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That your soul may prosper

This Journal belongs to:

CE'23 Journal

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PASTOR'S MESSAGE

For some months, I've been thinking a lot about 4As. Yes, 4As.

I've been thinking a lot about what it would take for Barker Road Methodist Church to RISE UP and SHINE brightly for the kingdom of God.

Two words that have occupied the pastors' minds for the past one year are Koinonia and Connect. Koinonia, the original term for Christian **fellowship**; and **Connect,** a simple way to describe our **relationship** with God and each other for the sake of the world.

But what kind of koinonia and which aspects of Connect does the Lord require of us?

Here's where the 4As come in handy: The first A grounds our fellowship in the Authority of God's Word. It calls us to be doers of the Word, not just hearers.

The next A stands for Authenticity. How REAL are we as a person? How HONEST are we to each other about our hopes and dreams, fears and failures? Can others know about our weaknesses, and still love us?

Then there is Accountability. This is where the rubber meets the road, and the Christian meets koinonia. This is where most churches fail the test and become clubs and cinemas. But "No", says John Wesley, the Bible clearly commands us to "WATCH OVER one another in love." That's accountability.

Finally—it is the Holy Spirit who ACTS to bring about true Christian community. But would we allow Him to confront, and change us?

"Lord, when will you REVIVE your people on this holy hill – and send us forth as lights to the world and lamps in every home?" The 50th anniversary of the Clock Tower Renewal has come and gone.

Perhaps He is waiting for KOINONIA to happen first.

Only if our cups are filled, can we go and give others a drink.

Welcome to Connect Experience 2023!

Pastor Lai Kai Ming

on behalf of our pastors

GUIDE ON HOW TO USE THIS JOURNAL

This journal is to help you pen your experience with God and with His people.

Here you will find:

> Daily Bible Reading Plan (except Sat and Sun)

The daily readings have been specially chosen to help you prepare for and reflect on the weekly sermons. The first reading will begin on 28 June, in preparation for the first sermon on 2 July.

The "4Rs" (Read, Reflect, Relate, Rest) are provided as a guide to help us journal our daily encounters with God. Refer to "Journaling using the 4Rs" for more information.

> Quotes

Within these pages, we have interspersed quotes from John Wesley's sermons to help us grow in appreciation of our Wesleyan heritage.

> Examen

The Examen, a time for intentional prayerful reflection, is scheduled every Saturday so that we can reflect on the week that has passed and commit to the week that is ahead. The examen serves as an opportunity to allow the Holy Spirit to surface significant experiences from the past week in preparation for sharing during Experience/Connect groups.

> Transformation Guide

For use during Experience/Connect Group sessions, the Transformation Guide provides a means for the Holy Spirit to work Christlikeness in our lives. The Guide uses the 4As (Authority of God's Word, Authenticity in Relationships, Accountability for Good Works, and Acts of the Holy Spirit) as a framework to facilitate the weekly group time. Each session is designed to last no longer than 90 mins.

"In the morning, while it was still very dark, he got up and went out to a deserted place, and there he prayed." - Mark 1:35 (NRSV)

JOURNALING USING THE 4Rs



READ (10 mins)

- Go to today's Bible readings and read as much as you are able to.
- Pick out a verse(s) that captures your attention. Write it in your journal.



REFLECT (10 mins)

- Re-read the verse(s) a few times; listen to what the Father is saying.
- Pen down what comes to mind. Draw a picture if you like.



RELATE (5 mins)

- How does the verse(s) relate with your life/relationships right now?
- · What is one way you can live out the Word today?



REST (5 mins)

- Spend a minute or two in silence. Rest in His love and goodness.
- Pen your prayer to God for today.

To help those who are new to the practice of daily Bible reading and reflection, the pastoral team will be sharing a devotion at the end of each day. Look out for this!





All worldly joys are less Than that one joy of doing kindnesses.

A man of pleasure was asked some years ago, "Captain, what was the greatest pleasure you ever had" After a little pause, he replied, "When we were upon our march in Ireland, in a very hot day, I called at a cabin on the road, and desired a little water. The woman brought me a cup of milk. I gave her a piece of silver; and the joy that poor creature expressed gave me the greatest pleasure I ever had in my life." Now, if the doing good gave so much pleasure to one who acted merely from natural generosity, how much more must it give to one who does it on a nobler principle, -- the joint love of God and his neighbour! It remains, that the doing all which religion requires will not lessen, but immensely increase, our happiness.

John Wesley – Sermon 84: The Important Question



Daily Reading: 28 Jun



Matthew 16:24-28

- 24 Then Jesus told his disciples, 'If any want to become my followers, let them deny themselves and take up their cross and follow me.
- 25 For those who want to save their life will lose it, and those who lose their life for my sake will find it.
- 26 For what will it profit them if they gain the whole world but forfeit their life? Or what will they give in return for their life?
- 27 'For the Son of Man is to come with his angels in the glory of his Father, and then he will repay everyone for what has been done.
- 28 Truly I tell you, there are some standing here who will not taste death before they see the Son of Man coming in his kingdom.'





RELATE (5 mins)

How does this relate to you?



REST (5 mins)

Daily Reading: 29 Jun



Psalm 73:1-17

- 1 Truly God is good to the upright, to those who are pure in heart.
- 2 But as for me, my feet had almost stumbled; my steps had nearly slipped.
- 3 For I was envious of the arrogant; I saw the prosperity of the wicked.
- 4 For they have no pain; their bodies are sound and sleek.
- 5 They are not in trouble as others are; they are not plagued like other people.
- 6 Therefore pride is their necklace; violence covers them like a garment.
- 7 Their eyes swell out with fatness; their hearts overflow with follies.
- 8 They scoff and speak with malice; loftily they threaten oppression.
- 9 They set their mouths against heaven, and their tongues range over the earth.
- 10 Therefore the people turn and praise them, and find no fault in them.
- 11 And they say, 'How can God know? Is there knowledge in the Most High?'
- 12 Such are the wicked; always at ease, they increase in riches.
- 13 All in vain I have kept my heart clean and washed my hands in innocence.
- 14 For all day long I have been plagued, and am punished every morning.
- 15 If I had said, 'I will talk on in this way',
 I would have been untrue to the circle of your children.
- 16 But when I thought how to understand this, it seemed to me a wearisome task,
- 17 until I went into the sanctuary of God; then I perceived their end.





RELATE (5 mins)

How does this relate to you?



REST (5 mins)





...And the love of our neighbour will give rise to sympathising sorrow: It will lead us to visit the fatherless and widow in their affliction; to be tenderly concerned for the distressed, and to "mix our pitying tear with those that weep." But may we not well say, These are "tears that delight, and sighs that waft to heaven" So far then are all these sufferings from either preventing or lessening our happiness, that they greatly contribute thereto, and, indeed, constitute no inconsiderable part of it. So that, upon the whole, there cannot be a more false supposition, than that a life of religion is a life of misery; seeing true religion, whether considered in its nature or its fruits, is true and solid happiness.

The man who chooses to gain the world by the loss of his soul, supposes, Secondly, that "a life of wickedness is a life of happiness!" That wickedness is happiness!

Even an old heathen poet could have taught him better. Even Juvenal discovered, Nemo malus felix: "no wicked man is happy." And how expressly does God himself declare, "There is no peace to the wicked!" No peace of mind: And without this, there can be no happiness.

John Wesley – Sermon 84: The Important Question



Daily Reading: 30 Jun



Psalm 73:18-28

- 18 Truly you set them in slippery places; you make them fall to ruin.
- 19 How they are destroyed in a moment, swept away utterly by terrors!
- 20 They are like a dream when one awakes; on awaking you despise their phantoms.
- 21 When my soul was embittered, when I was pricked in heart.
- 22 I was stupid and ignorant; I was like a brute beast towards you.
- 23 Nevertheless I am continually with you; you hold my right hand.
- 24 You guide me with your counsel, and afterwards you will receive me with honour.
- 25 Whom have I in heaven but you? And there is nothing on earth that I desire other than you.
- 26 My flesh and my heart may fail, but God is the strength of my heart and my portion for ever.
- 27 Indeed, those who are far from you will perish; you put an end to those who are false to you.
- 28 But for me it is good to be near God; I have made the Lord GOD my refuge, to tell of all your works.





RELATE (5 mins)

How does this relate to you?



REST (5 mins)

Examen: 1 Jul

1. Become aware of God's presence.

Take your time to settle yourself. Close your eyes and breathe in deeply and out. Allow yourself time and space to get into a posture to be in tune with the Holy Spirit.

2. Review the week with gratitude.

Ask the Holy Spirit to review the week that has passed. Recall some of the high and low points of the week.

3. Identify a few experiences from the past week and pray from it.

Pay attention to your emotions. Take a moment to give thanks for each of these experiences, be they "highs" or "lows". Ask God for forgiveness in areas where you have fallen short. Pray for grace, wisdom, and new opportunities to glorify Him.

4. Look toward the new week.

Pray and commit the coming days to the Lord. Be as specific as you can.

