

TRAC WSCS HOLY WEEK MEDITATIONS

29 MARCH - 4 APRIL 2026

**CHANGING TIMES, UNCHANGING PEACE –
GOD'S PEACE WITHIN THE FAMILY**



***My people will abide in a peaceful habitation,
in secure dwellings,
and in quiet resting places
Isaiah 32:18 ESV***

Aging in His Grace

“Therefore, since we have been justified by faith, we have peace with God through our Lord Jesus Christ.”

— Romans 5:1 ESV

I am amazed that as a child of God, I can experience His supernatural peace by trusting, obeying and having an abounding faith in Him.

The first sixty years of my life were blissful because of my faith in a loving God who brought me immense peace, strength and joy. Although Singapore experienced a small political disruption when I was growing up, this was resolved quickly and life went back to normal.

Attending church was a priority in my family which strengthened family bonds and spiritual commitment. I was actively serving in church such as teaching in Sunday School, playing the piano for Sunday service, and singing in the choir during my adult years. God’s presence provided the security I needed to lead a life of independence, managing my own finances and handling daily tasks. I was not fearful because of His presence through Jesus Christ.

Moving forward into a new season of my life, I realise I have to make lifestyle adjustments such as the use of mobility aids, coping with negative emotions like loneliness, self-pity and loss of loved ones.

Beyond personal lifestyle changes, the world is undergoing profound political, technological and environmental changes that are reshaping societies, economies and the earth’s physical landscape. However, as believers in Christ, we are not threatened by the rapid and often unsettling changes.

We are not fearful because our God is Sovereign. He will see us through these difficult times. The world may change but God does not change. “Jesus Christ is the same yesterday, today and forever” — Hebrews 13:8 ESV

Notwithstanding these changes, I am grateful to God that I can stay connected by having a “cuppa” with friends, serving God in a small way in church and travelling around in a cab. I enjoy sitting at the park in the evenings with the little ones who are my “joy angels” and take delight in playing the piano. In my senior years, I am blessed with government benefits and counted them as divine provisions to help me age with dignity.

Aging with God’s amazing grace and provision of His “daily bread” has helped me maintain an elegant spirit. My faith in Him is strengthened and I enjoy His everlasting peace. Our God is ever so faithful, in good and challenging seasons, regardless of our age. All praise be to God!

Dear Heavenly Father, I am grateful to know You as my LORD and Saviour since my younger days. I thank you for showering me with your grace, love, peace and joy through my faith in You. In Jesus’ Name, Amen.

Elizabeth Irby

Christ Methodist Church

Trust His Heart

“I have said these things to you that in Me you may have peace. In the world you will have tribulation. But take heart; I have overcome the world.”

— John 16:33 (ESV)

My BTO journey is an incredible tale of God’s goodness and mercy. It began with simple obedience—to be a witness for Christ in small ways—by being a listening ear to my 65-year-old neighbour as she shared about her life, including her own BTO journey.

From that “listening ear” moment, the thought of applying for my own 2-room Flexi flat re-emerged. I had totally forgotten the two possible housing paths outlined by my estate agent when I bought my 3-room flat. Yet 2026 marks the seventh year of living in my current flat.

I had lived for 7 years in my current flat and was still unsure—until I checked the available BTO sites in the east. When I saw that the Tampines BTO was in Simei estate—my “dream” estate, I was immediately galvanised to act decisively.

Many years ago, I had lived in and had been sad to leave the estate I liked very much and knew that I would not be able to afford a flat in such a mature estate. Fast forward many years later, I now have a chance to own a flat in Simei estate!

There were many hurdles just to begin the BTO application process. God amazingly opened doors at the eleventh hour, enabling me to obtain a valid HFE (HDB Flat Eligibility)—the first step in the BTO application.

Then came a great blessing: I got a ballot number——24!!!” It was an exceptionally good number, especially for a first-time BTO applicant as there were only 140 units of 2-room Flexi flats available.

On 21 January 2026, I selected my 2-room BTO Flexi flat.

However, just two days after flat selection, three students stopped their lessons for various reasons. I had a momentary sense of fear especially as student enrolment had been sluggish. I was worried that I would not be able to afford the downpayment and mortgage.

But a few verses came to mind: Isaiah 41:10 and Philippians 4:7.

I have three years to save and prepare for my new home. While there are still hurdles as my income fluctuates due to freelance teaching, I know that God is faithful. If He heard my heart's unuttered desires and brought to life a dream I had, I know that He will bring it to fruition. He is my Heavenly Father. His plans for me are for good. I choose to trust His heart.

Will you join me in trusting God's heart?

