



ABIDING IN CHRIST

**DEVOTIONALS BY LADIES
OF TRAC WSCS**

Cover photo: AI-generated

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FOREWORD

Devotional writing is a sacred art—an intimate weaving of words that reflects the profound truths of God's grace, love, and purpose. This booklet stands as a testament to the faith expressed through the hearts of women, some of whom participated in our devotion-writing course, each contributing their unique voice to this collection.



Within these pages, you will discover reflections born from personal encounters with God, answered prayers, and scriptures that have taken root in the depths of their souls. Each devotion is a heartfelt offering, uniquely crafted through the experiences and perspectives of women seeking to glorify God through their written words.

These writers have become more than students—they are bearers of hope and vessels of wisdom. Their creativity, vulnerability, and steadfast trust in the Lord shine through every carefully chosen word. From quiet moments of revelation to profound spiritual insights, these devotionals invite readers into a sacred space of reflection and deeper communion with God.

It brings me great joy to present this collection to you. May these writings touch your heart, challenge your spirit, and draw you closer to the One who inspires all things.

Gnanamany Philip

President

GC WSCS

PREFACE

Our Sovereign God, in His infinite wisdom, knows the desires of our hearts. It is the heartfelt desire of TRAC WSCS ladies to share their encounters with God in order to encourage and bless our sisters in Christ. God has answered our prayers through this devotional booklet. Although there was no assigned theme or scripture, we entrusted the process to the leading of the Holy Spirit.

As each lady sought the Lord and shared her journey, a common thread emerged - a divine instruction they all clung to : **ABIDING IN CHRIST**.



Jesus reminds us in John 15:4 *“Abide in me, and I in you. As the branch cannot bear fruit by itself, unless it abides in the vine, neither can you, unless you abide in me.”*

GOD’S PRESENCE AND PROMISES anchor them in their journey with Him. **PRAYERS** connect them to our faithful God, who continually reveals His unfailing love and goodness. As they remain rooted in Him, their faith **GROWS IN CHRIST**, bearing the Fruit of the Spirit. Even in suffering, they find **HOPE**, holding onto Him in their most challenging moments.

These experiences are beautifully captured in the 49 devotionals compiled in this booklet. We thank God for the ladies from our 17 TRAC churches who shared their encounters and testimonies. We wish to thank Pastor Barnabas Chong for conducting a devotional writing workshop which was attended by 60 ladies.

May the messages in these devotionals speak to you as the Lord directs. May His words abide in you, and may our Father be glorified as you bear much fruit.

Nancy Tan
President
TRAC WSCS

GOD'S PRESENCE



Val di Funes, Dolomites, Italy — photo by Nancy Tan (June 2024)

Psalm 27:1

The Lord is my light and salvation; whom shall I fear?
The Lord is the stronghold of my life; of whom shall I be afraid.

The Lord is My Protector and Comforter

The Lord is my light and my salvation; whom shall I fear?

The Lord is the stronghold of my life; of whom shall I be afraid?

Wait for the Lord; be strong, and let your heart take courage; wait for the Lord!

Psalm 27:1,14 (NIV)

Since my late husband went home to be with the Lord two years ago, I have had trouble sleeping in a dark room. I grappled with an irrational fear of darkness and would always leave my bedside lamp on. And, I would switch on more lights during the nights that I am not doing so well. My quality of sleep is affected by the bright lights but I feel it is a small price to pay in exchange for feeling safe.

Deep in my spirit, I know that this fear is unfounded. I know the Lord is my protector and He will give me the strength to cope with my fears. Yet, instead of turning to God for help, I have been taking refuge under the false security blanket provided by the room lights.

The Lord spoke to me when I meditated on Psalm 27. I was convicted by the Holy Spirit that this behaviour of mine was more than just a fear of darkness. It was me having to come to terms with loneliness and fending for myself. It was about me still grieving over the loss of my husband, though I have moved on in many aspects of my life.

God sees my sadness and my fears. Psalm 27 brings comfort and assurance that I need not battle fear alone. David also experienced fear when surrounded by his enemies. The Lord delivered David from his enemies. David acknowledged God's superior protection and called the Lord his light, salvation and stronghold. I too would like to experience God's goodness, comfort and protection in the midst of my fears and challenges.

God is drawing me to wait for Him, my ultimate protector and comforter. David's response to fear was to declare His trust in God. In confidence, I also choose to put my trust in God despite my difficult moments. God is good and little by little I am beginning to experience God's healing in my life.

With the Lord as my light, I do not need now to rely on my false security blanket. God's light will drive out my fear of darkness. What about you, my dear Sisters-in-Christ? Would you also cling on to God's comforting words in Psalm 27, and wait for Him?

Dear Abba Father, thank you for being our light and salvation. Thank you for being with us, protecting us and guiding us. We lay all our burdens and worries at Your feet. Let us not dwell on our problems but instead focus our eyes on You. Your goodness will see us through and turn the situation around. In Jesus' name we pray. Amen.

Lee Wan Lai

Ang Mo Kio Methodist Church





Phuket - photo by the writer (21 January 2024)

Pillar of Cloud

By day the LORD went ahead of them in a pillar of cloud to guide them on their way and by night in a pillar of fire to give them light, so that they could travel by day or night.

Exodus 13:21 (NIV)

We live in a fast-paced world. How often do we take a moment to gaze at the clouds drifting across the blue sky and marvel at their different shapes and formations? From sunrise to sunset, moving gracefully as the wind blows, clouds change shape and absorb the sunlight along the way. On a cloudy night, we can see them overshadowing the moon.

The world we live in is in a constant state of change. Reflect on the changes in and around us: in our aging bodies; within our families; at our workplaces; in church ministries; in our community and the ongoing shifts in global political and economic landscapes. We may experience victory or defeat; face moments of joy or disappointment; be broken or made whole. As we go through these changes in life, little by little the Holy Spirit transforms us. The Israelites were transformed as God led them through the wilderness with a pillar of cloud during the day and a pillar of fire at night. Likewise, He continues to guide us today. He walks with us through all of life's changes. Even when the situation feels uncertain and things are beyond our control or knowledge, God's abiding presence is always with us.

Sometimes, we try to take control of our lives according to our own selfish desires and ambitions. We strive hard with our own strength, refusing to let go, as if we know better than God. How can God make all things work together for our good if we do not let go? Like the clouds that move serenely across the sky, may we learn to let God take control and the Holy Spirit guide our path.

Let us have the blessed assurance and confidence that God is moving ahead of us, alongside us, protecting us and guiding us each step of the way as He transforms us into His likeness through the different seasons of our lives.

Come, take a moment. Watch the clouds with me.

Liew Mei Lee

Barker Road Methodist Church

With Christ in the Vessel

"Then they were eager to let him in the boat, and immediately they arrived at their destination!"

John 6:21 (NLT)

Recently, I attended an art and discipleship workshop. I was rather fascinated by one of the art pieces shared. It was a painting by Rembrandt, titled "Christ in the storm on the Sea of Galilee".

The painting depicts a variety of facial expressions of the disciples in the boat. Some of these expressions would have mirrored mine when I encountered the numerous different storms in my life. There were times when I was like the disciple who trembled at the sight of the many waves crashing into the boat or like the angry disciple, showing disrespect to Jesus.

There have been many times when I have taken things in my own hands, wanting a resolution to my situation. I have also stubbornly clung on to my own perception and control of things, valiantly fought against the winds with my limited ability. Much like the disciples depicted in the painting. I ended up exhausted and spent!

John 6:21 is a reminder that the disciples not only reached their desired destination, they "immediately" reached it. There was an extraordinary force that propelled the boat to move swiftly to their destination! I am also reminded that if I am as eager as the disciples to let my Lord into my boat, He will be there with me. The question I need to ask myself during the storms in my life is whether I will allow My Lord into my boat (situation), giving Him full control of my boat.

Therefore, with the Lord present in my boat, I can weather any storm that comes my way. I can remain steadfast in my calling, just like the disciple holding on to the steering oar, looking to Jesus for direction.

I look forward to the day when my expression during any storm of life will reflect the Sunday school song:

"With Christ in the vessel,
I can smile at the storm,
Smile at the storm...."

Viviane Hor

Barker Road Methodist Church



Source: Wikipedia, downloaded on March 7, 2025



Sunrise on Phuket Beach – Photo taken by writer (Dec 2019)

Morning Has Broken....

Each day has enough trouble of its own.

Matthew 6:34b (NIV)

I recall this verse time and again because my mother always reminded me, at the end of the day, when she saw my worried and unhappy face—that each day has 24 hours, and I could choose either to be burdened or to live trusting God to help me face any problems. She would go on to say that the day is complete; be grateful to God for it and to remember to give thanks for anything or anyone I have encountered, and leave any unresolved problems at Jesus' feet.

After many years of committing this simple verse to memory, and trying to put it into practice, I have gained understanding of what God is saying and His care for His children. He wants us to trust Him with all things and, of course, to get restful sleep. To be honest, I sleep easily and well, but alas, when I wake up the next morning, my mind shifts into 'problem gear'. Psalm 59:16, which says: 'But I will sing of your strength, in the morning, I will sing of your love; for you are my fortress, my refuge in times of trouble' tells me that God cares for me and reminds me that each day will have troubles of its own. You need to consciously abide in Him and He will give you wisdom so that in all you do, you will bring glory to Him.

Morning has broken and it is a new day to live and do God's will as He directs your path. Every day is a new day unto the Lord!

Have you internalised this—to give God your day as He has given you?

O God our Heavenly Father, we praise Your Name for each day and we will rejoice and be glad in it. You are our keeper and our defence. Preserve us from all evil and keep us close to You. Help us to be strong and steadfast in Your Word. Give us faith to trust You always. Thank you, Lord! In Christ's most precious name, Amen.

Grace Chiam

Barker Road Methodist Church

Let All the Peoples Praise You

God be merciful to us and bless us, and cause His face to shine upon us, Selah.

That Your way may be known on earth, Your salvation among all nations.

Psalm 67:1–2 (NKJV)

Recently, I read Psalm 67 and began pondering deeply into its meaning. A few days later, during my quiet time, a hymn rose in my heart — “*To God be the glory, great things He has done.*” The Word became alive to me and the song stirred something new in me.

Psalm 67 begins with a familiar blessing: “*God be merciful to us and bless us.*” This echoes the Aaronic blessing still used today in church benedictions. As human beings, we long for God’s blessing - over ourselves, our families, our churches. But the psalm reminds us that God’s blessing is not for comfort alone. It has a purpose: “*that Your way may be known on earth, Your salvation among all nations.*”

What follows is a beautiful chorus of praise: “*Let the peoples praise You, O God; let all the peoples praise You.*” This line is repeated in verses 3 and 5, emphasizing the centrality of worship. God’s desire is that all nations know Him—not just intellectually, but in worshipful relationship.

Three times in this short psalm we also hear, “*God shall bless us.*” This repetition affirms that it is good and right to ask for His blessing. Yet the psalm takes us further—it moves from invocation to doxology, from prayer to praise.

Verse 2 reminds us that we play our part in proclaiming God’s salvation. We are called not only to share the gospel but to make disciples who become *worshippers* of God. Why worship? Because in worship we acknowledge who God is—omnipotent, omniscient, sovereign—and what He has done as Creator, Redeemer, and Sustainer.

Worship brings us near to God. He inhabits the praises of His people (Psalm 22:3 KJV). In His presence, we experience peace, receive healing, and are renewed. Worship transforms us—we become more like Him.

That morning’s quiet time and the song in my heart confirmed the wondrous love and amazing grace of God for me. It filled me with joy and rekindled a deeper desire to pursue and love Him more.

Lord, thank You for Your mercy and blessing. May Your ways be known and Your salvation reach the nations. Teach us to praise You, to worship in spirit and truth, and to glorify You in all we do. In Jesus’ name. Amen.

Margaret Koh

Living Hope Methodist Church

In You I Take Refuge

*Have mercy on me, my God, have mercy on me, for in you I take refuge.
I will take refuge in the shadow of your wings until the disaster has passed.*

Psalm 57:1 (NIV)

David wrote Psalm 57 when he had fled from Saul into a cave. Their relationship started well. Saul liked this servant whose skill with the lyre soothed him during bouts of torment. Whatever battle Saul sent him, David succeeded. But Saul became jealous and angry when he heard the women's song comparing him unfavorably with David (1 Samuel 18:8). David hid in God.

This reminds me of the time a boss I had a good relationship with accused me of things he had heard from others. I went to his office to clarify. I questioned why he did not call me in at the time of complaint. Sadly, I left our meeting feeling judged guilty without trial. I felt betrayed by someone I had worked with for over a decade, one I had expected to know me well enough to know that power was not what I sought. All I wanted was to do a good job. If I had offended anyone, he could have given me an opportunity to apologize. I needed a place to hide the ravages of that encounter. There was no cave. I went to the toilet. I cried out to God Most High, who vindicates me. At that moment, all I had were tears. There was no one to talk to except to God, my Friend and Comforter. He knew my pain. I took refuge in God till that disaster passed. That storm taught me that God is merciful, for in Him I was sheltered. I was able let go and forgive.

Family and friends tend to tell us to not worry and to try to forget. What we actually need is a compassionate ear. God knows this. He is there to listen. Hide in Him. Be still and know He is God.

"Be exalted O God, above the heavens; let your glory be over all the earth." (Psalm 57:11)

How have you experienced the refuge of God?
Let us give thanks and praise the Lord!

Dear Heavenly Father, thank you for sheltering me in the shadow of Your wings. Keep my heart steadfastly trusting You in all circumstances. Grant me the grace to live in harmony with everyone, to bear and to build up one another. In Jesus' name. Amen.

Phyllis Wong
Kampong Kapor Methodist Church

Be Still

*He says, "Be still, and know that I am God;
I will be exalted among the nations,
I will be exalted in the earth."
Psalm 46:10 (NIV)*

A close friend who was going through a difficult season due to her husband's medical condition shared how Psalm 46:10—"Be still, and know that I am God"—was impressed upon her heart. In the days that followed, God gently affirmed His Word to her, repeatedly showing her the verse in unexpected places—on a wall, in a shop, on tote bags and souvenirs.