5. End with the Lord's Prayer (Matthew 6:9-13)

Sermon: 2 Jul "The Important Question"

Sermon Notes



Reference QR:

Wesley's Sermon 84: The Important Question

TRANSFORMATION GUIDE

Informal Conversations (20 mins)

Suggested Questions:

- · What is your name?
- · How long have you been attending this church?
- What made you interested in joining the Connect Experience?

Sermon Recap (20 mins)

- Invite participants to take turns to read the biblical text aloud.
 If time permits, read the text again after a time of silent reflection.
- Is there something in the text/sermon that particularly touched or troubled you?
- · What would be the main lesson for you from the sermon?

Daily Readings (10 mins)

 Share a verse from this week's devotional readings that God used to speak to you. In one sentence, describe what the Lord might be saying to you.

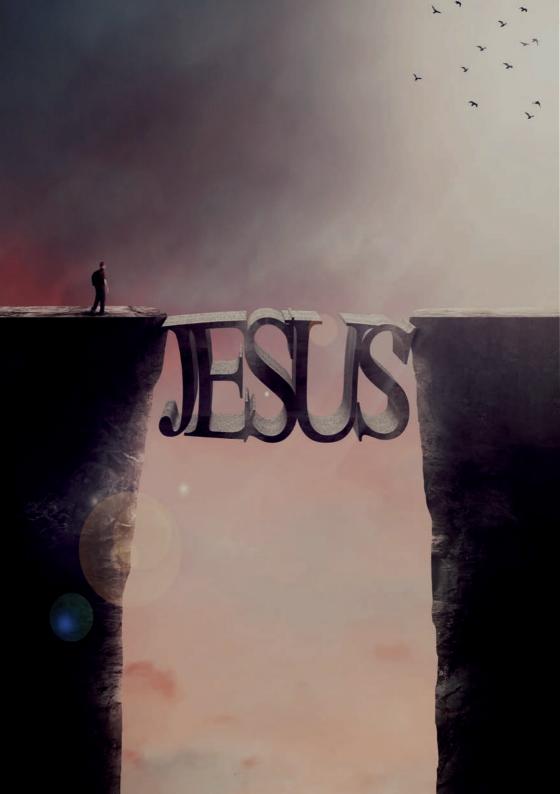
Life Application – 4As (30 mins)

- Authority of God's Word: If we take the Bible's authority seriously, we will obey what it says. Share an area in your life that God is calling you into obedience.
- (Optional) Authenticity in Relationships: As Christians saved by grace, we are not afraid to share honestly about our hopes and fears, joys and sorrows. On a scale of 1 to 10, how would you rate your awareness of God's loving presence and gracious work in your life right now?
 Describe briefly on why you gave that number.
 (1 = not aware. 10 = fully aware)
- (Optional) Accountability for Good Works: Biblical koinonia is God's gift for our spiritual growth. Share an area in your life that you would like your group to speak into your life about and to keep you accountable for.
- (Optional) Acts of the Holy Spirit: The Spirit is actively working in the believer's life. Name a specific event/place in the past week when/where you experienced the Spirit's presence, guidance, or empowerment.

Prayer for one another (10 mins)

- Invite everyone to share a prayer item (or seek prayer for needs shared previously). Remember to pray for our church, our nation, and our world as the Spirit leads.
- · Record prayer requests in the space provided.

WEEKLY PRAYER ITEMS





... it is simply this:

"Will you be miserable threescore years, and miserable ever after; or, will you be happy threescore years, and happy ever after.

Will you have a foretaste of heaven now, and then heaven forever; or will you have a foretaste of hell now and then hell forever

Will you have two hells, or two heavens"

John Wesley – Sermon 84: The Important Question



Daily Reading: 3 Jul



Matthew 25:31-46

- 31 'When the Son of Man comes in his glory, and all the angels with him, then he will sit on the throne of his glory.
- 32 All the nations will be gathered before him, and he will separate people one from another as a shepherd separates the sheep from the goats,
- 33 and he will put the sheep at his right hand and the goats at the left.
- 34 Then the king will say to those at his right hand, "Come, you that are blessed by my Father, inherit the kingdom prepared for you from the foundation of the world;
- 35 for I was hungry and you gave me food, I was thirsty and you gave me something to drink, I was a stranger and you welcomed me,
- 36 I was naked and you gave me clothing, I was sick and you took care of me, I was in prison and you visited me."
- 37 Then the righteous will answer him, "Lord, when was it that we saw you hungry and gave you food, or thirsty and gave you something to drink?
- 38 And when was it that we saw you a stranger and welcomed you, or naked and gave you clothing?
- 39 And when was it that we saw you sick or in prison and visited you?"
- 40 And the king will answer them, "Truly I tell you, just as you did it to one of the least of these who are members of my family, you did it to me."
- 41 Then he will say to those at his left hand, "You that are accursed, depart from me into the eternal fire prepared for the devil and his angels;
- 42 for I was hungry and you gave me no food, I was thirsty and you gave me nothing to drink,
- 43 I was a stranger and you did not welcome me, naked and you did not give me clothing, sick and in prison and you did not visit me."
- 44 Then they also will answer, "Lord, when was it that we saw you hungry or thirsty or a stranger or naked or sick or in prison, and did not take care of you?"
- 45 Then he will answer them, "Truly I tell you, just as you did not do it to one of the least of these, you did not do it to me."
- 46 And these will go away into eternal punishment, but the righteous into eternal life.'





RELATE (5 mins)

How does this relate to you?



REST (5 mins)

Daily Reading: 4 Jul



James 1:19-27

- 19 You must understand this, my beloved: let everyone be quick to listen, slow to speak, slow to anger;
- 20 for your anger does not produce God's righteousness.
- 21 Therefore rid yourselves of all sordidness and rank growth of wickedness, and welcome with meekness the implanted word that has the power to save your souls.
- 22 But be doers of the word, and not merely hearers who deceive themselves.
- 23 For if any are hearers of the word and not doers, they are like those who look at themselves in a mirror;
- 24 for they look at themselves and, on going away, immediately forget what they were like.
- 25 But those who look into the perfect law, the law of liberty, and persevere, being not hearers who forget but doers who act—they will be blessed in their doing.
- 26 If any think they are religious, and do not bridle their tongues but deceive their hearts, their religion is worthless.
- 27 Religion that is pure and undefiled before God, the Father, is this: to care for orphans and widows in their distress, and to keep oneself unstained by the world.





RELATE (5 mins)

How does this relate to you?



REST (5 mins)





... this single consideration: We must be holy of heart, and holy in life before we can be conscious that we are so; before we can have the testimony of our spirit, that we are inwardly and outwardly holy. But we must love God, before we can be holy at all; this being the root of all holiness. Now we cannot love God, till we know he loves us. "We love him, because he first loved us." And we cannot know his pardoning love to us, till his Spirit witnesses it to our spirit. Since, therefore, this testimony of his Spirit must precede the love of God and all holiness, of consequence it must precede our inward consciousness thereof, or the testimony of our spirit concerning them.

John Wesley – Sermon 10: The Witness of the Spirit: Discourse One



Daily Reading: 5 Jul



Romans 8:5-17

- 5 For those who live according to the flesh set their minds on the things of the flesh, but those who live according to the Spirit set their minds on the things of the Spirit.
- 6 To set the mind on the flesh is death, but to set the mind on the Spirit is life and peace.
- 7 For this reason the mind that is set on the flesh is hostile to God; it does not submit to God's law—indeed it cannot,
- 8 and those who are in the flesh cannot please God.
- 9 But you are not in the flesh; you are in the Spirit, since the Spirit of God dwells in you. Anyone who does not have the Spirit of Christ does not belong to him.
- 10 But if Christ is in you, though the body is dead because of sin, the Spirit is life because of righteousness.
- 11 If the Spirit of him who raised Jesus from the dead dwells in you, he who raised Christ from the dead will give life to your mortal bodies also through his Spirit that dwells in you.
- 12 So then, brothers and sisters, we are debtors, not to the flesh, to live according to the flesh—
- 13 for if you live according to the flesh, you will die; but if by the Spirit you put to death the deeds of the body, you will live.
- 14 For all who are led by the Spirit of God are children of God.
- 15 For you did not receive a spirit of slavery to fall back into fear, but you have received a spirit of adoption. When we cry, 'Abba! Father!'
- 16 it is that very Spirit bearing witness with our spirit that we are children of God,
- 17 and if children, then heirs, heirs of God and joint heirs with Christ—if, in fact, we suffer with him so that we may also be glorified with him.





RELATE (5 mins)

How does this relate to you?



