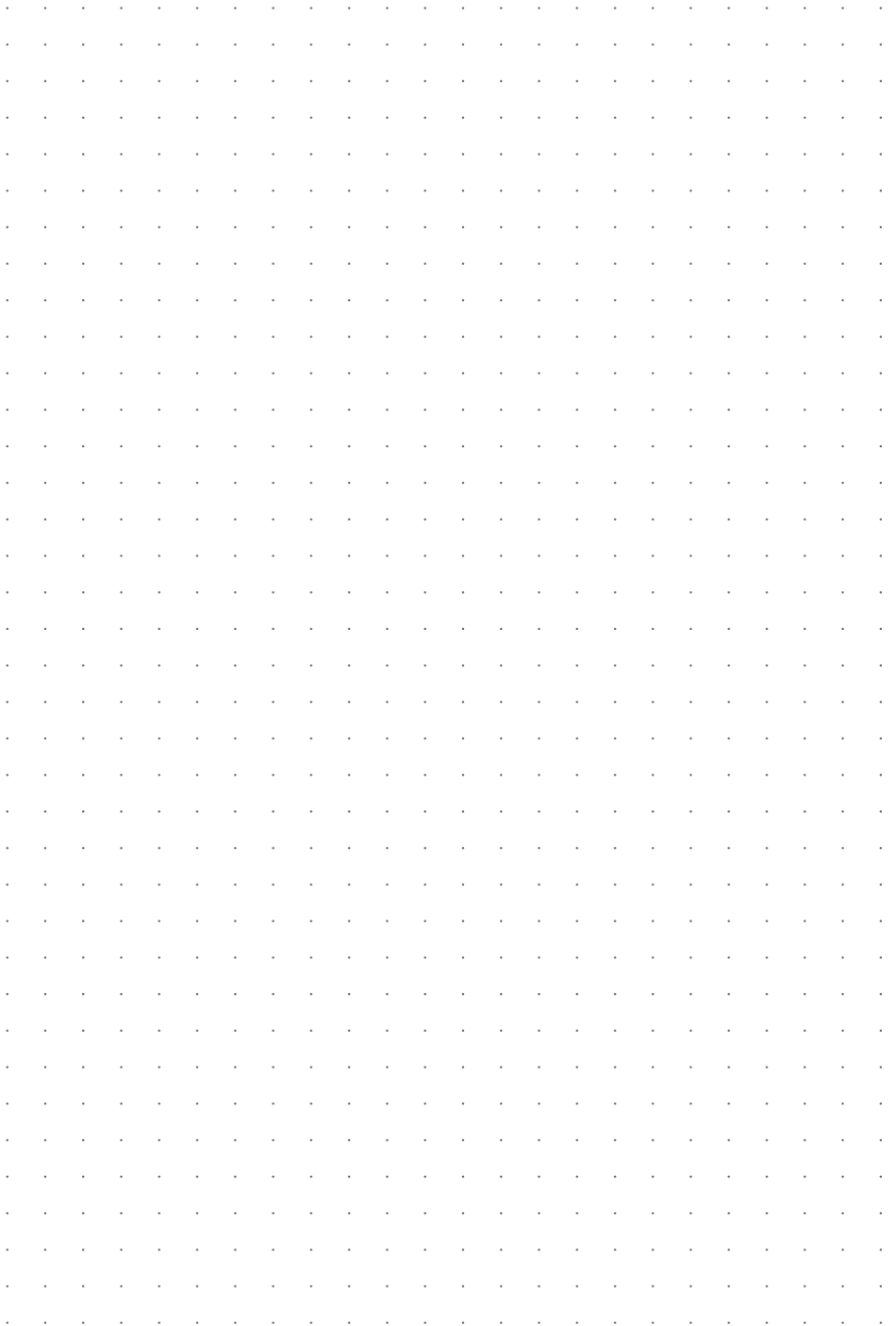


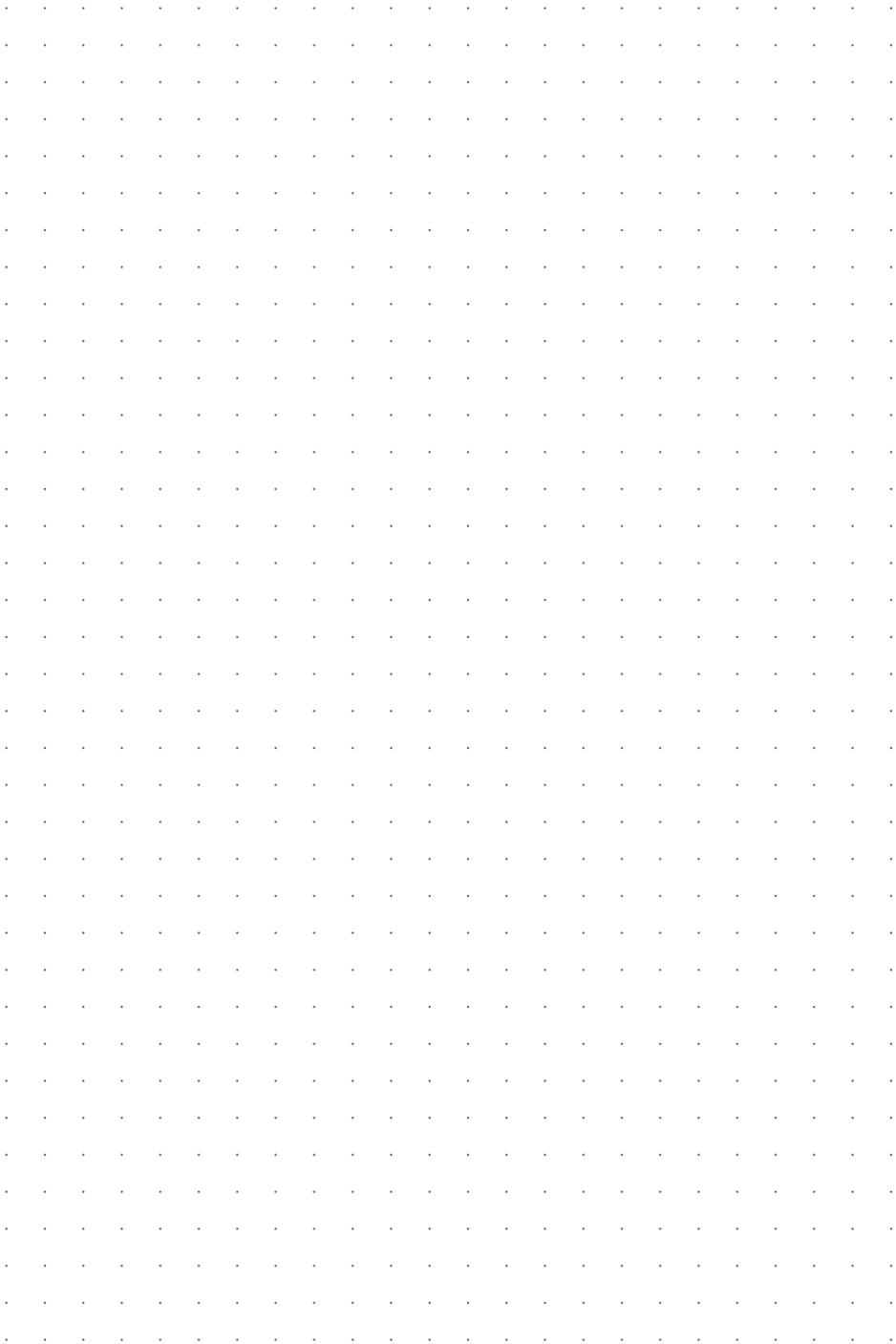


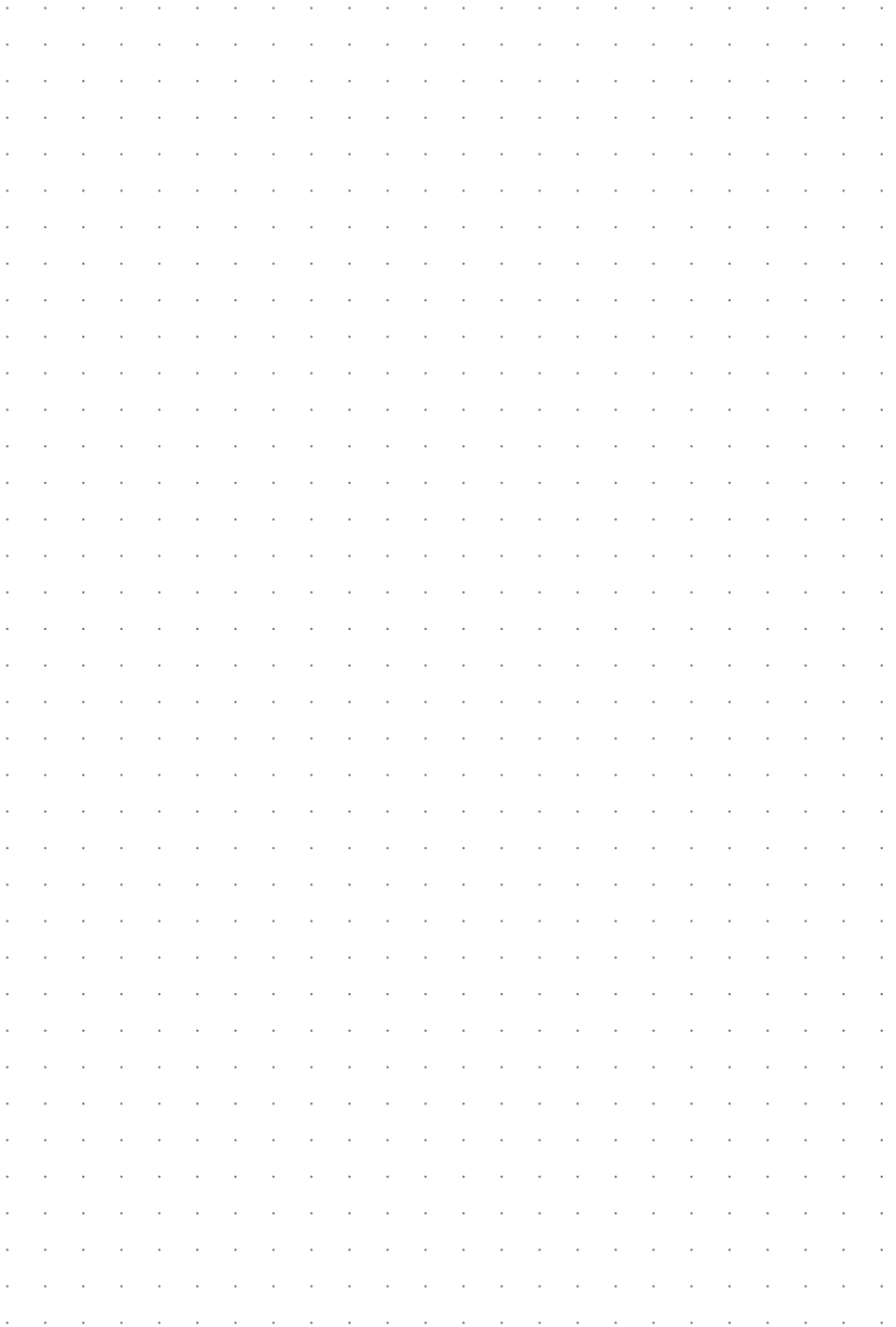


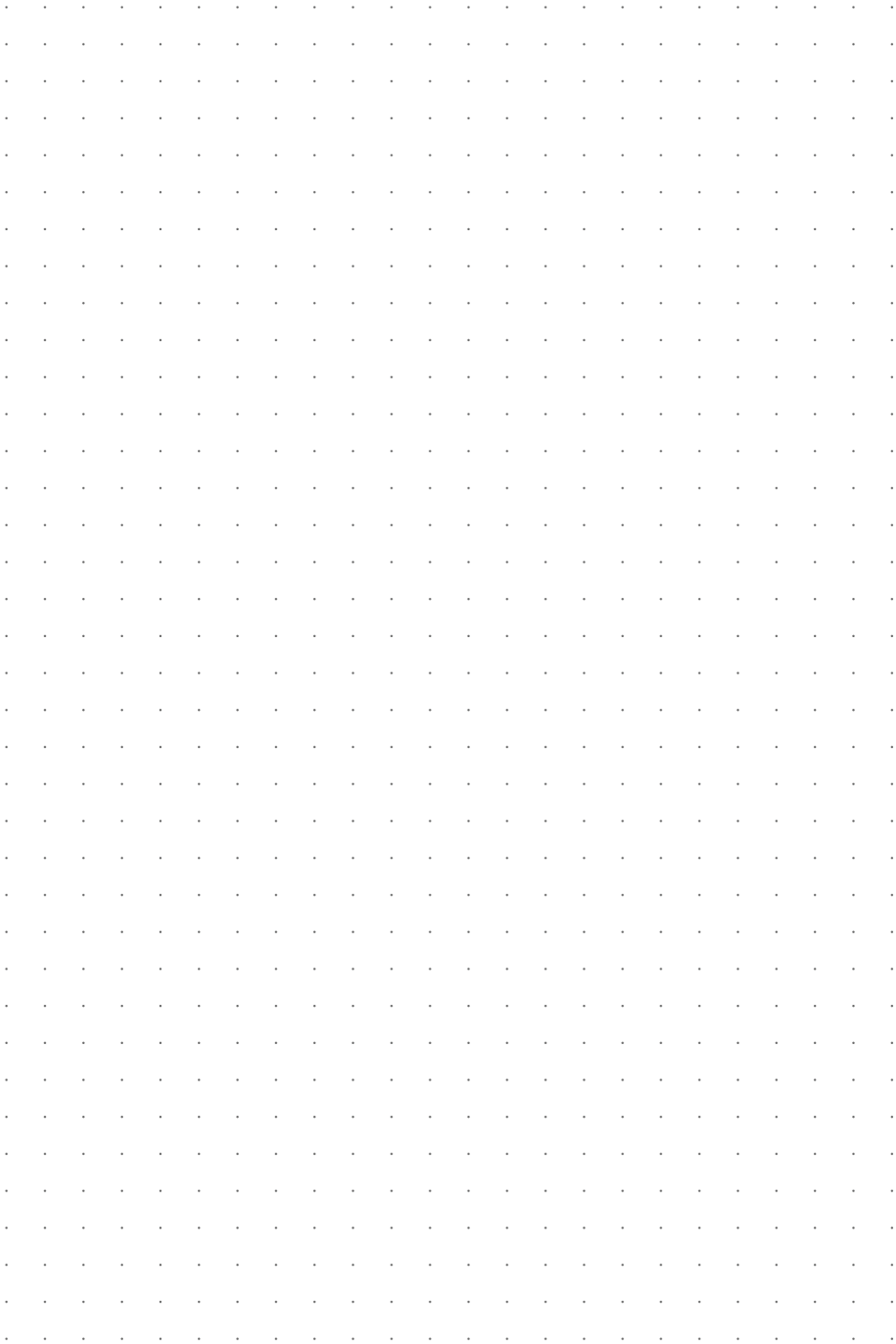


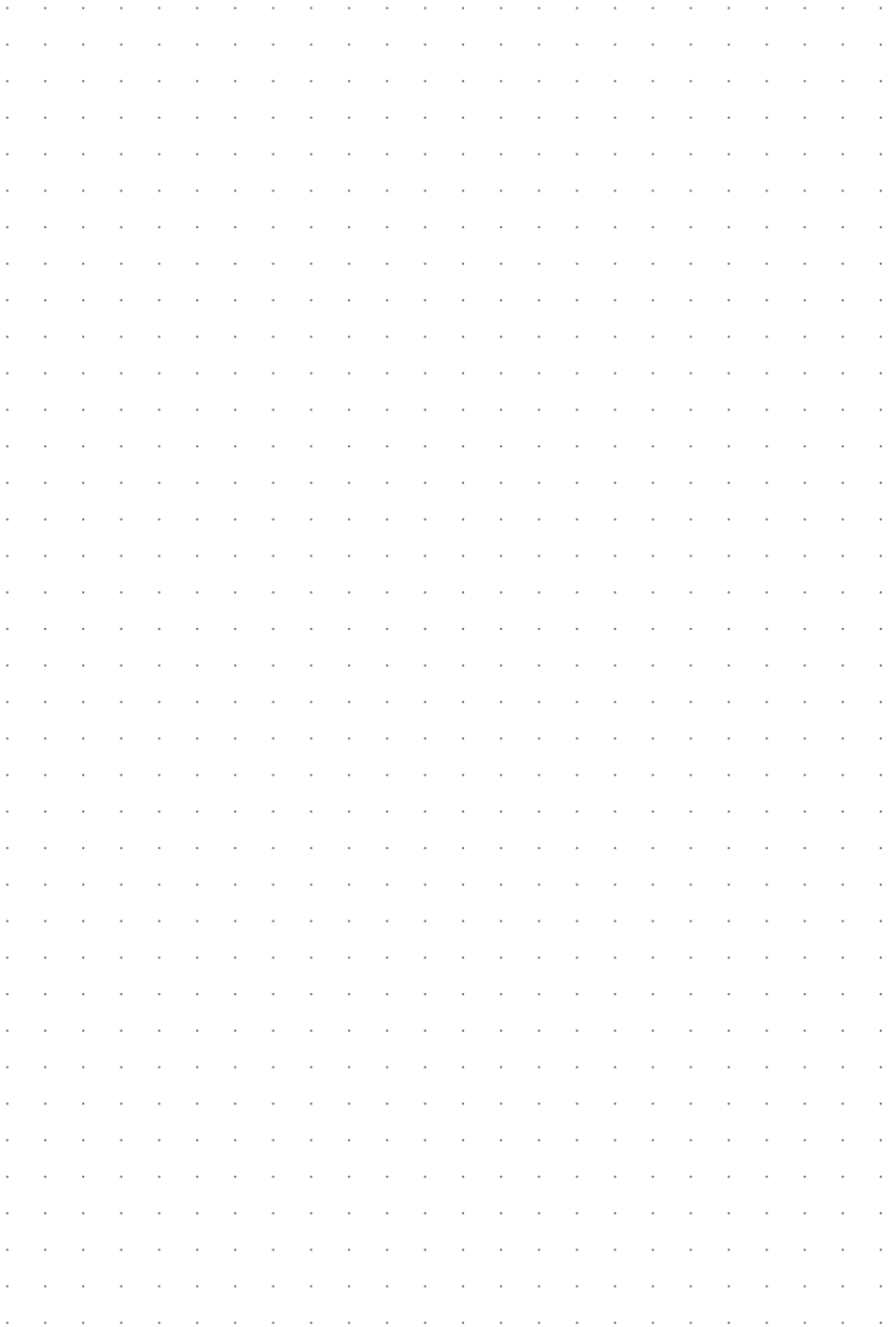


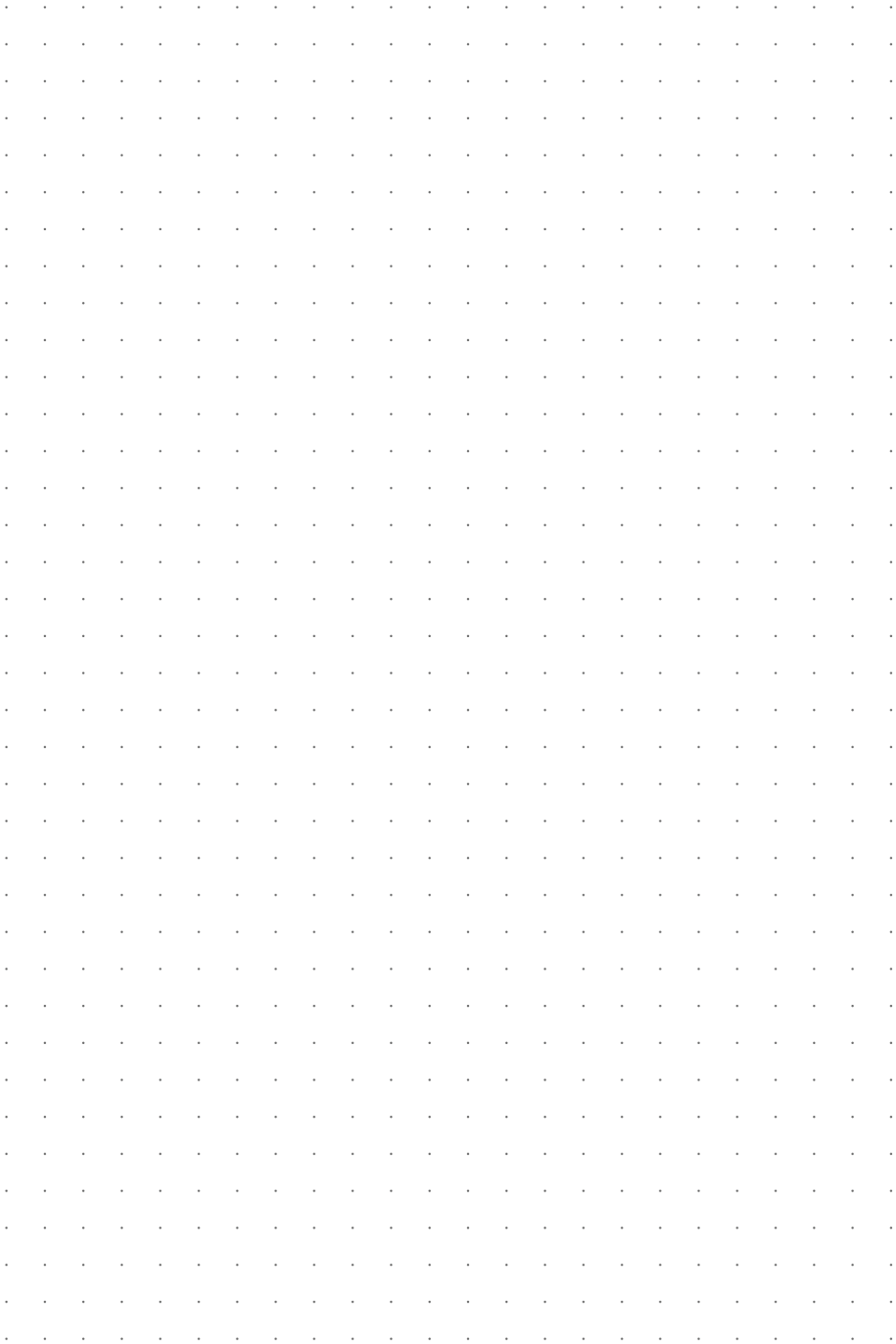