I was deeply ministered by this song "Trust His Heart" by Babbie Mason. Here is the chorus:

*God is too wise to be mistaken, God is too good to be unkind,
So when you don't understand, When you don't see His plan,
When you can't trace His hand,
Trust His heart.*

Dear Heavenly Father, Thank You for the assurance that You have overcome the world. May we choose to trust in You and take hold of Your peace. Amen.

Michele Elizabeth Chew Mei Leng
Christalite Methodist Chapel

Clothed in Love, Ruled by Peace

“And above all these, put on love, which binds everything together in perfect harmony. And let the peace of Christ rule in your hearts, to which indeed you were called in one body. And be thankful.”

— Colossians 3:14–15 ESV

Here, Paul gives us a beautiful picture of what a Christ-centered life looks like—complete, from inner character to outward relationships and practical daily living.

“Above all these, put on love.” Imagine getting dressed each day before starting your day. We put on compassion, kindness, humility, gentleness, and patience—but over all these, like a garment that completes the outfit, we are called to put on love. The phrase “above all” shows that love is not merely an accessory; it is the thread that holds everything together.

As women, we often wear many “layers.” We carry responsibilities, relationships, expectations, and emotions—sometimes all at once. It is easy to operate from obligation, exhaustion, or even frustration. But Scripture invites us to pause and ask: What is covering my heart today?

Love, rooted in Christ, has the power to unify everything in perfect harmony, within us as well as between us. This means choosing forgiveness over resentment, showing patience when others fall short of our expectations, and acting with kindness even when it is inconvenient.

Paul then says, “Let the peace of Christ rule in your hearts.” This peace refers to the deep inner calm that comes from reconciliation with God through Jesus. It is not dependent on circumstances but on trust in Christ’s sovereignty.

Often, we allow worry to take the lead. We replay conversations, stress over outcomes, or carry burdens we were never meant to hold alone. Jesus offers a different way. His peace is not the absence of trouble—it is His presence within it. Let His peace guide our decisions, our responses, and our inner life; not anxiety, not fear, not the pressure to be everything for everyone.

This peace also has a communal dimension. Paul reminds believers that they are called “in one body,” emphasising unity within the Christian community. When believers allow Christ’s peace to rule their hearts, it helps them respond wisely rather than react emotionally. This means pursuing peace in relationships, resolving conflicts with grace, and prioritising unity over personal pride or preference.

Finally, Paul reminds us to be thankful. Gratitude shifts our focus. It anchors us in truth, not circumstance. A thankful heart recognizes God’s faithfulness—even in seasons that feel ordinary or overwhelming. Gratitude does not ignore the presence of trials; it simply declares that God is always in control.

Today, as you get dressed, imagine yourself intentionally “putting on” love. Invite the peace of Christ to rule your heart. Choose gratitude, even in small things. And as we do these, we become women who reflect Christ’s light—at home, at work, in church and in every space God has placed us.

Lord, we ask You to clothe us in love which is the bond that unites us and makes us whole. Let the peace of Christ rule in our hearts as one body, guiding how we speak, listen, and live with one another. Teach us to walk in unity, humility, and gratitude, and let thankfulness always rise from our hearts to You. Amen.

Kristiana Anthon

Fairfield Methodist Church

Anchored in the Peace of Christ

“And the peace of God, which surpasses all understanding will guard your hearts and your minds in Christ Jesus.”

— **Philippians 4:7 ESV**

We live in a world full of uncertainties and are accustomed to experiencing anxiety and stress. The pressures of work, family, and navigating the unknown future can easily overwhelm our hearts and minds. The apostle Paul understood this reality well when he wrote to the church of Philippi while he was still under house arrest.

His words in Philippians 4:7 are meant to remind us of this gift of peace that brings us comfort amidst trouble, “the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus”.

What is the peace of God?

- This is a peace that is not dependent on our circumstances but on God Himself.
- It does not spell the absence of trouble but the presence of God while in the midst of it.
- It is a peace that the world cannot give us, for it comes from God Himself.

Paul explained that as believers we have access to this peace when we learn to bring every request to God in prayer, supplication and with thanksgiving. When we intentionally turn our worries into prayers, we shift our focus from one shrouded by fear to one that is anchored in faith. While we may not always get immediate answers, the Bible tells us we will always experience a supernatural peace that defies human logic and understanding. This peace determines how we experience God.

Two years ago, I found my mother lying in her bed in severe pain, unable to move and her bedding was completely soaked. She was 90 years old at that time, living alone and coping with dementia. It was just before Chinese New Year, and she had been pushing herself too hard with the festive food preparations. We called for an ambulance and while heading to the A&E, I remember telling myself that although the situation was sudden and frightening, God had been watching over her with His loving care. As I turned my worst fears over to God in desperate prayer, I experienced a sense of calm and peace that enveloped me. After one week of hospital stay followed by some home rehabilitation, my mom was soon on her feet again.