REST (5 mins)

Daily Reading: 6 Jul



Ephesians 2:1-10

- 1 You were dead through the trespasses and sins
- 2 in which you once lived, following the course of this world, following the ruler of the power of the air, the spirit that is now at work among those who are disobedient.
- 3 All of us once lived among them in the passions of our flesh, following the desires of flesh and senses, and we were by nature children of wrath, like everyone else.
- 4 But God, who is rich in mercy, out of the great love with which he loved us
- 5 even when we were dead through our trespasses, made us alive together with Christ—by grace you have been saved—
- 6 and raised us up with him and seated us with him in the heavenly places in Christ Jesus,
- 7 so that in the ages to come he might show the immeasurable riches of his grace in kindness towards us in Christ Jesus.
- 8 For by grace you have been saved through faith, and this is not your own doing; it is the gift of God—
- 9 not the result of works, so that no one may boast.
- 10 For we are what he has made us, created in Christ Jesus for good works, which God prepared beforehand to be our way of life.





RELATE (5 mins)

How does this relate to you?



REST (5 mins)





...the fact we know; namely, that the Spirit of God does give a believer such a testimony of his adoption that while it is present to the soul, he can no more doubt the reality of his sonship, than he can doubt of the shining of the sun, while he stands full blaze of his beams.

By the same fruits shall you distinguish this voice of God, from any delusion of the devil. That proud spirit cannot humble thee before God. He neither can nor would soften thy heart, and melt it first into earnest mourning after God, and then into filial love.

John Wesley – Sermon 10: The Witness of the Spirit: Discourse One



Daily Reading: 7 Jul



John 14:15-27

- 15 'If you love me, you will keep my commandments.
- 16 And I will ask the Father, and he will give you another Advocate, to be with you for ever.
- 17 This is the Spirit of truth, whom the world cannot receive, because it neither sees him nor knows him. You know him, because he abides with you, and he will be in you.
- 18 'I will not leave you orphaned; I am coming to you.
- 19 In a little while the world will no longer see me, but you will see me; because I live, you also will live.
- 20 On that day you will know that I am in my Father, and you in me, and I in you.
- 21 They who have my commandments and keep them are those who love me; and those who love me will be loved by my Father, and I will love them and reveal myself to them.'
- 22 Judas (not Iscariot) said to him, 'Lord, how is it that you will reveal yourself to us, and not to the world?'
- 23 Jesus answered him, 'Those who love me will keep my word, and my Father will love them, and we will come to them and make our home with them.
- 24 Whoever does not love me does not keep my words; and the word that you hear is not mine, but is from the Father who sent me.
- 25 'I have said these things to you while I am still with you.
- 26 But the Advocate, the Holy Spirit, whom the Father will send in my name, will teach you everything, and remind you of all that I have said to you.
- 27 Peace I leave with you; my peace I give to you. I do not give to you as the world gives. Do not let your hearts be troubled, and do not let them be afraid.





RELATE (5 mins)

How does this relate to you?



REST (5 mins)

Examen: 8 Jul

1. Become aware of God's presence.

Take your time to settle yourself. Close your eyes and breathe in deeply and out. Allow yourself time and space to get into a posture to be in tune with the Holy Spirit.

2. Review the week with gratitude.

Ask the Holy Spirit to review the week that has passed. Recall some of the high and low points of the week.

3. Identify a few experiences from the past week and pray from it.

Pay attention to your emotions. Take a moment to give thanks for each of these experiences, be they "highs" or "lows". Ask God for forgiveness in areas where you have fallen short. Pray for grace, wisdom, and new opportunities to glorify Him.

4. Look toward the new week.

Pray and commit the coming days to the Lord. Be as specific as you can.

5. End with the Lord's Prayer (Matthew 6:9-13)

Sermon: 9 Jul "The Witness of the Spirit"

Sermon Notes



Reference QR:

Wesley's Sermon 10: The Witness of the Spirit

TRANSFORMATION GUIDE

Informal Conversations (20 mins)

Suggested Questions:

- · How did you come to believe in Christ?
- · Share a key person/experience that reminds you of your faith.

Sermon Recap (20 mins)

- Invite participants to take turns to read the biblical text aloud.

 If time permits, read the text again after a time of silent reflection.
- Is there something in the text/sermon that particularly touched or troubled you?
- · What would be the main lesson for you from the sermon?

Daily Readings (10 mins)

 Share a verse from this week's devotional readings that God used to speak to you. In one sentence, describe what the Lord might be saying to you.

Life Application – 4As (30 mins)

- Authority of God's Word: If we take the Bible's authority seriously, we will obey what it says. Share an area in your life that God is calling you into obedience.
- Authenticity in Relationships: As Christians saved by grace, we are not afraid to share honestly about our hopes and fears, joys and sorrows. On a scale of 1 to 10, how would you rate your awareness of God's loving presence and gracious work in your life right now?
 Describe briefly on why you gave that number.
 (1 = not aware. 10 = fully aware)
- **(Optional)** Accountability for Good Works: Biblical koinonia is God's gift for our spiritual growth. Share an area in your life that you would like your group to speak into your life about and to keep you accountable for.
- (Optional) Acts of the Holy Spirit: The Spirit is actively working in the believer's life. Name a specific event/place in the past week when/where you experienced the Spirit's presence, guidance, or empowerment.

Prayer for one another (10 mins)

- Invite everyone to share a prayer item (or seek prayer for needs shared previously). Remember to pray for our church, our nation, and our world as the Spirit leads.
- · Record prayer requests in the space provided.

WEEKLY PRAYER ITEMS





The sum of all this is: The testimony of the Spirit is an inward impression on the souls of believers, whereby the Spirit of God directly testifies to their spirit, that they are children of God.

...

Two inferences may be drawn from the whole: The First, let none ever presume to rest in any supposed testimony of the Spirit which is separate from the fruit of it...

The Second inference, is, let none rest in any supposed fruit of the Spirit without the witness...

John Wesley – Sermon 11: The Witness of the Spirit: Discourse Two



Daily Reading: 10 Jul



Psalm 51

- 1 Have mercy on me, O God, according to your steadfast love; according to your abundant mercy blot out my transgressions.
- 2 Wash me thoroughly from my iniquity, and cleanse me from my sin.
- 3 For I know my transgressions, and my sin is ever before me.
- 4 Against you, you alone, have I sinned, and done what is evil in your sight, so that you are justified in your sentence and blameless when you pass judgement.
- 5 Indeed, I was born guilty, a sinner when my mother conceived me.
- 6 You desire truth in the inward being; therefore teach me wisdom in my secret heart.
- 7 Purge me with hyssop, and I shall be clean; wash me, and I shall be whiter than snow.
- 8 Let me hear joy and gladness; let the bones that you have crushed rejoice.
- 9 Hide your face from my sins, and blot out all my iniquities.
- 10 Create in me a clean heart, O God, and put a new and right spirit within me.
- 11 Do not cast me away from your presence, and do not take your holy spirit from me.
- 12 Restore to me the joy of your salvation, and sustain in me a willing spirit.
- 13 Then I will teach transgressors your ways, and sinners will return to you.
- 14 Deliver me from bloodshed, O God, O God of my salvation, and my tongue will sing aloud of your deliverance.
- 15 O Lord, open my lips, and my mouth will declare your praise.
- 16 For you have no delight in sacrifice; if I were to give a burnt-offering, you would not be pleased.
- 17 The sacrifice acceptable to God is a broken spirit; a broken and contrite heart, O God, you will not despise.
- 18 Do good to Zion in your good pleasure; rebuild the walls of Jerusalem,
- 19 then you will delight in right sacrifices, in burnt-offerings and whole burnt-offerings; then bulls will be offered on your altar.





RELATE (5 mins)

How does this relate to you?



REST (5 mins)

Daily Reading: 11 Jul



1 John 4:7-21

- 7 Beloved, let us love one another, because love is from God; everyone who loves is born of God and knows God.
- 8 Whoever does not love does not know God, for God is love.
- 9 God's love was revealed among us in this way: God sent his only Son into the world so that we might live through him.
- 10 In this is love, not that we loved God but that he loved us and sent his Son to be the atoning sacrifice for our sins.
- 11 Beloved, since God loved us so much, we also ought to love one another.
- 12 No one has ever seen God; if we love one another, God lives in us, and his love is perfected in us.
- 13 By this we know that we abide in him and he in us, because he has given us of his Spirit.
- 14 And we have seen and do testify that the Father has sent his Son as the Saviour of the world.
- 15 God abides in those who confess that Jesus is the Son of God, and they abide in God.
- 16 So we have known and believe the love that God has for us. God is love, and those who abide in love abide in God, and God abides in them.
- 17 Love has been perfected among us in this: that we may have boldness on the day of judgement, because as he is, so are we in this world.
- 18 There is no fear in love, but perfect love casts out fear; for fear has to do with punishment, and whoever fears has not reached perfection in love.
- 19 We love because he first loved us.
- 20 Those who say, 'I love God', and hate their brothers or sisters, are liars; for those who do not love a brother or sister whom they have seen, cannot love God whom they have not seen.
- 21 The commandment we have from him is this: those who love God must love their brothers and sisters also.





RELATE (5 mins)

How does this relate to you?



REST (5 mins)





God knows that man sins; for he knows all things:

Yet we do not sin because he knows it, but he
knows it because we sin; and his knowledge
supposes our sin, but does not in anywise cause
it. In a word, God, looking on all ages, from the
creation to the consummation, as a moment, and
seeing at once whatever is in the hearts of all the
children of men, knows every one that does or
does not believe, in every age or nation. Yet what
he knows, whether faith or unbelief, is in nowise
caused by his knowledge.

