



WEEK OF PRAYER & SELF-DENIAL MEDITATIONS

14 to 20 September 2025

CHANGING TIMES, UNCHANGING PEACE: GOD'S PEACE WITHIN US

Romans 5:1-2 & Philippians 4:7



Scripture verses by GC WSCS † Meditations by TRAC WSCS

CHANGING TIMES, UNCHANGING PEACE:

GOD'S PEACE WITHIN US

Romans 5:1-2: & Philippians 4:7

We can do little in the work of promoting peace, except as God works in us both to will and to act. What He asks of us is simply to yield, to consent, and to wait upon Him—then He will accomplish it all. Let us pause in stillness and meditate, until we see that true peace comes from God alone.

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

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

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

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

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



The Week of Prayer & Self-Denial (PSD)

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

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



DAY 1

PEACE WITHIN ONESELF

Isaiah 26:3 You will keep in perfect peace those whose minds are steadfast because they trust in You.

In a world that often feels chaotic and uncertain, inner peace can seem elusive. Our minds race, our schedules overflow, and our hearts often carry more than they are meant to. Challenges in life are distractions that take away our focus from God. Yet Isaiah 26:3 offers God's promise to cut through the noise. God will keep in perfect peace those whose minds are steadfast and who trust in Him.

This is not about a peace that comes when everything is going right. It is not something which we can manipulate or control to create that moment of quietness. It is about an inner stillness that comes from trusting the One who is right and perfect. The Hebrew phrase for "perfect peace" is "shalom shalom" — a double portion of God's wholeness, completeness, and well-being. It is the kind of peace that does not break when the world shakes.

Living in such perfect peace is available to every Christian. Why, then, do many of the Lord's people live in anxiety, fear, and conflict? In today's world, we seem to worry more. Are our hearts really calm? Or are we at times distracted by our circumstances?

The story of Jesus walking on water in Matthew 14:22-33 reminds us to keep our faith strong in Christ. At times, we exercise our faith one step at a time. Jesus will never ask for more than we can give. However, just like Peter who focused on the storm rather than on Jesus, once our faith waivers, we become afraid and start to sink. Therefore, Christians are encouraged to have faith in Christ and trust in his guidance, even in the face of difficulties. I recognise this is not easy.

As a mother, worry often feels like second nature, woven into my thoughts the moment I wake up till I pray each night. I worry whether I am doing enough or if I am doing too much. There is a kind of worry that seems inseparable from motherhood. It slips in during the quiet hours of the night and follows me through the noise of the day. I worry about my children's safety, their choices, their health, their future.



DAY 1

PEACE WITHIN ONESELF

Isaiah 26:3 You will keep in perfect peace those whose minds are steadfast because they trust in You.

cont/d

I often question myself—my words, my decisions, the way I discipline my children. The love is so deep that it sometimes aches, and along with that love comes the fear of getting things wrong. My heart is often anxious, and I find myself holding onto worry instead of resting in His presence.

Isaiah 26:3 doesn't promise a life free of concern. It promises something better—God's perfect peace. Not a peace that ignores the storm, but one that holds us steady in the middle of it. God's peace is available not to those who never worry but to those whose minds are steadfast and rooted in trust. When we lift our eyes from the "what if" and fix them on the God who sees all, knows all, and loves our children even more than we do, something shifts. Our hearts stop racing, our thoughts find rest, and we begin to walk in a peace that is anchored in Him. We will not always feel peaceful, but we can access His peace every time we place our trust in Him.

In Philippians 4:4-9, Paul describes what it means to keep our minds directed to God. He describes God's promise to those in Christ who trust Him: "And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus" (Philippians 4:7). Perfect peace is not about life without chaos, but a calm heart anchored in trust.

The Lord is our everlasting strength, and He made an amazing promise to us in the book of Isaiah. Our God will give us peace as long as we keep our minds on Him. But trust is also a heart issue. Perfect peace is not the peace the world offers, but the kind that comes only from Him.

From now on, I will learn to focus my mind on Him and not lean on my own understanding. I pray to the Lord to teach me how to trust Him not just with my words but with my heart. Let His perfect peace guard my heart and mind today, tomorrow, and always.



DAY 1

PEACE WITHIN ONESELF

Isaiah 26:3 You will keep in perfect peace those whose minds are steadfast because they trust in You.

cont/d

Dear heavenly father,

You promise perfect peace to those who keep their minds stayed on You. As a mother, my heart often carries burdens for my children, my home, and the many responsibilities I bear. In the midst of the noise and concerns of life, help me fix my thoughts on You.