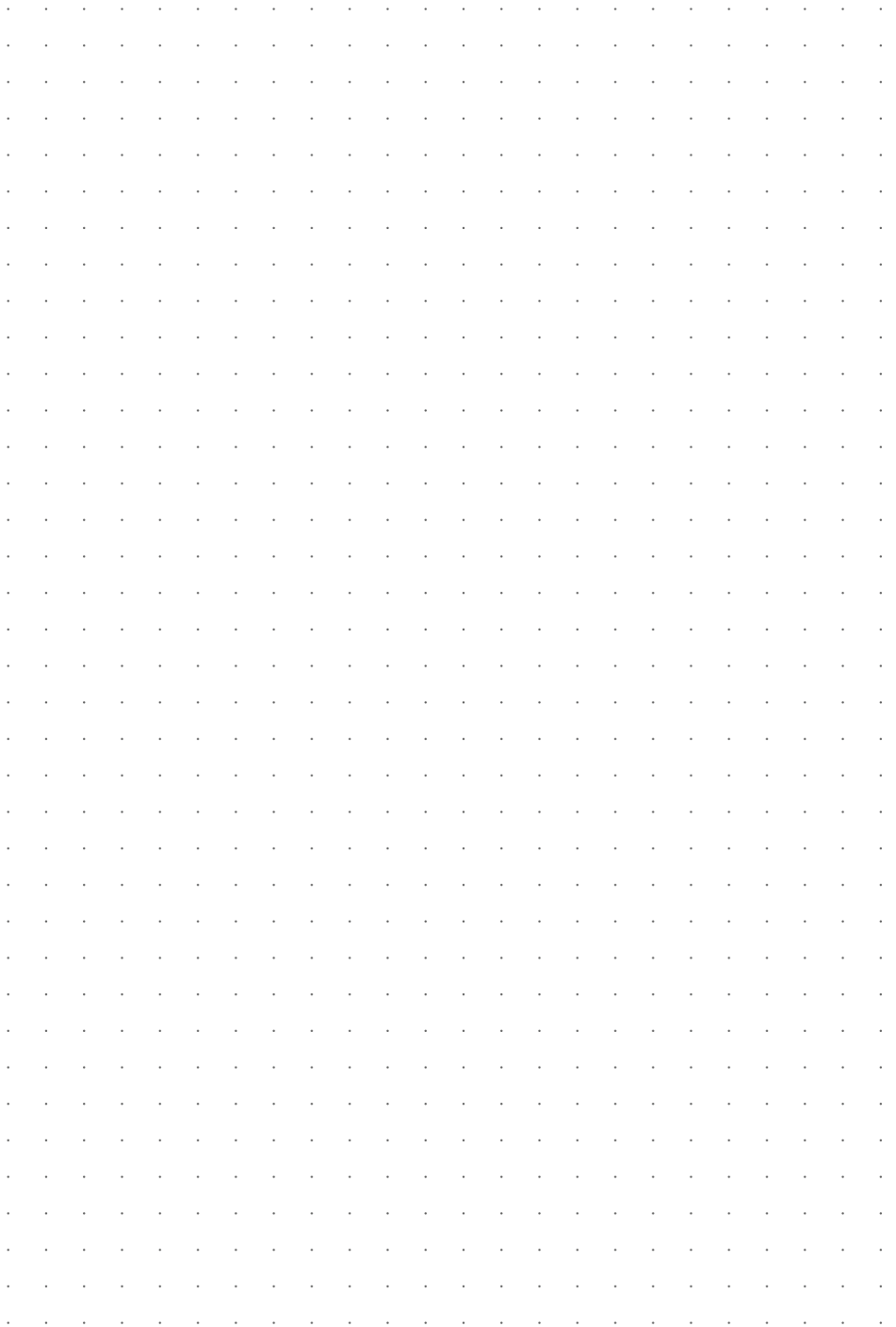


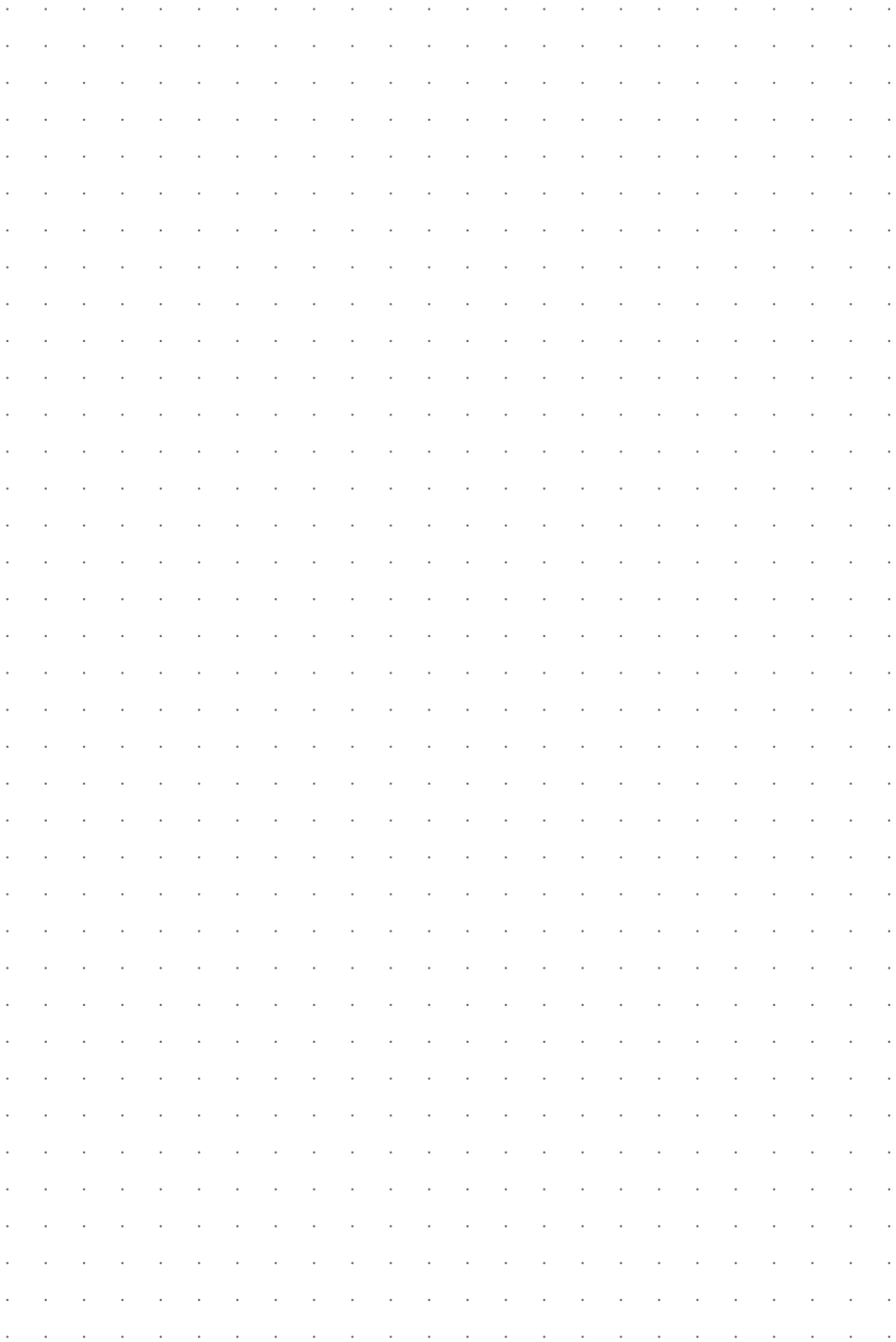


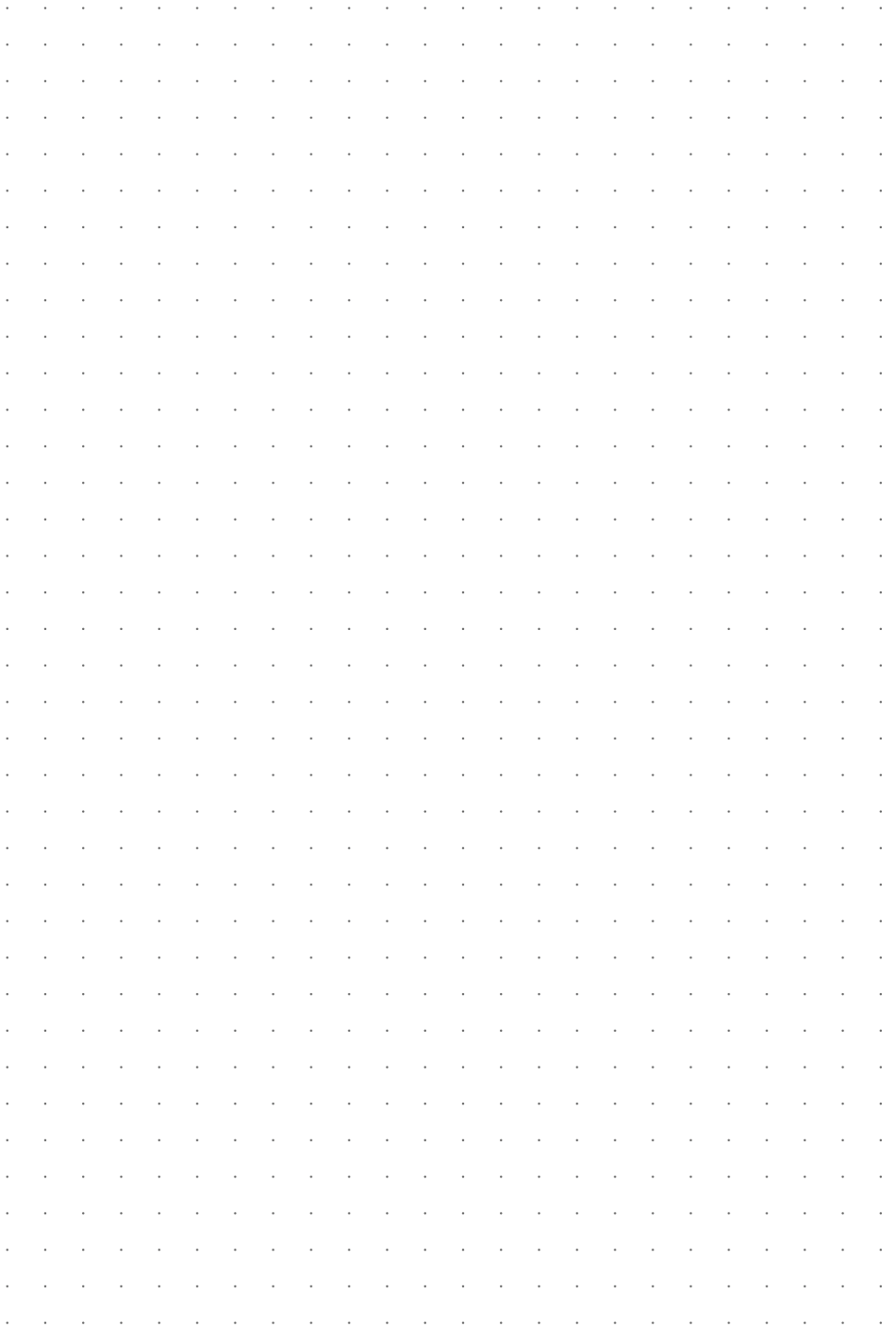


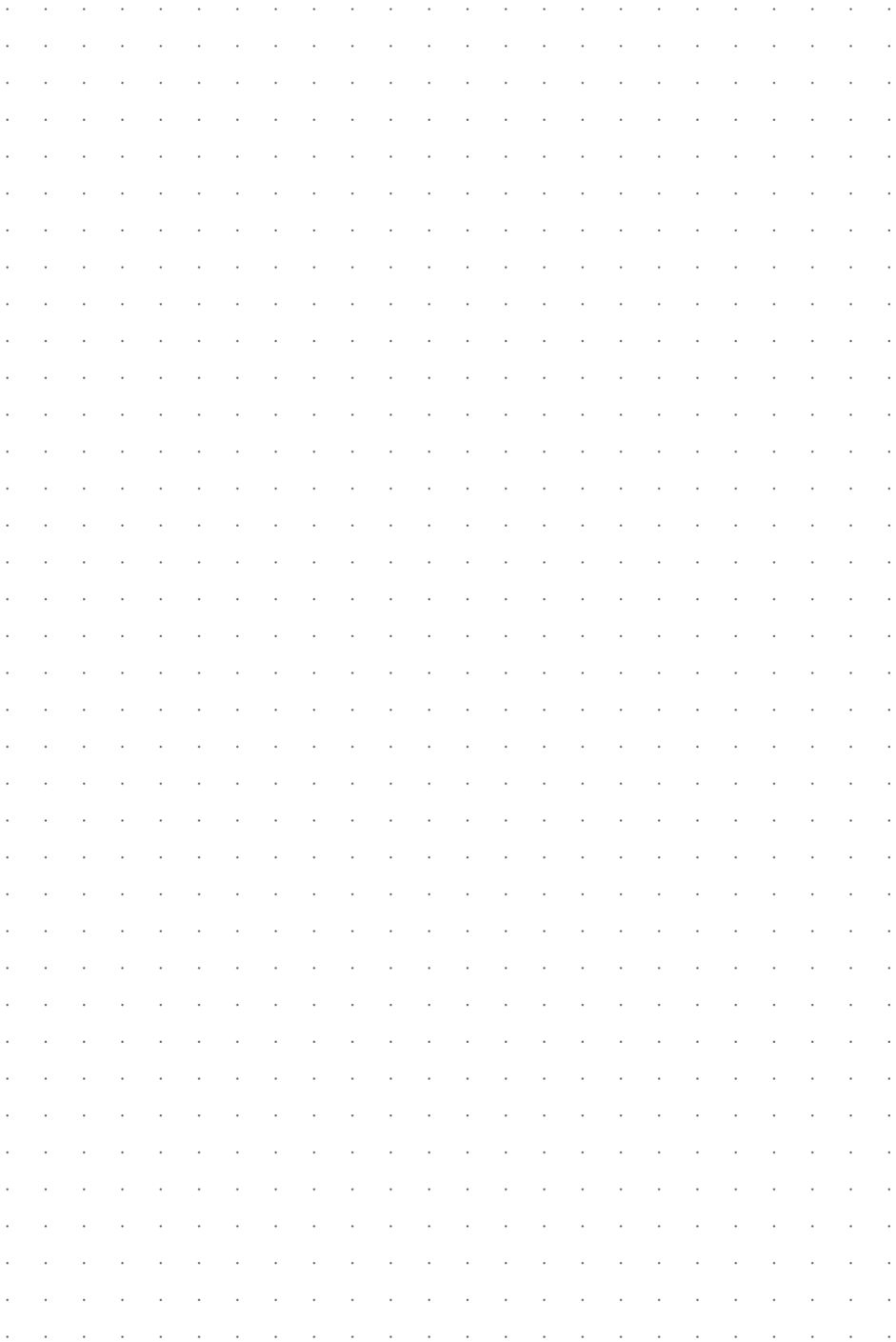


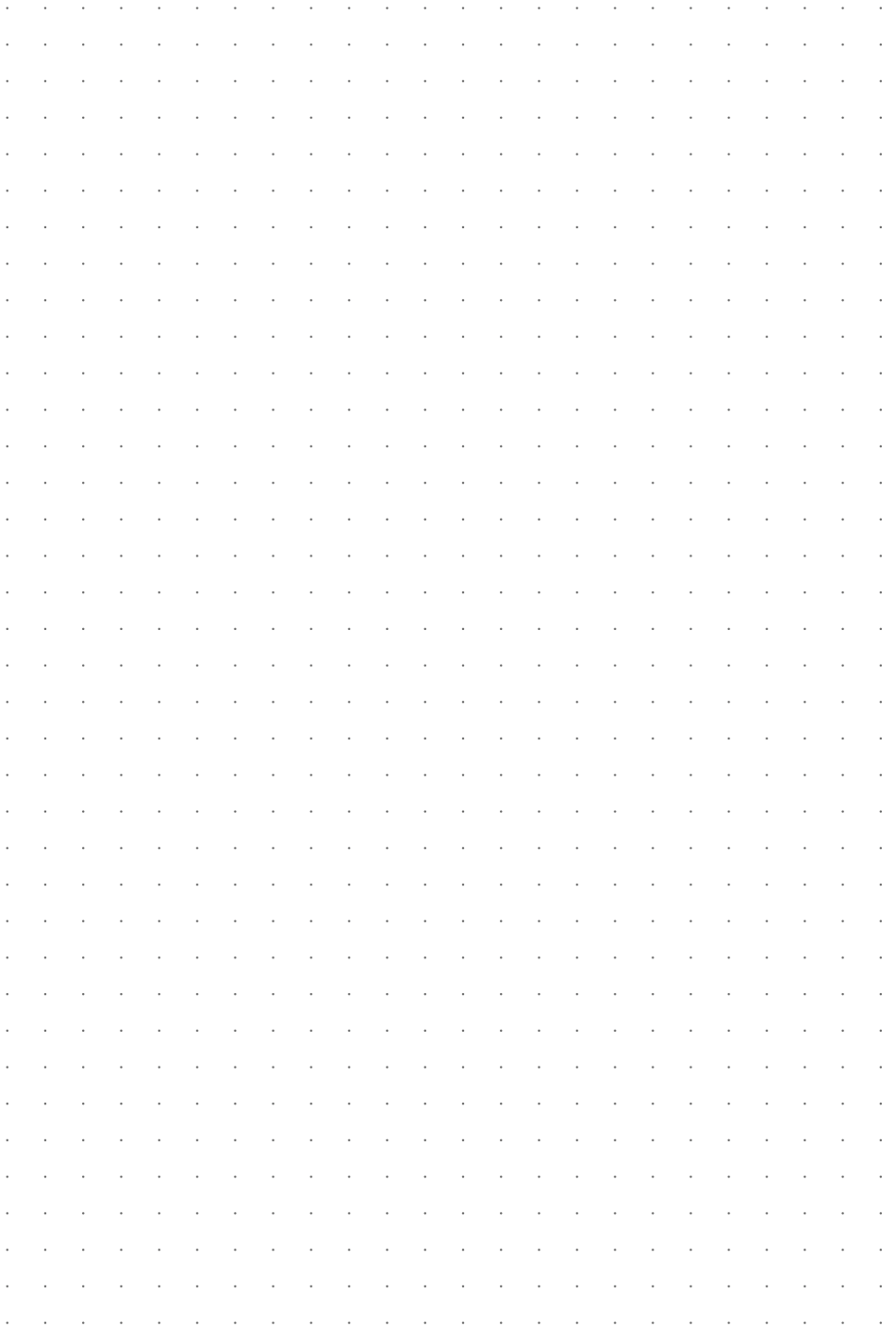