This simple yet profound verse invites us into quiet trust. But, who is the God we are called to know? The first word that comes to my mind is "Creator," followed by a flood of other truths: Comforter, Merciful, Holy, All-powerful, All-knowing. He does not change with time. His character is constant, worthy of worship and exaltation—yesterday, today, and forever.

Yet, in times of grief, anxiety, or struggle, when the heart pounds, tears fall, and words fail, it can be hard to remember who He is. In those moments, I have found that God often speaks not just through Scripture, but also through song.

One such song that has ministered deeply to me is "Still" by Reuben Morgan. It has helped me to rest in God's presence when life felt overwhelming:

*Hide me now under Your wings,
Cover me within Your mighty hand.
Find rest, my soul, in Christ alone;
Know His power in quietness and trust.
When the oceans rise and thunders roar,
I will soar with You above the storm.
Father, You are King over the flood—
I will be still, know You are God.*

In the midst of life's storms, we are not called to strive, but to *be still*, to lean into His power, to rest in His presence, to let His Spirit comfort and strengthen us. Even when we have no words to pray, we can worship.

In silence, He draws near.

Is it hard for you to be still today? What burdens weigh on your heart? Perhaps there is a song, a verse, or a gentle whisper from God that is waiting to meet your need.

May you know His presence today—and be still.

Lord, in the storms and silence, help us to be still and know that You are God. Quieten our hearts with Your peace. Remind us of who You are. In Jesus' name. Amen.

Alethea Tok

Living Waters Methodist Church



An Active Love

*The Lord is my shepherd; I shall not want.
He makes me to lie down in green pastures;
He leads me beside the still waters.
He restores my soul;
He leads me in the paths of righteousness
For His name's sake.
Yea, though I walk through the valley of the shadow of death,
I will fear no evil;
For You are with me;
Your rod and Your staff, they comfort me.
You prepare a table before me in the presence of my enemies;
You anoint my head with oil;
My cup runs over.
Surely goodness and mercy shall follow me
All the days of my life;
And I will dwell in the house of the Lord
Forever.
Psalm 23 (NKJV)*



*Solitude Time with God
Lower Peirce Reservoir - photo by the writer*

I have read Psalm 23 countless times, quoted it to encourage others, and held it close for comfort. It is a psalm God has used to assure me of His presence, and one I have wrestled with when my circumstances did not seem to align with its promises.

But, God is relentless in revealing His love.

I remember lying in bed, gripped by fear about the future. That was when He reminded me: “*I am your Shepherd.*” And recently, just before boarding a flight to Phuket - blessed with a fully paid pool villa and extra cash for expenses - I heard the same whisper in my spirit: “*I am your Shepherd. You are not in lack.*” Tears welled up. He wanted me to know: His Word is not theory. It is truth—alive and real.

This time, as I read Psalm 23 again, I paid close attention to the **verbs**. Each one pulsed with life: *He makes. He leads. He restores. He guides. He is with me. He prepares. He anoints.* His goodness and love will follow me.

These are not passive actions. This is a passionate, pursuing love. God is not distant or disengaged. He doesn't wait for us to come to Him. He comes to us. He seeks us. He walks beside us. He leads us - even in the valley.

Can you picture it? Close your eyes. Imagine the Shepherd holding your hand, leading you beside still waters. Walking with you through the shadowed valleys. Preparing a table before you, even in the presence of fear or trial.

Our God actively loves.

Dear Shepherd of our souls, thank You for being near. Thank You that You lead, guide, restore, and never stop loving us. Help us to recognise Your active presence even in life's valleys. Teach us to rest in Your goodness and trust in Your care. In Jesus' name. Amen.

Rachael Chai

Living Waters Methodist Church



A photo of rainbow captured at Chienes, Italy - photo by Wendy Lau (June 2024)

GOD'S PROMISES

Deuteronomy 31:8

It is the Lord who goes before you. He will be with you; He will not leave you or forsake you. Do not fear or be dismayed.

Living Eternally

But the word of the Lord remains forever.

And this was the word that was preached to you.

1 Peter 1:25 (NIV)

As I am nearer to the end of a life well-lived, I recently pondered the meaning of life. All of us—whether intelligent, powerful, wealthy, ordinary, earning double incomes, struggling through daily life, or living off retirement savings—eventually fade, wither, and pass away. Even the First Emperor of China, whose burial site is now a UNESCO World Heritage site, is no exception.

We all grow old and face the certainty of aging and dying. Our bodies will fail no matter what we do or how well we try to keep them.

We, as good and rational people, try to keep physically, mentally and emotionally healthy. But for what purpose, I ask. Our lives are like vapor that appear a little while and then vanish (James 4:14). We wither like grass (1 Peter 2:24; Psalm 103: 15 – 16). It is for sure that we will fade and pass on.

But do we really?

We hear and believe that God's compassion is steadfast from one generation to the next. We believe that God's rule is established and He rules over all. We know that the word of the Lord, the good news we have believed, remains forever, as stated in 1 Peter 2:25.

We may be just tiny dots in the realm of eternity but what we do lives on (John 17:3).

Because we live in faith, the impact of our actions is part of His immutable plans.

Because we are in a covenant relationship through the death and resurrection of His Son, our actions have lasting impact, fulfilling His eternal purpose (1 Pet 2 : 24-25).

When I recognize and rest on the Truth that He sustains all for eternity, and that I am a part of Him, I believe when He says that I have eternal life. The Holy Spirit's presence within me enables me to work with God, not just for Him, making my work count for all eternity. How awesome it is to know I have entered into covenant with God. How humbling it is to know that what I do today in 2025 is of eternal significance.

Our God in Heaven, we are awed to know You would give us a life that lasts forever. We are grateful to be in fellowship with You. Thank You for the assurance that although we die, whatever we do will have everlasting impact because we are in You. Thank You, and praise be unto You that Your Holy Spirit lives in us. Dear Lord, help us to live each day well, taking actions of faith. Grant that our daily actions in faith live on in people we encounter. We look forward with joy to be part of Your glorious salvation and renewal. To God be the glory! In Jesus' name we pray. Amen.

Chin Yoke Mun

Ang Mo Kio Methodist Church

God Will Teach Our Children

*All your children will be taught by the Lord, and great will be
their peace.*

Isaiah 54:13 (NIV)

This verse promises divine teaching and peace specifically to the children of Israel, following the Babylonian exile. It speaks of God's unfailing love and covenant of peace with the nation of Israel. The verse emphasises that God himself will guide and instruct our children, providing them with wisdom and understanding. It also promises that our children will experience great peace—a deep sense of well-being, completeness, contentment, and inner calm that transcends all circumstances.

In today's world, many parents lament that their children no longer listen to them. They are outspoken, fearless, less obedient, and sometimes even disrespectful. Our children are exposed to all sorts of influences, ideologies, and teachings from around the world, often gleaned through social media. Many have strayed or become indifferent towards God.

Should we despair and feel hopeless? Isaiah 54:13 is as relevant today as it was in the Old Testament times. Consider the testimony of Dr Christopher Yuan, who turned from being gay, peddling and using drugs, in jail, to going to Bible College and becoming a full-time minister. This transformation happened because his mother prayed for God to turn him around. You can watch his story in this video:

[<https://youtu.be/SR-2EZe6XIc>]. You will see how the Lord enabled Dr Yuan to open the book of Mark and used His powerful Word to pierce through his hardened heart; later reminding him that He has a plan for him—Jeremiah 29:11.

Closer to home, although my son was brought up in the Christian faith, he did not show interest in spending time with God or serving Him. He seemed more interested in enjoying time with friends and having fun. It was not until his early twenties that he, on his own accord, started to join me at prayer meetings, eager to seek God. He later shared with me that he felt a stirring from the Lord to seek and serve Him. He went on to be discipled by a para-church organization. God gave him a life verse in Philippians 1:6 — '...He who began a good work in you will carry it on to completion until the day of Christ Jesus.' He is now fervently serving the Lord, reaching out to tertiary students, and discipling them. His current devotion, zeal, and ardour for the Lord are so different from his previously laid-back nature.

Are you struggling to communicate with your child or grandchild, who may be disobedient, wayward, or simply laid-back? Consider Isaiah 54:13; commit them to God and trust that He will personally teach them. Remember, they are God's children too, and He will guide them and grant them great peace.

Dear ABBA Father, we claim your assurance in Isaiah 54:13 over the lives of our children, especially during times when we struggle to reach or understand them. It is so comforting to know that You are at work in their hearts, teaching and guiding them. Thank you for being their ultimate Teacher and for filling their lives with peace. In Jesus' name. Amen.

Chia Koon Hong

Bedok Methodist Church



A Testimony of Trust: Finding Refuge in God's Grace

So do not fear, for I am with you; do not be dismayed, for I am your God. I will strengthen you and help you; I will uphold you with my righteous right hand.

Isaiah 41:10 (NIV)

On 25 October 2024, at 5:30pm, I was preparing to facilitate a Zoom reading program for children. With only 30 minutes left, I checked on my beef stew, intending to have dinner after the session. Suddenly, the pressure cooker exploded, scalding my face and arms. In the midst of fear, pain, and shock, I experienced an inexplicable calmness and clarity which I believed came from God.

I ran under the shower, asked my husband for ice, called an ambulance and arranged for someone to take over the program. I also sent prayer requests to different groups, including the BMC WSCS executive committee members.

At the Singapore General Hospital Burns Centre, I had to endure excruciating pain as the surgeon scrubbed off dead skin while I was given tramadol and morphine. My injuries amounted to 12 percent second-degree burns.

In the agony of pain that surpassed childbirth, I prayed fervently. A nurse remarked, “There are burns all over your face—how did your eyes remain untouched?” With a weak voice, I replied, “God’s grace!”

The next two weeks were grueling. There were sessions to scrape off dead skin, treatment and then rest. My prayers—and those from others—were unceasing; from specific requests like avoiding a skin graft to getting a gentle nurse.

God’s presence was evident. Each day, as I applied healing creams, I marveled at the progress in my recovery. Despite the immense physical pain, God granted me emotional healing—banishing fear, shame, and anger. I felt peace, calmness and joy instead.

I continually thanked Jesus for sparing my eyes, providing prompt medical care and guiding every detail of the treatment and recovery.

Three weeks after the accident, with my doctor’s approval, I went on a mission trip where I shared at an Orang Asli church. I testified how God restored and strengthened me through the ordeal. I spoke of spiritual warfare and God’s sovereignty in equipping us to stand firm. A group of refugee girls who noticed my burns asked about my injuries, and I shared Psalm 91:4 with them: “He will cover you with His feathers, and under His wings, you will find refuge....”

Through the accident, I have learned to rely fully on God during hardships, trusting Him as my refuge and strength. My faith in God has deepened. The ordeal brought me closer to Him, turning my pain into a testimony of His faithfulness and love.

Jaes Ho

Bedok Methodist Church

The Power of Forgiveness

Jesus said, "Father, forgive them, for they know not what they do."

Luke 23:34 (ESV)

Luke 23:34 is a familiar verse and preached on many times, especially on Good Friday. We gratefully receive God's forgiveness through the sacrificial death of Jesus. However, this verse also teaches us to forgive others. Jesus taught us to ask our Heavenly Father to "forgive us our debts, as we also have forgiven our debtors" (Matthew 6:12). Forgiving is difficult. We view our wrongdoings as minor compared to the magnitude of the wrong done to us. Arguing over whose sin is worse only fuels our self-righteousness.

In homes, churches, schools and workplaces, we grapple with unforgiveness. Hurtful words, betrayal, disappointments, unmet expectations, and so on take root in our hearts. There is an old saying: *"Unforgiveness is like drinking poison and expecting the other person to die."* Romans 3:23 reminds us that "all have sinned and fall short of the glory of God".

On 11 January 2025, I heard a powerful testimony at the Bedok WSCS Thanksgiving Service, which brought alive Jeremiah 23:29 "Is not my word like fire, declares the Lord, and like a hammer that breaks a rock in pieces?"

The speaker, Lam Bao Yan shared on "A Young Girl's Journey: Broken Made Whole".

"I will never forget that ordinary day in Mozambique, working on the fields, harvesting potatoes under the scorching sun. Amidst the rustling of dry leaves, I heard a faint cry—like a wounded animal. Curiosity led me to a heartbreaking sight: a malnourished young girl, barely surviving. She looked no older than a six-year-old though she was aged nine. Her body was frail. Her legs were twisted from birth. Her eyes held a lifetime of sorrow.

She had been abandoned by her family - rejected because of her disability, seen as a curse upon the village. Her own brothers had sold her body to men for food. Her grandmother had broken her other leg to prevent her from escaping. When she was of no more use to them, they left her to die in the fields.

We took her in, showered her with love and introduced her to Jesus. One day, after learning about forgiveness, she stunned me by saying she wanted to return to her family. I resisted - how could she face those who had destroyed her? But she reminded me, "Jesus forgave me. Shouldn't I forgive them too?" With a heavy heart, I walked her back. The villagers were in shock. As she faced them, she declared her forgiveness and shared the love of Jesus.

The presence of God fell powerfully. Many, including her family, surrendered their lives to Him. Then something astonishing happened. A loud crack echoed: her bones straightened and she stood, fully healed!

Forgiveness carries supernatural power. It not only healed her heart, it healed her body and her family. It healed a village."

Hallelujah. Amen.

Vida Yap

Bedok Methodist Church

God's Word, My Nourishment

*For as the rain and the snow come down from heaven,
and do not return there but water the earth,
making it bring forth and sprout, giving seed to the sower
and bread to the eater, so shall my word be that goes out
from my mouth; it shall not return to me empty, but it
shall accomplish that which I purpose, and shall succeed
in the thing for which I sent it.*
Isaiah 55:10-11 (ESV)



Creator unknown. Published 2019.

Photograph Title: Rain is a Lifeline. Blog/Fulton
Umbrellas by Kiran Patel: Why is Rain important

Another monsoon surge swept through Singapore recently, bringing heavy rainfall and a drop in temperature. While Singaporeans generally welcomed the cooler weather, the persistent rain brought its share of inconveniences. Commuters navigated wet streets and waterlogged paths on their way to work, while outdoor activities and bazaars faced disruptions. On a more mundane level, drying freshly laundered clothes became a challenge, and the humid air left a lingering feeling of stickiness and discomfort.

