



WEEK OF PRAYER & SELF DENIAL MEDITATION BOOKLET 13-19 SEPTEMBER 2026

CHANGING TIMES - UNCHANGING PEACE



GOD'S PEACE WITHIN FAMILY

John 14:27; Leviticus 26:6; Isaiah 32:18

MAIN THEME:
CHANGING TIMES, UNCHANGING PEACE -
THE PEACE OF GOD'S REIGN
(Isaiah 32:16-20)

2025: Changing Times, Unchanging PEACE
GOD'S PEACE within Us
Romans 5:1-2, Philippians 4:7

2026: Changing Times, Unchanging PEACE
GOD'S PEACE within Family
John 14:27, Leviticus 26:6, Isaiah 32:18

2027: Changing Times, Unchanging PEACE
GOD'S PEACE within Body of Christ
Romans 12:16-18, 2 Corinthians 13:11, Colossians 3:15

2028: Changing Times, Unchanging PEACE
Called to be a PEACEMAKER
Matthew 5:9, James 3:18, Philippians 4:8-9

CHANGING TIMES, UNCHANGING PEACE: **God's Peace within Family**

John 14:27; Leviticus 26:6; Isaiah 32:18

Families today face constant change—busy schedules, shifting priorities, financial pressures, technological disruptions, and unexpected challenges. Yet amidst these uncertainties, God's peace remains constant. His peace is not dependent on favourable circumstances but on His unchanging presence and faithfulness. When Christ is at the centre of our homes, we can find strength to love, forgive, encourage, and support one another through every season of life.

May we continually seek God in prayer, lean on His unfailing promises, and walk in obedience to His Word, trusting in His transformative power to renew our hearts and reshape our perspective. As our minds are aligned with His will, we learn to view life's changing circumstances through the lens of faith rather than fear, allowing His unchanging peace to guard our hearts and strengthen our families.



WEEK OF PRAYER & SELF-DENIAL

The week of Prayer & Self-Denial (WPSD) was started in 1887 and is observed during the second week of September. This observance calls WSCS women to spiritual growth, awareness and action. Through it, women are challenged to engage in prayer and to reflect upon stewardship as they respond to the needs in the home, church, community and the world at large to fulfil God's mission. PSD Meditations, prayer and giving have been its central focus. WSCS women are encouraged to increase their self-denial through sacrificial acts to bless others. The offerings collected from the 3 Conferences are placed in the PSD Fund for the above-mentioned needs.

Extracted from <https://wscs.methodist.org.sg>



DAY 1

PEACE IS THE FRUIT OF THE HOLY SPIRIT

But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, self-control; against such things there is no law. (Galatians 5:22 – 23)

"When peace, like a river, attendeth my way, when sorrows like sea billows roll...". Familiar to many, this hymn has been described as a 'hymn born of grief'.

The author, Horatio Spafford, has been compared to Job in the Bible for the extent of the tragedy his family suffered before he wrote this hymn. His four-year-old son succumbed to scarlet fever and soon after, the Great Chicago Fire of 1871 wiped out most of his real estate investments. Two years later, his four daughters lost their lives in a shipwreck.

During such trials Horatio turned to God and said to himself *"It is well with my soul, God's will be done,"* and a hymn was birthed from those words of his prayer.

It is clear who held the reins of Horatio's life. He and his wife had a strong Christian testimony in the community. When faith was repeatedly put to the test, they had the peace of God which 'surpasses all understanding.'

This peace, a trait of the fruit of the Spirit, was evident in their lives. It has been said that fruit does not grow merely from *doing* works. It grows by *abiding* in the Lord, drinking deeply and being nourished through prayer and the Word. Peace must be cultivated.

Horatio had allowed the Lord to guide his thoughts and desires long enough for him to be able to say these words after multiple tragedies. His mind was anchored on God's presence in every situation of his life.



DAY 1

PEACE IS A TRAIT OF THE FRUIT OF THE HOLY SPIRIT

This must have become second nature to him as he daily walked in step with God.

Peace is a quietness, a wholeness, a rest that guards against anxiety. It is a result of the transformation that takes place in our lives as we “daily present our bodies a living sacrifice...being transformed by the renewing of our minds...”

Peace is ours when we hand over control of our lives to Jesus, leaving the outcomes of every situation in God's hands, confident that “He makes all things work together for good for all who love Him...”

The renowned theologian, William Barclay, observed that biblical peace (eirēnē) is intensely positive. It means actively confronting problems, working through them, and acting as a peacemaker to secure what makes for humanity's highest good and right relationships. How can we work with the Holy Spirit to cultivate this peace in our lives today?