Father, give me a steadfast mind for one that is not easily shaken by fear but is rooted in Your faithfulness. Let Your peace guard my heart and mind, especially when I feel overwhelmed or inadequate. Help me to trust You with my children's future, their health, their choices, and their walk with You. Teach me to be still and rest in the knowledge that You love them even more than I do.

Father, I ask for Your peace to fill my heart. Help me to be a calm, wise, and loving presence for my family, drawing strength daily from Your Word and Your Spirit. In Jesus' name I pray. Amen.

Wendy Foo

Trinity Methodist Church



DAY 2

PEACE WITH FAMILY MEMBERS

Isaiah 32:18 My people will live in peaceful dwelling places, in secure homes, in undisturbed places of rest.

In a recent news report, a woman sued her mother for evicting her from their condominium. Another report involved a high-profile case where a father sued his son over corporate governance issues. Yet another report highlighted two brothers who sued each other over family property and other assets. The list goes on and on. The homes of these families are certainly not “undisturbed places of rest” (Isaiah 32:18).

Many of us would say we would never take a family member to court. But this does not imply that there is peace within the family; for peace does not simply mean the absence of conflict. Shalom in the home reflects a sense of wellbeing and wholesomeness, where each member loves and cares for one another. This is true for both biological and spiritual families. Before there can be peace within the family, we must first have peace with God. Romans 5:1 tells us that “since we have been justified through faith, we have peace with God through our Lord Jesus Christ.” This can then translate to peace with others.

There is a quote that says “We can choose our friends but not our family.” Indeed, we cannot choose our parents or elders, our siblings or even offspring. Sometimes, the people closest to us are the most difficult to maintain peace with. When it comes to wealth and possessions, greed or covetousness can destroy family ties. This is the root cause of many lawsuits in the news. However, more subtle disturbances in family dynamics are quarrels at home. Family members can get impatient and frustrated with each other over habits, lifestyle choices and other minor issues.

Proverbs has many humorous quotes about what leads to a lack of peace within a family. “A nagging spouse is like the drip, drip, drip of a leaky faucet; You can’t turn it off, and you can’t get away from it.” (Proverbs 27:15-16 MSG); “... a quick-tempered person stockpiles stupidity” (Proverbs 14:29 MSG); “... a clenched jaw signals trouble ahead” (Proverbs 16:30 MSG). A home where nagging, bad tempers or “cold wars” occur is not a peaceful dwelling place.



DAY 2

PEACE WITH FAMILY MEMBERS

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cont/d

Many family conflicts arise when we see things only from one's perspective. Maintaining peace with family members cannot be achieved by one's own strength and willpower. A daily surrender to the Holy Spirit's transformative power is needed. "You will keep in perfect peace those whose minds are steadfast, because they trust in you" (Isaiah 26:3). We trust that He who promises peace will be faithful to His promises. Perfect peace, which only God can give, comes when our minds are fixed on Him. When we yield ourselves to the Holy Spirit, He fills us with "love, joy, peace, forbearance, kindness, goodness, faithfulness, gentleness and self-control" (Galatians 5:22-23). The result? Peace will reign in the family.

Dear Lord, thank You that You have given us peace that surpasses all understanding. Forgive me when I fail to fix my eyes on You and selfishly focus on my preferences and desires. I pray, Holy Spirit, that You will fill me daily and grant me the fruit of the Spirit so that I may be able to maintain harmonious relationships with those closest to me. I pray in Jesus' name. Amen.

Angela Goh
Wesley Methodist Church



PEACE IN THE CHURCH

Romans 14:19 Let us therefore make every effort to do what leads to peace and to mutual edification.

We are all too familiar with the challenges of conflict and tension in relationships, which can harden hearts, fracture unity, and pull us away from the peace God calls us to pursue. It is this familiar human condition that Paul addressed in his letter to the Romans.

The early church in Rome struggled with ongoing conflict, as Jewish and Gentile believers clashed over issues like dietary laws and the observance of special days. Sadly, these differences created tension, weakened the faith of some, and caused deep divisions within the community.

Today, our specific challenges may differ from those faced by the early church, but they are no less real or intense: disagreements over worship styles, resource allocation, small group dynamics, or how best to address social concerns—the list goes on. Like the early church, if we leave these tensions unaddressed, they can take root and fester in our hearts—gradually pulling the church apart.

To respond to the call to pursue peace and build up one another, we must first recognise that disagreements and conflicts are to be expected in a diverse community where people share different backgrounds, personalities, and perspectives. Furthermore, conflicts between people frequently stem from sincere convictions and good intentions, not maliciousness.