Yet rainfall remains crucial for agricultural production – a source of life that serves far greater purpose outweighing our minor annoyances. I am reminded of a conversation I had a few years ago with a relative from Taiwan. “There haven’t been any typhoons this year,” she lamented. Her words puzzled me. “Isn’t it great not to have typhoons?” I asked. She explained, “Without typhoons, there isn’t enough rainfall. Vegetable prices are rising because of low production.” Her perspective highlighted the vital role of rainfall in sustaining life and livelihoods.

Just as rain nourishes the earth, making it fruitful and fulfilling its purpose, so too does God’s Word sustain and renew our souls. As Isaiah 55:10-11 beautifully illustrates, the Word of God is likened to the rain and snow that fall from the heaven, soaking the ground and enabling seeds to sprout and grow, providing food and life to all. Likewise, God’s Word refreshes and nurtures our inner selves, addressing our deepest needs and rejuvenating our souls. It serves as a source of spiritual nourishment, offering strength, wisdom, and hope. The imagery of lush, green landscapes teeming with life is a reminder that God’s Word has the power to transform and restore even the driest corner of my heart.

This passage also serves as a comforting reminder that God’s Word never returns void but always accomplishes the purpose for which it is sent. On days when I feel lost and empty inside, as though life’s ups-and-downs have drained all joy and meaning, I can lean on His promises of divine provisions and trust Him to guide me amid life’s uncertainties. His Word serves not just as sustenance but also as a gentle reminder of His love and intention for each of us.

Father in Heaven, thank You for the gift of Your Word that we can lean on in every situation of our lives. Whether we are well nurtured or feel dry and empty; whether we experience fulfillment or feel lost, Your life-giving Word is always there to rejuvenate our souls. It is a lamp unto our feet and a light unto our path, guiding us back to You. Remind us to continually seek Your wisdom, guidance and nourishment through Your Word, so that we can be vessels for Your good, pleasing and perfect will. In Jesus’ name. Amen!

Iris Kao

Christ Methodist Church

The Lamb of Good Friday is the Lion of Easter

But we do see Jesus, who was made lower than the angels for a little while, now crowned with glory and honor because he suffered death, so that by the grace of God he might taste death for everyone.

Hebrews 2:9 (NIV)

My husband had to be hospitalized for three months last year with an infected heart valve. It happened without warning; and just like that, our lives were upended. His life hung in the balance for many months as he not only battled a chest infection but also endocarditis (an infection of his mitral heart valve). He would require open heart surgery for a new valve implant, but with so many contingent factors, the risks of complications could prove fatal. At times like that, our faith is put to the test – can we TRUST that God is sovereign over ALL things that happen in our lives – even the catastrophic ones?

His surgery was finally able to take place in the second month of hospitalization, and on the morning of the surgery, I was given a vision and verse that assured me that God is good:

"The angel of the LORD encamps all around those who fear Him and delivers them.

Oh, taste and see that the LORD is good;

Blessed is the man who trusts in Him!"

Psalms 34:7

In my mind, I saw my husband in the operating theatre surrounded by the surgeons and implant team, whilst all around them were illuminated angels overseeing the procedure. Being reminded of God's presence moved me to turn my spiritual eyes heavenward, and to reflect on His steadfast love and abiding faithfulness in all situations. Today, my husband has a new lease of life with a new heart.

God promised never to leave or forsake us - and as Good Friday approaches, I am reminded that Jesus's greatest agony on the Cross was His separation from His Heavenly Father as He bore the sins of the world. But because Jesus bore it, we can live our lives in the presence of God in all circumstances.

Dear Heavenly Father, thank you for the promise that You would never test us beyond what we can endure, but more importantly, that You never forsake us. Through Your Son, Jesus Christ who was the sacrificial Lamb, we have Your abiding Presence in our lives. Amen.

Kim Faulkner

Holland Village Methodist Church



Lamb of Good Friday foreshadows the Lion of Easter

Artist: Kim Faulkner

The King is Coming

Then I saw heaven opened, and behold, a white horse! The one sitting on it is called Faithful and True, and in righteousness He judges and makes war.

Revelation 19:11 (ESV)



AI generated image

For centuries, believers have longed for the day when Jesus will return in glory. In His first coming, He came as the Lamb of God, meek and lowly, offering Himself as a sacrifice for our sins. But Revelation 19 paints a strikingly different picture—Christ is coming again, not as a suffering servant, but as the conquering King. John describes the heavens opening, revealing Jesus riding a white horse. His eyes blaze like fire, His robe dipped in blood, and on His thigh is written the name: *King of kings and Lord of lords*. He does not come alone—the armies of heaven follow Him, dressed in fine linen, white and pure. With a sharp sword from His mouth, He strikes down the nations, and He alone will reign in righteousness.

In a world filled with injustice, corruption, and suffering, we may wonder if God sees or if He will act. But the return of Christ is a reminder that He has set a day for justice. The wicked will not triumph forever. The enemies of God—sin, death, and the forces of darkness—will meet their end. Every knee will bow, and every tongue will confess that Jesus Christ is Lord.

This truth changes how we live today. Do we live with eager expectation of Christ's return? Do we seek to align our lives with His will, knowing we will one day stand before Him? His return is both a comfort and a call to readiness. It is a promise of hope for those who belong to Him, and a warning to those who reject Him.

As we await that glorious day, let us proclaim His salvation with urgency, knowing that time is short. Let us worship Him with joyful anticipation, knowing that no power on earth can stop His coming. And let us live in righteousness, knowing that our King will soon return to reign forever.

Lord Jesus, You are Faithful and True. Thank You for the promise of Your return. Help us to live each day with expectation, preparing our hearts for Your coming. Fill us with boldness to share the gospel, knowing that the time is near. May we be found ready when You return in glory. Amen.

Rebecca Chen

Holland Village Methodist Church

The Peace of Our Loving Father

For Christ himself has brought peace to us. He united Jews and Gentiles into one people when, in his own body on the cross, he broke down the wall of hostility that separated us.

Ephesians 2:14 (NLT)

What does the future hold for me? Time is marching on and I am getting older. I would become more frail as I age. My right eye is more and more cloudy and I am getting high blood pressure...the list goes on. I have to be careful of what I eat, moving away from my favourite foods. The need to choose healthy foods helps me achieve a healthy weight. My aging anxiety sets in. How am I going to age well and have quality life?

Then I heard from my loving Father:

“You are still a child of God”

Really? Still a child at my age?

“That does not change and should not change as long as you still love Jesus and remain in His Love.”

God pointed me to Ephesians 2:14 that tells me that through His Grace I will experience His love and peace which surpasses all understanding. According to Ephesians 1:4-14, we were chosen in Christ before the creation of the world to be holy and blameless in His sight; predestined to be adopted as His sons and daughters through Jesus Christ. He has purchased us to be His own people through the blood of Christ, so that we have redemption, obtain forgiveness of sins; and know the mystery of His will. We praise God because of our new life in Christ, a life of joy and peace. When we profess our faith in Jesus, we are united in Him spiritually. We are included in Christ when we hear and believe the Word of truth; and “marked in Jesus with a seal, the promised Holy Spirit” (Ephesians 1:13 NIV).

As children of God, we need to believe in His Promises, obey His Word, wait upon Him, persevere through challenging times, and trust that His timing is always perfect. His Truth must be believed in order for it to be effective in our lives. To receive His blessings, we need to be strong in our faith throughout our lives, and trust Him completely. The good news is - as children of God, we are joint heirs with Christ, which gives us peace, joy and the assurance of eternal life.

Although I may grow old and weak as I age, God’s Love for me will never change. The power of God’s Love allows us to do, see, and understand things beyond our imagination. When we are overflowing with His Love, we can face our struggles, endure pain, renew our strength, allow the Holy Spirit to transform our lives and mindset, and develop a closer relationship with Him.

Loving God, please grant us peace of mind and calm our troubled hearts. Let your Love and Peace reign in our lives forever. Amen.

Mary Wong Yen Chin

Methodist Church of The Incarnation

Life's Perplexities

*In His hand is the life of every creature and the breath of all mankind.
Job 12:10 (NIV)*

*As the heavens are higher than the earth, so are my ways higher than your ways and my thoughts
than your thoughts.
Isaiah 55:9 (NIV)*

My late mother had relatively good health until her late 80s when she suffered from a stroke and succumbed to vascular dementia. She lost her language ability and was trapped in her own world, unable to express herself nor understand what was communicated to her. She was given to emotional outbursts perhaps out of frustration. She was also found to have blocked heart arteries deemed too extensive for surgery and depended on medication for relief every time she felt the 'attack' coming on.

Before her stroke, she had repeatedly wished that God would just take her home one night in her sleep. Yes, who would not want to avoid suffering and pain and be able to leave this world peacefully in one's sleep in old age. However, God does not give us a choice - when to leave this world or come into this world. As her caregiver, it was a physically and emotionally draining season for me watching her suffer, with such poor quality of life, ready to go yet unable to.

This end-of-life dilemma is one of life's perplexities that I grapple with. Why does God allow the old, who are ready to go, to linger on in suffering. Yet, He takes away the young, those in the prime of life, some faithfully serving Him, through accidents or illnesses. I will never know the answer until I see Him face to face. I can only put my trust in a Heavenly Father who knows what He is doing. In His sovereignty, He has allowed things to happen, even terrible things, for a higher purpose which I may not understand now.

The scripture verses above tell us that God is in control. He created us and loves us unconditionally. His ways are always higher than our ways.

Dear God, I come into Your presence, seeking Your guidance and wisdom. I may not understand the 'Why' of everything in this life but I submit to Your perfect timing and the path You have laid out for me. Help me to trust You and submit to Your sovereignty. In Jesus' name. Amen.

Yip Syn Wun
Trinity Methodist Church

God keeps His Word

When God made his promise to Abraham, since there was no one greater for him to swear by, he swore by himself, saying, "I will surely bless you and give you many descendants." And so after waiting patiently, Abraham received what was promised.

Hebrews 6: 13 – 15 (NIV)

God promised Abraham that He would bless him and give him many descendants. After waiting for 25 years, Abraham received what was promised. God made an oath on His name. This makes it impossible for Him not to keep His word.

Abraham obtained the promise by having faith in God's unchanging and trustworthy character. God keeps His promises, even today.

After my marriage in 1982, my husband and I began a daily prayer roster. Every Thursday morning, we prayed for our parents' salvation. Despite praying for many years, our parents did not express any interest in the Christian faith. We did not give up hope even after we had our children. We continued praying for our parents every Thursday after our children went to school and before we headed for work. We believed that our loving and merciful God would listen to our prayers. We claimed God's promise in Acts 16:31: "Believe in the Lord Jesus, and you will be saved – you and your household."

In 1999, my father-in law was diagnosed with terminal cancer. His prognosis of 3 months came as a huge shock to the family. At a church camp, he received Jesus as his Savior. He found peace and was baptized before he passed away. Thereafter, my mother-in-law also received Christ. It brought much joy to our family.

My father developed hypertension, poor eye vision and painful gout in 2000. In December that year, my husband was in the organising committee for an evangelistic event "Christmas in Chinatown". My children had roles in the nativity item. On the day of the event, I left my father by himself in his wheelchair at the far end of the tent, because we had no time to send him home. By God's grace, my father pushed himself down the centre aisle to the front row. He was engrossed by the programme, especially the nativity story. The emcee announced that our church would have a special programme on Christmas Day. On the way home, my father decided to attend the Christmas service. Nine years later, both my parents were baptized on Christmas Day. Praise the Lord! Our God has kept his promise to us!

Hebrews 6:15 speaks about the certainty of God's promise. Our hope in God is our anchor for the soul. An anchor holds a vessel securely in its place amidst the strong water currents or raging storms. When we make God our anchor, we can persevere and trust God more, no matter what comes our way.

Lord Jesus, thank you for Your word that testifies that You are true and trustworthy. We praise You, Lord God, for the certainty of Your promises in the Bible. We praise You for the joy, peace and strength You give as we trust in You. Our trust in Jesus is not in vain. Amen.

Pang Soon Eng

Fairfield Methodist Church

Our Everlasting God

*Do you not know? Have you not heard?
The Lord is the everlasting God,
the Creator of the ends of the earth.
He will not grow tired or weary,
and his understanding no one can fathom.
He gives strength to the weary
and increases the power of the weak.
Even youths grow tired and weary,
and young men stumble and fall;
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.
Isaiah 40:28-31(NIV)*

Have you wrestled with anxiety recently? Perhaps you are anxious about your family's future, a health condition, financial insecurity or self-inadequacy. Perhaps the anxiety arises from waiting for answers to your prayers. I certainly have experienced such anxieties.

In this fallen world, none of us are immune to feelings of anxiety. The Bible and our Christian faith did not promise us an anxious-free life. However, we have a much greater promise of an everlasting God - the creator of heaven and earth. He does not grow weary. His ways none can fathom. Does knowing these truths about God make a difference in your lives?

Whenever anxiety comes knocking at the door of my heart or mind, I am reminded of this promise. I will tell myself, "Do you not know, have you not heard, your Lord is the everlasting God?". It reassures me of God's power and wisdom. I am encouraged that He gives strength to the weary and increases the power of the weak. By putting my hope in Him and drawing strength from Him, I can soar like an eagle above every circumstance. In Christ, we can lead victorious lives.