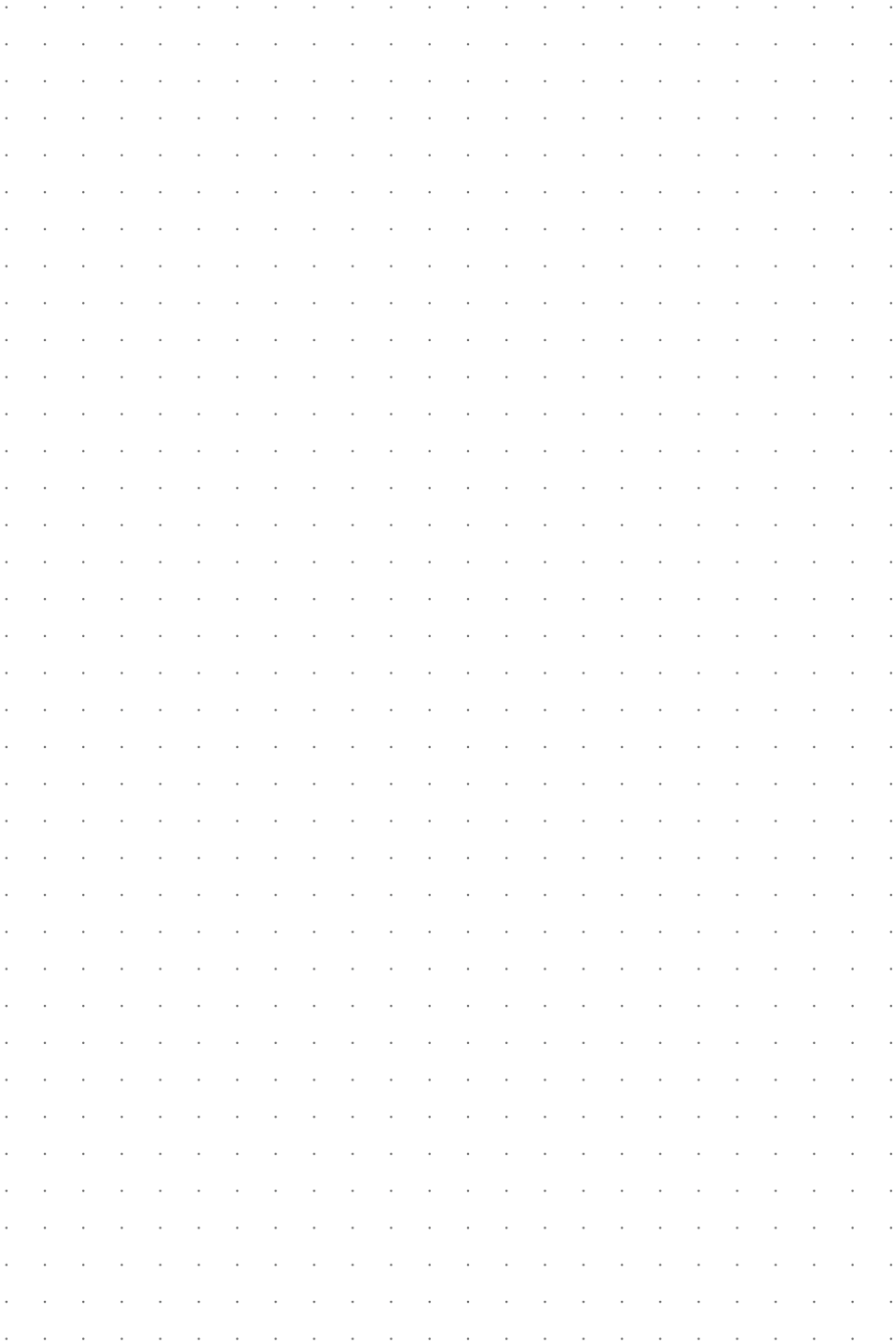


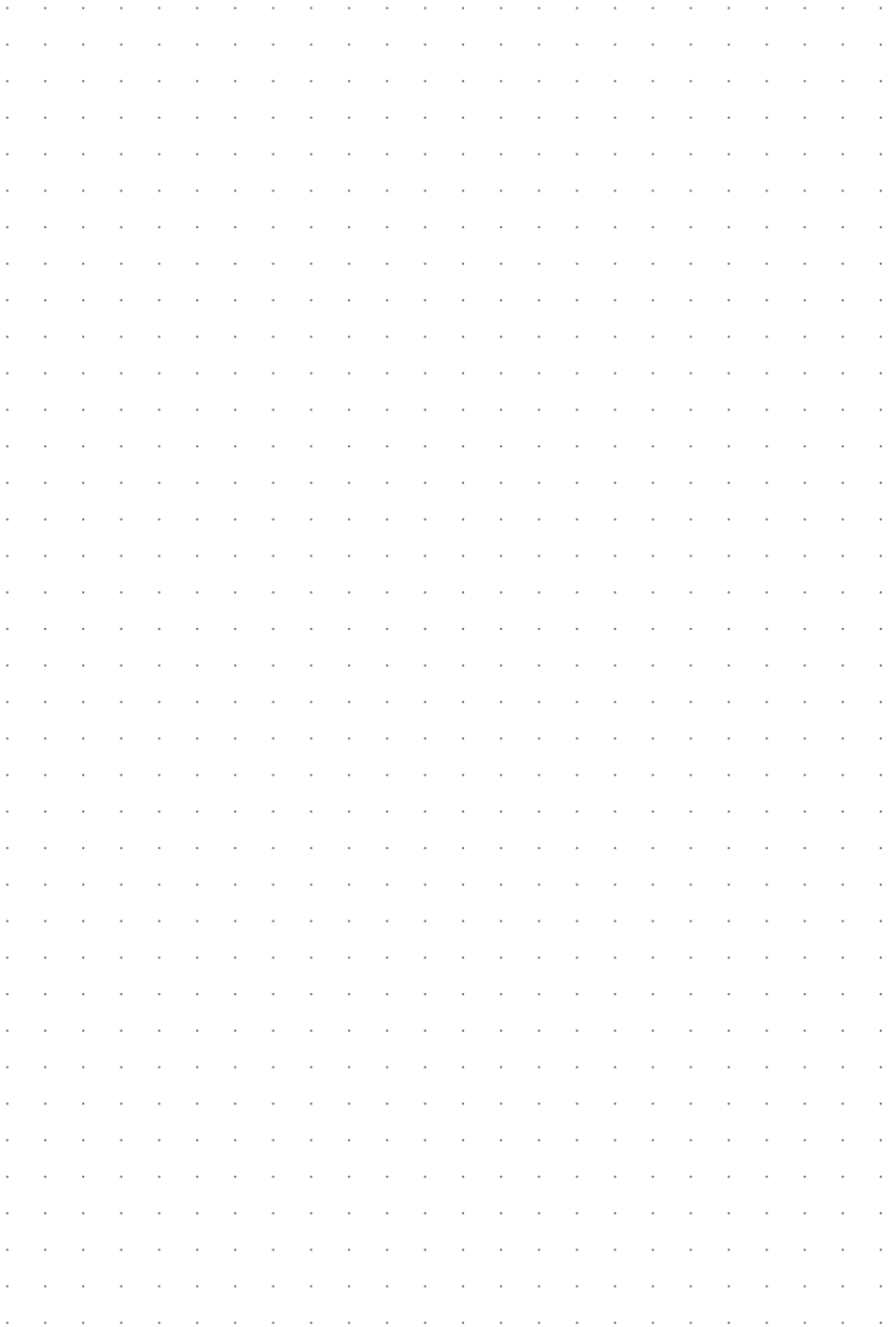


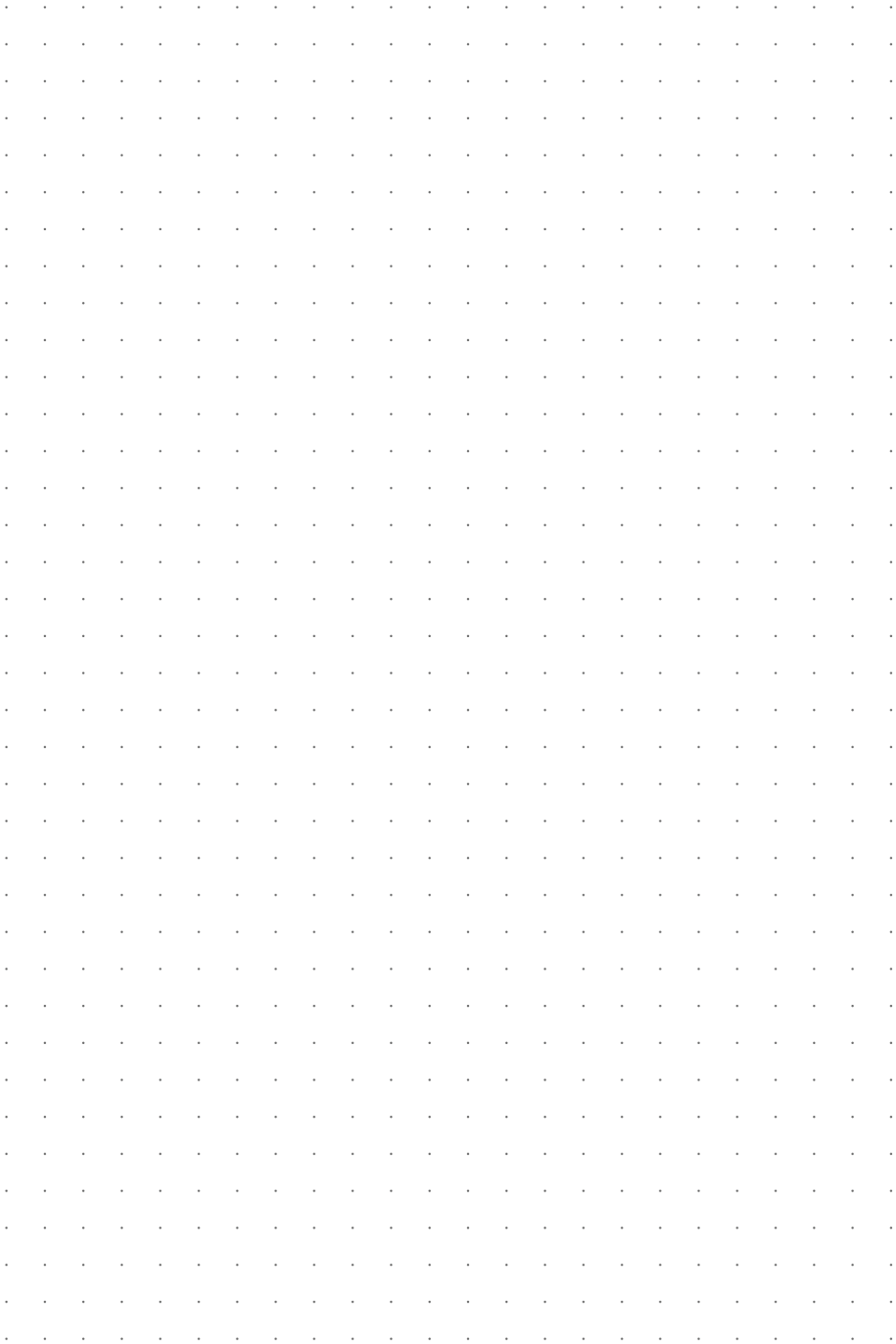


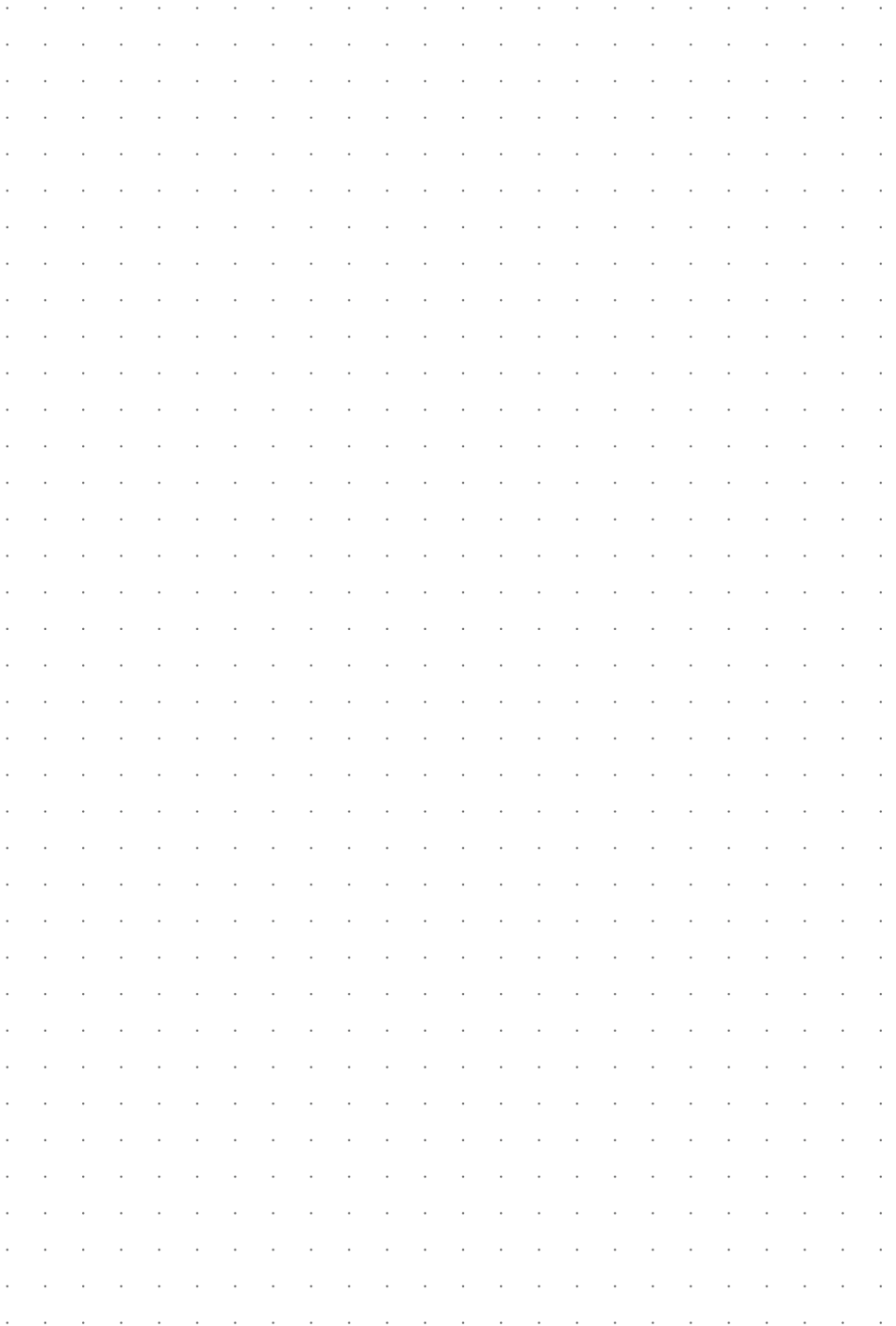


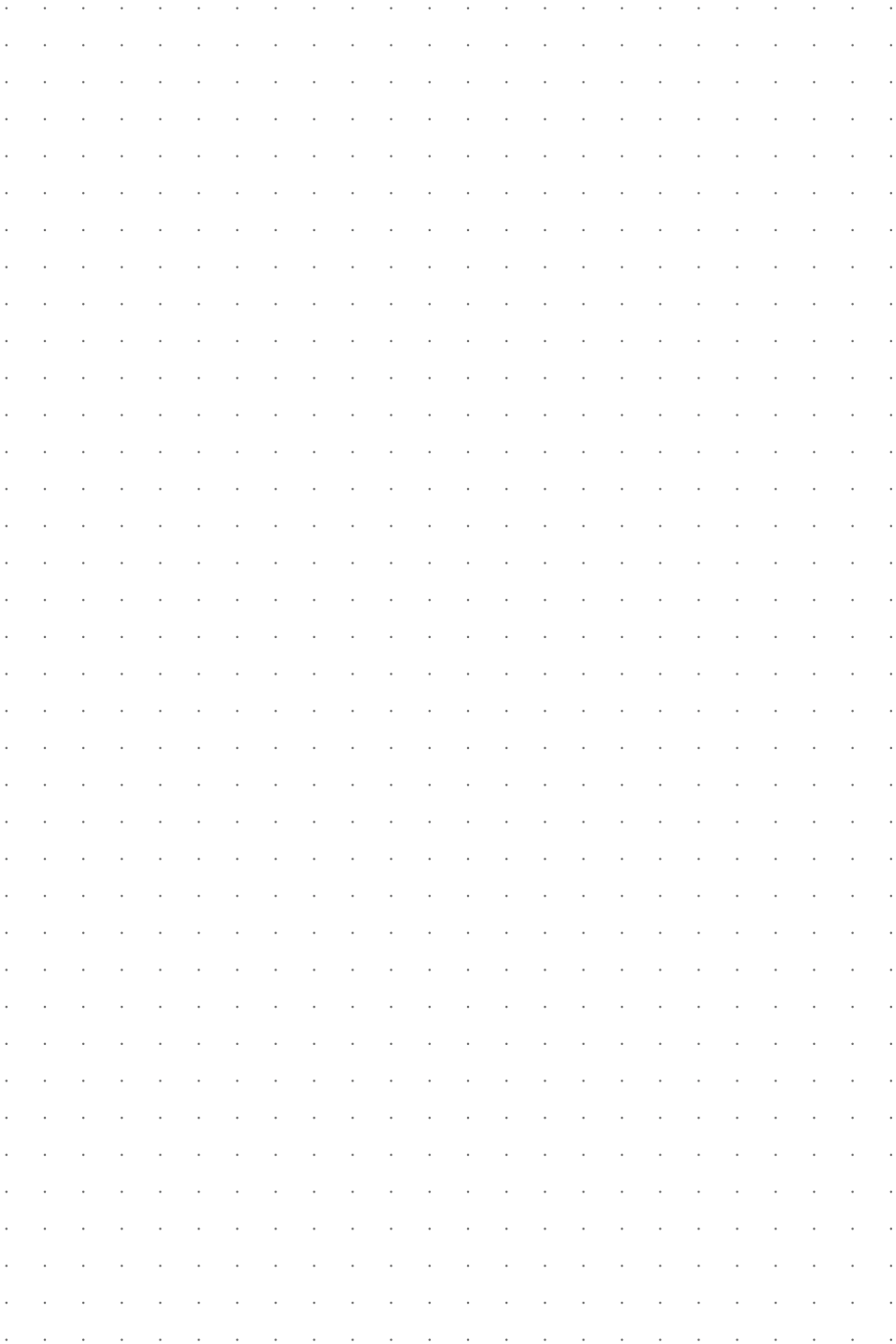


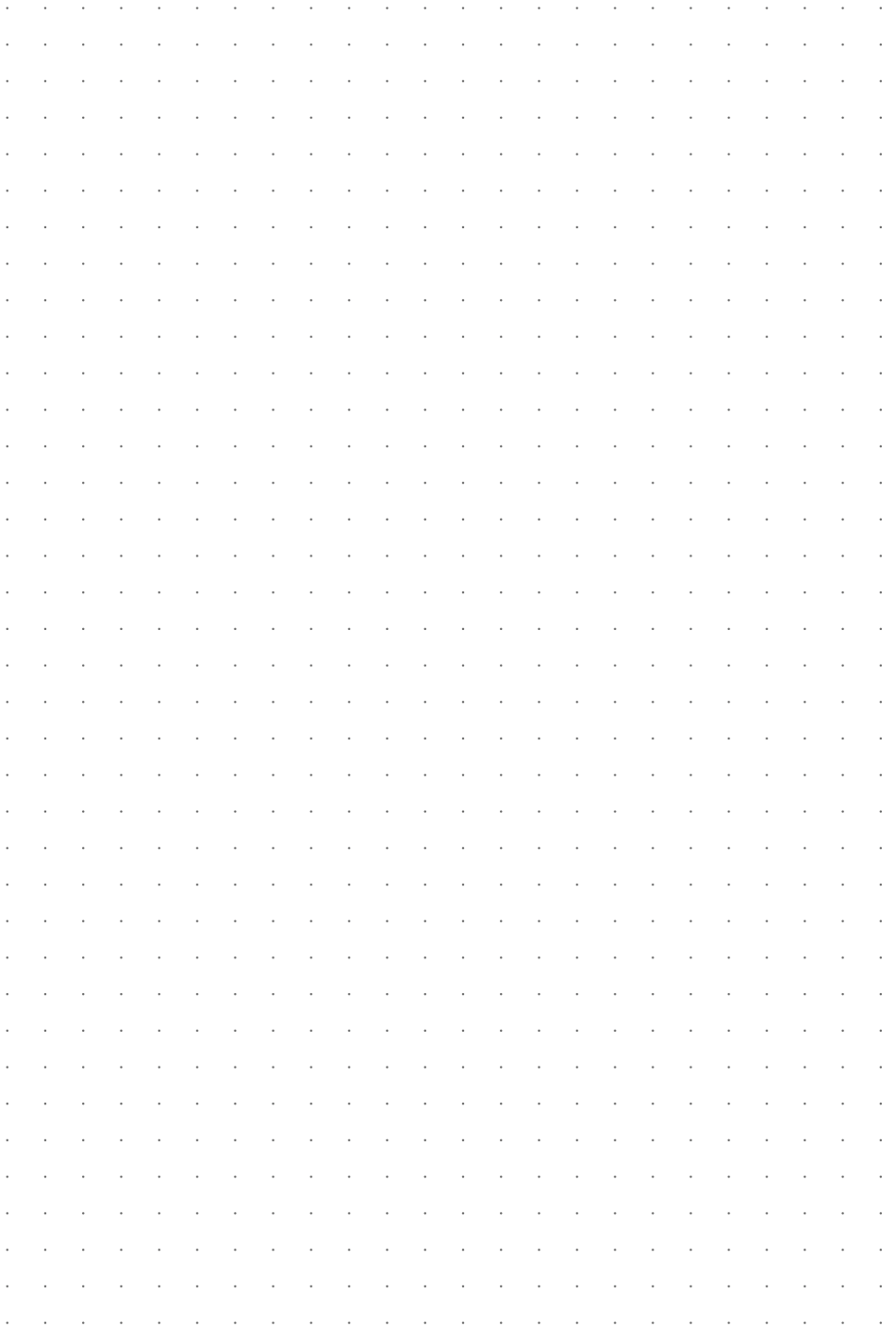


