

PRAYER BULLETIN #197, 19MAR2022

DO YOU ENJOY BEING WITH THE FATHER?

*"In Your presence is fullness of joy;
in Your right hand there are pleasures forever"*

Psalm 16:11

REFLECTION

What or where do you find joy? All of us find joy in different things. For some, it is having your own home finally. For others, it is just being able to enjoy a good book and yet for others, it is a good cuppa "kopi gao siew dai" to start the day!

For me, what really gives me joy spans from my time in India where I was able to walk under the night skies filled with stars that seem to blanket the whole expanse, to being able to head out for a walk in Singapore's many parks and gardens, spotting some of the otter families by chance, witnessing the golden hues left behind from a glorious sunset after a long day's work! My list can go on. But apart from witnessing and appreciating these works or nature, what stands out as important to me is that they remind me of the Master Artist, God the Creator Himself.

We are often too busy with the pursuits in life, the goals that we set for ourselves in the near future that we forget to enjoy the gift of the present, the gift of being alive. I remember an experience I had on a mission trip to Nepal in Nov 2013. One of the things we did for recreation after our medical camp was to catch the sunrise in Pokhara over the Annapurna Ranges. We woke up early, trekked up the mountains and parked ourselves in the cold and waited. When the infamous "Fishtail" was unveiled on the way down after some initial disappointments, all of us just stopped and stood in awe of the masterpiece that was unveiled before us! I remembered asking myself *"how can anyone see this and not see God?"* I realize how easy it is for us to fall into the trap of missing out on the present, especially to be aware of God speaking through his creation.

May I encourage all of us to take time to BE rather than to always just DO. Carve out time intentionally to spend with God. For some it could be reading His word and listening to worshipful music/songs, or it could be getting their hands dirty mixing the soil for growing new plants, or even forming a cup out of a lump of clay. The options are many. Go explore and discover what best connects you to God and just rest in His presence where you don't need words but just your heart to listen, feel and respond to Him. Here you can echo the words of the song *"there's no greater joy Lord, than being with you."* And you will be rejuvenated from within. Slow down to focus on the present so that you can connect with God and enjoy Him!

PRAYER

Everlasting God, You are present in all of our lives and as a father loves spending time with his children, You desire that we spend time with You too. As we live each day of our lives, help us to focus on pursuing things that pleases You - the nurturing of our inner being and cultivating an obedient and contrite heart that enjoys Your presence. When we are distracted, bring our focus back on You, the Alpha and Omega, the Creator of all things! Help us to experience the fullness of joy in Your presence and help us to see You even in the simple pleasures of everyday life! In Christ's name we pray, Amen!

SUPPLICATION

- Give thanks to God for relationships that help us learn to forgive, say sorry, love and grow in our character and our souls. How would you describe your relationship with God? How would your relationship with God lead you live your life for Him? What would your relationship with other people look like?
- Pray for ourselves, that we will make time to spend with God and people whom God places in our lives or sends along the way. If we tend to rush on by, pray for grace to slow down and be alert to God's purpose and direction for us to interact. We do not want to take the people and opportunity for granted.
- Pray for our church, that as we grow in discipleship, we will be courageous disciples who are willing to take up our cross and follow Jesus daily and be His disciple-makers, grounded in the truth of God's word and sharing the message of the gospel to those around us and the world.
- Pray for the world that God's peace will prevail in war-torn places, e.g. Myanmar & Ukraine. Pray for families that are torn apart by wars to be restored. Pray for the world to recognize the depraved condition of human beings when violence and cruelty is advocated for selfish reasons. Plead for God's mercy to prevent further loss of lives.

Here are 2 songs that is based on today's psalm, may they encourage you to seek to be in the presence of God.

<https://youtu.be/fIS1IFKKC8Y>

<https://youtu.be/W4Fj9bbEmVk>

"There's no greater joy Lord, than being with You."

Marty Nystrom

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

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