The real test is not whether conflict exists, but how, as Christians, we approach it. We need to seek God's guidance, show love and humility, offer forgiveness, and strive for unity in the midst of conflict.

Christ is the ultimate Peacemaker. He showed us the way of peace by paying the highest price on the cross to reconcile us to God. When we pause and are still in His presence, we find peace and wholeness in Him. We become better equipped to cultivate a lifestyle of humility, forgiveness and love.

Besides cultivating a contemplative relationship with God, we need to be attentive listeners in our interaction with others. Seeking to understand others opens the way for reconciliation and respect.



DAY 3

PEACE IN THE CHURCH

Romans 14:19 Let us therefore make every effort to do what leads to peace and to mutual edification.

cont/d

Other crucial elements in resolving conflict include active listening and seeking to understand others, as well as extending grace and forgiveness. This is vital for ending conflict as it allows for reconciliation and healing.

Moreover, our words of encouragement and affirmation can significantly contribute to hastening reconciliation and healing, uplifting the other party and de-escalating tension. Are we quick to point out mistakes but slow to recognise effort? Or are we generous with our words of affirmation and appreciation? Let us offer encouragement that will diffuse tension and shift the focus to conflict resolution.

Sometimes, even with our best efforts, the other person may not be ready to make peace. Do not be discouraged—bring it to the Lord in prayer. Invite God into our relational struggles. Prayer refocuses our hearts on Christ and keeps us grounded in His peace, enabling us to navigate conflict with grace and wisdom.

Ultimately, the strength of our relationships flows from the foundation of our own relationship with Jesus. When we are rooted in Him, we can more authentically extend forgiveness, grace, compassion, and peace that will foster true unity and growth in our church.

“Prince of Peace, flood our hearts with Your peace, so that we may, in turn, become makers of peace. Give us a deep desire to build bridges with others, especially in times of disagreement and relational strain. Unite us in a common purpose to build your church in love.” In Jesus’ name I pray. Amen.

Rina Tan
Agape Methodist Church



THE AROMA OF OUR WORDS

Titus 3:2 To slander no one, to be peaceful and considerate, and to always be gentle toward everyone.

What fragrance do your words carry when you speak about others? Do they leave behind the sweet aroma of Christ's love, or do they create a bitter aftertaste that lingers in the hearts of those who hear them?

Have you ever spoken thoughtless, careless, impulsive words that have tarnished someone's reputation? Consider these all-too-familiar scenarios:

'I think she is giving an excuse not to help out.'

'She always shows up when the church gives free food.'

'Look at her! So dolled up! We should dress simply as Christians.'

If you were the listener of one of these utterances, how would you respond? Perhaps you might find yourself adding to the conversation:

'Yes, she is always giving excuses and avoiding all the dirty work.'

'She is greedy. Cannot resist free food.'

'She must be quite rich to buy all those clothes and maintain her looks.'

Very often, many of us are guilty of drawing our own conclusions based on what we see and hear. This tendency reveals something deeper about our human nature—our pride that makes us feel superior when we judge others, our insecurity that drives us to deflect attention from our own flaws, and our desire for connection that sometimes leads us to bond over shared criticism rather than shared love.

We must pause and seek the Holy Spirit's guidance; otherwise, we might be carried along by our sinful flesh, acting as our old selves once did—quick to assume, quick to judge, and quick with our tongue! As image-bearers of God, our words carry weight and power. They can build up or tear down, heal or wound, reflect Christ's character or distort it. We need to ask God for discernment, wisdom, love and kindness, so that our words and actions will be peaceful and thoughtful, showing gentleness as we fellowship with others

The apostle Paul's instruction in Titus 3:2 is about protecting the unity of the body of Christ. When we slander, we fracture community. When we fail to be peaceful and considerate, we create divisions that hinder our Christian witness.



DAY 4

THE AROMA OF OUR WORDS

Titus 3:2 To slander no one, to be peaceful and considerate, and to always be gentle toward everyone.

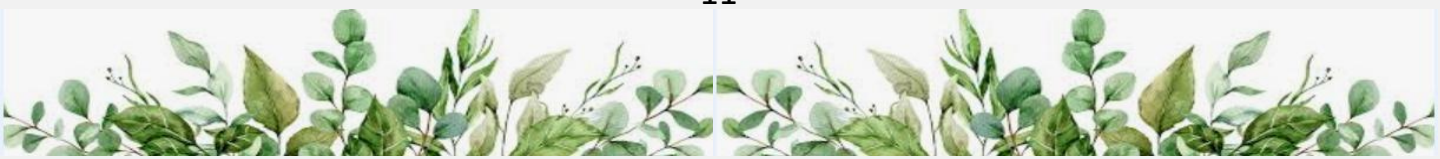
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Hastiness in reacting to others may cause us to sin and to hurt others and may also damage our collective testimony to the world which is watching how Christians behave towards one another.