Prayer

Father, we ask that You help us cultivate peace that surpasses all understanding in our lives, through a closer walk and a full surrender to You. Make this trait of the fruit of the Spirit evident in all our interactions with one another. Help us to be peacemakers wherever You have placed us – in our homes, in our church families and in the communities which we interact with. Let the evidence of your Holy Spirit shine brightly through our character. We ask this in Jesus' name. Amen

Elsie Jeremiah
Methodist Church of the Incarnation



DAY 2

GOD'S COVENANT OF PEACE

For the mountains may depart and the hills be removed, but my steadfast love shall not depart from you, and my covenant of peace shall not be removed,” says the LORD, who has compassion on you. (Isaiah 54:10)

Together with Isaiah 54:9, God promises “the waters of Noah should no longer go over the earth, and He will not be angry and rebuke His people again.”

What a comforting promise from God! Truly, nothing compares to His promises. The word “peace” resonates deeply with me. I first encountered God’s peace through a nightmare. One night, I had a terrifying dream that an evil spirit chased after me. In desperation, I called out to Jesus after several attempts to seek help from a god that I had believed. At that time, I was not a Christian, but I had been invited to church a couple of times.

Suddenly, a brilliant light shone over my head, turning darkness into light. It was so intense that I could only see the light and nothing else. And a clear, still voice spoke, “Do not be afraid, my child. I will always be with you.” A profound sense of peace and assurance washed over me. I had never experienced anything like this and knew it was something that the world couldn’t provide. I slept peacefully for the rest of the night. I woke up feeling incredibly refreshed and vividly remembered the peaceful feeling and His words. This incident left an unforgettable mark in my life and, eventually, I became a Christian.

To me, God’s peace is tranquillity, assurance, contentment, joy and fearlessness. We will still face challenges in life, but we can face them with God without fear. The outcome may not always be what we desire, but we can trust that God’s plans are always for our good, and we find peace throughout the process.



DAY 2

GOD'S COVENANT OF PEACE

We must also recognise the immense power of the name “Jesus”. At the mention of His name, demons flee. We are truly privileged to be chosen by Him, to be loved, protected and blessed!

To Him be the glory! Amen and Amen.

PRAYER

Dear Lord, thank you for reaching out and saving me from this evil world. I'm so grateful for Your unconditional love, protection and unceasing mercy and grace. Please be patient with me as I strive to become more obedient and draw closer to You each day. Let Your word be the light of my path, guide me and lead me to walk right into Your will and plan. In Jesus' most precious name I pray, Amen.

Dr Joanne Tee
Paya Lebar Methodist Church



DAY 3

PEACE AND UNITY

With all humility and gentleness, with patience, bearing with one another in love, eager to maintain the unity of the Spirit in the bond of peace. (Ephesians 4:2-3)

God desires that we serve in humility, gentleness and love.

It is good for us to pause every once in a while to reflect on unity and sisterhood in ministry.

God has already united us through His Holy Spirit, and we are called to maintain that precious unity as we serve together, lead together with gentleness and patience, pray constantly for each other, bear with one another in love.

God has given each of us different gifts to enable us to serve Him faithfully. Each gift is different, none is better than the other. Like the different parts of one body, we each have a unique role, yet we share in one purpose – to glorify Jesus Christ!

Maintaining unity often calls for humility and self-denial. We may need to lay aside our pride, our desire to be right or our personal preferences for the sake of loving one another well. As we allow the Holy Spirit to shape our hearts, He enables us to become peacemakers who strengthen the unity of Christ's body.

Scripture reminds us, "So let us pursue what makes for peace and for mutual upbuilding." (Roman 14:9 ESV).

When we serve together with a shared purpose - "To know Christ and to make Him known", God gives us divine grace to overcome our differences, bear with one another's weaknesses, and build fruitful friendships that honour Him.



DAY 3

PEACE AND UNITY

The psalmist declares, “Behold, how good and pleasant it is when brothers [sisters] dwell in unity! ... For there the Lord has commanded His blessing, life forevermore.” - (Psalm 133:1,3 ESV). Where God’s people live and serve together in unity, the Lord delights to pour out His blessing.

As Bishop Philip Lim reminds us:

“Unity is a holy harmony that holds our diversity together in Christ. In a multiracial city, the Church is called to model a unity that reflects the Triune God: Three distinct Persons, one divine essence.”

Let us continue to encourage one another in joyful service, walking in step with the Holy Spirit and maintaining the bond of peace.