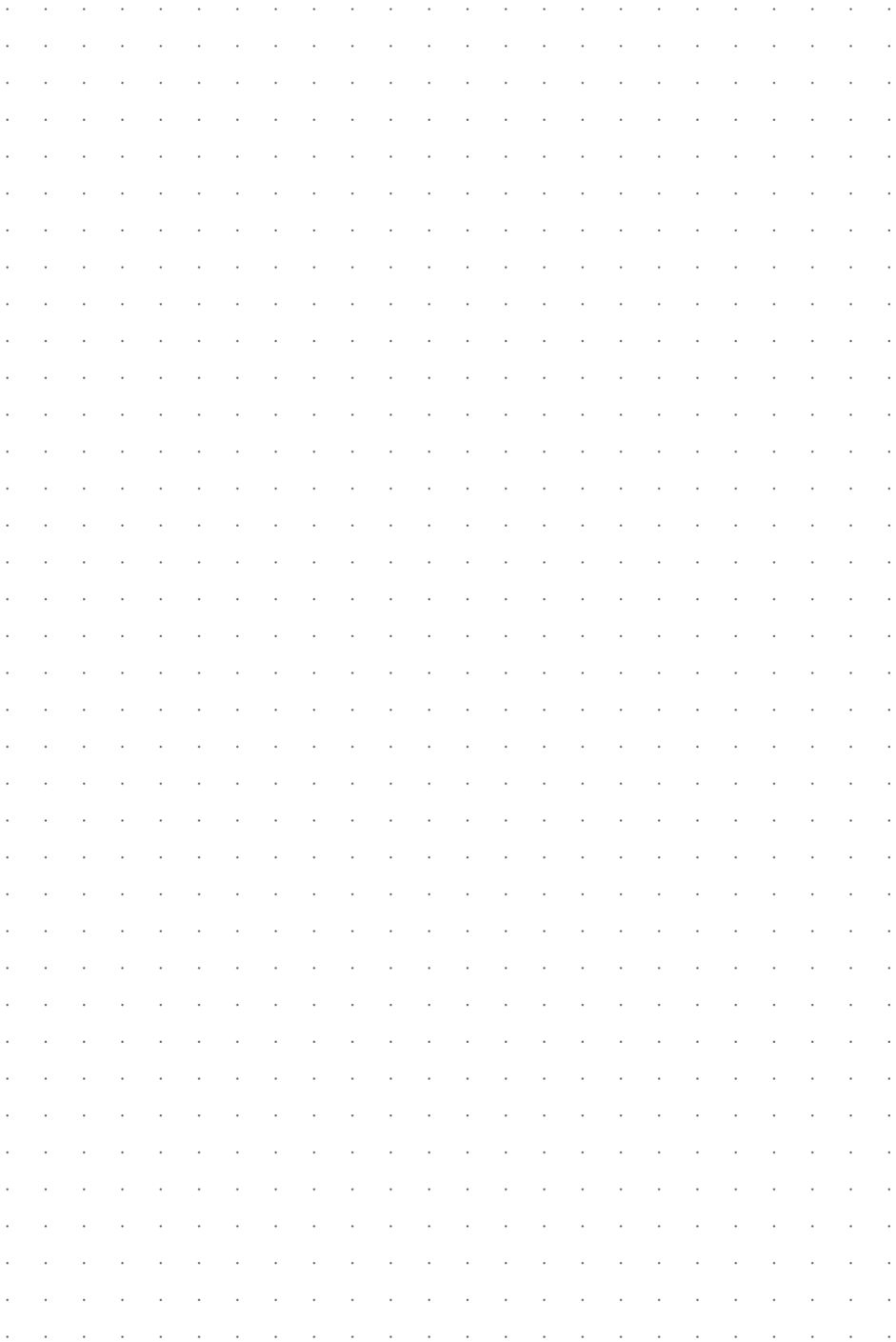




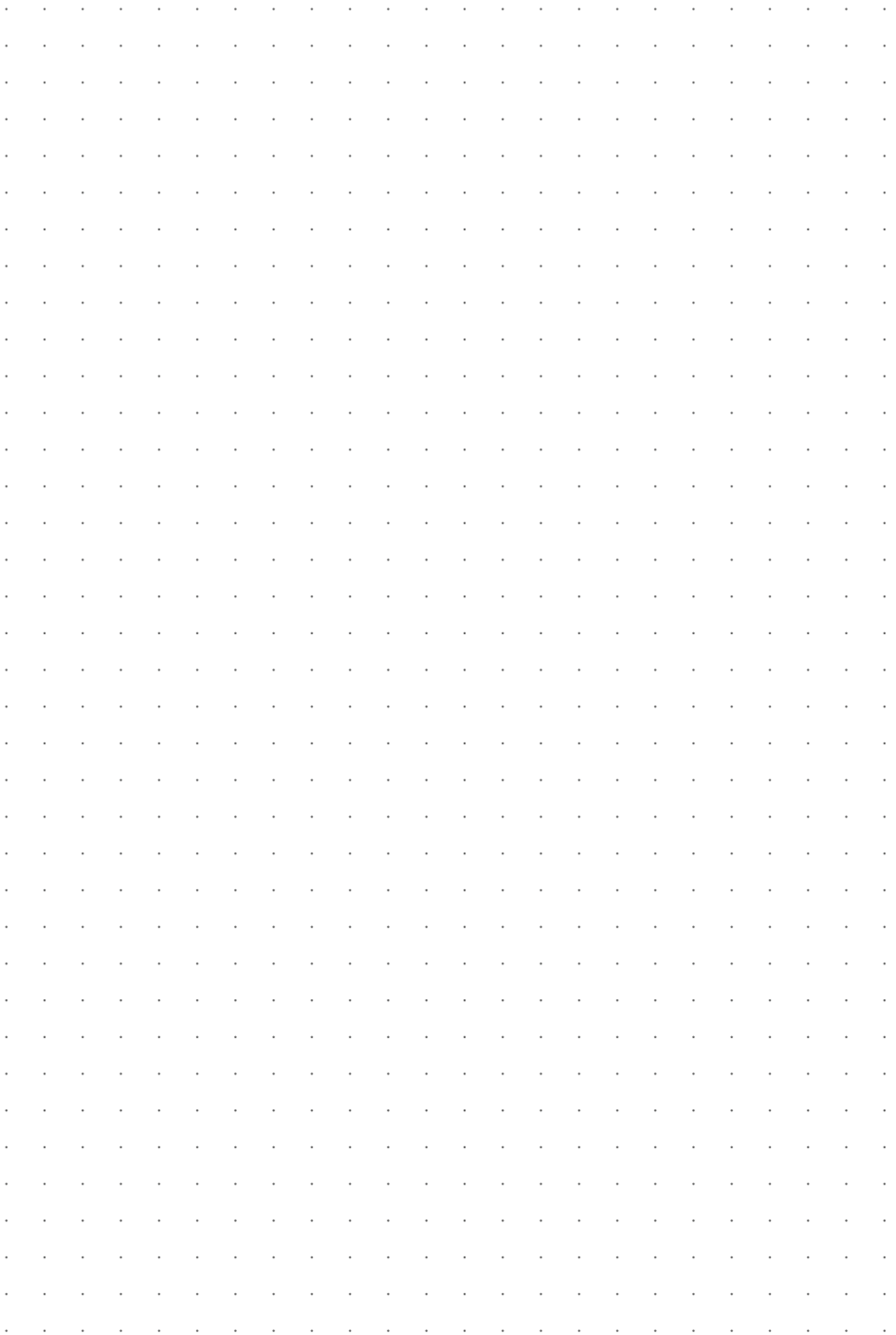


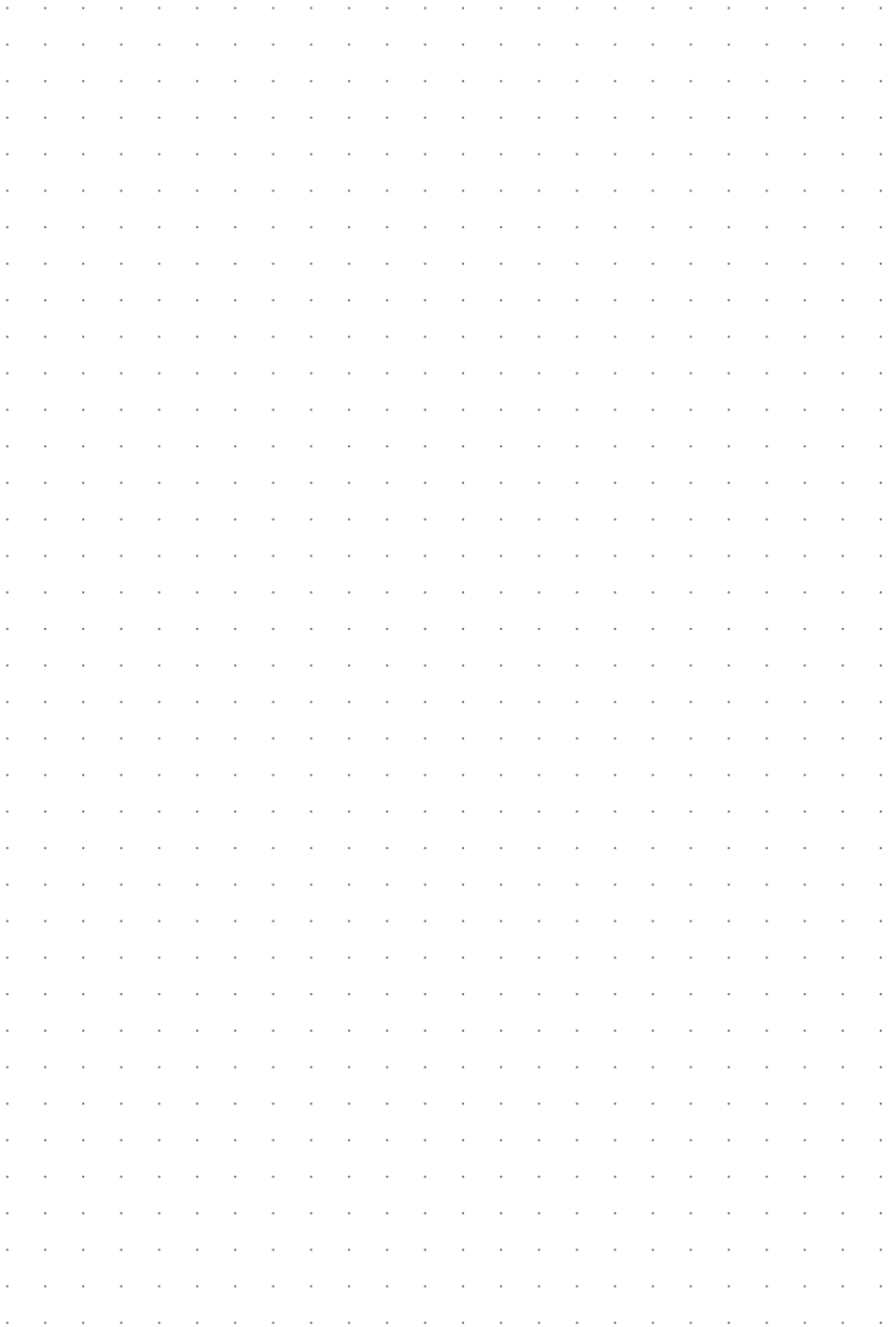


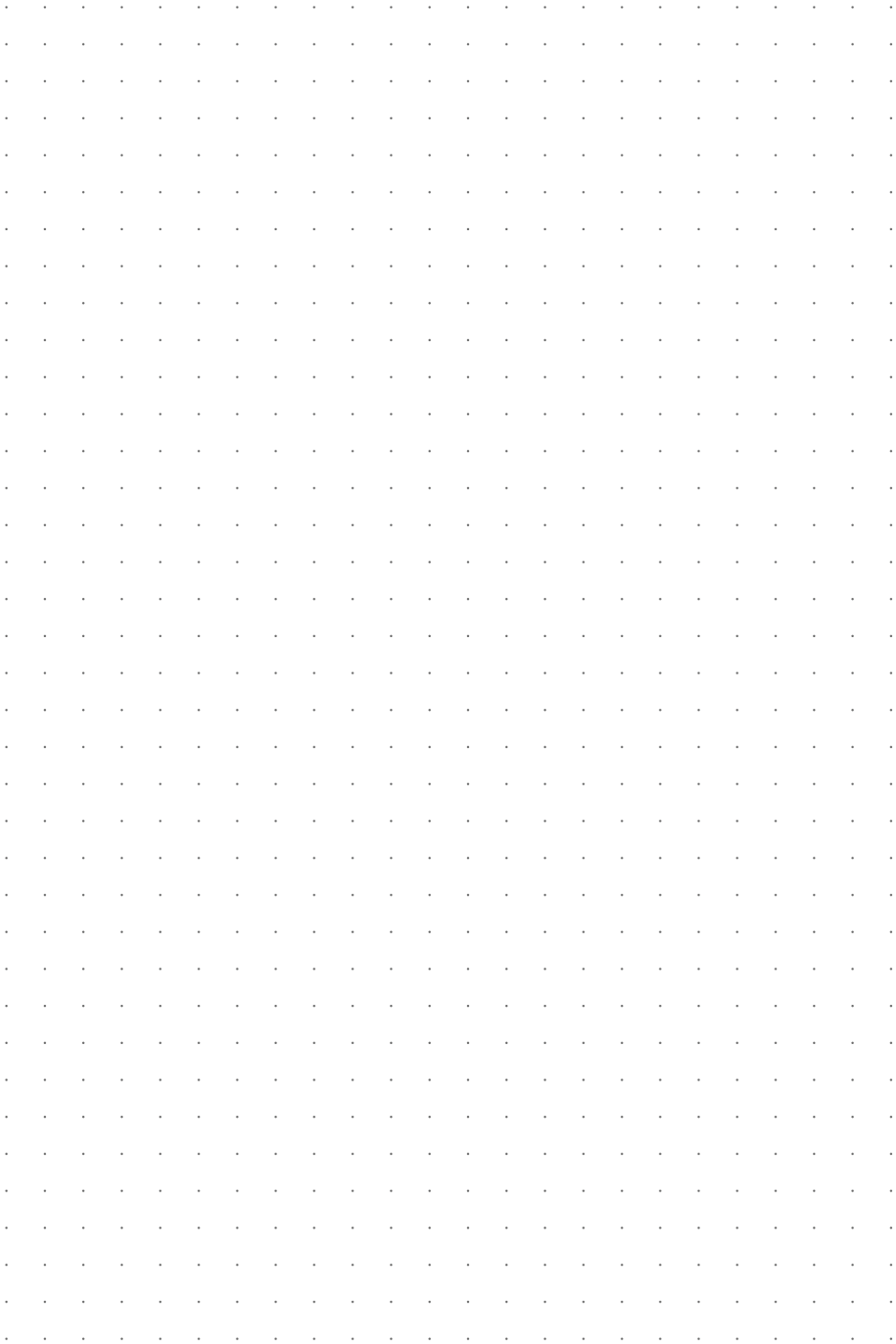


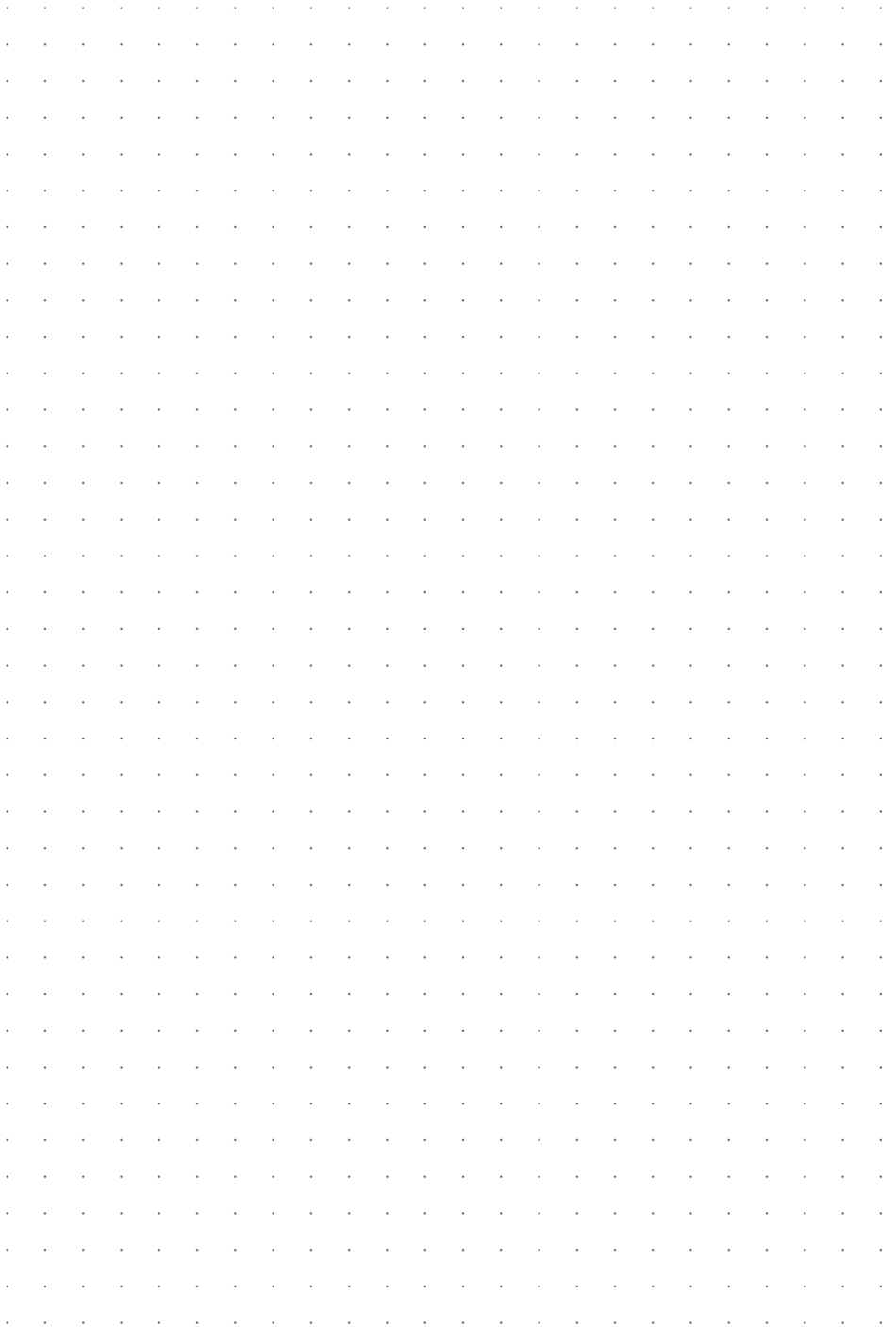


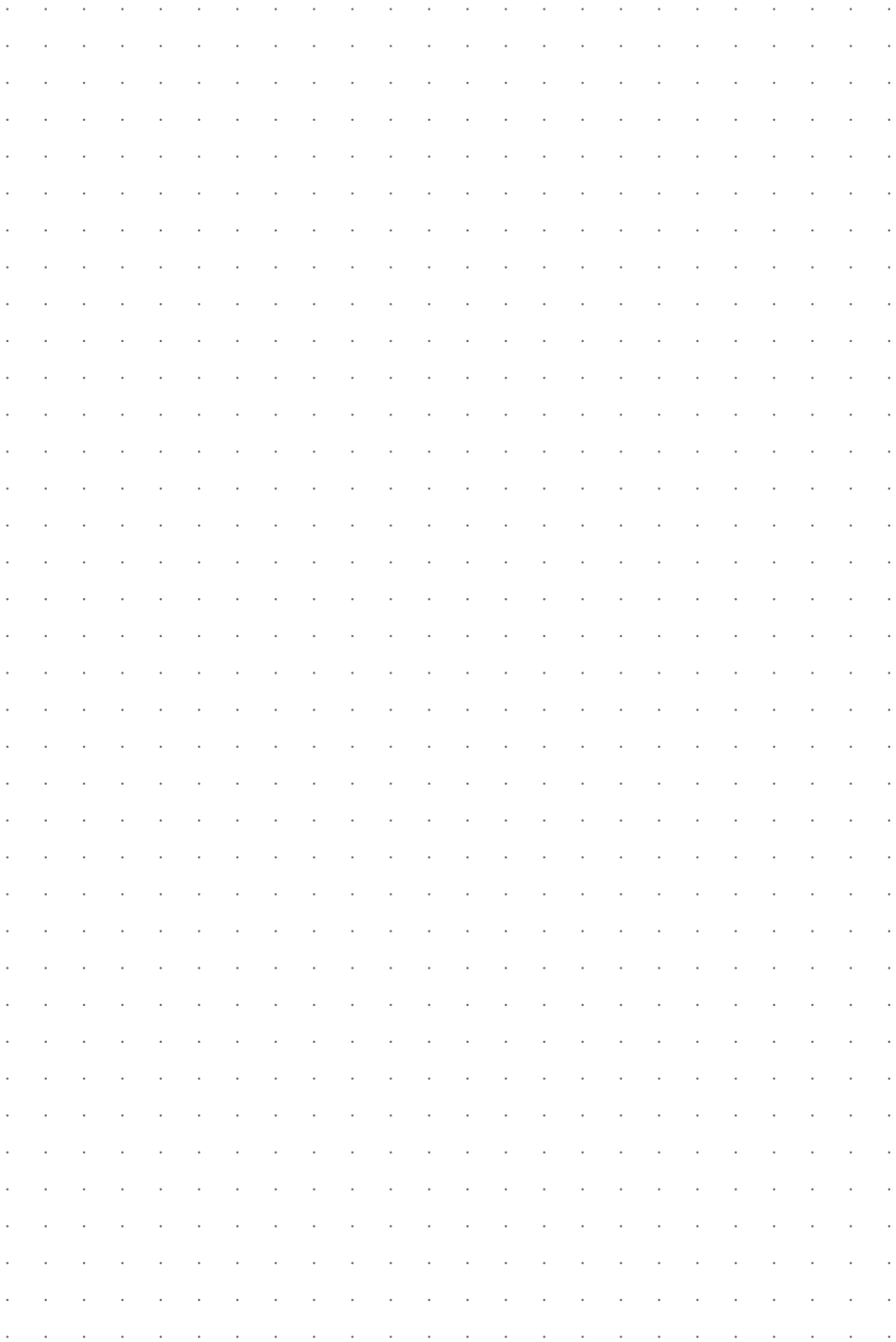