Dear Lord, help us to spend time with You when we are alone—through Your Word, in prayer, and in worship. Transform our hearts so completely that when we speak, our words carry the fragrance of your love rather than the bitter scent of judgement. May the Holy Spirit rule in our hearts and guide our tongues so that everything we say will glorify You. Amen.

Challenge for Today: Choose words that build up rather than tear down, words that show grace rather than judgment.

Wendy Low Sui
Aldersgate Methodist Church



DAY 5

PEACE IN THE COUNTRY/NATION

Leviticus 26:6 I will grant peace in the land, and you will lie down and no one will make you afraid. I will remove wild beasts from the land, and the sword will not pass through your country.

Leviticus 26:6 records one of several blessings God promised the Israelites, descendants of Abraham, Isaac and Jacob (later re-named “Israel”), the “Covenant people”, after He brought them out of Egypt to the Promised Land.

The promise was predicated on their obedience to God’s commandments (Leviticus 26:1-2), namely: not to make and worship idols, to observe the Sabbath and to have reverence for God’s sanctuary.

The tragic history of the Israelites is replete with cycles of disobedience, judgment, repentance, restoration and then disobedience all over again. Worshipping idols like the golden calf, inter-marriages with pagans and sexual immorality were just some egregious sins.

I used to be puzzled at how it was possible for the Israelites to disobey God. Did they not see with their own eyes the Red Sea open before them? Did they not eat the Manna from Heaven? Were they not led by God in the day by cloud and in the night by fire?

I should not have been. A few years ago, the church community was dismayed to discover that the charismatic apologist and evangelist, Ravi Zacharias, was praising God in public while leading a duplicitous life in secret. Closer home, I have also encountered Bible-studying church-goers who cheated and scammed fellow congregants.

The inexorable conclusion is that the human heart is easily led astray and basically inclined towards evil, whether in ancient or current times.

Jesus alone is without sin. Only Jesus can bridge the separation of sinful man from his perfect God and bring about forgiveness and restoration. The New Covenant is given to the Israelites and all peoples, and is grounded in grace, faith and a personal relationship with Jesus Himself.



DAY 5

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cont/d

Sadly, many Israelites have rejected Jesus and the New Covenant. They remain yoked to some 613 Old Testament rules, regulations and commandments that are humanly impossible to keep, instead of accepting the freedom to obey just two commandments offered by Jesus, which are: to love God and to love our neighbours as ourselves. After the destruction of the two temples, they want to build a third temple where they may offer blood sacrifices to atone for their sins and look for the return of their Messiah.

Peace and security in their own land have eluded them for millennia. We can only pray for the scales to fall from their eyes. We also pray for ourselves, that we may never neglect walking and communing with Jesus so that we are constantly reminded to keep His commandments. Then may we enjoy blessings far surpassing those in Leviticus 26:4-13 because Jesus' blessings are not just peace and security in this world but also access to God through prayer in His name and eternal life in the next world as children of God. Hallelujah!

Lord Jesus, You are "the Way, the Truth and the Life". The Truth You give sets us free. In the midst of confusion, deception, cruelty and violence in the world, You are our anchor and safe harbour.

Lord, keep us from distractions, from disobedience and rebellion against You and help us focus our mind, heart and soul steadfastly on You and only You. In Jesus' name, AMEN!

Yu-Ting Hi Keng
Ang Mo Kio Methodist Church



WAITING UPON GOD

Psalm 130:5 I wait for the Lord, my whole being waits, and in his word I put my hope.

Waiting is rarely comfortable. It stretches our trust in God and exposes where we place our hope. Whether we are waiting for direction, healing, reconciliation or a breakthrough, the pause can feel like silence. In a world that values instant gratification, God often calls His people into seasons of stillness—moments when nothing seems to be moving, yet He is slowly transforming us.

Psalm 130:5 captures this posture beautifully:

“I wait for the Lord, my whole being waits, and in His word I put my hope.”

This is not idle or half-hearted waiting. The psalmist’s whole being is engaged—longing, trusting, watching. And his hope is not placed in a specific outcome, but in God Himself, and in His Word. It is a shift from wanting solutions to desiring God’s presence.

