

CHRIST DIED FOR US

*"But God demonstrated his own love for us in this.
While we were still sinner, Christ died for us."
Romans 5:8*

REFLECTION

The Passion Week gives us a holy pause to contemplate on the dramatic heart-wrenching event which unfolded in the last days of our Lord Jesus Christ, when He was on earth. We need this holy pause to stop us from spinning out of control with our lives and our busy preoccupations with worldly worries. This holy pause gives us a breathing space to hold us back a little so that we can give ourselves more time to read the Bible slowly - from the triumphal entry into Jerusalem, to the meal at the Upper Room, the washing of the disciples' feet, listening to Christ's instruction to love one another, observing the intensity and agony of Christ's prayer at Gethsemane, culminating in the trial of our Lord Jesus Christ and the cruel crucifixion on the cross at Calvary. No Christian who loves God, having spent time to reflect on what Jesus went through on the road to Calvary, will not feel a deep sense of remorse for his/her sinful ways and then turn to Him to ask for forgiveness. When we read Romans 5:8, surely we should express our gratitude to God for loving us and redeeming us. So, don't rush through Holy Week. Instead, take holy pauses and spend these moments in unhurried prayer with God.

PRAYER

Loving Father, thank you for sending your Son, Jesus Christ to be our Lord and Saviour. If we have neglected nurturing our spiritual life and allowing you to strengthen our relationship with you, forgive us. Remind us always of the cross Jesus willingly carried for us. Help us to carry our cross, as you have instructed us to do so, as obedient followers of yours. Amen.

SUPPLICATION

- Offer a prayer of thanksgiving to God for His gift of salvation, made possible by the sacrificial love of Jesus Christ. Pray that we who have benefitted from the saving grace of Christ, will share this Good News with those who have not received Jesus as their personal Lord and Saviour, and that we will share the Gospel with the joy and love of God in our heart.

- The Holy Week is also an appropriate time for Christians to take stock of their lives and relationship with God. If we have moved away from God, whether intentionally or out of negligence, ask Him to forgive us our wayward ways, and help us to return to Him with renewed faith and devotion. Pray that the cross of Christ will not only remind us of God's love but will also prompt us to live a life transformed by the love of Christ.
- It has been more than a year now since COVID-19 was declared a pandemic. Many people have died, most countries are still struggling with this disruptive outbreak. The situation could be worse. But we thank God that vaccines are now available to help us fight against this unwelcome threat to life and livelihood. We must pray that the vaccines are effective and that poorer people and poorer countries will not miss out in obtaining the vaccines in sufficient number to stop, if not eradicate, the disease.
- Pray for peace to be restored in Myanmar. Pray that the military and police will do their job of protecting the country and its people and not engage in brutal suppression of civilians. Ask for God's protection on the common people who are exercising their civic right to call for an end to military dictatorship. May God give to Myanmar and other countries caught in conflicts a fresh beginning of life led by clean and competent government who will serve the nation with justice and peace.

*"Upon the cross of Jesus
Mine eyes at times can see
The very dying form of One
Who suffered there for me:
And from my stricken heart with tears
Two wonders I confess
The wonder of redeeming love
And my unworthiness."*

(Elizabeth Cecilia Clephane)

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

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