Men are as free in believing or not believing as if he did not know it at all.

John Wesley – Sermon 58: On Predestination



Daily Reading: 12 Jul



Romans 8:28-39

- 28 We know that all things work together for good for those who love God, who are called according to his purpose.
- 29 For those whom he foreknew he also predestined to be conformed to the image of his Son, in order that he might be the firstborn within a large family.
- 30 And those whom he predestined he also called; and those whom he called he also justified; and those whom he justified he also glorified.
- 31 What then are we to say about these things? If God is for us, who is against us?
- 32 He who did not withhold his own Son, but gave him up for all of us, will he not with him also give us everything else?
- 33 Who will bring any charge against God's elect? It is God who justifies.
- 34 Who is to condemn? It is Christ Jesus, who died, yes, who was raised, who is at the right hand of God, who indeed intercedes for us.
- 35 Who will separate us from the love of Christ? Will hardship, or distress, or persecution, or famine, or nakedness, or peril, or sword?
- 36 As it is written, 'For your sake we are being killed all day long; we are accounted as sheep to be slaughtered.'
- 37 No, in all these things we are more than conquerors through him who loved us.
- 38 For I am convinced that neither death, nor life, nor angels, nor rulers, nor things present, nor things to come, nor powers,
- 39 nor height, nor depth, nor anything else in all creation, will be able to separate us from the love of God in Christ Jesus our Lord.





RELATE (5 mins)

How does this relate to you?



REST (5 mins)

Daily Reading: 13 Jul



Ezekiel 18:23-32

- 23 Have I any pleasure in the death of the wicked, says the Lord GOD, and not rather that they should turn from their ways and live?
- 24 But when the righteous turn away from their righteousness and commit iniquity and do the same abominable things that the wicked do, shall they live? None of the righteous deeds that they have done shall be remembered; for the treachery of which they are guilty and the sin they have committed, they shall die.
- 25 Yet you say, 'The way of the Lord is unfair.' Hear now, O house of Israel: Is my way unfair? Is it not your ways that are unfair?
- 26 When the righteous turn away from their righteousness and commit iniquity, they shall die for it; for the iniquity that they have committed they shall die.
- 27 Again, when the wicked turn away from the wickedness they have committed and do what is lawful and right, they shall save their life.
- 28 Because they considered and turned away from all the transgressions that they had committed, they shall surely live; they shall not die.
- 29 Yet the house of Israel says, 'The way of the Lord is unfair.' O house of Israel, are my ways unfair? Is it not your ways that are unfair?
- 30 Therefore I will judge you, O house of Israel, all of you according to your ways, says the Lord GOD. Repent and turn from all your transgressions; otherwise iniquity will be your ruin.
- 31 Cast away from you all the transgressions that you have committed against me, and get yourselves a new heart and a new spirit! Why will you die, O house of Israel?
- 32 For I have no pleasure in the death of anyone, says the Lord GOD. Turn, then, and live.





RELATE (5 mins)

How does this relate to you?



REST (5 mins)





What is it, then, that we learn from this whole account It is this, and no more:

- (1) God knows all believers;
- (2) wills that they should be saved from sin;
 - (3) to that end, justifies them,
 - (4) sanctifies and
 - (5) takes them to glory.

John Wesley – Sermon 58: On Predestination



Daily Reading: 14 Jul



John 3:16-21

- 16 'For God so loved the world that he gave his only Son, so that everyone who believes in him may not perish but may have eternal life.
- 17 'Indeed, God did not send the Son into the world to condemn the world, but in order that the world might be saved through him.
- 18 Those who believe in him are not condemned; but those who do not believe are condemned already, because they have not believed in the name of the only Son of God.
- 19 And this is the judgement, that the light has come into the world, and people loved darkness rather than light because their deeds were evil.
- 20 For all who do evil hate the light and do not come to the light, so that their deeds may not be exposed.
- 21 But those who do what is true come to the light, so that it may be clearly seen that their deeds have been done in God.'





RELATE (5 mins)

How does this relate to you?



REST (5 mins)

Examen: 15 Jul

1. Become aware of God's presence.

Take your time to settle yourself. Close your eyes and breathe in deeply and out. Allow yourself time and space to get into a posture to be in tune with the Holy Spirit.

2. Review the week with gratitude.

Ask the Holy Spirit to review the week that has passed. Recall some of the high and low points of the week.

3. Identify a few experiences from the past week and pray from it.

Pay attention to your emotions. Take a moment to give thanks for each of these experiences, be they "highs" or "lows". Ask God for forgiveness in areas where you have fallen short. Pray for grace, wisdom, and new opportunities to glorify Him.

4. Look toward the new week.

Pray and commit the coming days to the Lord. Be as specific as you can.

5. End with the Lord's Prayer (Matthew 6:9-13)

Sermon: 16 Jul "On Predestination"

Sermon Notes



Reference QR:

Wesley's Sermon 58: On Predestination

TRANSFORMATION GUIDE

Informal Conversations (15 mins)

Suggested Questions:

· Share a "high" or a "low" for the week that has just passed.

Sermon Recap (20 mins)

- Invite participants to take turns to read the biblical text aloud.
 If time permits, read the text again after a time of silent reflection.
- Is there something in the text/sermon that particularly touched or troubled you?
- · What would be the main lesson for you from the sermon?

Daily Readings (10 mins)

 Share a verse from this week's devotional readings that God used to speak to you. In one sentence, describe what the Lord might be saying to you.

Life Application – 4As (35 mins)

- Authority of God's Word: If we take the Bible's authority seriously, we will obey what it says. Share an area in your life that God is calling you into obedience.
- Authenticity in Relationships: As Christians saved by grace, we are not afraid to share honestly about our hopes and fears, joys and sorrows. On a scale of 1 to 10, how would you rate your awareness of God's loving presence and gracious work in your life right now?
 Describe briefly on why you gave that number.
 - (1 = not aware, 10 = fully aware)
- Accountability for Good Works: Biblical koinonia is God's gift for our spiritual growth. Share an area in your life that you would like your group to speak into your life about and to keep you accountable for.
- (Optional) Acts of the Holy Spirit: The Spirit is actively working in the believer's life. Name a specific event/place in the past week when/where you experienced the Spirit's presence, guidance, or empowerment.

Prayer for one another (10 mins)

- Invite everyone to share a prayer item (or seek prayer for needs shared previously). Remember to pray for our church, our nation, and our world as the Spirit leads.
- · Record prayer requests in the space provided.

WEEKLY PRAYER ITEMS





The grace or love of God,
whence cometh our salvation,
is FREE IN ALL,
and FREE FOR ALL.

John Wesley - Sermon 128: Free Grace



Daily Reading: 17 Jul



Romans 11:30-36

- 30 Just as you were once disobedient to God but have now received mercy because of their disobedience,
- 31 so they have now been disobedient in order that, by the mercy shown to you, they too may now receive mercy.
- 32 For God has imprisoned all in disobedience so that he may be merciful to all.
- 33 O the depth of the riches and wisdom and knowledge of God! How unsearchable are his judgements and how inscrutable his ways!
- 34 'For who has known the mind of the Lord? Or who has been his counsellor?'
- 35 'Or who has given a gift to him, to receive a gift in return?'
- 36 For from him and through him and to him are all things. To him be the glory for ever. Amen.





RELATE (5 mins)

How does this relate to you?



REST (5 mins)

Daily Reading: 18 Jul



2 Peter 3:9-18

- 9 The Lord is not slow about his promise, as some think of slowness, but is patient with you, not wanting any to perish, but all to come to repentance.
- 10 But the day of the Lord will come like a thief, and then the heavens will pass away with a loud noise, and the elements will be dissolved with fire, and the earth and everything that is done on it will be disclosed.
- 11 Since all these things are to be dissolved in this way, what sort of people ought you to be in leading lives of holiness and godliness,
- 12 waiting for and hastening the coming of the day of God, because of which the heavens will be set ablaze and dissolved, and the elements will melt with fire?
- 13 But, in accordance with his promise, we wait for new heavens and a new earth, where righteousness is at home.
- 14 Therefore, beloved, while you are waiting for these things, strive to be found by him at peace, without spot or blemish;
- 15 and regard the patience of our Lord as salvation. So also our beloved brother Paul wrote to you according to the wisdom given to him,
- 16 speaking of this as he does in all his letters. There are some things in them hard to understand, which the ignorant and unstable twist to their own destruction, as they do the other scriptures.
- 17 You therefore, beloved, since you are forewarned, beware that you are not carried away with the error of the lawless and lose your own stability.
- 18 But grow in the grace and knowledge of our Lord and Saviour Jesus Christ. To him be the glory both now and to the day of eternity. Amen.





RELATE (5 mins)

How does this relate to you?