PRAYER

Heavenly Father, thank You for calling us to be one in Christ. Help us to serve one another with humility, gentleness and patience. Teach us to bear with one another in love and to make every effort to maintain the unity of the Spirit in the bond of peace. May our lives and our service glorify You and bear witness to Your love. In Jesus’ name, Amen.

Laureen Ong
Pentecost Methodist Church



DAY 4

OBEDIENCE LEADS TO PEACE

Great peace have those who love your law; nothing can make them stumble. (Psalm 119:165)

What Is Peace?

True peace, according to the Bible, is not the absence of trouble but the presence of God in the midst of it and an unshakable faith in Him. It is aligning our hearts with God's Word, anchoring ourselves in Christ, and intentionally choosing obedience. Such peace brings inner calm, despite challenging situations, and keeps life's unexpected storms from knocking us off our feet.

According to the prophet Isaiah, God will keep in perfect peace those whose minds are steadfastly focused on Him and His promises (Isaiah 26:3).

Jesus explicitly stated, "Peace I leave with you; My peace I give to you. Not as the world gives do I give to you. Let not your hearts be troubled, neither let them be afraid." (John 14:27)

In John 16:33, Jesus reminds believers that while they will face tribulation in this world, they can take heart because He has overcome the world.

The Source of Peace

Psalm 119:165 says, "Great peace have those who love Your law; nothing can make them stumble."

When life is going well, it is easy to obey God, but true love for His commands is revealed when the path becomes challenging. If you hold



DAY 4

OBEDIENCE LEADS TO PEACE

God's commandments dearly, you will stop depending on your own understanding and instead begin to trust in His perfect ways. This obedience keeps us within the safety of God's wisdom and guidance.

Why Obedience Leads to Peace

Trying to control outcomes is a common source of worry. When you obey God's leading, you release the burden of the outcome into His hands. He replaces your anxieties with His peace that surpasses all understanding.

The verse promises that nothing can make you stumble. It does not mean that you will not face trials, but it does mean that your faith need not be shaken by them.

In Psalm 119:105, God's Word is described as "a lamp to my feet and a light to my path." It provides a clear way forward and serves as our guide. When you follow the Lord's direction, His guidance steers you away from the hidden pitfalls of impulsive, human-influenced decisions and choices.

All to Jesus I surrender,
All to Him I freely give;
I will ever love and trust Him,
In His presence daily live.

As expressed in the hymn *All to Jesus I Surrender*, I surrender to the Lord, trusting Him and choosing obedience. I trust that God will take care of me and that no matter how long I remain in the storm, I will be safe in His arms. Everything else will fall into place according to His perfect timing. When I do that, His peace that surpasses all understanding will guard my heart and mind.



DAY 4

OBEDIENCE LEADS TO PEACE

PRAYER

Lord, thank You for the great peace that comes from surrendering to Your will. Forgive me for the times when I have leaned on my own understanding or run ahead of Your plans. Give me the grace and spirit to love Your Word deeply and the courage to obey Your leading today and always.

Keep my feet steady, and let Your peace fill my mind and guard my heart in every situation. I surrender my will to Yours. Soften my heart and replace my fears with the quiet assurance that You are guiding my steps with love and peace.

In Jesus' name, I pray. Amen.

Lena Koh
Trinity Methodist Church



DAY 5

CHANGING OUR MINDSETS

For to set the mind on the flesh is death, but to set the mind on the Spirit is life and peace. For the mind that is set on the flesh is hostile to God, for it does not submit to God's law; indeed, it cannot. (Romans 8:6-7)

“It’s her mindset! Don’t expect her to act differently”, someone exclaimed. This statement could be a true assessment of many of us. It could be a mindset which makes us greedy, miserly, intolerant, or impatient, and so on. It is a mind led by the standards of the world. Even after years of being a Christian, there is no change in thoughts and behavior. One of our former pastors lamented on how we can attend church for decades and yet not be transformed by the Holy Spirit. Still the same old self!

A mindset which conforms to the flesh acts according to worldly norms. How we measure the “success” of our ministry programs, how we choose leaders, or how we gauge the accomplishments of our children reflects our mindsets. Are we using the yardstick of contemporary benchmarks or that of a Spirit-filled mind?

Sadly, many of us suffer from spiritual dementia. People with dementia can lose their way home. Likewise, on our spiritual journey, we get lost and wander about in the wilderness of the world’s expectations. We have forgotten that the Holy Spirit lives in us. It is as if we have all the power available to us but no memory of it. The analogy is living in a house with lights and fans but forgetting that there is electricity. Therefore, we live in the dark and heat. Is there a cure for this spiritual dementia? As with physical dementia, there is no quick fix to the problem.