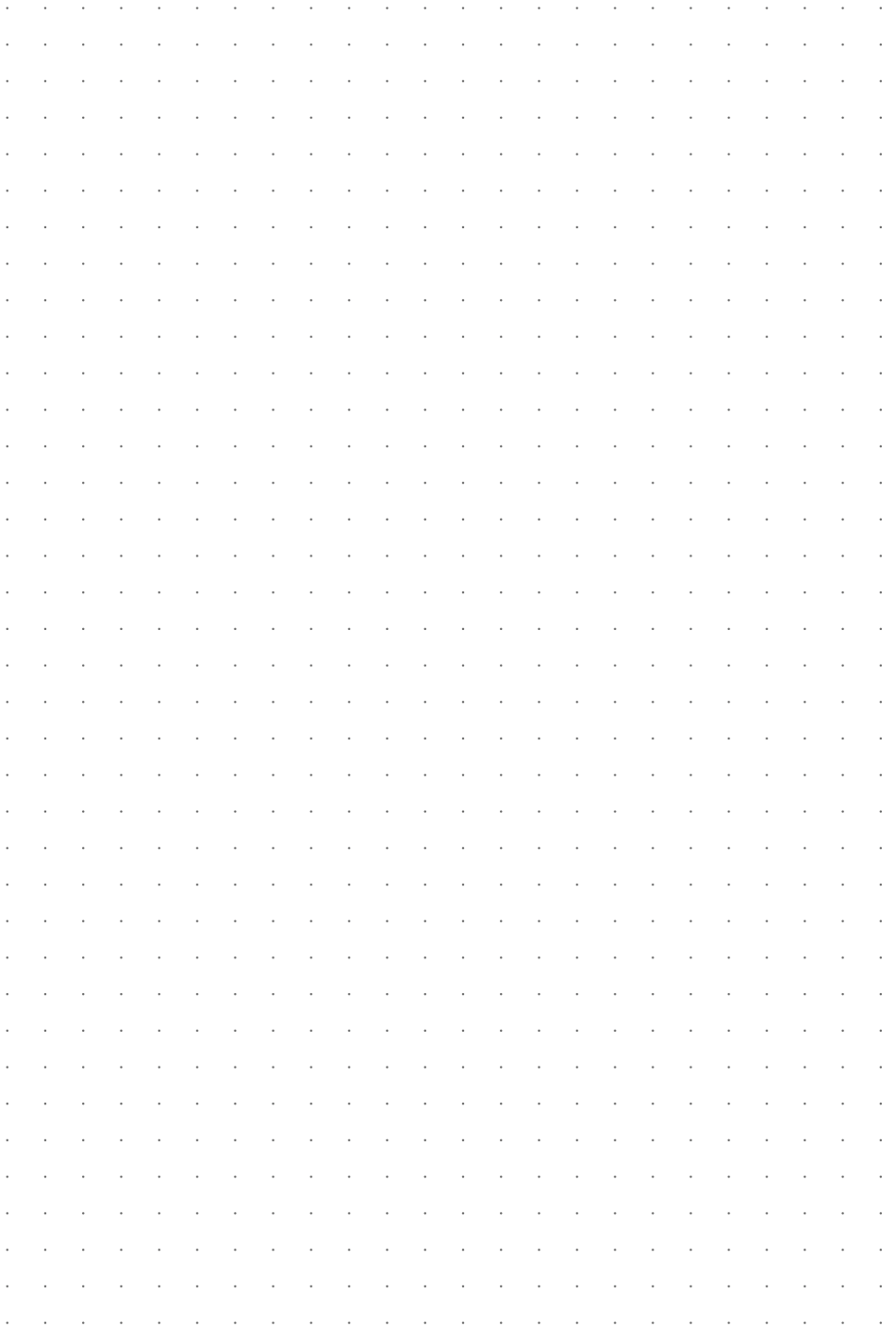


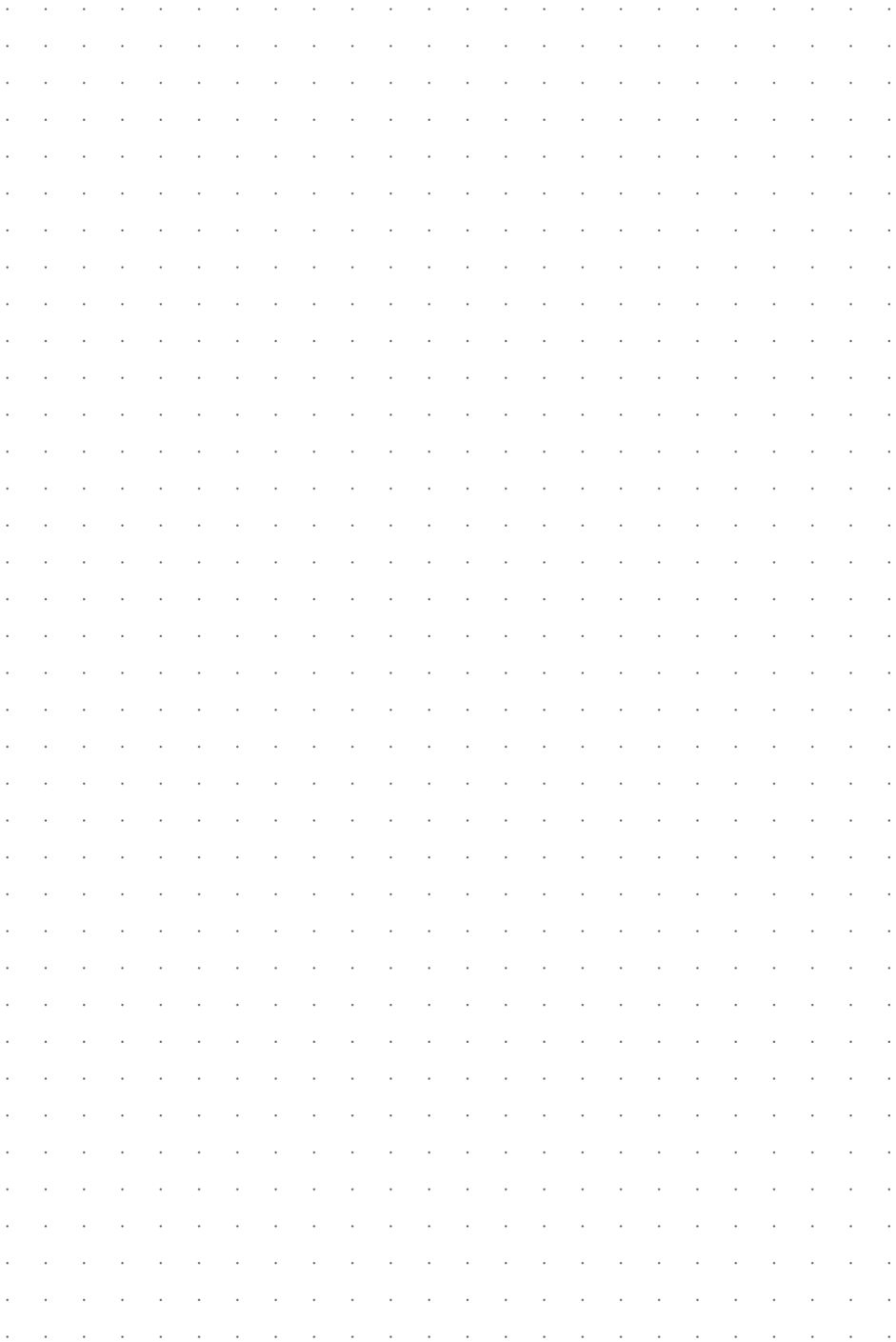


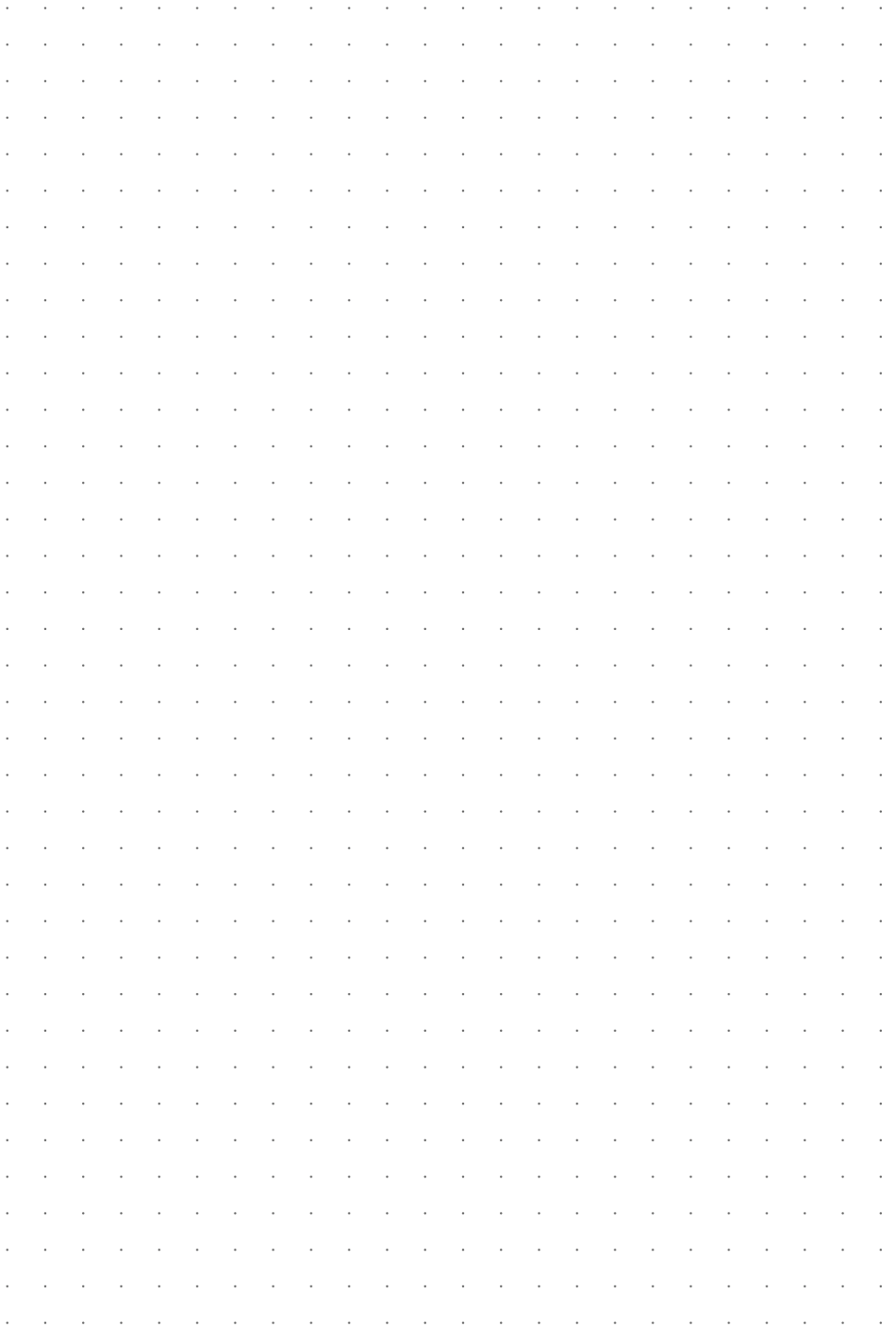


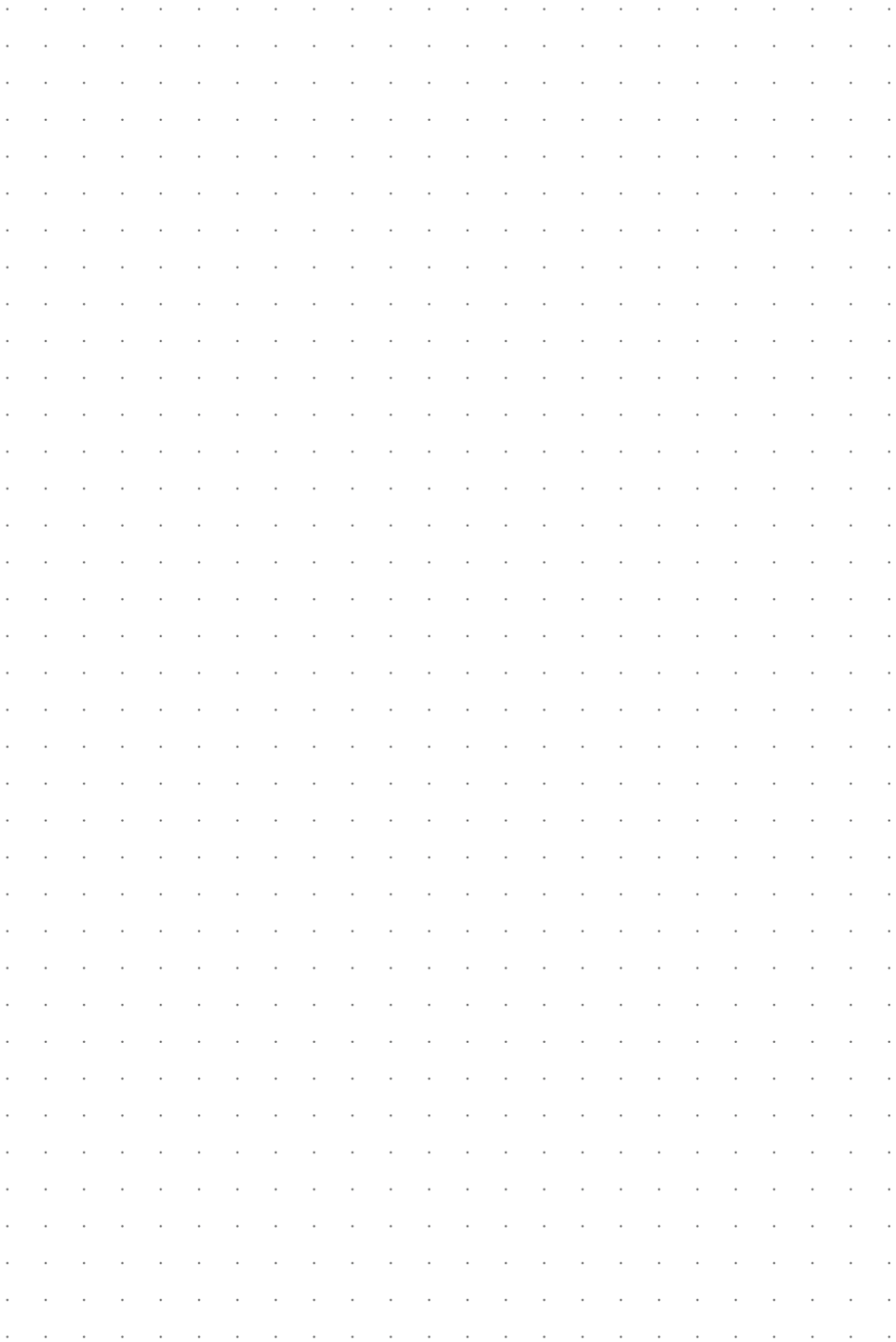


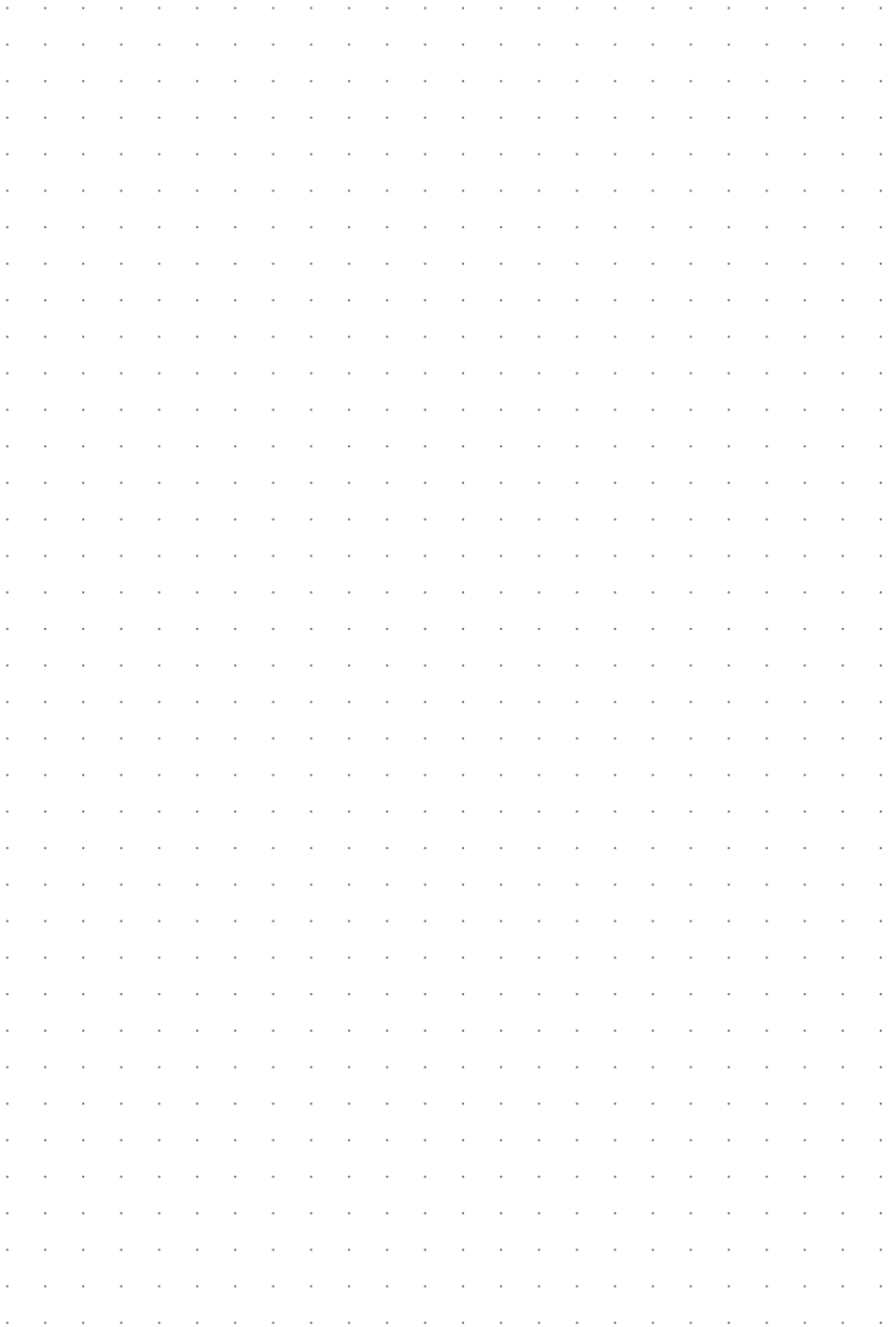