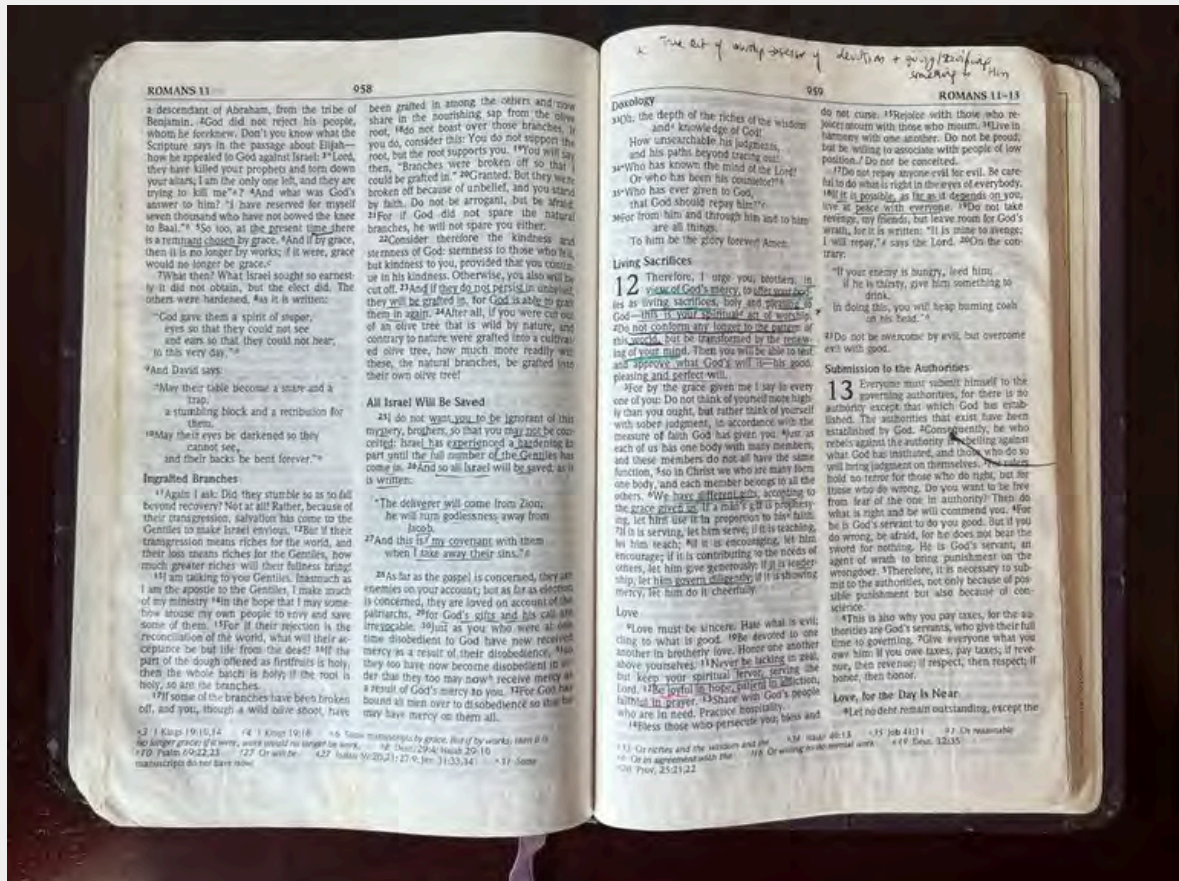
What about you? When confronted by challenges or riddled with anxieties, do you seek first our everlasting God or rely on your own strength? What is your default mode?

Letting go of our anxiety is not about giving up. It is about surrendering our worries and anxieties at the feet of Jesus. At the cross, divine exchange takes place. As you release your anxieties, you will receive the full assurance of His promises for you and for every area of your life.

Dear Lord, thank you for being my everlasting God whom I can cry out for help in times of difficulties and distress. Help me not to focus on my problem but to look to You to renew my strength. You work in ways I cannot see and in faith I believe You are in control over every circumstance and that You will guide me and straighten my paths. In Jesus' name. Amen.

Kristiana Anthon-Chiam
Fairfield Methodist Church

GROWING IN CHRIST



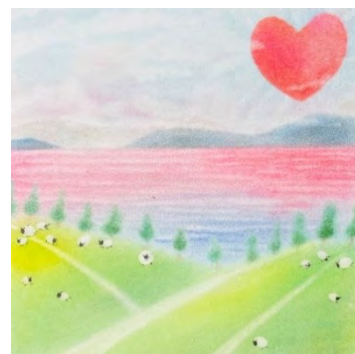
A photo of a 22-year-old Bible - photo by Nancy Tan (March 2024)

Romans 12:2

Do not be conformed to this world, but be transformed by the renewal of your mind, that by testing you may discern what is the will of God, what is good and acceptable and perfect.

Serving with a Heart Like Jesus

Jesus went through all the towns and villages, teaching in their synagogues, proclaiming the good news of the kingdom and healing every disease and sickness. When he saw the crowds, he had compassion on them, because they were harassed and helpless, like sheep without a shepherd.
Matthew 9:35-36 (NIV)



Artist: Jennv A.M. Lee

As I was praying one day, the Lord spoke three things to my heart. Firstly, He said, “All your sins are forgiven”. This brought me great relief, and I felt my heart lighten. The weight of my burdens suddenly lifted. Then He said, “Many people have not yet been saved”. At that moment, I had a vision of many people with confused and lost expressions. I could feel the depth of their confusion and pain, and my heart broke for them. I cried, overwhelmed by compassion. Lastly the Lord said, “Hell is real”. I cried even harder, thinking of friends, family, and others who have not yet come to Christ and the reality of their eternal separation from Him.

Since that day, I have come to understand that this is the heart of Jesus. He came to offer forgiveness, to save those who are lost and confused, and to bring them into eternal life with Him. He sees the people —hurting, broken, and wandering without a shepherd—and He calls us to step into that gap with His love and compassion.

Just as Jesus went into the towns and villages to proclaim the Kingdom of God, we too are called to share the good news of Jesus’ love and salvation with those around us, especially those who are lost and hurting.

As I embark on a mission trip, I remember that the team and I are not just visiting or serving perfunctorily, but to share the message of life in Christ, to serve with hearts like Jesus’ — hearts that are filled with compassion for those who do not know Him.

Heavenly Father, I come before You with my heart full of love and gratitude for the opportunity to serve on this mission trip. Lord, as we meet each person, may we have eyes like Jesus’ —eyes full of compassion for those who are harassed and helpless, for those who are lost without a shepherd. Help us to love them as You love them, with a heart that desires to bring healing, hope, and salvation. In Jesus’ name. Amen.

Kelly Cheng
Agape Methodist Church

Faith in Christ—Letting Go and Forgiving

For we live by faith, not by sight.

2 Corinthians 5:7 (NIV)

Returning from Nepal, I find myself reflecting on what God has taught me. Stepping out in faith to serve others was not always easy, but through it, I saw God's hand at work. This trip reminded me that faith in Christ means trusting Him completely—not just in mission work, but in all seasons of our lives, to surrender our burdens to Him and walk in obedience.

One of the biggest lessons I have learned is that faith and forgiveness go together. Serving others in Nepal, I saw how love and kindness can break barriers. I met people who carried burdens of pain and loss, for many in Nepal face numerous struggles, whether financial difficulties, family issues or uncertainty about the future. Yet the believers chose to let go and walk in peace even though they did not fully understand His plan. Their faith in Christ gave them the strength to forgive and move forward. It made me question—what was holding me back from living freely in Christ?

Unforgiveness is a heavy burden. Holding onto past hurts only drains us and keeps us from experiencing the full joy of God's love. But Christ calls us to release those burdens. He forgave us fully, and through Him, we have the power to forgive others. During the Nepal mission trip, I was reminded that forgiving does not mean forgetting or ignoring the hurt, but it does mean surrendering it to Jesus. It means choosing faith over fear, love over bitterness.

As I move forward after this mission trip, I do not want to just return to my normal life unchanged. I want to live with a faith that trusts God completely and a heart that forgives freely. When we let go, God fills us with His peace. When we forgive, He sets us free.

Letting go and forgiving means to accept change. Let us be transformed by the Holy Spirit, accepting the new self, and letting go the old, recognising the power of forgiveness as God has shown us on the cross, identifying all anger, bitterness, grudges, and hurts that need to be released to Him. As we allow God to shape our lives according to His Will, we will find peace and joy. As we grow in our faith in Him, we experience a closer relationship with Him.

Lord, help us to walk in faith, trusting You in all things. Give us the strength to let go of our burdens and forgive as You have forgiven us. Fill our hearts with Your love and peace. In Jesus' name. Amen.

Sakura Mok Yin Hua

Agape Methodist Church

God's Chosen

You didn't choose me. I chose you. I appointed you to go and produce lasting fruit, so that the Father will give you whatever you ask for, using my name.

John 15:16 (NLT)

As I read the Scriptures, my heart felt warmed and comforted. John 15:16 says that it is God who chose me to be His Child, handpicked me to receive so that I can give (1 Peter 2:9-10) and also appointed me to produce lasting fruit, as long as I abide in Him. I will experience a spiritually abundant life when I align with His higher purpose.

In the hospital where I work, I am assigned many tasks. Some tasks are unexpected, others are answers to my prayers. I believe it is Divine Providence to place me in this hospital so that I would be led by the Holy Spirit to bear fruit, showing love, kindness, patience to my colleagues and patients, and being the salt and light for His Kingdom. There has never been a day with no challenges, but I am reminded that I can call upon our Lord in prayer. He is my 24-hour helpline to guide me in difficult situations. God is constantly testing my faith and opening my heart for His people.

As I grow deeper in my faith and stay rooted in Him, I start to intentionally obey Him by putting aside my sinful nature and selfish desires, and follow the way of Christ. The more I allow the Holy Spirit to reign in my life, the more evident is the fruit in my life. My spiritual growth is the outcome of a transformed heart. I have now a more intimate and sensitive connection to God and I enjoy abiding in Him and His Word. He has blessed and prospered me in every area of my life. However I have to remember that apart from Him, I am nothing. As His Chosen, I need to have a posture of humility, to align my will to His and walk in obedience to Him.

Are you also facing challenges where God has placed you or in a circumstance where there seems to be no way out? Turn your eyes unto the Lord for He is the Light of the world and whoever follows Him will not walk in darkness (John 8:12). May we always abide in Him with joy and obedience.

Dear God, thank you for loving and choosing us as Your own. Whatever circumstances we are in, we will trust in Your promise that You will never leave us nor forsake us. Help us always to remember that we are precious in Your sight. Let our lives bring glory to Your name as we walk in Your love and purpose. In your wonderful name we pray. Amen.

Gwen Lee Xue Ting

Bedok Methodist Church

Audacity – Be Bold!

And so I tell you, keep on asking, and you will receive what you ask for. Keep on seeking, and you will find. Keep on knocking, and the door will be opened to you.

Luke 11:9 (NLT)

I recently admonished someone for having the audacity to engage in casual conversation with me, after knowingly hurting me without showing any remorse. My instant reaction was to take offense, and in my heart, I thought “How dare you?”.

The word “audacity” has a negative connotation. We mostly think of being audacious as being rude. However, if we consider the alternative meaning of the word – which is a willingness to take bold risk – being audacious then implies courage, a much-valued trait.



AI generated image

Recently, someone pointed out how the concept of “audacity” appears in the Bible, particularly in the context of the Lord’s Prayer in Luke 11—where Jesus teaches us how to pray, beginning with “Our Father in heaven.” This was a timely reminder that as children of God, we have the right to come before God confidently to petition for things on our hearts, ask for provision (spiritual and/or physical) and seek forgiveness.

I hope this encourages you to talk openly with our Heavenly Father. For while He is all-knowing, He wants to be in conversation with you. Take time out today to sit tête-à-tête with Him. Ask Him boldly, trusting that He will give you good gifts in line with His unmatched wisdom.

Our Father in Heaven, we thank You for loving us, even when we do not deserve it. Guide us to grow in our confidence that You are a loving Father who gives good gifts, not just as head-knowledge, but as a deep, rooted truth in our hearts. Mold in us hearts that are bold in coming before You with our prayers, no matter how insignificantly small or prayers for miracles. In the precious name of Jesus we pray. Amen

Amanda Lim

Barker Road Methodist Church

Good News and Beautiful Feet!

For “everyone who calls on the name of the Lord will be saved.” How then will they call on Him in whom they have not believed? And how are they to believe in Him of whom they have never heard? And how are they to hear without someone preaching? And how are they to preach unless they are sent? As it is written, “How beautiful are the feet of those who preach the good news!”

Romans 10:13-15 (ESV)

When I first encountered the above verses, I was totally amazed by such simple logic of how the gospel could penetrate the world if each believer would care enough to preach it!

I was convicted of my self-centeredness and disobedience, snug in my comfort zone, enjoying my salvation. By the blood of Jesus I was made righteous with God, freed from the bondage of sin and death. All these happened because a secondary school friend cared enough to share the gospel with me.

Yes, we are called by Jesus in Mathew 28:19-20 to go and make disciples of all nations and to teach them to observe all that Jesus had commanded us.

As I prayed and availed myself, God began to equip me and build up my faith and confidence to share the gospel freely.

For those of us who are uncomfortable or lack the courage to share the good news, Acts 1:8 assures us that the Holy Spirit will empower us: “But you will receive power when the Holy Spirit has come upon you, and you will be my witnesses in Jerusalem, and in all Judea and Samaria, and to the ends of the earth.” Believe and act on it immediately!

In the year 2000 I had a conversation with God that went like this, “Lord my father doesn’t understand English or Mandarin. Why are there no Hokkien churches around?”

What happened about a week later completely blew my mind. A Christian colleague came up to me and said that the church behind my father’s house had started a Hokkien service!

I thanked the Lord profusely, went to check on the service time, brought my father to the church where he received Christ in the third week. He was baptized on Maundy Thursday in the year 2000. I was filled with joy and tears!

My father has since gone home to the Lord. I remembered a dream where the Lord told me that I had given the most precious gift to my father - not a big car nor a big house - but in leading him to Christ.

Today the Lord has increased my passion, courage and boldness to share the gospel, not just in English but also in Mandarin and Hokkien. Glory be to Him!

Dear God, you have fearfully and wonderfully made us. You know our thoughts and desires. You are aware of the obstacles and inhibitions in us. We ask in the Mighty Name of Jesus that all these be removed and the power of the Holy Spirit be released in us to give us the boldness and courage to share the gospel freely. Amen.

Jasmine Tan

Christalite Methodist Chapel

Your Choice – Be Stressed or Be at Peace?



Photo of peace and serenity taken by writer at Lagos de Braies, Italy in June 2024

Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.
Philippians 4:6-7 (NIV)

Since I started tracking my sleep with my Garmin watch, my average sleep scores have hovered in the low 60s over the past six months. “Stress” and “Awake, Restlessness” are consistently rated as “Poor,” likely dragging my score down.