The Bible often alludes to life as a race: “Do you not know that in a race all the runners run, ... So run that you may obtain it.” (1 Cor 9:24); “... let us run with endurance the race that is set before us,” (Heb 12:1);



DAY 5

CHANGING OUR MINDSETS

“You were running well. Who hindered you from obeying the truth?” (Gal 5:7). Life is not a 100-metre sprint but a marathon. As we run the race, we are to fix our eyes on our Lord (Heb 12:2). The Holy Spirit needs to constantly fill us so that we can run with perseverance. As we set our minds on the Spirit, He grants us peace, for the Fruit of the Spirit is love, joy, peace ... (Gal. 5:22-23). Only when we have peace can we impart peace to those around us.

Life under the control of the Spirit grants us shalom peace. The following song by Kate Barclay Wilkinson aptly describes the need for a daily surrender to God so that our mind can be set on the Spirit.

May the mind of Christ, my Savior,
Live in me from day to day,
By His love and pow'r controlling
All I do and say.

PRAYER

Our Heavenly Father forgive me for setting my mind on matters that draw me away from You. Thank you for Your Holy Spirit, who empowers me to have Your mind in me. May I know and do what is pleasing in Your sight. I confess I am unable to do this on my own. Lord, heal me of my memory loss, so that I may be continually “plugged in” to the mind of the Spirit. In Jesus’ name, Amen.

Angela Goh
Wesley Methodist Church



DAY 6

SEEK PEACE AND PURSUE IT

For whoever desires to love life and see good days, let him keep his tongue from evil and his lips from speaking deceit; let him turn away from evil and do good; let him seek peace and pursue it. (1 Peter 3:10-11)

To seek peace is to make an effort to make things right, but to pursue it is to go beyond seeking. It is to see it through, to restore and reconcile. How many times have I said or thought to myself, “I tried” and then stopped there. When have I given up on broken relationships? When have I stopped believing that God can bring restoration and reconciliation?

If we believe in “the peace of God which surpasses all understanding” (Philippians 4:7) then do we believe in the divine peace that transcends what happens in our own hearts. I can pray for God’s peace to be upon me and my loved ones, but am I willing to bring that peace into difficult relationships? Am I willing to pursue peace despite the hurts or sense of hopelessness?

Does this pursuit of peace only refer to my personal relationships? “Whoever desires to love life and see good days, let him do good.” What good am I called to do? Where in my circles of influence is there a lack of peace and how can I be God’s instrument of peace to bring harmony to a family, a church, a community?

As I look into my present moment, I ask God what peace He wants me to pursue? In this season of my life, my sisters and I are faced with our mom’s diagnosis of Alzheimer’s and the caregiving concerns. As we attempt to face this together, so much of the past weighs upon us, compounded by distance, both physical and emotional. There have been too many years of avoidance without a persistent pursuit of peace, of not mending or rebuilding the brokenness in our relationships. However, for the sake of our mom, we came together and at the same time took steps towards each other, towards peace. It was a beginning.



DAY 6

SEEK PEACE AND PURSUE IT

My confession is that before we came together, I had thoughts about whether this would be my last attempt to reconcile with my sisters. I thought about several scenarios - after I leave would I only return to visit my mom or would I ever return when my mom is no longer with us. It is a painful truth to admit. Yet, God, with his love and grace, began a work in my heart. I experienced a calming peace that was present throughout my time with my sisters. This peace brings hope for the restoration of our relationships.

Peace may be a long process of healing, but it may begin with one revelation, one conversation, one visit at a time. It may be a word withheld, a hurtful word forgiven or truth spoken with love. It is rooted in the belief that the God of peace will walk me through each step, and that the Holy Spirit is at work in my heart, producing His fruit which includes peace (Galatians 5:22-23). It is the awareness that the God of peace pursues me always.

PRAYER

Father, You have never stopped pursuing me. You call me to Yourself. You restore my soul. Over and over, You speak peace over my life. I am created in Your image, called to be a peacemaker. Lord, show me where I need to seek and pursue peace, for myself, for my family, for my church, for my community. God of peace, grant me Your peace that surpasses all understanding and direct my steps in this pursuit of Your peace.

