

## **GOD IS MY STRENGTH AND SHIELD**

*"The LORD is my strength and my shield;  
my heart trusts in him and he helps me.  
My heart leaps for joy and with my song  
I praise him." (Psalms 28:7)*

### **REFLECTION**

One of the priceless benefits of being a Christian is knowing that we do not have to travel through life alone. God is there for us and there are many ways in which God has revealed Himself to us, assuring us of His care and protection. Psalms 28:7 is a clear affirmation that even when we feel exhausted, we can find strength in God and from God for our journey. More than that, the idea that God is our shield should give us the assurance that in those times when we feel most vulnerable and distressed, God is there to shield us; in other words He is there to protect us. So if God is our strength and shield, like the Psalmist has declared, then the least we can do, echoing the Psalmist, is to express our joy and appreciation from the bottom of our heart to God. In our prayers, do not forget to praise Him, not grudgingly. Let it be a praise that leaps out from our heart!

### **PRAYER**

*Thank you, dear Lord, for guiding us in our walk with you. We know we can draw on your strength to help us overcome occasional obstacles in life. Thank you, too, that we can depend on you to shield us from evil forces. In the name of Jesus, our Lord and Saviour. Amen.*

### **SUPPLICATION**

- With a grateful heart, we thank God for providing us our daily needs, often blessing us beyond what we require for a relatively comfortable living. Yet while generally we have enough to take care of ourselves, we are aware of people who may not have a roof over their heads, enough food to feed the family and having sufficient cash to pay for basic necessities. We pray that God will give shelter to the homeless, regular food to the hungry and financial assistance to the poor.
- We commit to God our own families, asking that parents will not only teach their children, but they will set examples for them to walk the path of righteousness that glorifies God and encourages active care for the family and community. Pray for Christian families to let Jesus be the head of the household and that everyone

who is part of the family will experience God's liberating love and find fulfilment in their pursuit of a Godly life.

- Pray that this COVID-19 pandemic will prompt us, as Christians, to re-examine our priorities in life. If we have neglected our faith development; if we have been driven by worldly concerns in the way we live our lives; if we have formed habits dictated by the practice of godless people, let us pray to God for forgiveness. Ask Him to grant us the joy, perseverance, courage and commitment to truly open ourselves to the transforming power of the love and teachings of Christ.
- We pray that God will guide and enable leaders in the various spheres of life - religion, politics, academia, business, labour, media and various professions - to work together to improve the quality of life and livelihood of people, regardless of a person's race or religion. We offer this prayer for Singapore and other countries in the world, especially those which have been trapped in decades of conflicts and destructions.

*O God, each day you bless us with gifts of your Shalom:  
You give us peace and justice, you welcome lost ones  
home.*

*You care for your creation and set your people free,  
You offer us salvation and build community.*

*We'll worship, pray and study to learn new skills for peace;  
We'll work as one strong body so justice will increase.  
We'll build new global friendship, seek peace in every land.  
Protect the earth you give us, give with outstretched hand.*

*You give your Church a vision, a way of life, of prayer;  
Your will is done in heaven, now bring in your reign here!  
And when we wonder, grieving at what the nations do,  
God, may we work, believing there's hope in serving you.*

*(Carolyn Winfrey Gillette)*

***If you need any prayer or pastoral care support,  
kindly contact the pastoral care team via:***

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