Now I find myself in a dilemma—should I keep wearing the watch and add unnecessary stress when I should know my body better. As I become more mindful of my physical well-being in this new season of life, I also notice that I have become more reactive to aches and pains that seem to appear out of nowhere. I thought I was generally fit.

Reflecting on my thoughts and conversations around me, I realize how often they lean towards anger, anxiety, and disappointment rather than thankfulness, gratitude, and love. Do I want to live mindlessly, allowing worries—big or small—to consume my heart and mind? The sleep score was just a trigger, but there will always be other nagging thoughts that can lead me down the path of anxiety, especially over things beyond my control.

Philippians 4:6-7 reminds me that God does not want us to be anxious about anything. Instead, He invites us to bring our prayers and requests to Him, promising a peace that surpasses all understanding—a peace that will guard our hearts and minds if we surrender to Him.

2 Timothy 1:7 also reassures me that God has not given us a spirit of fear but one of power, love and a disciplined sound mind.

Matthew 12:28-30 again reminds me that God knows there will be many moments when we will feel weary and burdened. He assures us that we can find rest in Him.

Last night, I prayed for a good night’s sleep. My sleep score was 86. Thank you Lord, for hearing my prayer. I know I must continually learn to submit to Him to experience that peace. Only then can I truly become a channel of His Peace.

Dear Lord, thank you for Your enduring love for each of us. Help us to keep our eyes on You and our hearts aligned with Yours each day. In Jesus’ precious name. Amen.

Nancy Tan
Christ Methodist Church

Tainted & Restored

Since we have these promises, beloved, let us cleanse ourselves from every defilement of body and spirit, bringing holiness to completion in the fear of God.

2 Corinthians 7:1 (ESV)

Have you ever owned a white dress or top which you really liked for so many good reasons? One day during lunch you accidentally dripped sauce onto your dress or top. It became stained and you could not remove the stain. You might be disappointed, regretted your decision to have eaten that type of food and wished you could unwind the time.

Our life could be like this white dress or top that we liked so much but we had stained it by some wrong or careless decisions we made.

In 2 Corinthians 6:16-18 (ESV), Paul explained about the principle and promise of us being the temple of the Living God, “I will make my dwelling among them and walk among them, and I will be their God, and they shall be my people. Therefore, go out from their midst, be separate from them, says the LORD, and touch no unclean thing; then I will welcome you, and I will be a father to you, and you shall be sons and daughters to me”, says the Lord Almighty.

We have received this promise of God, redeemed by the precious blood of Jesus Christ, forgiven and are now co-heirs with Christ Jesus but are we abiding in his teachings? Do we cleanse ourselves from daily contamination of the world’s values and belief system which could defile us as a Temple of a Holy and Living God? Do we have the fear and reverence of the Almighty God who has now called us sons and daughters?

Are we feeling unworthy, incomplete, burdened, and losing peace because of our wrong or careless choices?

Seek God in prayer and His Word, then believe in your heart that ‘God is faithful and reliable. If we confess our sins, He forgives them and cleanses us from everything we have done wrong. If we say, “We have never sinned,” we turn God into a liar and His word is not in us.’ (1 John 1:9-10, GW)

Come to Jesus Christ who loves us and always wants to restore us. Restoration in Christ is when God takes something broken, tainted, dirty and makes it new such that the final state is greater than the original state.

Dear Almighty Father,

Thank you for your Word, your Word that cleanses me, renews my mind and restores my soul. There is none like you, Father God. Your Love, Faithfulness, Grace and Mercy are my fortress and refuge. I put my trust in you, for You will not put me to shame. Teach me to humble myself when the Holy Spirit reminds me of Your Word to confess my wrongdoing. Let me have a clean hand and pure heart in serving you. Restore to me the joy of salvation and grant me a willing spirit, to sustain me. I pray in the name of the Son of God and give thanks. Amen

Imelda Fyffe

Holland Village Methodist Church

Rise, O Weary Soul

I can do all things through Christ who strengthens me.

Philippians 4:13 (NIV)

Rise, O weary soul, though battle-scarred and torn,
The night is fading, behold—the breaking morn.
The trumpet sounds, the heavens rend,
The King of Glory rides again.

Eyes of fire, robe dipped in red,
A crown of crowns upon His head.
The Word of God, the Holy One,
The war is won—His reign begun!

Yet here we stand, the weary few,
Hearts weighed down, our strength so few.
The world is dark, the fight is long,
But in our weakness, He is strong.

Rise, O weary soul, take heart,
Though wounds may sting, though fears may start.
His power lifts, His grace sustains,
No trial, no foe can bind or chain.

For He who calls is Faithful, True,
The One who fights and sees us through.
No evil stands, no darkness stays,
He holds the time, He knows the days.

So rise, O soul, in armour bright,
Stand firm, press on, walk in the light.
The war may rage, the storms may swell,
But Christ in us—Emmanuel!

And when He comes in glory bright,
No more sorrow, no more night.
Lift your head, the time is near,
The King of Kings will soon appear!

Lord Jesus, in our weakness, be our strength. When the battle is fierce and our hearts grow faint, remind us that You are victorious. Help us to stand firm in faith, knowing that You are coming soon. May we rise each day with courage, for You are our strength and song. Amen.

Rebecca Chen

Holland Village Methodist Church



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Keep Shining for His glory

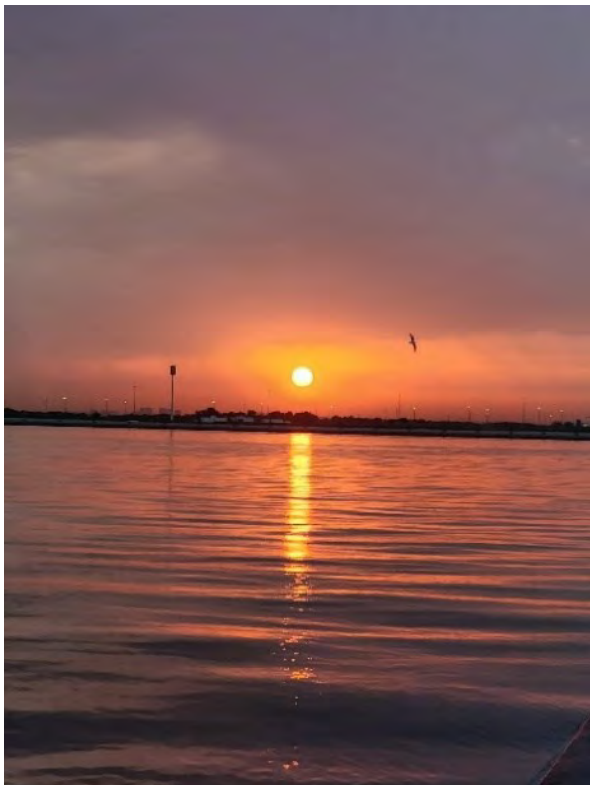
*Let your light so shine before men,
that they may see your good works
and glorify your Father in heaven.*

Matthew 5:16 (NKJV)

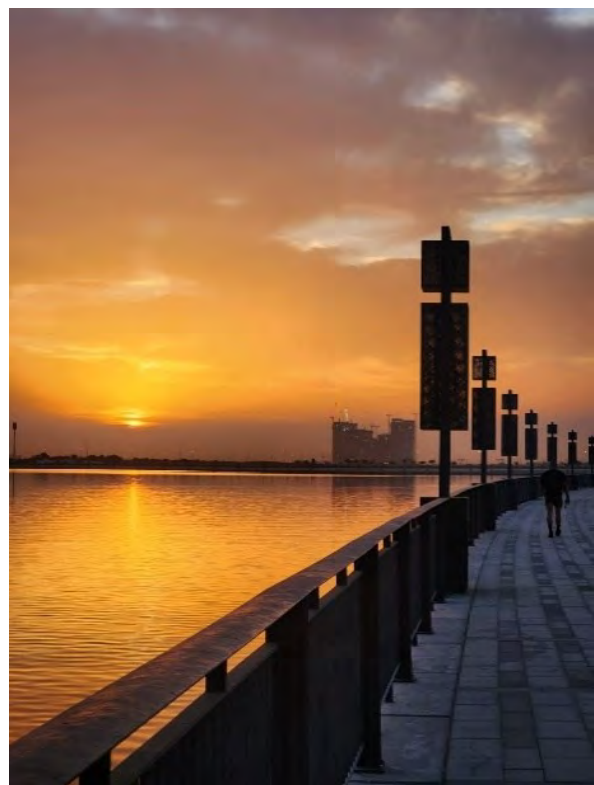
During a work trip to Dubai, I had the rare opportunity to catch the sunrise at the break of dawn.

On two occasions, I was able to capture a clear view of the morning sun. The beautiful sight of the rounded and perfect “yolk” sunrise of 8 March 2025 made me feel recharged for the day ahead.

On most days though, it was too cloudy to see the sun. I could not help but feel disappointed on those days. However, as I observed closely, I noticed that even when I could barely see the sun, its beauty still shone in different ways. On the morning of 10 March 2025, the sunshine cast a glittering tinted reflection over the surface of the canal waters. I was captivated by the beauty of the sun displayed in a different form.



*Dubai Canal Walk - photo by writer
(8 March 2025)*



*Dubai Canal Walk - photo by writer
(10 March 2025)*

As I reflect on the different images of the sun, I am reminded that each of us is called to be the light of the world. We are not to hide our light under a bowl but instead to put it on a stand to give light to everyone around us (Matthew 5:14-15). We do not always get to shine the way we plan to. Some days, our shine may be grandly visible. On other days, our glow may be quietly beautiful. There will be days when the sky is shrouded with dark clouds. May we then be like the sun, piercing through the dark clouds to bring a glimmer of light and hope to the darkened world. As God's children, we are to live lives that bring God glory and point to the beauty of His work in our lives.

Whichever way we shine and whatever circumstances the day may bring, let us shine so faithfully that others may see Christ in us and our good works and glorify our Father in heaven!

Lord, help us to shine for You wherever You place us. Let our light bring love and joy to those around us so that they may see Christ in us. Make us Your channel of blessings to point others to Christ. In Jesus' name. Amen.

Kristiana Anthon-Chiam
Fairfield Methodist Church

Busyness or Fruitfulness?

"But Martha was distracted with all her preparations; and she came up to Him and said, 'Lord, do You not care that my sister has left me to do all the serving alone? Then tell her to help me.'"

Luke 10:40 (NASB)

One day, a close friend gently chided me for always saying, "I'm busy." Her words irritated me at first, but they lingered. Could it be that God was using her voice to speak into my life—reminding me that He desires to be involved in my everyday moments?

Immediately, the story of Mary and Martha came to mind (Luke 10:38–42, John 12:2). Am I like Martha—always frustrated and overwhelmed by responsibilities and all that needs to be done for my family? Have I misplaced my priorities, rushing from task to task, instead of sitting quietly in God's Presence, allowing Him to instruct and guide me?

Busyness is not a fruit of the Spirit. Often, our relentless activity stems not from a calling, but from our ego—from the belief that we are in control. We confuse busyness with productivity, and sometimes pride ourselves in being busy, when all along, God is calling us to fruitfulness.

Are busyness and fruitfulness the same? Certainly not. Busyness breeds stress, burnout, and worry. But fruitfulness produces peace and joy—it flows from abiding in Christ and walking in obedience. It is about honoring God with our time, our gifts, and our resources. Fruitfulness is Spirit-led, not self-driven.

True fruitfulness involves spiritual growth, obedience, and participating in God's redemptive work. It is about cultivating the Fruit of the Spirit—love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control (Galatians 5:22–23)—and living lives of mission, purpose, and joyful surrender.

Sometimes, our busyness is rooted in insecurity. But, our identity is not found in our schedules—it is found in Christ. We need to turn our eyes to Jesus, trusting that He will show us a better, more meaningful way to live.

As Jesus said: "I am the vine; you are the branches. If you remain in me and I in you, you will bear much fruit; apart from me you can do nothing." (John 15:5, NIV)

Father, help us to stay attached to the Vine, from whom all true fruit flows. Teach us to walk not in busyness but in Spirit-led fruitfulness. May our lives bring You glory. In Jesus' name we pray. Amen.

Maureen Fong

Kampong Kapor Methodist Church

Learn The Unforced Rhythms of Grace

(Jesus said) ... Walk with me and work with me – watch how I do it. Learn the unforced rhythms of grace... Keep company with me and you'll learn to live freely and lightly.

Matthew 11:28-30(MSG)

“Come to me,” Jesus invites those wearied and burdened by their roles as employee, spouse, parent, or caregiver. He also invites those in late adulthood (over 65) when the frenzy of life comes to a halt. Their burden becomes “How shall I be a good steward to keep well and be fruitful?” Retirement frees up ten to twelve hours a day, including commuting time. Some people smoothly transit into grandparenting without adaptation anxiety. But, 24 hours in a day has not changed. For those not captured by ‘busyness’, life can easily stagnate into a mundane, meaningless existence like lying flat watching television. Socializing seems to have shrunk, possibly a lingering legacy of social distancing rules of the pandemic. Let your fingers do the talking has become the norm. Time is plenty with less to do and fewer friends.

However, God reminded me over twenty years ago that life is a gift – not to be wasted but to live out His purpose. My problem is “What can a mature senior do with an aging body where hearing, vision, organs, reflexes, and energy have declined?”

Jesus promises, “Come to me... Get away with me and you will recover your life. I’ll show you how to take a real rest. Walk with me and work with me – watch how I do it. Learn the unforced rhythms of grace. I won’t lay anything heavy or ill-fitting on you...” (Matthew 11:28-30).

Jesus invites us to go to Him like a child with a willing humble heart, casting away our know-it-all attitude. Attached to Him, this slower older senior will know how to live freely and lightly, aligned to Our Father’s business. Our burdens and weariness will melt away apprenticed to His ‘company’. We will find rest for our souls.