REST (5 mins)





It behoves, therefore not only the outcasts of men, but even you, his friends, you that fear and love God, deeply to consider what is revealed in the oracles of God concerning the future state of punishment

John Wesley - Sermon 73: Of Hell



Daily Reading: 19 Jul



Mark 9:33-50

- 33 Then they came to Capernaum; and when he was in the house he asked them, 'What were you arguing about on the way?'
- 34 But they were silent, for on the way they had argued with one another about who was the greatest.
- 35 He sat down, called the twelve, and said to them, 'Whoever wants to be first must be last of all and servant of all.'
- 36 Then he took a little child and put it among them; and taking it in his arms, he said to them,
- 37 'Whoever welcomes one such child in my name welcomes me, and whoever welcomes me welcomes not me but the one who sent me.'
- 38 John said to him, 'Teacher, we saw someone casting out demons in your name, and we tried to stop him, because he was not following us.'
- 39 But Jesus said, 'Do not stop him; for no one who does a deed of power in my name will be able soon afterwards to speak evil of me.
- 40 Whoever is not against us is for us.
- 41 For truly I tell you, whoever gives you a cup of water to drink because you bear the name of Christ will by no means lose the reward.
- 42 'If any of you put a stumbling-block before one of these little ones who believe in me, it would be better for you if a great millstone were hung around your neck and you were thrown into the sea.
- 43 If your hand causes you to stumble, cut it off; it is better for you to enter life maimed than to have two hands and to go to hell, to the unquenchable fire.
- * 45 And if your foot causes you to stumble, cut it off; it is better for you to enter life lame than to have two feet and to be thrown into hell.
 - 47 And if your eye causes you to stumble, tear it out; it is better for you to enter the kingdom of God with one eye than to have two eyes and to be thrown into hell.
 - 48 where their worm never dies, and the fire is never quenched.
 - 49 'For everyone will be salted with fire.
 - 50 Salt is good; but if salt has lost its saltiness, how can you season it? Have salt in yourselves, and be at peace with one another.'

^{*} verses 44 and 46 are identical with verse 48.





RELATE (5 mins)

How does this relate to you?



REST (5 mins)

Daily Reading: 20 Jul



2 Thess 1:3-12

- 3 We must always give thanks to God for you, brothers and sisters, as is right, because your faith is growing abundantly, and the love of every one of you for one another is increasing.
- 4 Therefore we ourselves boast of you among the churches of God for your steadfastness and faith during all your persecutions and the afflictions that you are enduring.
- 5 This is evidence of the righteous judgement of God, and is intended to make you worthy of the kingdom of God, for which you are also suffering.
- 6 For it is indeed just of God to repay with affliction those who afflict you,
- 7 and to give relief to the afflicted as well as to us, when the Lord Jesus is revealed from heaven with his mighty angels
- 8 in flaming fire, inflicting vengeance on those who do not know God and on those who do not obey the gospel of our Lord Jesus.
- 9 These will suffer the punishment of eternal destruction, separated from the presence of the Lord and from the glory of his might,
- 10 when he comes to be glorified by his saints and to be marvelled at on that day among all who have believed, because our testimony to you was believed.
- 11 To this end we always pray for you, asking that our God will make you worthy of his call and will fulfil by his power every good resolve and work of faith,
- 12 so that the name of our Lord Jesus may be glorified in you, and you in him, according to the grace of our God and the Lord Jesus Christ.





RELATE (5 mins)

How does this relate to you?



REST (5 mins)





First, consider the company where with everyone is surrounded in that place of torment.... the inhabitants of hell are perfectly wicked, having no spark of goodness remaining. And they are restrained by none from exerting to the uttermost their total wickedness.

Consider, Secondly, that all these torments of body and soul are without intermission.

They have no respite from pain; ...

John Wesley - Sermon 73: Of Hell



Daily Reading: 21 Jul



Isaiah 66:12-24

- 12 For thus says the LORD: I will extend prosperity to her like a river, and the wealth of the nations like an overflowing stream; and you shall nurse and be carried on her arm, and dandled on her knees.
- 13 As a mother comforts her child, so I will comfort you; you shall be comforted in Jerusalem.
- 14 You shall see, and your heart shall rejoice; your bodies shall flourish like the grass; and it shall be known that the hand of the LORD is with his servants, and his indignation is against his enemies.
- 15 For the LORD will come in fire, and his chariots like the whirlwind, to pay back his anger in fury, and his rebuke in flames of fire.
- 16 For by fire will the LORD execute judgement, and by his sword, on all flesh; and those slain by the LORD shall be many.
- 17 Those who sanctify and purify themselves to go into the gardens, following the one in the centre, eating the flesh of pigs, vermin, and rodents, shall come to an end together, says the LORD.
- 18 For I know their works and their thoughts, and I am coming to gather all nations and tongues; and they shall come and shall see my glory, 19 and I will set a sign among them. From them I will send survivors to the nations, to Tarshish, Put, and Lud—which draw the bow—to Tubal and Javan, to the coastlands far away that have not heard of my fame or seen my glory; and they shall declare my glory among the nations.
- 20 They shall bring all your kindred from all the nations as an offering to the LORD, on horses, and in chariots, and in litters, and on mules, and on dromedaries, to my holy mountain Jerusalem, says the LORD, just as the Israelites bring a grain-offering in a clean vessel to the house of the LORD. 21 And I will also take some of them as priests and as Levites, says the LORD.
- 22 For as the new heavens and the new earth, which I will make, shall remain before me, says the LORD, so shall your descendants and your name remain.
- 23 From new moon to new moon, and from sabbath to sabbath, all flesh shall come to worship before me, says the LORD.
- 24 And they shall go out and look at the dead bodies of the people who have rebelled against me; for their worm shall not die, their fire shall not be guenched, and they shall be an abhorrence to all flesh.





RELATE (5 mins)

How does this relate to you?



REST (5 mins)

Examen: 22 Jul

1. Become aware of God's presence.

Take your time to settle yourself. Close your eyes and breathe in deeply and out. Allow yourself time and space to get into a posture to be in tune with the Holy Spirit.

2. Review the week with gratitude.

Ask the Holy Spirit to review the week that has passed. Recall some of the high and low points of the week.

3. Identify a few experiences from the past week and pray from it.

Pay attention to your emotions. Take a moment to give thanks for each of these experiences, be they "highs" or "lows". Ask God for forgiveness in areas where you have fallen short. Pray for grace, wisdom, and new opportunities to glorify Him.

4. Look toward the new week.

Pray and commit the coming days to the Lord. Be as specific as you can.

5. End with the Lord's Prayer (Matthew 6:9-13)

Sermon: 23 Jul "Of Hell"

Sermon Notes



Reference QR:

Wesley's Sermon 73: Of Hell

TRANSFORMATION GUIDE

Informal Conversations (10 mins)

Sermon Recap (20 mins)

- Invite participants to take turns to read the biblical text aloud.
 If time permits, read the text again after a time of silent reflection.
- Is there something in the text/sermon that particularly touched or troubled you?
- · What would be the main lesson for you from the sermon?

Daily Readings (10 mins)

 Share a verse from this week's devotional readings that God used to speak to you. In one sentence, describe what the Lord might be saying to you.

Life Application – 4As (40 mins; 4 x 10mins)

- Authority of God's Word: If we take the Bible's authority seriously, we will obey what it says. Share an area in your life that God is calling you into obedience.
- Authenticity in Relationships: As Christians saved by grace, we are not afraid to share honestly about our hopes and fears, joys and sorrows. On a scale of 1 to 10, how would you rate your awareness of God's loving presence and gracious work in your life right now?
 Describe briefly on why you gave that number.
 - (1 = not aware, 10 = fully aware)
- Accountability for Good Works: Biblical koinonia is God's gift for our spiritual growth. Share an area in your life that you would like your group to speak into your life about and to keep you accountable for.
- Acts of the Holy Spirit: The Spirit is actively working in the believer's life. Name a specific event/place in the past week when/where you experienced the Spirit's presence, guidance, or empowerment.

Prayer for one another (10 mins)

- Invite everyone to share a prayer item (or seek prayer for needs shared previously). Remember to pray for our church, our nation, and our world as the Spirit leads.
- · Record prayer requests in the space provided.

WEEKLY PRAYER ITEMS





And of this duration there is no end! What a thought is this! Nothing but eternity is the term of their torment! And who can count the drops of rain, or the sands of the sea, or the days of eternity Every suffering is softened, if there is any hope, though distant, of deliverance from it.

But here, Hope never comes, that comes to all the inhabitants of the upper world!

What! sufferings never to end!