Seasons of waiting often reveal where we have placed our security. Whether it is financial stability, achievements, human affirmation, or control over the future, God may gently strip these away—not to harm us, but to heal us. He is weaning us from lesser gods, reminding us that only He is trustworthy and unchanging.

This is likened to the process of oil painting, which requires a lot of patience. The artist must wait for each layer to dry before the next stroke can be added. Rushing only smears the image, distorts the vision, and compromises the final masterpiece. In the same way, God paints the canvas of our lives with care. He allows time for each layer—our character, our trust, our dependence on Him—to mature before He moves us to the next stage. Every season of waiting is purposeful, even if hidden from our view.

Throughout Scripture, we see how God shapes His people in the waiting:

- Abraham and Sarah waited 25 years for Isaac, learning to trust God’s promise over their own understanding.
- Joseph endured betrayal, slavery, and imprisonment before God elevated him to save nations.



DAY 6

WAITING UPON GOD

Psalm 130:5 I wait for the Lord, my whole being waits, and in his word I put my hope.

cont/d

- Moses spent 40 years in the wilderness before leading Israel out of Egypt.
- David was anointed king as a youth but spent years fleeing Saul before stepping into his destiny.
- The disciples waited in the upper room for the Holy Spirit after Jesus' ascension, deepening their obedience and preparing their hearts to receive the Holy Spirit's power.

None of these delays were accidents. God was refining, preparing, and aligning each person for His greater purpose.

Sing this song "In His Time" and savour the beauty in the waiting.

*In His time, in His time
He makes all things beautiful
In His time
Lord please show me everyday
As you're teaching me your way
That you do just what you say
In Your time
In Your time, in Your time*

Father, teach me to wait patiently and let me place my hope in Your promises. When I grow weary, remind me that You are moving even in the silence. When I doubt, anchor me in Your Word. As You did with Abraham, Joseph, and David, shape me while I wait. Remove my fixation on hurry, control, and fear. Paint Your purpose over my life, layer by layer, until I reflect Your beauty. Remind me that You are the Master and I am Your masterpiece. In Jesus' name I pray. Amen.

Wu Sihui
Barker Road Methodist Church



CONSECRATE TO GOD

Leviticus 11:44 I am the Lord your God; consecrate yourselves and be holy, because I am holy. Do not make yourselves unclean by any creature that moves along the ground.

“Am I holy?”

“Do I have what it takes to be holy?”

“Must I be holy?”

Have you ever asked yourself these questions? I have. What does it really mean to be holy?

Leviticus 11:44 says “I am the Lord your God; consecrate yourselves and be holy, because I am holy. Do not make yourselves unclean by any creature that moves along the ground.” This verse not only teaches about dietary laws but also on spiritual separation and dedication to God.

Consecration is dedicating ourselves to God’s service and purpose. Like Jesus, we are to set ourselves apart from the ways of this world, and in humility, surrender every aspect of our lives to God to use for His purpose and glory. In Romans 12:2, Paul says, “Do not conform to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God’s will is—His good, pleasing and perfect will”. Consecration is conforming to God's will, and being sanctified from sin. Hebrews 7:26 describes Jesus as “one who is holy, blameless, pure, set apart from sinners, exalted above the heavens”.

I asked 10 individuals what it meant for them to be holy. Holiness seemed unattainable by the majority of them due to their misunderstanding of what it really means to be holy. For many, only clergy can be described as holy as they are seen to have a special connection with God.

John Wesley, the Father of Methodism, longed to be holy. He yielded his life to God, desiring to become like Christ in heart and action. Perhaps a good starting point for us today, would be to follow the example of John Wesley, and genuinely yearn for holiness.

Hebrews 12:14 urges Christians to “*strive for peace with everyone, and for holiness without which no one will see the Lord*”. Paul encourages us in Ephesians 4:22-24 to “*... put off your old self, which is being corrupted by its deceitful desires; to be*



DAY 7

CONSECRATE TO GOD

Leviticus 11:44 I am the Lord your God; consecrate yourselves and be holy, because I am holy. Do not make yourselves unclean by any creature that moves along the ground.

cont/d

made new in the attitude of your minds; and put on the new self, created to be like God in true righteousness and holiness". For God, holiness is not optional. Every Christian is called to be holy.

Heavenly Father, I want to obey You and be holy in all that I do. Help me to listen to the guiding of the Holy Spirit, and set myself apart, like Jesus did, for Your use. Empower me to overcome sin, and be a holy and faithful testimony of Your love and truth. Thank You that nothing is impossible with You. In Jesus' name I pray. Amen.

Vimala Christie
Bedok Methodist Church