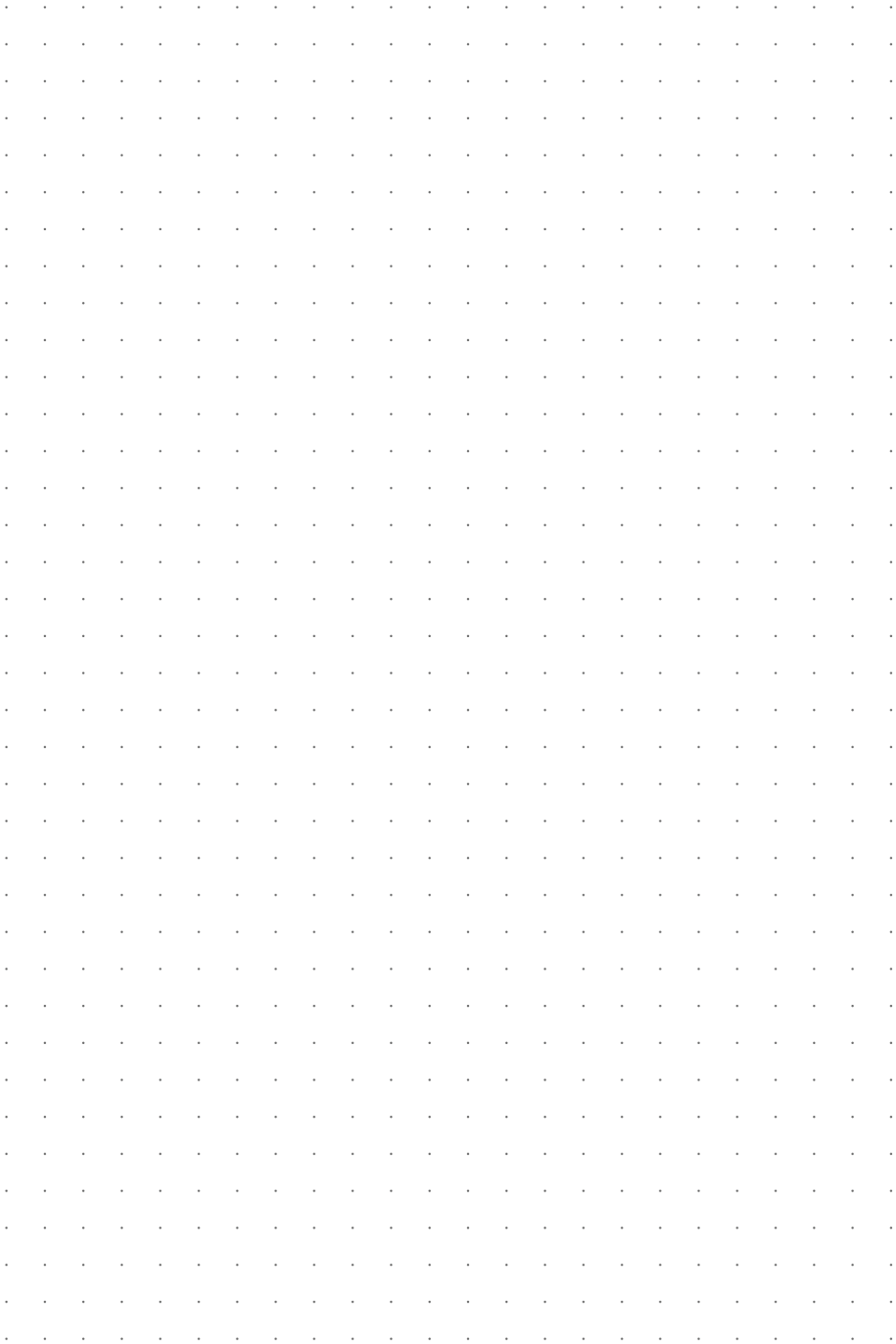


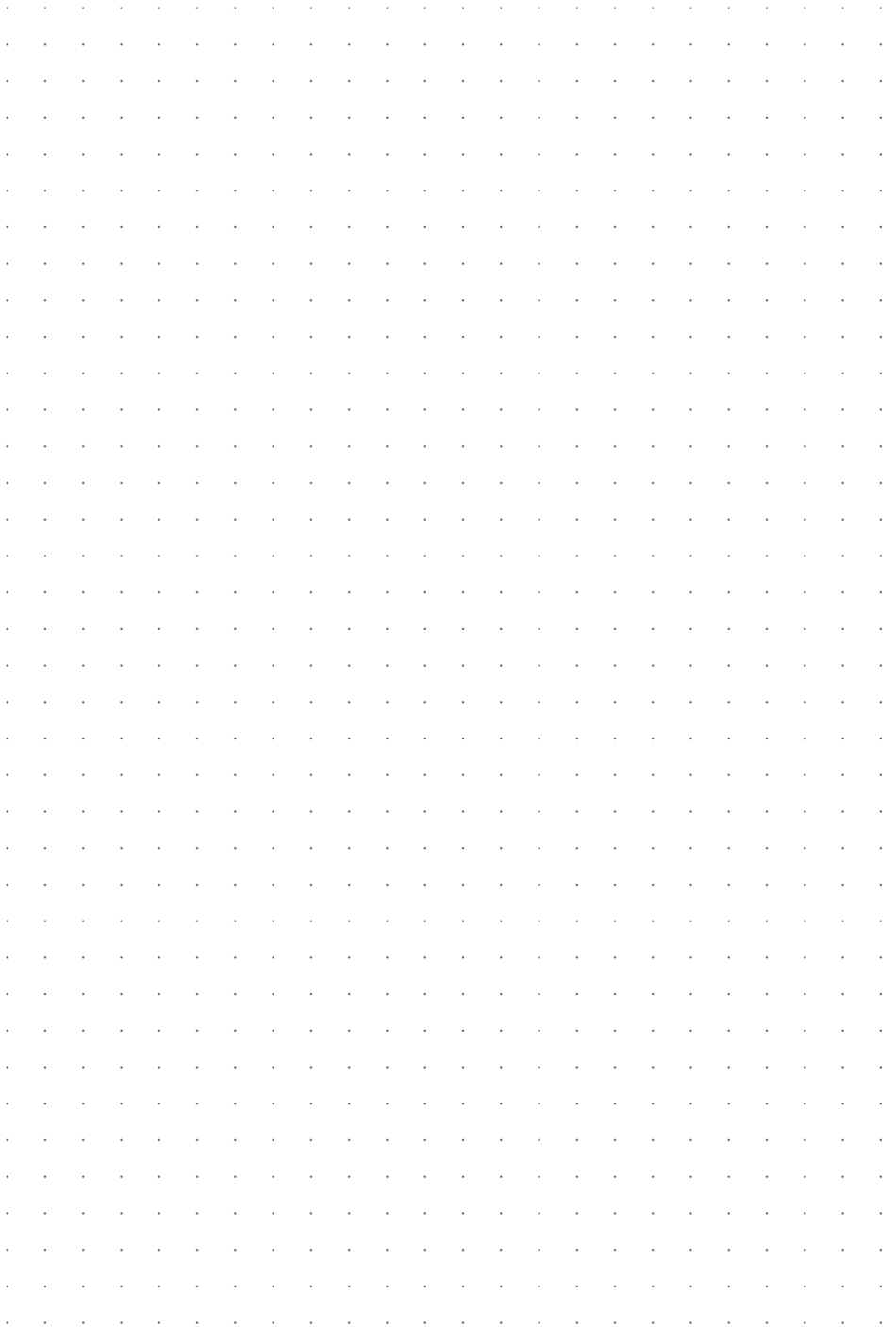


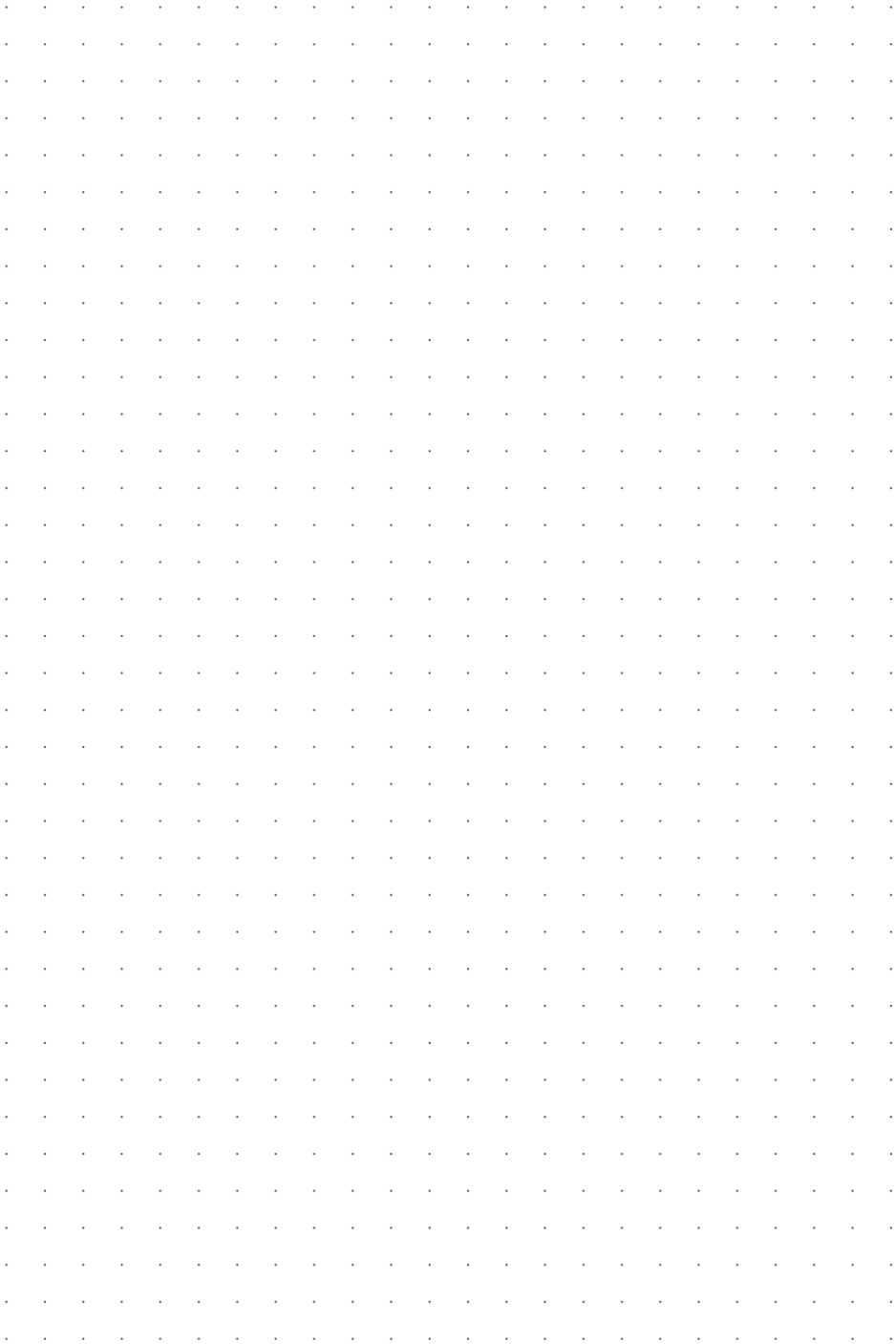


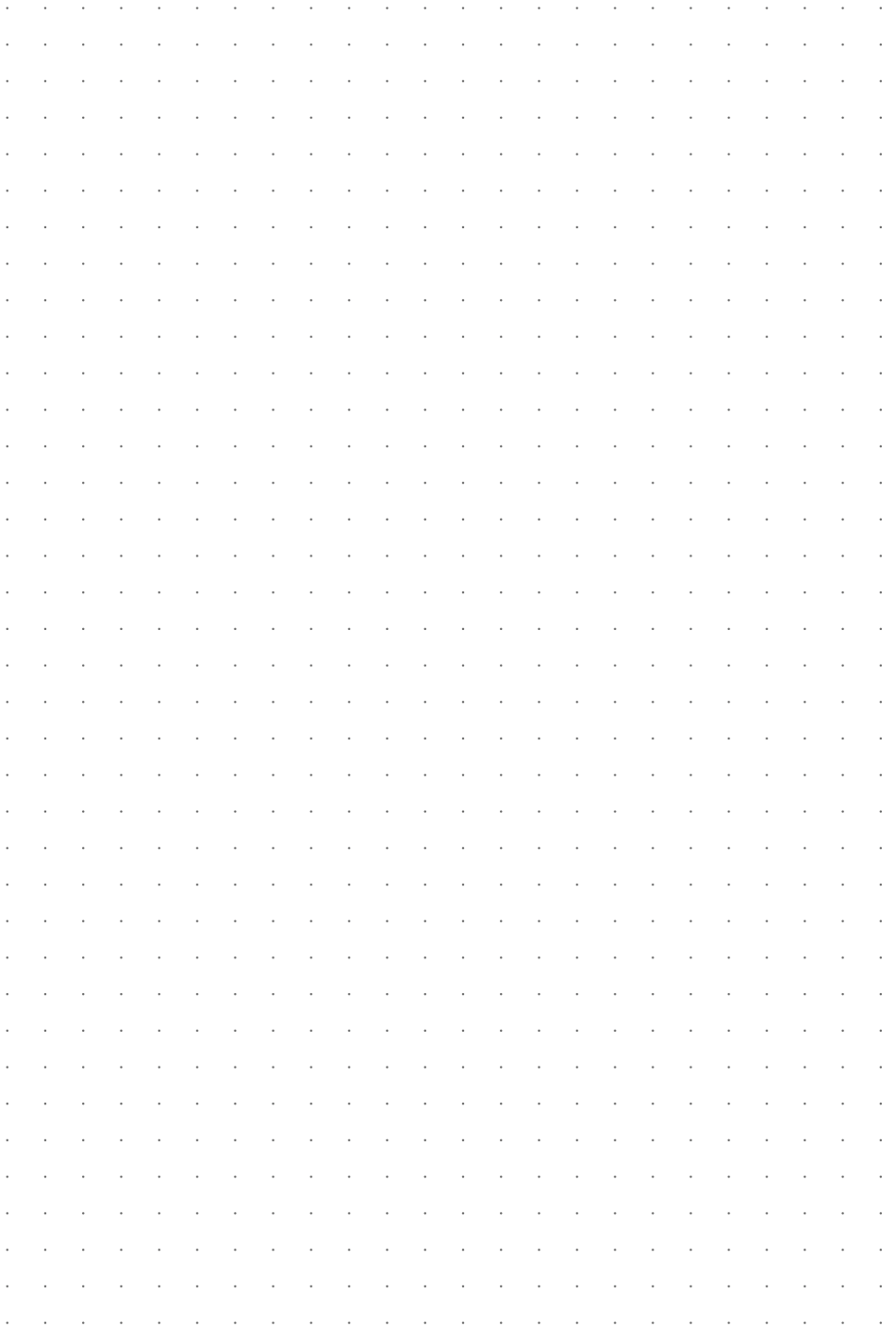


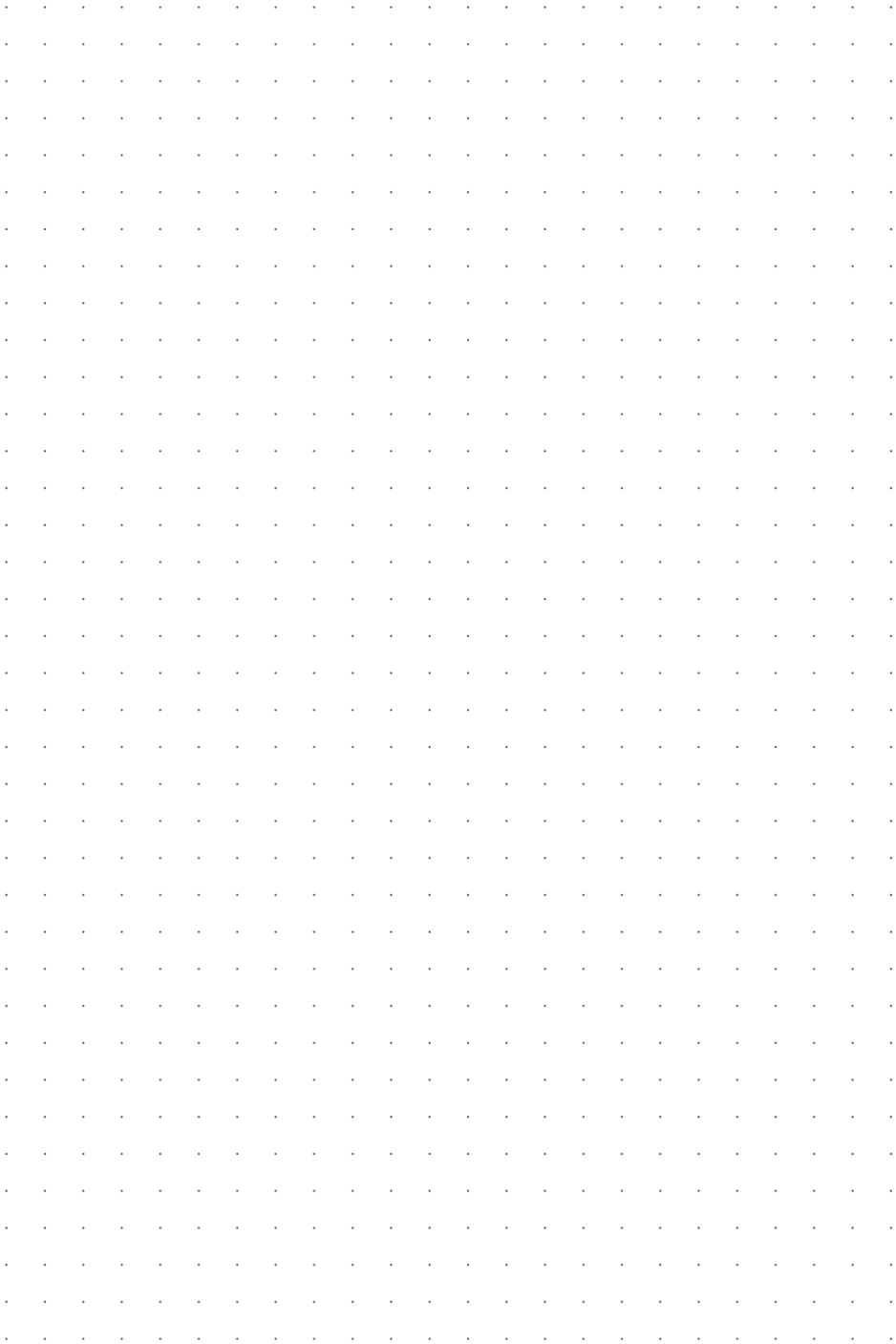


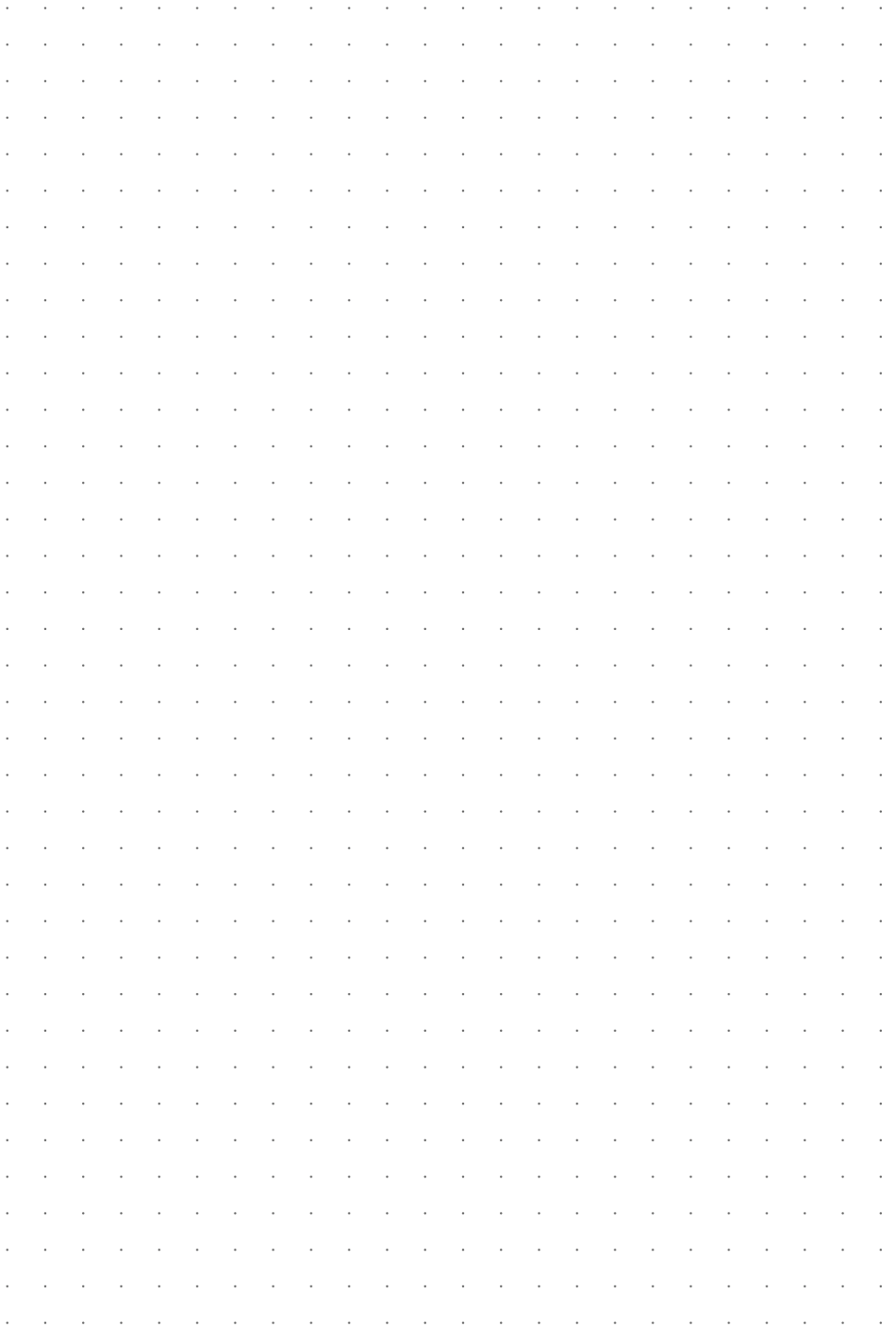