John Wesley - Sermon 73: Of Hell



Daily Reading: 24 Jul



James 3:1-18

- 1 Not many of you should become teachers, my brothers and sisters, for you know that we who teach will be judged with greater strictness.
- 2 For all of us make many mistakes. Anyone who makes no mistakes in speaking is perfect, able to keep the whole body in check with a bridle.
- 3 If we put bits into the mouths of horses to make them obey us, we guide their whole bodies.
- 4 Or look at ships: though they are so large that it takes strong winds to drive them, yet they are guided by a very small rudder wherever the will of the pilot directs.
- 5 So also the tongue is a small member, yet it boasts of great exploits. How great a forest is set ablaze by a small fire!
- 6 And the tongue is a fire. The tongue is placed among our members as a world of iniquity; it stains the whole body, sets on fire the cycle of nature, and is itself set on fire by hell.
- 7 For every species of beast and bird, of reptile and sea creature, can be tamed and has been tamed by the human species,
- 8 but no one can tame the tongue—a restless evil, full of deadly poison.
- 9 With it we bless the Lord and Father, and with it we curse those who are made in the likeness of God.
- 10 From the same mouth come blessing and cursing. My brothers and sisters, this ought not to be so.
- 11 Does a spring pour forth from the same opening both fresh and brackish water?
- 12 Can a fig tree, my brothers and sisters, yield olives, or a grapevine figs? No more can salt water yield fresh.
- 13 Who is wise and understanding among you? Show by your good life that your works are done with gentleness born of wisdom.
- 14 But if you have bitter envy and selfish ambition in your hearts, do not be boastful and false to the truth.
- 15 Such wisdom does not come down from above, but is earthly, unspiritual, devilish.
- 16 For where there is envy and selfish ambition, there will also be disorder and wickedness of every kind.
- 17 But the wisdom from above is first pure, then peaceable, gentle, willing to yield, full of mercy and good fruits, without a trace of partiality or hypocrisy.
- 18 And a harvest of righteousness is sown in peace for those who make peace.





RELATE (5 mins)

How does this relate to you?



REST (5 mins)

Daily Reading: 25 Jul



Luke 12:1-12

- 1 Meanwhile, when the crowd gathered in thousands, so that they trampled on one another, he began to speak first to his disciples, 'Beware of the yeast of the Pharisees, that is, their hypocrisy.
- 2 Nothing is covered up that will not be uncovered, and nothing secret that will not become known.
- 3 Therefore whatever you have said in the dark will be heard in the light, and what you have whispered behind closed doors will be proclaimed from the housetops.
- 4 'I tell you, my friends, do not fear those who kill the body, and after that can do nothing more.
- 5 But I will warn you whom to fear: fear him who, after he has killed, has authority to cast into hell. Yes, I tell you, fear him!
- 6 Are not five sparrows sold for two pennies? Yet not one of them is forgotten in God's sight.
- 7 But even the hairs of your head are all counted. Do not be afraid; you are of more value than many sparrows.
- 8 'And I tell you, everyone who acknowledges me before others, the Son of Man also will acknowledge before the angels of God;
- 9 but whoever denies me before others will be denied before the angels of God.
- 10 And everyone who speaks a word against the Son of Man will be forgiven; but whoever blasphemes against the Holy Spirit will not be forgiven.
- 11 When they bring you before the synagogues, the rulers, and the authorities, do not worry about how you are to defend yourselves or what you are to say;
- 12 for the Holy Spirit will teach you at that very hour what you ought to say.'





RELATE (5 mins)

How does this relate to you?



REST (5 mins)





Above all, he has committed to our charge that precious talent which contains all the rest,
- money: Indeed it is unspeakable precious, if we are wise and faithful stewards of it, if we employ every part of it for such purpose as our blessed Lord has commanded us to do.

John Wesley – Sermon 51: The Good Steward



Daily Reading: 26 Jul



Luke 16:1-13

- 1 Then Jesus said to the disciples, 'There was a rich man who had a manager, and charges were brought to him that this man was squandering his property.
- 2 So he summoned him and said to him, "What is this that I hear about you? Give me an account of your management, because you cannot be my manager any longer."
- 3 Then the manager said to himself, "What will I do, now that my master is taking the position away from me? I am not strong enough to dig, and I am ashamed to beg.
- 4 I have decided what to do so that, when I am dismissed as manager, people may welcome me into their homes."
- 5 So, summoning his master's debtors one by one, he asked the first, "How much do you owe my master?"
- 6 He answered, "A hundred jugs of olive oil." He said to him, "Take your bill, sit down quickly, and make it fifty."
- 7 Then he asked another, "And how much do you owe?" He replied, "A hundred containers of wheat." He said to him, "Take your bill and make it eighty."
- 8 And his master commended the dishonest manager because he had acted shrewdly; for the children of this age are more shrewd in dealing with their own generation than are the children of light.
- 9 And I tell you, make friends for yourselves by means of dishonest wealth so that when it is gone, they may welcome you into the eternal homes.
- 10 'Whoever is faithful in a very little is faithful also in much; and whoever is dishonest in a very little is dishonest also in much.
- 11 If then you have not been faithful with the dishonest wealth, who will entrust to you the true riches?
- 12 And if you have not been faithful with what belongs to another, who will give you what is your own?
- 13 No slave can serve two masters; for a slave will either hate the one and love the other, or be devoted to the one and despise the other. You cannot serve God and wealth.'





RELATE (5 mins)

How does this relate to you?



REST (5 mins)

Daily Reading: 27 Jul



READ (10 mins)

1 Timothy 6:2-19

- 2 Those who have believing masters must not be disrespectful to them on the ground that they are members of the church; rather they must serve them all the more, since those who benefit by their service are believers and beloved. Teach and urge these duties.
- 3 Whoever teaches otherwise and does not agree with the sound words of our Lord Jesus Christ and the teaching that is in accordance with godliness,
- 4 is conceited, understanding nothing, and has a morbid craving for controversy and for disputes about words. From these come envy, dissension, slander, base suspicions,
- 5 and wrangling among those who are depraved in mind and bereft of the truth, imagining that godliness is a means of gain.
- 6 Of course, there is great gain in godliness combined with contentment;
- 7 for we brought nothing into the world, so that we can take nothing out of it;
- 8 but if we have food and clothing, we will be content with these.
- 9 But those who want to be rich fall into temptation and are trapped by many senseless and harmful desires that plunge people into ruin and destruction.
- 10 For the love of money is a root of all kinds of evil, and in their eagerness to be rich some have wandered away from the faith and pierced themselves with many pains.
- 11 But as for you, man of God, shun all this; pursue righteousness, godliness, faith, love, endurance, gentleness.
- 12 Fight the good fight of the faith; take hold of the eternal life, to which you were called and for which you made the good confession in the presence of many witnesses.
- 13 In the presence of God, who gives life to all things, and of Christ Jesus, who in his testimony before Pontius Pilate made the good confession, I charge you
- 14 to keep the commandment without spot or blame until the manifestation of our Lord Jesus Christ,
- 15 which he will bring about at the right time—he who is the blessed and only Sovereign, the King of kings and Lord of lords.
- 16 It is he alone who has immortality and dwells in unapproachable light, whom no one has ever seen or can see; to him be honour and eternal dominion. Amen.
- 17 As for those who in the present age are rich, command them not to be haughty, or to set their hopes on the uncertainty of riches, but rather on God who richly provides us with everything for our enjoyment.
- 18 They are to do good, to be rich in good works, generous, and ready to share,
- 19 thus storing up for themselves the treasure of a good foundation for the future, so that they may take hold of the life that really is life.





RELATE (5 mins)

How does this relate to you?



REST (5 mins)





He that gives us all, must needs have a right to all: so that if we pay Him anything less that all, we cannot be faithful stewards.

If he so account of himself as a steward of the manifold gifts of God, let him see that all his thoughts, and words, and works, be agreeable to the post God has assigned him.

John Wesley – Sermon 51: The Good Steward



Daily Reading: 28 Jul



Psalm 8

- 1 O Lord, our Sovereign, how majestic is your name in all the earth! You have set your glory above the heavens.
- 2 Out of the mouths of babes and infants you have founded a bulwark because of your foes, to silence the enemy and the avenger.
- 3 When I look at your heavens, the work of your fingers, the moon and the stars that you have established;
- 4 what are human beings that you are mindful of them, mortals that you care for them?
- 5 Yet you have made them a little lower than God, and crowned them with glory and honour.
- 6 You have given them dominion over the works of your hands; you have put all things under their feet,
- 7 all sheep and oxen, and also the beasts of the field,
- 8 the birds of the air, and the fish of the sea, whatever passes along the paths of the seas.
- 9 O Lord, our Sovereign, how majestic is your name in all the earth!





RELATE (5 mins)

How does this relate to you?



REST (5 mins)

Examen: 29 Jul

1. Become aware of God's presence.

Take your time to settle yourself. Close your eyes and breathe in deeply and out. Allow yourself time and space to get into a posture to be in tune with the Holy Spirit.

2. Review the week with gratitude.

Ask the Holy Spirit to review the week that has passed. Recall some of the high and low points of the week.

3. Identify a few experiences from the past week and pray from it.

Pay attention to your emotions. Take a moment to give thanks for each of these experiences, be they "highs" or "lows". Ask God for forgiveness in areas where you have fallen short. Pray for grace, wisdom, and new opportunities to glorify Him.

4. Look toward the new week.

Pray and commit the coming days to the Lord. Be as specific as you can.