Let us be yoked to Jesus, learning His rhythms of grace. Encouraging “one another daily, as long as it is called “Today,” so that none of you may be hardened by sin’s deceitfulness.” (Hebrews 3:13, NIV)

Dear Heavenly Father, I am grateful to be yoked to Jesus to walk, work, watch, and learn how to live freely and lightly. Thank you for giving me a Companion for life to talk with, always present for me to share the challenges and joys of life’s journey. In Jesus’ name. Amen.

Phyllis Wong

Kampong Kapur Methodist Church

Let there be light

And God said, "Let there be light," and there was light.

Genesis 1:3 (NIV)



Image from Canva.com

I have always read Genesis 1:3 as God creating light as part of His creation and left it as that. It was His desire and His command. It had nothing to do with me. However, when I read the entire chapter of Genesis 1, I noticed the significance of light. God created light first, before the skies, seas, land, vegetation, animals and humankind.

God saw that light was good, and He separated it from darkness. Similarly, God calls us out of darkness and into the light. We are not to walk in the ways of the world, and as His children, He called us to be holy. The Hebrew word for holy is “kodesh”. Its root word “kadash” means to be set apart for a specific purpose. Therefore, God called us to turn away from darkness and live in a manner which is different from the world.

God also created bodies of light (sun, moon, stars) to govern the day and the night. Interestingly, it is the light that governs and not the darkness. Just like how sin is present, but God assured us that sin does not rule over us. This is because we are set free by the light that God gives when we accept Jesus into our hearts. Jesus has claimed the ultimate victory by overcoming death. As children of the light, we are the light of the world – “like a city on a hill that cannot be hidden”.

So now, “Let there be light” is no longer a distant command from God that has nothing to do with me.

Dear God, let your light shine into my heart and clear it of its cobwebs, so that I can walk in the freedom of life which God brings. In Jesus’ Mighty name. Amen.

Jolyn Foo

Kampong Kapor Methodist Church



Artist: Jenny A.M. Lee

Quenched by the Living Water

*As a deer pants for flowing streams,
so pants my soul for you, O God.*

Psalm 42:1 (ESV)

Whether we are a student, homemaker, career woman or a caregiver, we cannot escape the pressures of life that pursue us relentlessly. Imagine a deer fleeing from its predators that are hot on its trail – parched and exhausted – desperately searching for water to quench its thirst and find relief. Just like the deer, we do find ourselves in similar situations - being hounded by fatigue, weariness, fear and even desperation in our life's journey. Life seems so overwhelming.

We all experience dry seasons in our spiritual walk, a period when we feel that God is far away from us and we are just like wanderers in the wilderness. To fill the void, we may try to find solace in work, in relationships, in activities that give us temporal joys. We soon realise that searching for relief in the wrong places will only leave us more thirsty. During such times of turmoil, we need to acknowledge that there is a deep thirst in our hearts which only God can satisfy.

There was a period in my life when I found myself in a desert, parched and thirsty, wandering in the wilderness without a sense of purpose. I felt alienated from God, from family, from friends. My days were filled with agitation, frustration and loneliness. I felt empty and frustrated. A sense of worthlessness overwhelmed me. I lost interest in activities that I loved doing, like painting and being with friends. It was a fearful feeling as I still had painting workshops that I needed to conduct. In the midst of this weary period, I experienced God's invitation to go to Him in Psalm 42:1. As I delved deeper into His Word and poured out my heart to Him in prayer, I began to feel refreshed and found rest in His presence. I could experience renewed hope and a sense of purpose again.

Yes, only God alone can quench our deep thirst. Like the deer running towards the flowing stream, we need to run to God, our source of living water. When we seek God, we are confident that He will come to our rescue - to quench our thirst, to refresh and rejuvenate our weary soul with His living water. Lamentations 3:22 assures us that "The steadfast love of the Lord never ceases; his mercies never come to an end."

No matter what life station we are at, may we, like the psalmist, pant for God who alone can satisfy all our needs. "God is our refuge and strength, a very present help in trouble" (Psalm 46:1).

Dear Heavenly Father, thank you that You are the living water that can satisfy all my needs. Forgive me for times when I strayed far from You. Like the deer that pants for water, may my soul seek You always for refreshment, rejuvenation, and restoration. In Jesus' name. Amen.

Jenny Lee

Living Hope Methodist Church

Love in LOaVEs

Do not neglect to do good and to share what you have, for such sacrifices are pleasing to God.

Hebrews 13:16 (ESV)

This Verse of the Day popped up on my mobile phone one morning. I took a second look at the verse as the word “neglect” tugged at my heart.

I am reminded of a conversation I had with God one day while crossing an overhead bridge.

I was lamenting to Him about my “5 loaves and 2 fish” efforts in my ministry. I was feeling both discouraged and disappointed that my efforts were meagre, limited and not bearing fruit. I was going to throw in the towel. I felt like that small boy who offered the 5 loaves and 2 fish but did not linger long enough to witness his meagre lunch being multiplied at least 5,000-fold to feed the multitude.

As I was nearing the end of the overhead bridge, God gave me a vision. In the picture, God showed me the word “love” embedded in “LOaVEs”. I sensed that He was telling me that my 5 loaves and 2 fish represent my love offering to Him. More importantly, my 5 loaves and 2 fish is God’s invitation to partner with Him in His ministry. What I have, my 5 loaves and 2 fish, are meant to be used to do good and to be shared. When they are given away to bless others, God is pleased. God can take whatever that is given in faith and multiply its impact for His mission.

So friends, let us not neglect to do good and to share our 5 loaves and 2 fish. When this is done in love for God and for our neighbours, God is so pleased. They will never be too little for His greater purposes. God is the great multiplier and when others see your good works, they will thank our Father in heaven for His blessings and goodness.

Dear Lord, forgive us for our self-centredness and for looking out only for our own interests. Teach us to be other-centred and sensitive to the needs of others. Give us the passion to engage in acts of goodness and sharing. Help us to live out our faith in practical acts of kindness and generosity that will benefit others. In Jesus’ name. Amen.

Kee Mui Joo

Methodist Church of The Incarnation

Feeling Inadequate

As each has received a gift, use it to serve one another, as good stewards of God's varied grace.

1 Peter 4:10 (ESV)

In February, I went on a “God-sent” mission trip where for the first time, there was a business development aspect besides the usual community outreach and service. Being an accountant by profession, it is easy-peasy for me to analyse numbers and draw financial insights and trends. So, this mission trip tapped on my gifts and skills. I was secretly relieved not to be involved with the other team which was doing art and craft activities with children as it required creativity, something I deemed myself to have no talent for at all.

During the trip, there was a change in the programme, and I was available to support the Children's and Youth Ministry. God opened my mind and enabled my fingers to cut out paper crosses and fold paper hearts, so that I could share the origami skill with the youths.

Surprisingly, I was appreciated by two girls who gave me the origami hearts they had folded. The lovely gesture touched me and reminded me that God saw my efforts and heart. He used the two girls to encourage me and challenge me to avail myself to new things, faithfully serving Him by learning new skills to love His children.

Are you feeling inadequate to serve on mission trips? Are you anxious about trying new things? God can and will use you when you are open to His leading. Be open to His leading, trusting the flow of things and helping where needed. I experienced God's equipping to use my trade and extend my hands beyond what I thought I was capable of. I am blessed to experience God's love and acceptance through the people around me.

Father God, You are my Father who withholds nothing and is ever ready to equip and give us good gifts for Your Kingdom's sake. Thank you! Amen.

Ong Bee Bee

Paya Lebar Methodist Church

Let Go and Surrender

*"If you are willing and obedient, You shall eat the best of the land."
Isaiah 1:19 (AMP)*

As women of the 21st century, a lot is expected of us. Society often puts pressure on us to be good mothers; dutiful wives; career women; active church members. These are all good things and in fact, the Proverbs 31 woman was all those things. But without realising it, we strive hard to meet the expectations and standards that others have placed on us to be that perfect woman. We strive to meet the standards that we have placed on ourselves. And we find ourselves under pressure and strain.



Artist: Su Mei Lenden-Hitchcock

Or perhaps, the strain is not caused by a desire to be perfect women but by love and dedication to the things that God has called us to. We love our husbands and our children and go all out in order to get the best for them or to help them be the best they can be. Or we try desperately in our own strength to further the ministries and dreams that God has given us.

We endeavour because these things are important, are precious, to us. And so, we strive, clinging even tighter, fearing that if we let go, it will all fall apart... or if we are being honest with ourselves, that maybe *we* may fall apart.

But God never asked nor expected us to be perfect. He never expected us to care for our loved ones or ministries and dreams by our own strength. He did, however, command us to love Him with all our heart, soul and mind (Deuteronomy 6:5) – and that looks like obedience, submission and surrender.

Do you want what you care about to be able to look like God's perfect plans for it? If God tells you to do so, are you willing to submit and release to God the things you hold precious and close to your heart? It is not easy to obey and let go, not knowing what God is going to do or how He may handle the things that are causing us anxiety. But when we surrender in obedience, God will let what we have been holding on to take flight. When we let Him take over and nurture the things we care about, He blesses it and blesses us. Yes, it may not turn out exactly like what we were striving for, but we can rest assured because when God blesses, it will be even better than what we can hope or imagine (Ephesians 3:20).

Like a bird in our hands, a God-given dream, desire or gift is fragile and cannot do what it was birthed for. But when we surrender and release what we treasure to God, He will nurture it so that we will be able to see that precious thing He gave us, soar. He will bless it, and bless us, beyond measure.

Father, we thank you for the things You have given us which hold space in our hearts and lives. Whether it is a role, a dream, a ministry or a loved one, we treasure it and want the best for it. But Lord, our best cannot compare with Your best. Although we may fear much, we pray that when You ask us to let go and give it to You, that we will obey in submission to Your perfect will. Give us the peace and confident hope and expectation that because we have obeyed and surrendered, You will take what we have given to You and bless it. Lord, we trust that because You are good, we will be blessed beyond measure. Thank you. In Jesus' name we pray. Amen.

Su Mei Lenden-Hitchcock
Paya Lebar Methodist Church



*Flower Dome, Gardens by the Bay
– Photo by writer (14 Feb 2025)*

Like A Tree

*But I am like a green olive tree in the house of God. I
trust in the steadfast love of God forever and ever.
Psalm 52:8 (ESV)*

I recently saw olive trees in the Flower Dome at Gardens by the Bay. The trees, purportedly a thousand years old, were neither beautiful nor majestic. The leaves were bluish green in colour instead of a vibrant green, and the trunk and branches were gnarly. However, the trees were thriving well, despite the transplantation from distant lands to Singapore. Some of these olive trees even bore flowers and fruits.

Psalm 52:8 describes a firmly planted tree in God's house. It reminds me that it does not matter what species of tree it is or what the tree looks like. What is important is that the tree is deeply and firmly rooted. I recall the need to remain rooted and built up in Christ (Colossians 2:7), trusting in His promises. Only then will I thrive and grow spiritually, and bear the Fruit of the Spirit.

Psalm 92:12-15 speaks of the palm tree and cedar – “planted in the house of the Lord, they will flourish in the courts of our God. They will still bear fruit in old age, they will stay fresh and green, proclaiming, ‘The Lord is upright; He is my Rock, and there is no wickedness in Him.’” The palm can survive desert conditions and yet bear fruit. The cedar tree remains tall and resilient, even though it is more than a thousand years old. Despite the challenges in old age, we can still bear fruit of the Holy Spirit. In this season of my life, I wish to remain fresh and green – to praise the Lord and to declare His mighty acts. Physically, after a recent bout of cancer and treatment, I certainly do not feel fresh or flourishing. However, I praise God for spiritual growth and His manifold blessings.

Psalm 1:3 tells us that a man who is like a tree “planted by streams of water... yields its fruit in season and its leaf does not wither. In all that he does, he prospers.” How does one achieve this? By delighting in God's Word and constantly meditating on it (Psalm 1:2). May I continue to grow in spiritual maturity, standing firm in the Lord.

Heavenly Father, I pray that You will plant me in Your House. Help me to be rooted firmly and deeply in Christ so that in the storms of life, I may not be uprooted but stand strong, trusting in Your unfailing love. And in whatever desert conditions I face, may I continue to flourish and bear fruit for Your glory. Thank You for Your faithfulness in every season of my life. Grant me freshness and vitality so that I can proclaim Your goodness. Amen.

Angela Goh

Wesley Methodist Church

Be Kind

So Boaz said to Ruth, "My daughter, listen to me. Don't go and glean in another field and don't go away from here. Stay here with the women who work for me. Watch the field where the men are harvesting, and follow along after the women. I have told the men not to lay a hand on you. And whenever you are thirsty, go and get a drink from the water jars the men have filled."

Ruth 2:8-9 (NIV)

Naomi and her daughter-in-law Ruth were going through a challenging period in their lives. Naomi had lost her husband and two sons, and Ruth had lost her husband. Naomi and Ruth arrived in Bethlehem, just as the barley harvest was beginning. Even though Ruth was a new resident of Bethlehem, Boaz showed Ruth much kindness. He let Ruth work in his field, offered her water to drink and bread and roasted grain to eat. Ruth knew Boaz was a kind man.

The examples of Boaz's kindness remind me of the following verses:

1. Be kind and compassionate to one another (Ephesians 4:32).
2. Blessed is the one who is kind to the needy (Proverbs 14:21).
3. But the fruit of the Spirit is love, joy, peace, forbearance, kindness, goodness, faithfulness, gentleness and self-control (Galatians 5:22).

As I ruminate on Ruth 2 and these verses, I recall the times when I received kindness from others even though I did not deserve it. I am also reminded of the many missed opportunities where I could have shown kindness and compassion to others. Being kind in the heart also means having the grace and compassion to forgive others. Jesus never failed to show kindness and compassion to others, including sinners and those who sinned against Him. His ultimate act of kindness was to die on the Cross for us to save us from our sins!

As a follower of Jesus, I am reminded to be kind, both in my thoughts and deeds. I want to be intentional about being kind to others, and for my words and thoughts to be seasoned liberally with grace. Even though I may face challenges in this regard, I will continue to seek God's guidance and prompting, with the confidence that God is there for me, watching over me and cheering me on to execute His commands.