Paul describes this peace as a guard over our hearts and minds. God's peace stands watch like a strong tower, protecting our inner lives from being overtaken by despair and confusion, so that our hearts and minds stand secure in Christ Jesus.

Dear Heavenly Father, Thank You for the gift of Your peace that surpasses all human understanding. We confess that we often allow worry and fear to take control of our hearts and minds. Teach us to bring every concern to You in prayer and to trust You fully. Guard our hearts and minds in Christ Jesus, especially in times of uncertainty. Help us to live as people marked by Your peace, so that others may see You at work in us. We rest in You today, confident in Your love and care. In Jesus' name, Amen.

Pam Vas

Holland Village Methodist Church

Stay Your Mind on God, an Everlasting Rock

“You keep him in perfect peace whose mind is stayed on you, because he trusts in you. Trust in the Lord forever, for the Lord God is an everlasting rock.”

— Isaiah 26:3–4 ESV

To stay our mind on God is to focus firmly on Him in a world fragmented by geopolitical tensions and shattered by natural disasters. On an individual level, inner tranquillity is fractured by anxieties on health, relationships, finances and even scammers! God keeps us in perfect peace when we let Him control our thoughts.

How do we know that God can be trusted? We need to pay attention, stay alert, and protect our mind from peace robbers. On the walkways, in the trains, at eating places, most eyes are on mobiles. We can't stop disruptions but we can stop distractions. Let us avoid looking at our devices, look around and see how nature reveals God's majesty, inviting us to worship and praise Him. Or examine why we would choose to be distracted. Is there something bothering our heart? Maybe there is a deeper reason why we are running away instead of coming to God with our burden.

At a church service I heard, “Jesus is the same, yesterday, today and forever.” Same what? Faithful? Trustworthy? But how do we know? I asked some friends. One replied, “I don't think so much. Wake up, be happy.” Another said, “Just believe, faith is not by sight.” I asked myself, “Really? Just believe?” Just then I recalled that when I entered Primary One, I was illiterate. I was fearful the teacher would point her ruler at me and ask me to read. One day, the jumble of ABCs on the blackboard suddenly made sense. Jesus answered my prayers! Since that day I believed God has held my hand, fears and tears.

However, sometimes I'm still shaken by the unexpected; still rattled by words I had read in print and heard on TV. Today's scripture reminds me to rest my mind on God — to stay close to Him, meditate on His Word and listen to Him. God keeps His Word. Nothing can separate me from God's love, not because of who I am, but because of who He is. Remembering that I am not alone, and that through Jesus, I am part of God's family.

God keeps His family in perfect peace. This peace is not dependent on circumstances nor is it passive. Today is Maundy Thursday. Maundy is derived from Latin 'mandatum' which means commandment. Jesus said, "A new commandment I give to you...just as I have loved you, you also are to love one another." (John 13:34 ESV). Each day is nearer to that Day when Christ returns. In the meantime, as Jesus' disciples, let us stir up one another to love and good works, encouraging one another to stay focused on God, for the Lord God is an everlasting rock. Isaiah 26:4 refers to God as "an everlasting rock," which emphasises the unchanging solid character of God. So, let us cling to God, the rock which always remains the same and we can surely trust Him to give us His peace at all times.

Dear Heavenly Father, may our mind be steeped in Your Word and in all circumstances unwaveringly trust You. May we with one heart, one soul and one mind, reflect your light in this world, pointing others to You. In Jesus' name. Amen.

Phyllis Wong

Kampong Kapor Methodist Church

Pursue Peace in the Family and Beyond

“Turn away from evil and do good; seek peace and pursue it.”

— Psalms 34:14 ESV

We often think of peace as a feeling of calm, an absence of noise, tension, or worry. We associate it with quiet moments when the kids are asleep, away in school, or when the house is finally still with no chores pressing. Yet Psalm 34:14 tells us that peace is not something we stumble upon, nor does it happen by accident. Peace is something that requires intention. It must be sought and pursued.

Psalm 34 is attributed to David, during a tumultuous season in his life when he was fleeing from King Saul. Out of his personal struggles and deep reliance on God’s goodness, David offers this exhortation: turn from evil, do good, seek and pursue peace. His words invite us to take an active role in living a life that pleases God—examining our daily choices and the impact they have on ourselves and on those around us, especially within our families.

David begins with the call, “Turn away from evil.” This is not merely a call to avoid obvious wrongdoing, but to intentionally leave any path that draws our hearts away from God. Evil often takes subtle forms like apathy, pride, deceit, or placing trust in anything that replaces God. Within the family, it can appear as “small things”: harsh words, cold shoulders, anger, sarcasm, or silent resentment. Left unchecked, they quietly strain relationships and rob our homes of joy, peace, and harmony.