5. End with the Lord's Prayer (Matthew 6:9-13)

Sermon: 30 Jul "The Good Steward"

Sermon Notes



Reference QR:

Wesley's Sermon 51: The Good Steward

TRANSFORMATION GUIDE

Informal Conversations (10 mins)

Sermon Recap (20 mins)

- Invite participants to take turns to read the biblical text aloud.
 If time permits, read the text again after a time of silent reflection.
- Is there something in the text/sermon that particularly touched or troubled you?
- · What would be the main lesson for you from the sermon?

Daily Readings (10 mins)

• Share a verse from this week's devotional readings that God used to speak to you. In one sentence, describe what the Lord might be saying to you.

Life Application – 4As (40 mins; 4 x 10mins)

- Authority of God's Word: If we take the Bible's authority seriously, we will obey what it says. Share an area in your life that God is calling you into obedience.
- Authenticity in Relationships: As Christians saved by grace, we are not afraid to share honestly about our hopes and fears, joys and sorrows. On a scale of 1 to 10, how would you rate your awareness of God's loving presence and gracious work in your life right now?
 Describe briefly on why you gave that number.
 - (1 = not aware, 10 = fully aware)
- Accountability for Good Works: Biblical koinonia is God's gift for our spiritual growth. Share an area in your life that you would like your group to speak into your life about and to keep you accountable for.
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Prayer for one another (10 mins)

- Invite everyone to share a prayer item (or seek prayer for needs shared previously). Remember to pray for our church, our nation, and our world as the Spirit leads.
- · Record prayer requests in the space provided.

WEEKLY PRAYER ITEMS





It is no small thing, to lay out for God all which you have received from God. It requires all your wisdom, all your resolution, all your patience and constancy; far more than ever you had by nature, but not more than you may have by grace.

John Wesley – Sermon 51: The Good Steward



Daily Reading: 31 Jul



Genesis 2:5-17

- 5 when no plant of the field was yet in the earth and no herb of the field had yet sprung up—for the Lord God had not caused it to rain upon the earth, and there was no one to till the ground;
- 6 but a stream would rise from the earth, and water the whole face of the ground—
- 7 then the Lord God formed man from the dust of the ground, and breathed into his nostrils the breath of life; and the man became a living being.
- 8 And the Lord God planted a garden in Eden, in the east; and there he put the man whom he had formed.
- 9 Out of the ground the Lord God made to grow every tree that is pleasant to the sight and good for food, the tree of life also in the midst of the garden, and the tree of the knowledge of good and evil.
- 10 A river flows out of Eden to water the garden, and from there it divides and becomes four branches.
- 11 The name of the first is Pishon; it is the one that flows around the whole land of Havilah, where there is gold;
- 12 and the gold of that land is good; bdellium and onyx stone are there.
- 13 The name of the second river is Gihon; it is the one that flows around the whole land of Cush.
- 14 The name of the third river is Tigris, which flows east of Assyria. And the fourth river is the Euphrates.
- 15 The Lord God took the man and put him in the garden of Eden to till it and keep it.
- 16 And the Lord God commanded the man, 'You may freely eat of every tree of the garden;
- 17 but of the tree of the knowledge of good and evil you shall not eat, for in the day that you eat of it you shall die.'





RELATE (5 mins)

How does this relate to you?



REST (5 mins)

Daily Reading: 1 Aug



Matthew 25:14-30

- 14 'For it is as if a man, going on a journey, summoned his slaves and entrusted his property to them;
- 15 to one he gave five talents, to another two, to another one, to each according to his ability. Then he went away.
- 16 The one who had received the five talents went off at once and traded with them, and made five more talents.
- 17 In the same way, the one who had the two talents made two more talents.
- 18 But the one who had received the one talent went off and dug a hole in the ground and hid his master's money.
- 19 After a long time the master of those slaves came and settled accounts with them.
- 20 Then the one who had received the five talents came forward, bringing five more talents, saying, "Master, you handed over to me five talents; see, I have made five more talents."
- 21 His master said to him, "Well done, good and trustworthy slave; you have been trustworthy in a few things, I will put you in charge of many things; enter into the joy of your master."
- 22 And the one with the two talents also came forward, saying, "Master, you handed over to me two talents; see, I have made two more talents."
- 23 His master said to him, "Well done, good and trustworthy slave; you have been trustworthy in a few things, I will put you in charge of many things; enter into the joy of your master."
- 24 Then the one who had received the one talent also came forward, saying, "Master, I knew that you were a harsh man, reaping where you did not sow, and gathering where you did not scatter seed;
- 25 so I was afraid, and I went and hid your talent in the ground. Here you have what is yours."
- 26 But his master replied, "You wicked and lazy slave! You knew, did you, that I reap where I did not sow, and gather where I did not scatter?
- 27 Then you ought to have invested my money with the bankers, and on my return I would have received what was my own with interest.
- 28 So take the talent from him, and give it to the one with the ten talents.
- 29 For to all those who have, more will be given, and they will have an abundance; but from those who have nothing, even what they have will be taken away.
- 30 As for this worthless slave, throw him into the outer darkness, where there will be weeping and gnashing of teeth."





RELATE (5 mins)

How does this relate to you?



REST (5 mins)





By justification we are saved from the guilt of sin, and restored to the favour of God; by sanctification we are saved from the power and root of sin, and restored to the image of God. All experience, as well as scripture, shows this salvation to be both instantaneous and gradual.

John Wesley – Sermon 85: On Working Out Our Own Salvation



Daily Reading: 2 Aug



Philippians 2:1–15

- 1 If then there is any encouragement in Christ, any consolation from love, any sharing in the Spirit, any compassion and sympathy,
- 2 make my joy complete: be of the same mind, having the same love, being in full accord and of one mind.
- 3 Do nothing from selfish ambition or conceit, but in humility regard others as better than yourselves.
- 4 Let each of you look not to your own interests, but to the interests of others.
- 5 Let the same mind be in you that was in Christ Jesus,
- 6 who, though he was in the form of God, did not regard equality with God as something to be exploited,
- 7 but emptied himself, taking the form of a slave, being born in human likeness. And being found in human form,
- 8 he humbled himself and became obedient to the point of death—even death on a cross.
- 9 Therefore God also highly exalted him and gave him the name that is above every name,
- 10 so that at the name of Jesus every knee should bend, in heaven and on earth and under the earth,
- 11 and every tongue should confess that Jesus Christ is Lord, to the glory of God the Father.
- 12 Therefore, my beloved, just as you have always obeyed me, not only in my presence, but much more now in my absence, work out your own salvation with fear and trembling;
- 13 for it is God who is at work in you, enabling you both to will and to work for his good pleasure.
- 14 Do all things without murmuring and arguing,
- 15 so that you may be blameless and innocent, children of God without blemish in the midst of a crooked and perverse generation, in which you shine like stars in the world.





RELATE (5 mins)

How does this relate to you?



REST (5 mins)

Daily Reading: 3 Aug



2 Peter 1:3-10

- 3 His divine power has given us everything needed for life and godliness, through the knowledge of him who called us by his own glory and goodness.
- 4 Thus he has given us, through these things, his precious and very great promises, so that through them you may escape from the corruption that is in the world because of lust, and may become participants in the divine nature.
- 5 For this very reason, you must make every effort to support your faith with goodness, and goodness with knowledge,
- 6 and knowledge with self-control, and self-control with endurance, and endurance with godliness,
- 7 and godliness with mutual affection, and mutual affection with love.
- 8 For if these things are yours and are increasing among you, they keep you from being ineffective and unfruitful in the knowledge of our Lord Jesus Christ.
- 9 For anyone who lacks these things is short-sighted and blind, and is forgetful of the cleansing of past sins.
- 10 Therefore, brothers and sisters, be all the more eager to confirm your call and election, for if you do this, you will never stumble.





RELATE (5 mins)

How does this relate to you?



REST (5 mins)





But what are the steps which the Scripture directs us to take, in the working out of our own salvation?... "Cease to do evil; learn to do well."...

Therefore, inasmuch as God works in you, you are now able to work out your own salvation.

... You can do something, through Christ strengthening you. Stir up the spark of grace which is now in you, and He will give you more grace.

John Wesley – Sermon 85: On Working Out Our Own Salvation



Daily Reading: 4 Aug



Jeremiah 31:31-37

- 31 The days are surely coming, says the LORD, when I will make a new covenant with the house of Israel and the house of Judah.
- 32 It will not be like the covenant that I made with their ancestors when I took them by the hand to bring them out of the land of Egypt—a covenant that they broke, though I was their husband, says the LORD.
- 33 But this is the covenant that I will make with the house of Israel after those days, says the LORD: I will put my law within them, and I will write it on their hearts; and I will be their God, and they shall be my people.
- 34 No longer shall they teach one another, or say to each other, 'Know the LORD', for they shall all know me, from the least of them to the greatest, says the LORD; for I will forgive their iniquity, and remember their sin no more.
- 35 Thus says the LORD, who gives the sun for light by day and the fixed order of the moon and the stars for light by night, who stirs up the sea so that its waves roar—the LORD of hosts is his name:
- 36 If this fixed order were ever to cease from my presence, says the LORD, then also the offspring of Israel would cease to be a nation before me for ever.
- 37 Thus says the LORD: If the heavens above can be measured, and the foundations of the earth below can be explored, then I will reject all the offspring of Israel because of all they have done, says the LORD.