Dear Heavenly Father, thank you for the story of Ruth and Boaz and for showing me how simple acts of kindness can be so impactful upon the lives of others. Thank you for being a kind, compassionate, and gracious God. Please forgive me for the times I have failed to show kindness or when I have unkind thoughts. Help me, Father, to be more like Jesus, and to be kind to others for Your honour and glory. Amen.

Cheryl Seow

Wesley Methodist Church



*A photo of flower blooming from a cactus plant, taken at the Flower Doom in Gardens by the Bay, Singapore
- photo by Nancy Tan i(March 2024)*

Hope *in suffering*

Romans 5:3-5

Not only that, but we rejoice in our sufferings, knowing that suffering produces endurance, and endurance produces character, and character produces hope.

Trust in the Lord

*Trust in the LORD with all your heart
and lean not on your own understanding;
in all your ways submit to Him,
and He will make your paths straight.
Proverbs 3 :5-6 (NIV)*

I have experienced God's protective hand covering me many times. Allow me to recount one powerful recent experience that I had.

Around Christmas of 2024, I started having occasional chest pains. Although they were bearable, they did cause some discomfort. The pains gradually became more intense and lasted longer than the earlier episodes. These attacks heightened on 1 March 2025, when I felt stressed while trying to book a taxi to attend a talk at Sophia Blackmore Hall. I arrived with just five minutes to spare. It took over thirty minutes for me to settle down and I had difficulty paying attention to the speaker because of the pain. The pain became more aggressive over the next two days and my son called for an ambulance at 11am. This was where I saw God's hand covering me once again.

After the nurse arrived at my home and helped me safely into the ambulance, she informed me that she had already registered me into the hospital where I was going. She had also informed the hospital emergency staff that she would personally wheel me to the emergency room of the A&E Department. I did not question her decisions. I had quietly prayed earlier to God that I would put my trust in Him. As a result of the nurse's action, I was given immediate attention at the hospital. A blood test was taken and I was told that the emergency team would see me as soon as they obtained the test results. After two hours, a team of doctors informed me that the results showed I was going to have a heart attack. They asked if I would agree that they perform an immediate life-saving procedure to arrest an impending massive heart attack. I signed an agreement instantly for the urgent operation.

The procedure started at around 3pm and after a successful procedure, I was wheeled into the High Dependency Ward at around 4pm.

I had trusted in the LORD with all my heart, and not leaned on my own understanding. Often, we did not get immediate answers to our prayers. But it does not mean He is not listening. His delay could be that He has better things to give than what we have asked.

Mark, in his gospel wrote: "Therefore I tell you, whatever you ask in prayer, believe that you have received it, and it will be yours." (Mark 11:24)

Thank you God for your infinite love and faithfulness. In Jesus' name I pray. Amen.

Lau Kan How

Kampong Kapor Methodist Church

PRAISE THE LORD!

*And he said, "Naked I came from my mother's womb, and naked shall I return.
The LORD gave, and the LORD has taken away, blessed be the Name of the LORD."
Job 1:21 (ESV)*

Satan tested Job with God's permission by taking all of Job's property and his children. Furthermore, he was covered in sores. Job was a righteous man. He did not blame God (Job 1:21). Job declares in Job 27:2-4: "As God lives, who has taken away my right, and the Almighty, who has made my soul bitter, as long as my breath is in me, and the spirit of God is in my nostrils, my lips will not speak falsehood, and my tongue will not utter deceit." Job 28:23-24 states that "God understands the way to it, and He knows its place. For He looks to the ends of the earth and sees everything under the heavens."

My life is like Job's. My father went to heaven on 23 May 2008, my younger brother went home on 24 October 2012, my younger sister went home on 8 August 2019, my husband went home on 18 February 2022, and my elder sister went home on 17 April 2023. Even though I had an aneurysm surgery on 12 November 2012 and became wheelchair bound, God in His mercy did not take me home because my mother needed me. Last year, my mother also became wheelchair bound.

My mother had six children and three have gone home to the Lord. It has not been easy for her. Such trials would have devastated anyone. But my mother is a believer. She has seen how the Lord has walked with her through her life's journey and she knows He will continue to do so. She has accepted these trials and does not blame God. She rejoices in His promise of salvation and believes that God understands her situation and will not forsake her.

I too have experienced God's mercy and grace. He is still molding me through the trials in my life. But I do not see trials as challenges. Rather, they are opportunities to make me more like Jesus, my Lord!

Dear Heavenly Father, thank you for molding me through trials in my life. Guide me through these trials so that I may give glory to You! In this way, others would want to know the God I worship and eventually accept Jesus as their personal Saviour! In Jesus' most precious and gracious name I pray. Amen.

Annie Chin

Kampong Kapor Methodist Church

Our Offering of Suffering

Not only so, but we also glory in our sufferings, because we know that suffering produces perseverance; perseverance, character; and character, hope.

Romans 5:3-4 (NIV)

Can anyone see any benefit in suffering? Most of us cannot because suffering has to do with pain, be it physical or emotional pain. Eight years ago, I gave a talk on Suffering in the season of LENT. Behind the facial expressions of the hearers, belied the silent disagreement. I could certainly understand that.

We often link offering to our tithes, time and our spiritual gifting. However, have we ever thought of offering our suffering to GOD? This definitely defies our human understanding. A paradigm shift in this thinking can help us view suffering from a holy perspective. When we can do that, suffering is no longer merely a journey of pain, but a holy sacrifice. In Romans 5:3-4, Paul encourages us that we should glory in our suffering. To glory is to rejoice because of the things GOD had done, or things He will be doing. To glory in suffering means knowing that our suffering is never the end because of the power of the Risen Christ within us. We glory in suffering also knowing that suffering produces perseverance which calls for faithfulness and patience in waiting upon Him. Perseverance improves our character and our hope in Him increases. Ultimately, suffering points us to our hope in GOD and builds our faith. When we go through suffering with the LORD, we grow in endurance too and start considering our trials or sufferings a joy, knowing that GOD's Goodness is evident in every circumstance and He uses suffering to accomplish His Purposes.

Our suffering now has a purpose because we can offer it to GOD. As we go on our sacred journey with Jesus, let us allow Him to share in our pain. GOD never despises any offering when it comes from the heart. He gladly receives them and in the divine exchange, He blesses us with His intangible gifts. Let us offer our suffering to GOD and we will receive much more than our humble giving.

Dear Heavenly Father, we thank you that we have Jesus who understands our suffering and pain because He Himself bore the Cross for us. May You accept our humble offering and grant us the joy of suffering to glorify Your name. Bless us with Your grace and peace as we journey through life on earth. May You lift us up in faith and point us to the eternal hope of Christ, till we finish our race. In Jesus' name we pray, Amen.

Eleanor Poon

Methodist Church of The Incarnation

Crown of Beauty out of Ashes

Bestow on them a crown of beauty instead of ashes
Isaiah 61:3 (NIV)

God brings us hope in the midst of our suffering. From out of the ashes of suffering, He bestowed upon me a crown of beauty when I sought my Abba Father for comfort and peace in times of suffering and grief. I experienced His unfailing love for me when I cried out to Him to comfort my heart, and His peace that surpasses all understanding when He comforted me and heard my cries of despair.

I lost my 17-year-old daughter Wendy, 23 years ago in a traffic accident. Through her passing, I came to know God intimately as I searched for answers as to why she was taken away. Vision of Wendy standing on the Stairway to Heaven was revealed to me by my mother's helper at the time when her organs were being transplanted to save lives. This gave me great comfort knowing that she is now safe in the arms of God. Wendy accepted Christ not long before the accident and I gave her a Christian burial even though I was an idol worshipper then.

I left the corporate world not long after her passing and migrated overseas, leaving Singapore to search for a peaceful living with my younger daughter and husband. God led me to a church there but my husband was not ready to attend. My wish was to go to church as a family and I prayed to God to change his heart. One day, God prompted me to ask my husband how he would see his daughter again in heaven if he was not going to church. His heart was touched by this reminder from God and from then on he started to attend church. It was indeed a life-changing experience for him.

With Wendy's passing, my family accepted Christ as our Savior and I know that one day we will all meet again in heaven. I now deeply understand the verse, 'And we know that in all things God works for the good of those who love Him, who have been called according to His purpose.' (Romans 8:28). Wendy lived for a purpose to give me 17 years of beautiful memories of mother and daughter time together. She also fulfilled God's purpose of donating her organs which she explicitly told me weeks before the accident. Our God is a God who can turn our mourning into dancing and bring out beauty from ashes of suffering. You can seek Him too and experience God's unfailing love by claiming His promise that He will never leave you nor will He forsake you.

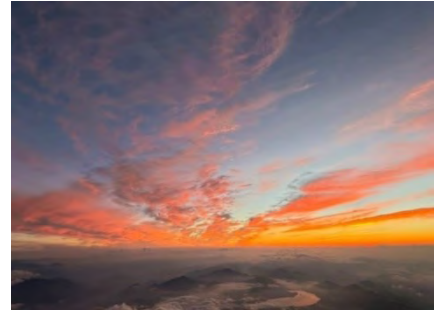
Dear Heavenly Father, thank you for loving me with your everlasting love and bestowing upon me a crown of beauty from my ashes of suffering. Amen.

Hilda Lee

Pentecost Methodist Church

My God, the Source of All I Need

*Even though I walk through the valley of the shadow of death,
I will fear no evil, for you are with me;
your rod and your staff, they comfort me.
Psalm 23:4 (NIV)*



*Summit of Mt. Fuji - photo by writer (Sep 2024),
when she reached the peak just in time for the
sunrise around 4:45 a.m.*

My Christian journey has been deeply shaped by moments of lament and heartfelt cries to God for help. There have been seasons in my life when the weight of pain, sorrow, and uncertainty felt unbearable, and in those times, I turned to God with desperate pleas, just as David did in the Psalms. I have poured out my heart before Him, asking Him to relieve my suffering, to ease my burdens, and to bring comfort to my troubled soul.

In my moments of deepest need, I echo David's cry in Psalm 22, calling out to God and pleading with Him not to feel distant or silent. I cry out to God, "My God, my God, why have You forsaken me?" (Psalm 22:1). In my moments of deepest despair, when it feels as though He is far away, I cling to the hope that He hears my cries. I remind myself that His seeming silence does not mean His absence, and I trust that He would draw near in His perfect timing. I learn to pour out my heart honestly before Him, knowing that He is a God who listens, cares and ultimately delivers.

In moments of weakness, when I feel overwhelmed by my own failures and shortcomings, I turn to God, seeking His forgiveness just as David did in Psalm 25. With a humble heart, I pray, "Do not remember the sins of my youth and my rebellious ways; according to your love remember me, for you, Lord, are good" (Psalm 25:7). I have laid bare my soul before Him, acknowledging my need for His grace and mercy to cleanse me and restore me.

In moments of vulnerability, I have also cried out for strength, guidance, and direction, much like the plea in Psalm 13: "How long, O Lord? Will You forget me forever? How long will You hide Your face from me?" (Psalm 13:1). I ask God to lift me up, to shine His light on my path, and to lead me through the darkness. I beg Him to strengthen my weary heart, to renew my spirit, and to show me the way forward when I feel lost.

Psalm 23, gives me deep comfort in the assurance of God's unwavering love. Its words remind me that my struggles are temporary and that I am never alone. In its promises, I discover peace, knowing that God is with me in every trial, guiding me, sustaining me, and leading me through even the darkest valleys. It is a constant reminder of His faithfulness and care, no matter what I face.

Dear God, help me to remember that I am never truly alone. Thank you for being my refuge, my guide and my unending source of strength and in every trial and moment of doubt, my steadfast anchor. Thank you for your faithfulness and constant presence in my life, holding me close and guiding me through difficult times. In Jesus' name I pray. Amen.

Esther Khor

Trinity Methodist Church



*The Unknown Path, taken at Barwon Heads, Victoria
Photo: Angela Fones*

Led By Faith

*Don't urge me to leave you or to turn back from you. Where you go I will go, and where you stay I will stay. Your people will be my people and your God my God.
Ruth 1:16 (NIV)*

The touching story of Ruth speaks of a quiet yet profound faithfulness. It brings to my mind God's faithfulness to redeem His people and give them rest.

After the loss of her husband and sons, Naomi urged her daughters-in-law to return to their own families. Orpah tearfully said goodbye, but Ruth chose to stay. She pledged her life not just to Naomi, but claimed Naomi's people and God as her own.

This is an immensely personal and life impacting decision made by Ruth. She gave up familiarity and cultural identity to walk an uncertain path. Ruth was willing to part with everything she had known in her life to remain with Naomi. She chose loyalty, compassion and obedience. These three qualities that seem so simple yet so hard to live out in our daily lives.

In many ways, Ruth's journey reminds me of what it means to follow Christ. Like Ruth, we are called to leave behind our old selves, to step forward in faith and to trust in God's unseen plan. Ruth had no idea that her story would end with much blessings. She would become part of the lineage of King David and ultimately, of Jesus the Messiah.

Would I be willing to do what Ruth had done? Her faith was not loud or dramatic. It was steadfast, woven into daily choices for staying, serving and believing.

There are seasons in life when we may feel like Naomi. When overwhelmed with emptiness and bitterness, we are unsure if God is still watching over us. We may also feel like Ruth, when tasked with small, unseen faithfulness in the quiet fields of life. The book of Ruth reminds us that God is present in all situations. He redeems and restores. He uses even the most ordinary acts of faithfulness for His extraordinary purposes.

If you are walking through a difficult or challenging season right now experiencing grief, caregiving stress, health struggles, or just the weight of daily life, take comfort in knowing that God has not forsaken you. You may be quietly fulfilling His purposes in ways that only eternity will fully reveal.

Father God, thank You for the story of Ruth which reminds us that You are always at work in our lives. Help us to seek your direction in everything we do and to go forth in faith and obedience, trusting that You are weaving something beautiful through every season. In Jesus' name. Amen.

Linda Koh

Paya Lebar Methodist Church

Praise in the darkness

If I go up to the heavens, you are there; if I make my bed in the depths, you are there. If I rise on the wings of the dawn, if I settle on the far side of the sea, even there your hand will guide me, your right hand will hold me fast. If I say, "Surely the darkness will hide me and the light become night around me," even the darkness will not be dark to you; the night will shine like the day, for darkness is as light to you.