In Jesus' name, Amen

Hope Kelly
Agape Methodist Church



DAY 7

LIVING AS WOMEN OF RESTORATION, COMFORT, AND PEACE

Finally, brothers, rejoice. Aim for restoration, comfort one another, agree with one another, live in peace; and the God of love and peace will be with you. (2 Corinthians 13:11)

Paul's final words to the Corinthian church are remarkably practical. They are simple yet powerful exhortations for daily living: rejoice, aim for restoration, comfort one another, agree with one another, and live in peace. Many of us lead busy and demanding lives as we balance family responsibilities, careers, church ministries, caregiving duties, and countless daily commitments. Amid these pressures, relationships can easily become strained. Misunderstandings arise, hurtful words are spoken, expectations go unmet, and we may find ourselves carrying disappointment, resentment, or loneliness.

Paul's first instruction is to aim for restoration. Restoration requires intentional effort. It means repairing what has been damaged rather than allowing cracks to widen. As women, we are often builders of relationships in our families, churches, and communities. Yet, restoring a relationship can be difficult when we feel wounded or misunderstood. Perhaps there is a family member you have not spoken to warmly for some time. Perhaps a misunderstanding with a fellow church member remains unresolved. Restoration may begin with a simple phone call, a sincere apology, or a willingness to listen without defending yourself. Like a gardener patiently tending a wilted plant, we nurture healing one small step at a time. Because Christ has first reconciled us to God, He also empowers us to become instruments of reconciliation in our relationships.

Paul next encourages believers to comfort one another. In our fast-paced society, many people carry hidden burdens. The colleague who always smiles may be caring for an elderly parent. The friend sitting



DAY 7

LIVING AS WOMEN OF RESTORATION, COMFORT, AND PEACE

quietly in church may be grieving a loss. The young mother may be exhausted beyond what anyone sees. Comfort does not always require grand gestures. A thoughtful message, a listening ear, a meal delivered to a weary family, or a sincere prayer can become a channel of God's love. Often the greatest comfort comes not from having the right words but from simply being present.

Paul also calls believers to agree with one another. This does not mean that everyone must think alike. Rather, it means pursuing unity despite differences. In church ministries, family discussions, or committee meetings, disagreements are inevitable. Instead of asking, "How can I win this argument?" we can ask, "How can we honour Christ together?" Living in peace often requires self-denial. We lay aside pride, surrender the need to have the last word and choose humility over self-interest so that Christ may be glorified. Unity grows when we listen more carefully before we speak and seek understanding instead of insisting on our own way.

Finally, Paul urges believers to live in peace. Peace is more than the absence of conflict; it is the deep assurance that comes from God's presence. In a world filled with deadlines, rising costs, and constant digital noise, peace can feel elusive. Living in peace may mean setting aside time each day to be still before God. It may mean resisting the temptation to compare ourselves with others or choosing forgiveness over bitterness and gratitude over complaint.

Paul concludes with a beautiful promise: "the God of love and peace will be with you." God does not merely give love and peace; He Himself is the God of love and peace. Our confidence does not rest on our ability to restore every relationship perfectly, but in His abiding presence, which enables us to reflect His character day by day .



DAY 7

LIVING AS WOMEN OF RESTORATION, COMFORT, AND PEACE

May we be women who mend rather than divide, encourage rather than criticize, unite rather than compete, and become instruments of God's peace wherever He has placed us. As we do so, we bear witness to Christ and reflect the character of the God of love and peace who faithfully walks with us every day.

PRAYER

Heavenly Father, thank You for being the God of love and peace. Thank You that through Jesus Christ You have reconciled us to Yourself and called us to be peacemakers. Help us to seek restoration, offer comfort, pursue unity, and live in peace each day. Give us humble hearts that are willing to deny ourselves for the sake of loving others well. May our words and actions reflect Christ, bringing healing, hope and peace to everyone we meet. In Jesus' name. Amen.

By Wendy Low-Sui
Aldersgate Methodist Church



Attention: Ladies

Please join us for the TRAC WSCS WPSD Closing Service. To register please contact your local WSCS, scan QR code or click link:

<https://tinyurl.com/5ywehu85>



**TRAC WSCS
WEEK OF PRAYER AND SELF-DENIAL
CLOSING SERVICE**



Date:
26 September 2026 (Saturday)

To Register
Scan QR Code

Time:
2.00 – 4.30 pm

Venue:
Sophia Blackmore Hall
Level 6 Methodist Centre
70 Barker Road (309936)



Let us come and journey together as we navigate the fast-changing geopolitical and regional changes and upheavals, and have a personal encounter with the One who is Peace Himself.



Speaker: June Chuah
Missionary, Montenegro



Giving has been the central focus of WSCS WPSD. WSCS women are encouraged to increase their self-denial through sacrificial acts to bless others. The offerings collected from the 3 Conferences are placed in the PSD Fund.

Please give through Paynow UEN: S90CC0754D (Trinity Annual Conference WSCS) or QR code below

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