The verse continues to call us to “do good.” Peace is not sustained simply by avoiding doing harmful things, it is cultivated through intentionally engaging in good deeds. Doing good at home may mean putting down our phones to listen attentively, responding with gentleness even when tired or stressed, or serving one another without

complaint. When we choose encouraging words, thoughtful gestures, and prayer over negativity, we create space for God's peace to dwell in our households.

I remember as a young working mother, often exhausted after a long day, becoming impatient and agitated while tutoring my school-going children. My frustration led to harsh words and unrealistic expectations, which bred resentment and bruised their self-esteem. When I realized how damaging my attitude and behaviour were to my children and my walk with God, I repented. By God's grace, I learned to respond with patience, love, and encouragement. Over time, peace and harmony were restored in our home. Today, I thank God that my children have grown into healthy and happy adults.

The final call— "seek peace and pursue it," reminds us that peace is not something we take for granted, it is something we pursue actively and persistently. It requires daily commitment to be peacemakers, choosing forgiveness over resentment, reconciliation over pride, empathy over judgement. As we nurture our relationship with God through prayer and His Word, He shapes our hearts to reflect His peace.

As we commemorate Christ's redemptive work on the cross this Holy Week, may we look to Jesus, the Prince of Peace, as our ultimate example. He did not avoid conflict, but He always responded with truth, humility, and love. When we turn away from doing what harms, commit to doing good and actively pursue peace, our homes can become places of rest, healing, and God's presence and our lives a testimony of His redeeming love.

Dear Lord, we thank You for dying on the cross, where You bore our sins and conquered death. Thank You that through Your sacrificial love, we can experience a peace that the world cannot offer. Teach us to turn away from evil and to do what is good. Shape our hearts to seek peace and pursue it, following your example of humility, obedience, and love. Help us to be peacemakers in our homes, our workplaces, our communities and wherever You lead us. May our lives reflect Your goodness and draw others into the hope found in You. Amen.

Jenny Lee

Living Hope Methodist Church

Rest, Boundaries, and the Finest of Grains

“He makes peace in your borders; he fills you with the finest of the wheat.”

— Psalm 147:14 ESV

Are we exhausted by all that we seek to accomplish? Are we unable to say “no” to obligations, or are we driven by FOMO—the fear of missing out? How do we protect the boundaries of our personal lives, our families, and our communities? Are we driven by selfish ambition or godly, Spirit-led desire?

As women in today’s world, we are often worn down by urgent problems, needs, and desires. These pressures may come from our friends, families, church, or even from ourselves. It is important that we look deep within our hearts, honestly examine our motives, and pray for wisdom to discern what God has actually called us to do—and what He has not.

Boundaries are essential because we are human and our energy is finite. Jesus Himself had boundaries. He often withdrew to pray in solitude, saying “no” to certain demands in order to prioritise His Father’s work. He protected His mission and was clear about what He was called to do. Establishing boundaries is not selfish; it is necessary if we are to faithfully steward the work God has entrusted to us. When we are depleted—physically or spiritually—we must pause, for we cannot faithfully serve God or others from a place of emptiness.

Yet in our fast-paced and competitive society, we are conditioned to believe that we must constantly achieve in order to stay relevant and ahead. Over time, doing too much can cause our boundaries to crumble. Unnecessary activities slowly creep into our lives, disturbing our peace and depriving us of rest.

Scripture reminds us that there is a time for everything, and often we forget to be like Mary—to sit at Jesus’ feet and simply listen to His word. What God desires most in us is the fruit of the Spirit. These are the true indicators of a transformed life and evidence of a genuine relationship with Him, for they grow only when we remain connected to Him.

This reflection is grounded in Jesus’ words:

“But seek first the kingdom of God and His righteousness, and all these things will be added to you.” — Matthew 6:33

When we prioritise God’s will, we are invited to rest in His provision. The boundaries of our lives—our homes, schedules, and physical and emotional energy—are spaces God intends to protect. When we live in obedience to Him, He provides a safe place where peace can flourish.

Instead of insisting on our own way, forging our own path, or becoming busy people-pleasers, we are invited to step back and seek God’s will. God does not measure success by the world’s standards; He desires only our faithfulness. When we live within His commands, He not only provides what we need but fills us with the “finest of grains.”

As I consider Psalm 147:14, my mind is drawn to an image of a field of gold—His provision of the best in abundance. It reflects how God delights in giving us His very best, not what is ordinary or leftover, if only we make room for Him to do so.

Let us take time each day to pray for wisdom to establish healthy boundaries. By focusing our energy on the work God has truly called us to do, we are invited to live the abundant, peaceful life He has promised.

Dear Heavenly Father, please give us the wisdom to establish healthy boundaries in our lives so that we may enjoy all that You have promised us. Amen.

Shin Ying

Living Waters Methodist Church