Psalms 139:8-12 (NIV)

Praise	In the darkness
I am never out of Your sight. in Your loving hands I have no worry, and I marvel: How deep Your love for me is. as light is to You – my fear scattered. in Your presence Praise and Hallelujah	in despair and held captive I will forever be. need to strive or What will become of me? the darkness surrounding me is suffocating – broken and alone forever my heart cries.

**a twin-cinema poem can be read down each column as well as horizontally across the columns*

In life, we sometimes experience mountain top highs and at other times, deep dark valleys. During those high points, we sing God's praises and revel in His love and goodness towards us. But when things take a turn and we struggle with what life throws at us, the darkness sometimes spirals out of control and we fall into pits of depression – alone, forgotten, and deep in despair.

Psalm 139 reminds us that there is nowhere that we can go that God is not already at. This means that even in our most painful and lonely moments when darkness swirls round us blinding us, we can be sure that He is there with us, holding us in His loving hands. Because of that, even in our depths of despair, we always have a reason to praise Him. We can take heart knowing that because it is too dark to see Him, He will stand even closer to us so that when we reach out, we will feel Him right there with us.

*Father, I thank You for Your great love for me. I am Your precious daughter, and You will never leave me nor forsake me. Lord, I pray that in times of despair and struggle, I will remember that You are right there with me. You will never abandon me nor forget me but hold me close as a nursing mother would hold her baby. Furthermore, You are sovereign above all things and Your plans for me are so **so** good. I have no need to fear for the future. So, Lord, help me lift my voice and my heart to praise You even when it is too dark for me to see what is ahead. Hallelujah. In Jesus' name I pray. Amen.*

Lenden-Hitchcock Su Mei
Paya Lebar Methodist Church



Cover photo: AI-generated

John 15:7

If you abide in me, and my words abide in you, ask whatever you wish,
and it will be done for you.

Keep Asking, Keep Seeking, Keep Knocking

And I tell you, ask, and it will be given to you; seek, and you will find; knock, and it will be opened to you. For everyone who asks receives, and the one who seeks finds, and to the one who knocks it will be opened.

Luke 11:9-10 (ESV)

God works in many small ordinary parts of our lives as well as in big miraculous ways. My prayer for the previous week was simple: my work meetings would proceed efficiently, my son would study independently for his upcoming tests and my worship team members would lead worship smoothly. However, the week started off badly! I had an allergy attack which made both my eyes swell. Then, my car failed the inspection because of a cracked windscreen. Concerns filled my head as I worried about the repair costs especially since the car is already nine years old.

I prayed. Then I brought my car to the auto shop to replace the cracked windscreen and to file a car insurance claim. By God's grace, the workshop was able to process the claim and I had to pay only \$100. Furthermore, the expected waiting time of two weeks was miraculously shortened to just a few days, with the replacement taking only a few hours. I was able to adjust my work schedule, get the car repaired, and have it retested. Praise God, it passed the inspection.

Another prayer that had been on my heart was for a good Math tutor to help my son. He had lost self-confidence in Mathematics after doing poorly in school. Suddenly, a name popped into my head. I prayed that this teacher would help my son. By God's divine grace, she retired last year and was willing to help prepare my son for his PSLE (Primary School Leaving Examination). My third prayer was also answered. My worship pianist's children had influenza but she did not succumb to the illness and was able to play the piano for worship.

I was amazed by the speed at which God answered my prayers when I committed my concerns to Him. Luke 11:8-13 reminds me to keep surrendering all aspects of my daily life to God. I must continue to give thanks for His answers to prayers. However, there have been times when I did not receive answers to prayers. Could it be that God's answers were not what I prayed for? Will I continue to give thanks knowing that God heard my prayers and will respond in the manner that is in my best interest? My approach to prayer has become this: 'Show me Your will, Lord. If my requests are aligned with Your will, the Holy Spirit will prompt me to continue in prayer.' I claim the promise that my Heavenly Father will give the Holy Spirit to those who ask Him! (Luke 11:13).

I continue daily to ask for wisdom and to see my situation from God's perspective. I persevere in prayer for God's provision for my family, surrendering my heart's desires to Him. May His will and not mine be done. A friend reminded me that I have been trusting God all this time, so there should be no exception going forward. I pray that God will reveal to my family and me how loved we truly are.

May you have a deep encounter with Jesus and know His Grace, His Love and His faithfulness.

Thank You Jesus for always hearing my prayers. May I hear the Holy Spirit guide me through each day. May I continue to press on in prayer and not give up hope when things do not go my way. Instead, let me hear Your will for me in each situation, and help me obey and follow it. In Jesus' name I pray. Amen.

Elizabeth Lau

Barker Road Methodist Church



Photo taken by writer (4 Feb 2025)

The Fruit of the Spirit Prayer

But the fruit of the Spirit is love, joy, peace, forbearance, kindness, goodness, faithfulness, gentleness and self-control. Against such things there is no law.

Galatians 5:22-23 (NIV)

When life feels dark, lift your eyes to the One who is before all things and holds all things together. Find rest in His Spirit that is working in you, shaping you into His likeness, filling you with His love, joy, and peace. As you walk through life, may the fruit of the Spirit be deeply rooted in your heart, guiding your words, actions, and faith.

I pray that you bear the love of Christ.

May the love of Christ fill your heart, making you a reflection of His compassion and grace. In a world full of distractions and divisions, His love is the anchor that holds us steady in the storms of life.

I pray that you bear the peace of God.

In times of anxiety, let God's peace guard your heart. True peace is not the absence of trouble but the presence of God's comforting hand. May His peace lead you through every storm, resting in the assurance that He is always with you.

I pray that you bear the joy of the Lord.

True joy is not based on circumstances but on our relationship with Christ. His joy is your strength, overflowing into the world around you.

I pray that you bear the patience of Christ.

Patience is not just waiting; it is enduring with grace. When life challenges you, may you reflect the patience that Christ showed on the cross—trusting God's timing, even when it is difficult.

I pray that you bear kindness as Christ has shown.

A simple act of kindness can change someone's day, and when we reflect Christ's kindness, we point others to His love.

I pray that you bear goodness, in all your ways.

May your life be filled with goodness, walking in righteousness and truth. Let your actions be a testimony to God's goodness, drawing others to Him through your example.

I pray that you bear faith, unwavering and strong.

Faith is the foundation of our Christian life. May you trust in God's promises, even when life is uncertain. Hold firm to the faith that God is always faithful.

I pray that you bear gentleness, a quiet heart.

Gentleness is not weakness—it is strength under control. May you embody Christ's gentle spirit in your interactions, reflecting His humility and grace.

And lastly, may you find in Him the self-control to overcome temptation and live according to God's will. Through His Divine Power, may you walk in holiness.

Dear God, I pray for everyone reading this today. May Your Spirit fill their hearts with the fruit of the Spirit. Let their lives be a reflection of You, shining brightly in this world. In Jesus' name. Amen.

Amanda Chiu

Aldersgate Methodist Church

When God Says No — A Loving Answer

*As for God, His way is perfect: The Lord's word is flawless; He shields all who take refuge in Him.
Psalm 18:30 (NIV)*

I was born into a non-Christian family and only came to know the Lord at the age of 21. Yet, as I look back, I realise that God's Hand has been upon me long before I acknowledged Him.

There were several incidents in my life that attested to God's protection over me. When I was a two-day-old baby, I was found hanging perilously from the edge of my hospital cot—but I was saved. Another time, as a young child, I chased after a bus in peak-hour Geylang traffic. I had just alighted, but realised that my mother was still on the bus which had started to move. In a split second, a cyclist appeared and swept me up, and brought me to safety. During my teenage years, I had several near misses whilst learning to drive. Though I was unaware then, I now recognize how God's invisible protection had covered me.

Through the years, He has answered many of my prayers. But in March 2019, I faced a moment when God did not answer as I had hoped.

My mother, then 89, fell gravely ill with pneumonia. She was hesitant to go to the hospital. So, we arranged for doctors and specialists to attend to her at home. Eventually, she agreed to be admitted to the National University Hospital and was later transferred to St. Luke's Hospital for recovery. However, her condition worsened, and she was moved to Ng Teng Fong General Hospital, where she passed away, just shy of her 90th birthday.

Throughout this period, my siblings and I, our spouses and children were constantly by her bedside. We all prayed earnestly for her healing. I pleaded with God for just one more year with her. When she passed away, I was heartbroken and disappointed.

On 11 April 2020, exactly one year after the funeral, Singapore entered its COVID-19 'Circuit Breaker.' Then, a revelation dawned on me—had my mother lived just one more year, she would have faced isolation in the hospital. She would have felt overwhelmed, petrified, fearful, and alone. Visiting would have been impossible, and restrictions would have made a dignified farewell unattainable. Suddenly, I saw God's mercy at work. He had answered my prayer—not by giving me what I asked for, but by giving what was best.

Sometimes, God says 'no'—not to withhold, but to protect. His wisdom sees what we cannot see. His love is perfect, even when His answer is not what we desire.

Heavenly Father, thank you that Your ways are higher than ours. Help us to trust in Your perfect wisdom, even when the answers to our prayers are not what we expect. Remind us that You are always working for our good. In Jesus' name. Amen.

Peggy Lee

Holland Village Methodist Church

Process Versus Outcome

*Trust in the LORD with all your heart
and lean not on your own understanding
in all your ways submit to him,
and he will make your paths straight.
Proverbs 3:5-6 (NIV)*

I have a teenager and like many Christian parents of teenagers, we manage our helplessness and haplessness by praying for them. I observe that whenever I pray from a place of anxiety and fear, I tend to focus on specific outcomes for my child, such as getting good exam results, and other academic achievements hoped for by most Singaporean parents.

When I am not besieged by anxiety, I notice that I can pray from a place of trust and I observe my prayers tend to focus on process such as character building, spiritual growth for the teenager. **Our Father** God is interested in our spiritual growth so that we can grow into Christlikeness and develop a loving relationship with Him. The more we work on strengthening our faith and trust in Him, the more effective our prayer life will be.

When we pray from a place of restful surrender to God, the outcome that we want is no longer the focus. Instead, we ask God to guide the process, because we already know the outcome will be good, heavenly measurements of success. Process is really a relationship with God. He is most concerned about our spiritual journey. As He journeys with us, we develop foresight, vision and faith when we pray from a place of trust and rest. God's process may involve testing of our faith, obedience, and trust in Him. He moulds us into a new creation in Christ.

God knows our parental struggles and anxieties but there is a difference between destructive or worldly fear and fear of the Lord. Psalm 111:10 says: "The fear of the Lord is the beginning of wisdom." Worldly fear creates alarm and anxiety. But when we walk in the fear of the Lord, we follow His ways, and love, obey and serve Him. We are assured that He knows our parental struggles, so we are not to worry or be anxious.

Whenever my heart is seized with anxiety and become fixated with immediate results, it helps me to take a step back and remember how God has been faithful in my life. My heart starts to feel lighter as the weight of worldly demands and success dissipates and I can then pray that my teenager will walk closely with Him, finding hope and strength in Him and trusting Him for the outcome.

What about you? Is your prayer effective?

Dear Heavenly Father, help us to rest in Your love and put our trust in Your goodness. Teach us to be patient and not be fixated on short-term gains and results. Mould us into people with Kingdom vision who can hold the demands and success of this world lightly. Amen.

Ivy Lee

Christ Methodist Church

A Father's Redemption

The Lord is not slow to fulfill His promise, as some count slowness, but is patient toward you, not wishing that any should perish, but that all should reach repentance.

2 Peter 3:9 (ESV)

For many years, my father remained resistant to the gospel of Jesus Christ. Though I longed for his salvation, his heart seemed unmoved. As he grew older, I wondered—would he ever come to know Christ? Would he accept the gift of salvation before his time on earth was over?

Then, in October, everything changed. My father was admitted to the hospital in a critical condition, unable to breathe on his own and unresponsive. I cried out to God, pleading, “Lord, please do not let him leave like this!” In desperation, I whispered into his ear, asking if he would accept Jesus. Doubts swirled in my mind—Does this count? Will God accept this? But I kept praying.

Then, after what felt like an eternity, my father moved his left leg. I clung to hope and kept praying. Miraculously, within days, the hospital moved him to a general ward—no tubes, sitting up, and able to eat. My husband Adrian and I continued to pray daily for his salvation.

God, in His mercy, sent encouragement. Our dear friend, Brother Liew, a 91-year-old missionary, happened to be in town. Adrian saw this as God’s sign and suggested we bring him to visit my father. Even our transport driver, a Christian named Mei, overheard our conversation, and prayed for my father’s salvation. Yet, my father remained resistant. That night, his condition worsened. I felt disheartened, but Adrian urged me to keep praying. Two days later, Brother Liew and I visited again. This time, my father accepted Jesus as his Savior and said the sinner’s prayer. I was overwhelmed by his response with gratitude. From then on, my father surprisingly was willing to pray aloud with us each day in the ward.

Then, unexpectedly, his condition declined again. He was readmitted to the hospital, and I worried—*Should we have him baptized?* But as I prayed, I recalled the thief on the cross beside Jesus, and God gave me peace. The next morning, the hospital called. My father was weak, but when I greeted him, he opened his eyes. Holding his hand, I assured him, “Jesus loves you. Trust Him.” A few hours later, he passed away peacefully, surrounded by family.

God’s mercy is great. He is patient, desiring that none should perish. If you are praying for a loved one’s salvation, take heart. **God hears. He is faithful. Keep praying.**

Heavenly Father, thank You for Your patience and mercy. Thank You for never giving up on us. Strengthen us to keep praying for our loved ones, trusting in Your perfect timing. May we never lose hope in Your saving grace. Amen.

Channie Saurajen

Holland Village Methodist Church



Trinity Annual Conference – Women's Society of Christian Service (TRAC WSCS) The Methodist Church in Singapore

Our Purpose

- To help women grow in the knowledge and experience of God as revealed in Jesus Christ;
- To challenge them to respond to God's redemptive fellowship;
- To make Christ known throughout the world;
- To develop a personal responsibility for the whole task of the Church.



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