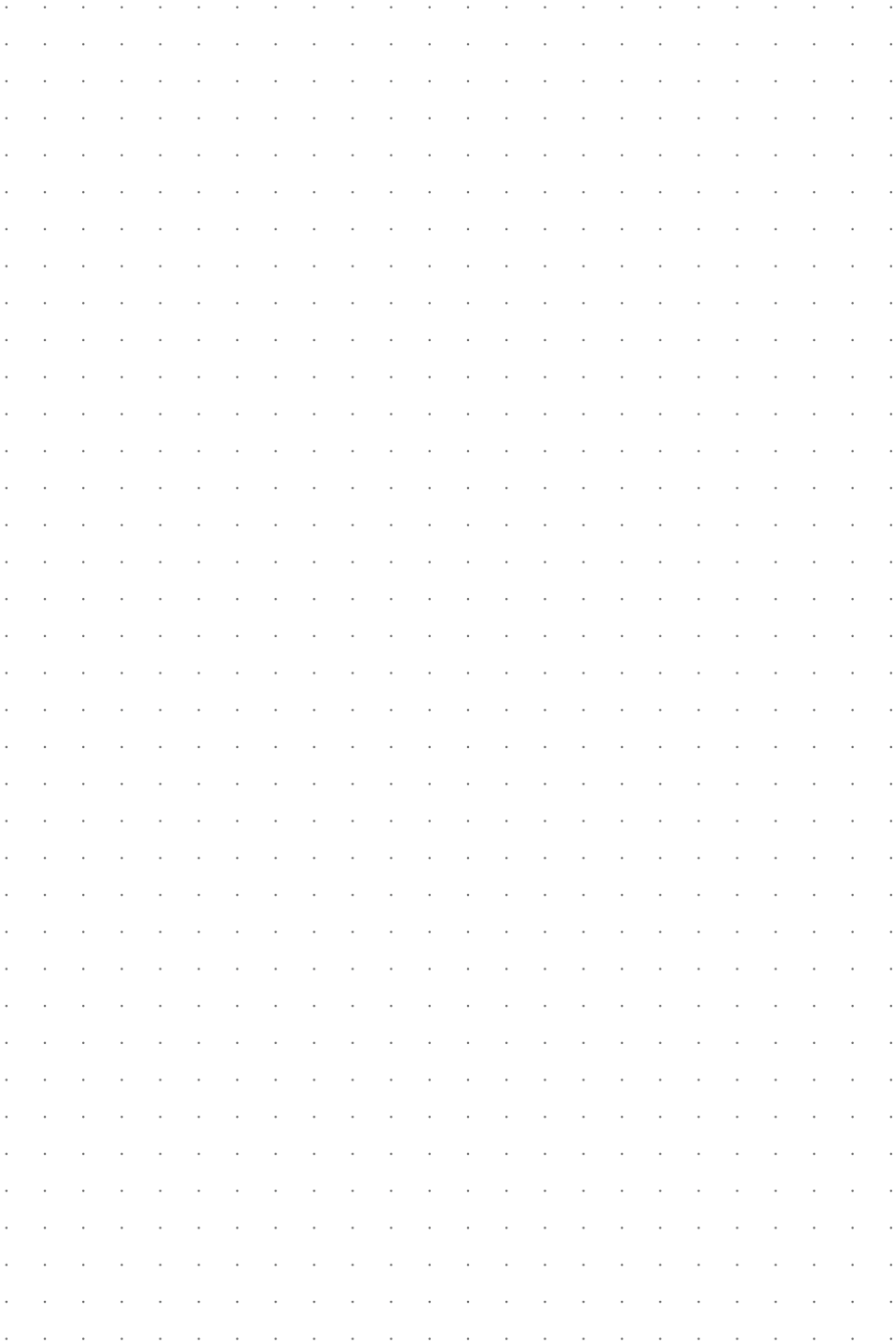


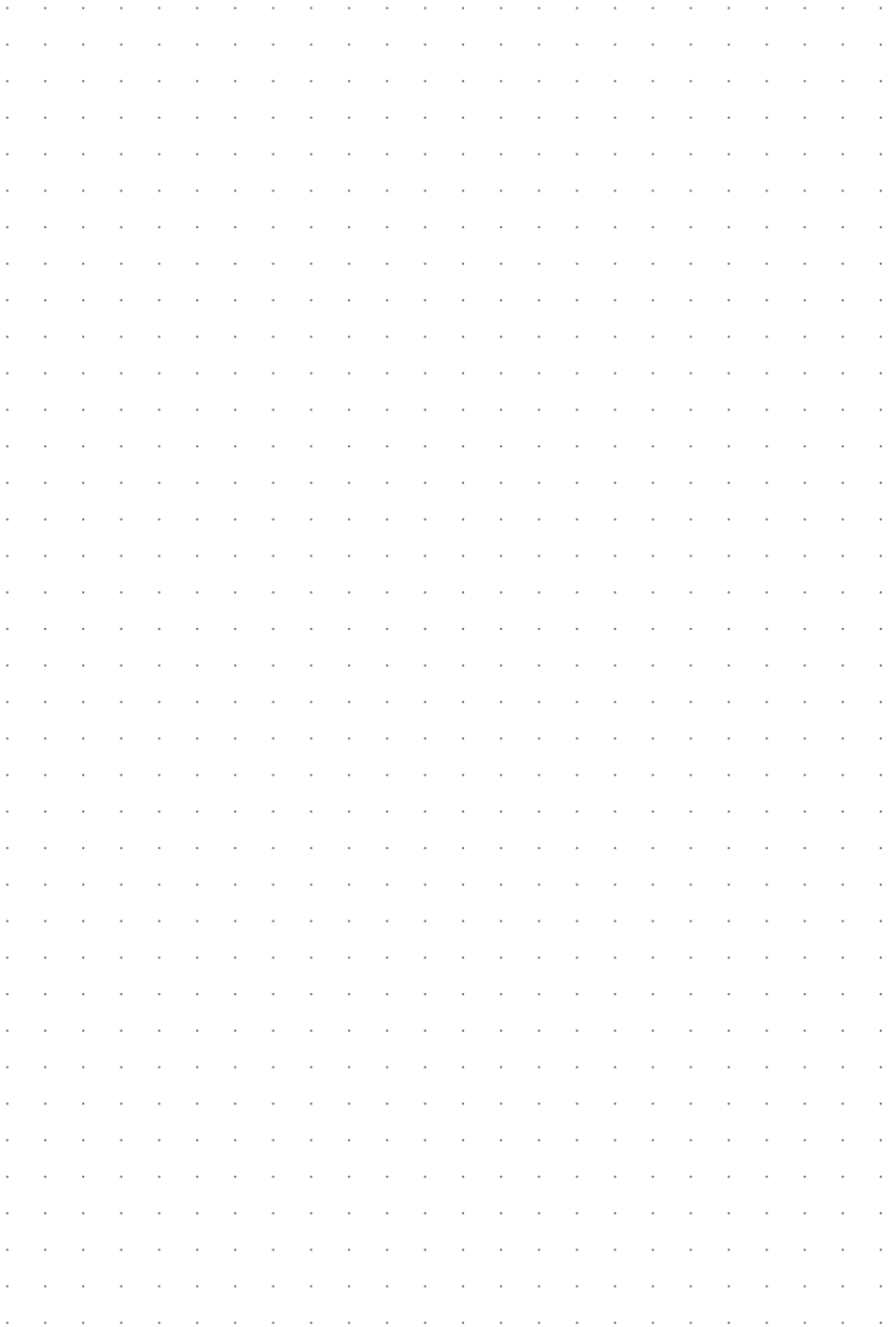


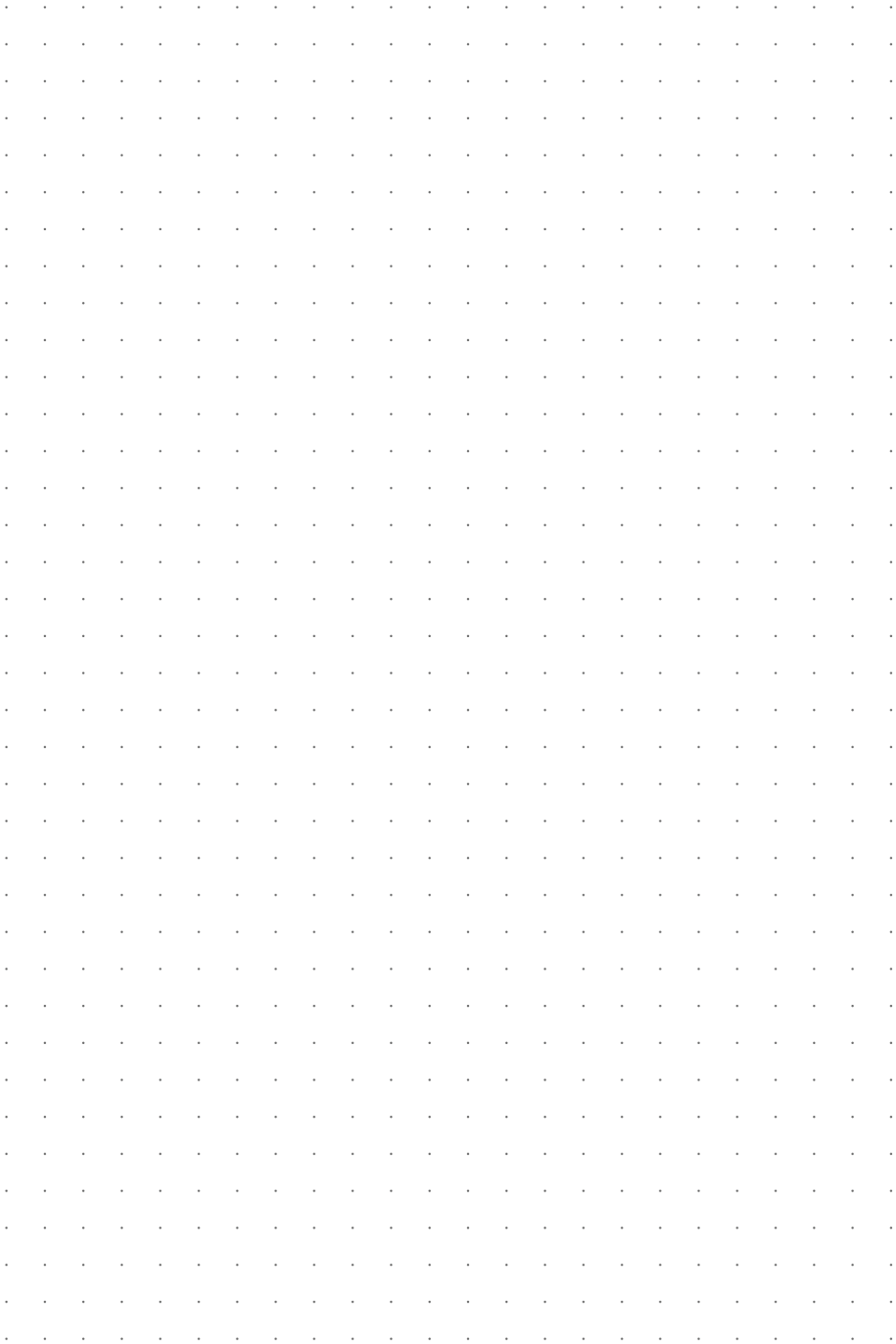


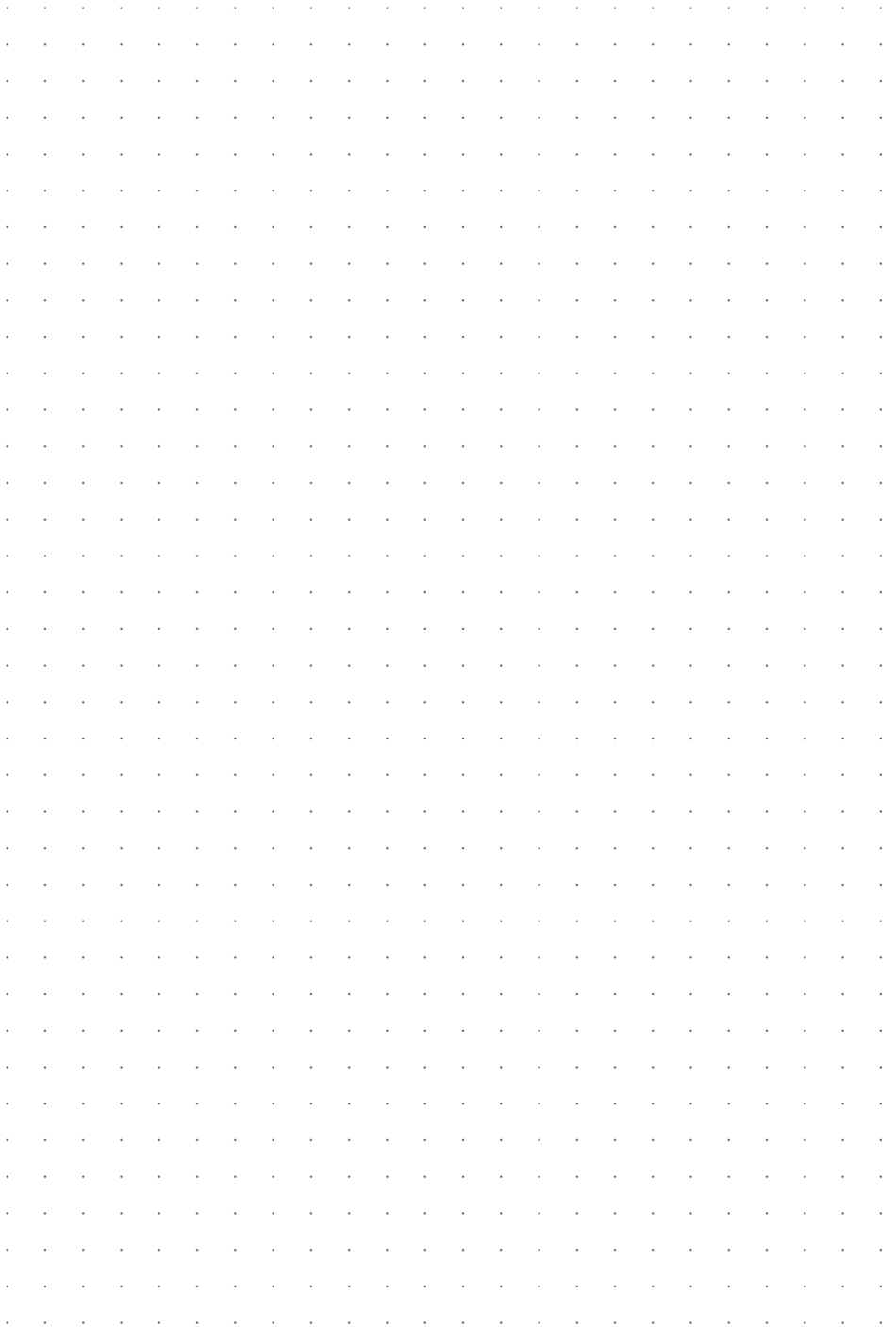


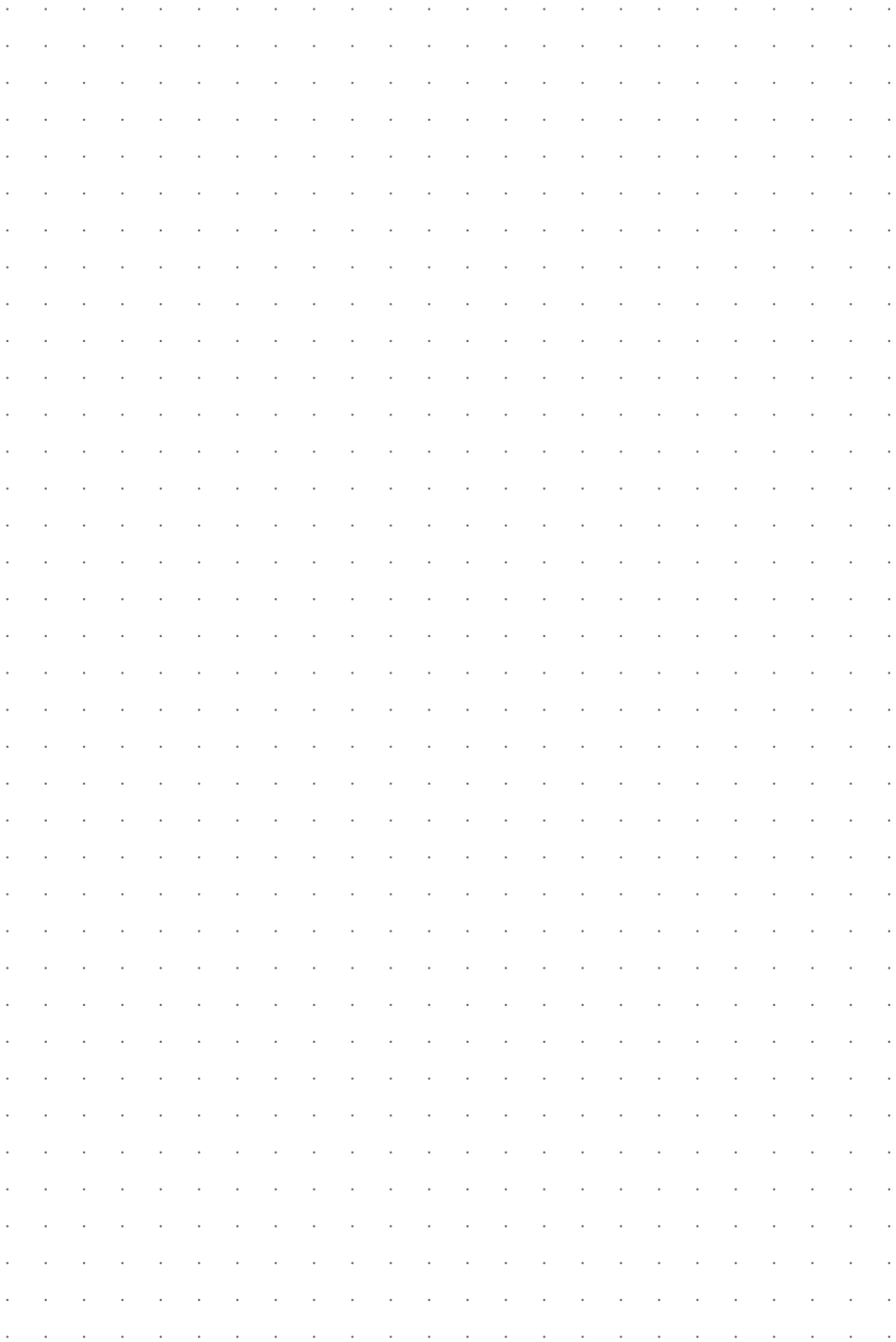


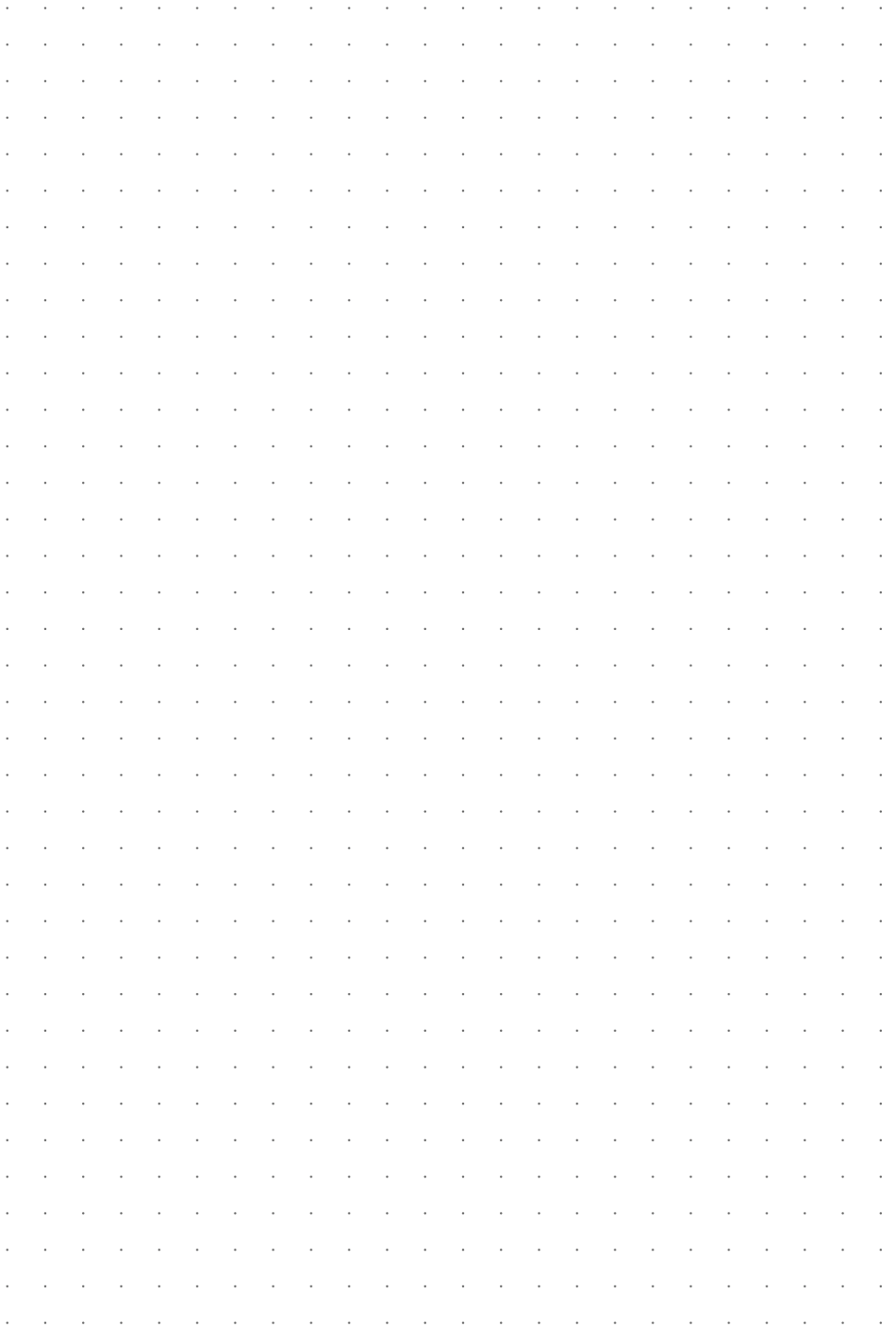


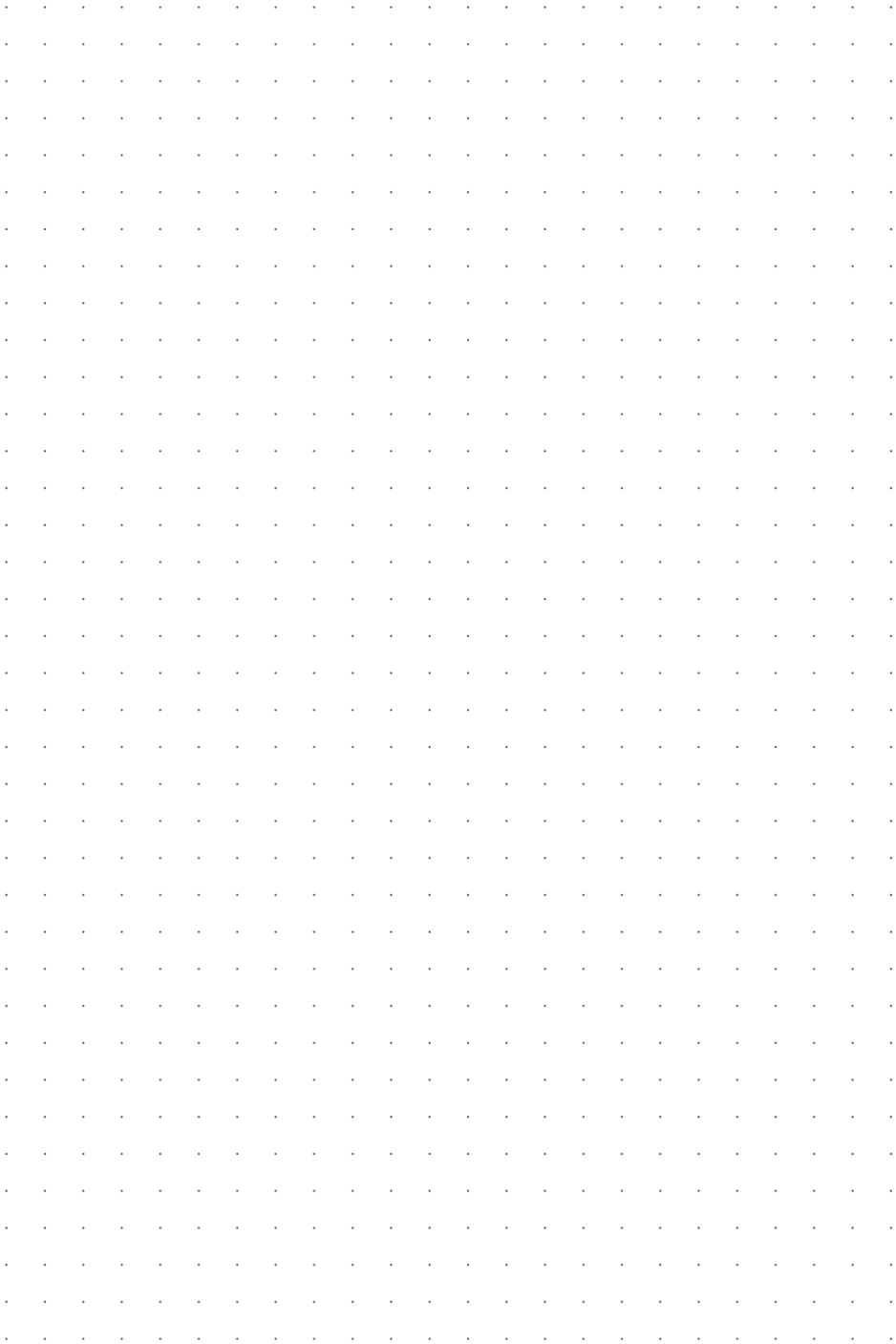


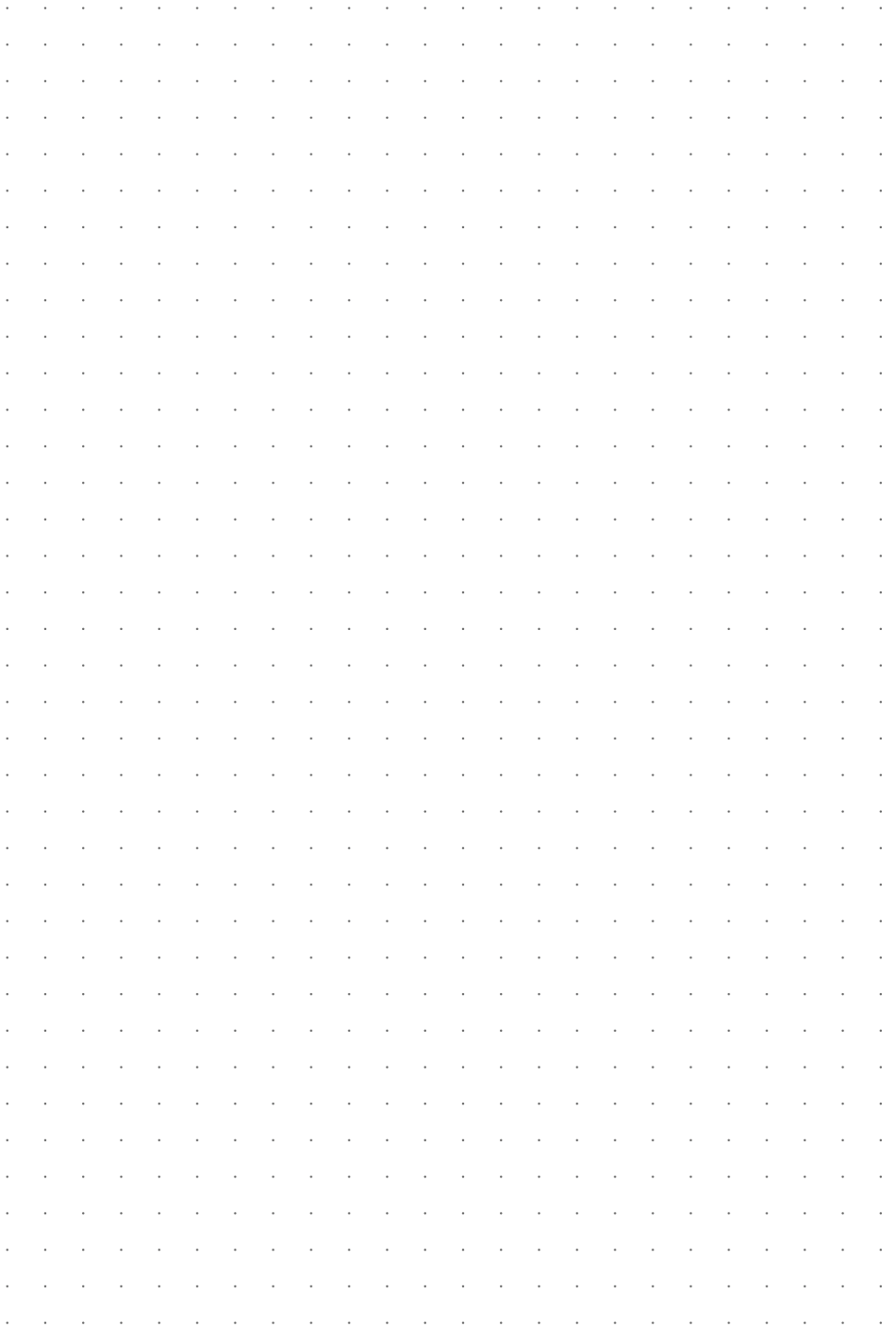


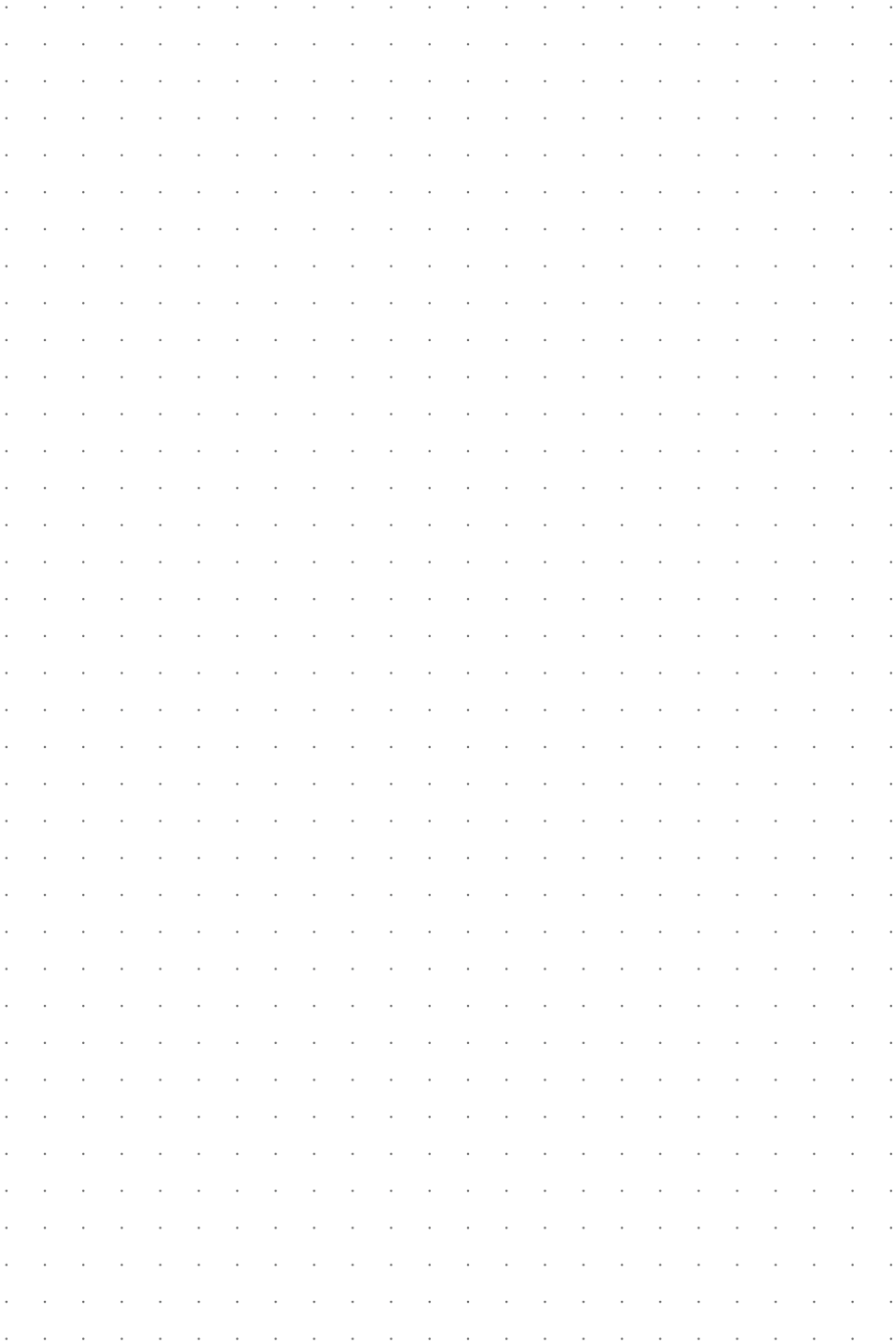


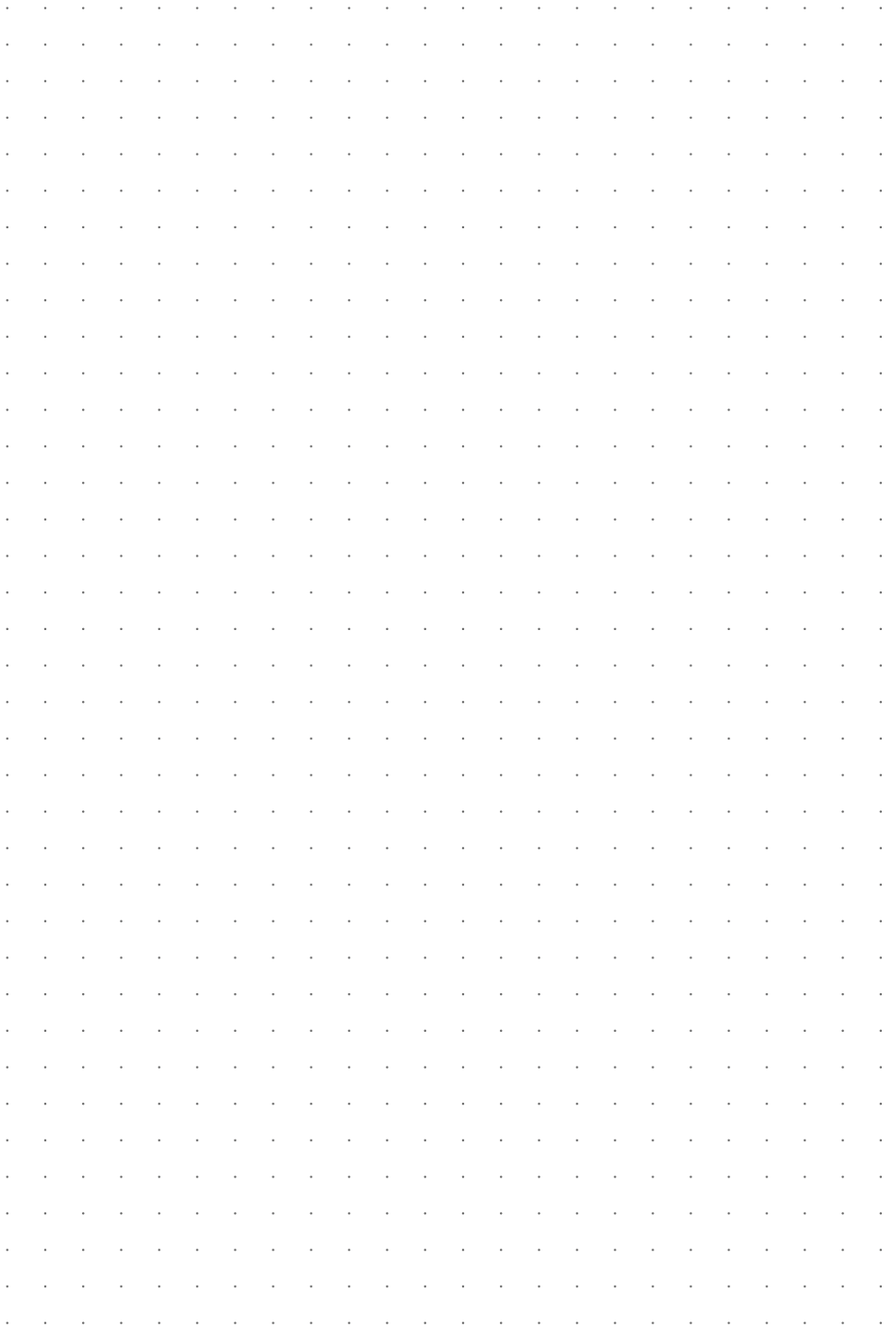














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