RELATE (5 mins)

How does this relate to you?



REST (5 mins)

Examen: 5 Aug

1. Become aware of God's presence.

Take your time to settle yourself. Close your eyes and breathe in deeply and out. Allow yourself time and space to get into a posture to be in tune with the Holy Spirit.

2. Review the week with gratitude.

Ask the Holy Spirit to review the week that has passed. Recall some of the high and low points of the week.

3. Identify a few experiences from the past week and pray from it.

Pay attention to your emotions. Take a moment to give thanks for each of these experiences, be they "highs" or "lows". Ask God for forgiveness in areas where you have fallen short. Pray for grace, wisdom, and new opportunities to glorify Him.

4. Look toward the new week.

Pray and commit the coming days to the Lord. Be as specific as you can.

5. End with the Lord's Prayer (Matthew 6:9-13)

Sermon: 6 Aug "On Working Out Our Own Salvation"

Sermon Notes



Reference QR:

Wesley's Sermon 85: On Working Out Our Own Salvation

TRANSFORMATION GUIDE

Informal Conversations (10 mins)

Sermon Recap (20 mins)

- Invite participants to take turns to read the biblical text aloud.
 If time permits, read the text again after a time of silent reflection.
- Is there something in the text/sermon that particularly touched or troubled you?
- · What would be the main lesson for you from the sermon?

Daily Readings (10 mins)

• Share a verse from this week's devotional readings that God used to speak to you. In one sentence, describe what the Lord might be saying to you.

Life Application – 4As (40 mins; 4 x 10mins)

- Authority of God's Word: If we take the Bible's authority seriously, we will obey what it says. Share an area in your life that God is calling you into obedience.
- Authenticity in Relationships: As Christians saved by grace, we are not afraid to share honestly about our hopes and fears, joys and sorrows. On a scale of 1 to 10, how would you rate your awareness of God's loving presence and gracious work in your life right now?
 Describe briefly on why you gave that number.
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Prayer for one another (10 mins)

- Invite everyone to share a prayer item (or seek prayer for needs shared previously). Remember to pray for our church, our nation, and our world as the Spirit leads.
- · Record prayer requests in the space provided.

WEEKLY PRAYER ITEMS





I. That grand truth, which ought never to be out of our of remembrance,"It is God that worketh in us, both to will and to do of his own good pleasure."

II. The improvement we ought to make of it:

"Work out your own salvation
with fear and trembling."

III. The connexion between them:

"It is God that worketh in you;"
therefore "work out your own salvation."

John Wesley – Sermon 85: On Working Out Our Own Salvation



Daily Reading: 7 Aug



Colossians 1:9-23

- 9 For this reason, since the day we heard it, we have not ceased praying for you and asking that you may be filled with the knowledge of God's will in all spiritual wisdom and understanding,
- 10 so that you may lead lives worthy of the Lord, fully pleasing to him, as you bear fruit in every good work and as you grow in the knowledge of God.
- 11 May you be made strong with all the strength that comes from his glorious power, and may you be prepared to endure everything with patience, while joyfully
- 12 giving thanks to the Father, who has enabled you to share in the inheritance of the saints in the light.
- 13 He has rescued us from the power of darkness and transferred us into the kingdom of his beloved Son,
- 14 in whom we have redemption, the forgiveness of sins.
- 15 He is the image of the invisible God, the firstborn of all creation;
- 16 for in him all things in heaven and on earth were created, things visible and invisible, whether thrones or dominions or rulers or powers—all things have been created through him and for him.
- 17 He himself is before all things, and in him all things hold together.
- 18 He is the head of the body, the church; he is the beginning, the firstborn from the dead, so that he might come to have first place in everything.
- 19 For in him all the fullness of God was pleased to dwell,
- 20 and through him God was pleased to reconcile to himself all things, whether on earth or in heaven, by making peace through the blood of his cross.
- 21 And you who were once estranged and hostile in mind, doing evil deeds,
- 22 he has now reconciled in his fleshly body through death, so as to present you holy and blameless and irreproachable before him—
- 23 provided that you continue securely established and steadfast in the faith, without shifting from the hope promised by the gospel that you heard, which has been proclaimed to every creature under heaven. I, Paul, became a servant of this gospel.





RELATE (5 mins)

How does this relate to you?



REST (5 mins)

Daily Reading: 8 Aug



READ (10 mins)

Hebrews 13:1-16, 20-21

- Let mutual love continue.
- 2 Do not neglect to show hospitality to strangers, for by doing that some have entertained angels without knowing it.
- 3 Remember those who are in prison, as though you were in prison with them; those who are being tortured, as though you yourselves were being tortured.
- 4 Let marriage be held in honour by all, and let the marriage bed be kept undefiled; for God will judge fornicators and adulterers.
- 5 Keep your lives free from the love of money, and be content with what you have; for he has said, 'I will never leave you or forsake you.'
- 6 So we can say with confidence, 'The Lord is my helper; I will not be afraid. What can anyone do to me?'
- 7 Remember your leaders, those who spoke the word of God to you; consider the outcome of their way of life, and imitate their faith.
- 8 Jesus Christ is the same yesterday and today and for ever.
- 9 Do not be carried away by all kinds of strange teachings; for it is well for the heart to be strengthened by grace, not by regulations about food, which have not benefited those who observe them.
- 10 We have an altar from which those who officiate in the tent have no right to eat.
- 11 For the bodies of those animals whose blood is brought into the sanctuary by the high priest as a sacrifice for sin are burned outside the camp.
- 12 Therefore Jesus also suffered outside the city gate in order to sanctify the people by his own blood.
- 13 Let us then go to him outside the camp and bear the abuse he endured.
- 14 For here we have no lasting city, but we are looking for the city that is to come.
- 15 Through him, then, let us continually offer a sacrifice of praise to God, that is, the fruit of lips that confess his name.
- 16 Do not neglect to do good and to share what you have, for such sacrifices are pleasing to God.
- 20 Now may the God of peace, who brought back from the dead our Lord Jesus, the great shepherd of the sheep, by the blood of the eternal covenant.
- 21 make you complete in everything good so that you may do his will, working among us that which is pleasing in his sight, through Jesus Christ, to whom be the glory for ever and ever. Amen.





RELATE (5 mins)

How does this relate to you?



REST (5 mins)





"The right and true Christian faith is...
a sure trust and confidence which
a man hath in God, that, by the merits of Christ,
his sins are forgiven, and he reconciled
to the favour of God; whereof doth follow
a loving heart, to obey His commandments."

And doth His Spirit bear witness with thy spirit, that thou art a child of God.

John Wesley - Sermon 2: The Almost Christian



Daily Reading: 9 Aug



Isaiah 29:13-21

- 13 The Lord said: Because these people draw near with their mouths and honour me with their lips, while their hearts are far from me, and their worship of me is a human commandment learned by rote;
- 14 so I will again do amazing things with this people, shocking and amazing. The wisdom of their wise shall perish, and the discernment of the discerning shall be hidden.
- 15 Ha! You who hide a plan too deep for the Lord, whose deeds are in the dark, and who say, 'Who sees us? Who knows us?'
- 16 You turn things upside down! Shall the potter be regarded as the clay? Shall the thing made say of its maker, 'He did not make me'; or the thing formed say of the one who formed it, 'He has no understanding'?
- 17 Shall not Lebanon in a very little while become a fruitful field, and the fruitful field be regarded as a forest?
- 18 On that day the deaf shall hear the words of a scroll, and out of their gloom and darkness the eyes of the blind shall see.
- 19 The meek shall obtain fresh joy in the Lord, and the neediest people shall exult in the Holy One of Israel.
- 20 For the tyrant shall be no more, and the scoffer shall cease to be; all those alert to do evil shall be cut off—
- 21 those who cause a person to lose a lawsuit, who set a trap for the arbiter in the gate, and without grounds deny justice to the one in the right.





RELATE (5 mins)

How does this relate to you?



REST (5 mins)

Daily Reading: 10 Aug



Mark 12:28-34

- 28 One of the scribes came near and heard them disputing with one another, and seeing that he answered them well, he asked him, 'Which commandment is the first of all?'
- 29 Jesus answered, 'The first is, "Hear, O Israel: the Lord our God, the Lord is one;
- 30 you shall love the Lord your God with all your heart, and with all your soul, and with all your mind, and with all your strength."
- 31 The second is this, "You shall love your neighbour as yourself." There is no other commandment greater than these.'
- 32 Then the scribe said to him, 'You are right, Teacher; you have truly said that "he is one, and besides him there is no other";
- 33 and "to love him with all the heart, and with all the understanding, and with all the strength", and "to love one's neighbour as oneself",—this is much more important than all whole burnt-offerings and sacrifices.'
- 34 When Jesus saw that he answered wisely, he said to him, 'You are not far from the kingdom of God.' After that no one dared to ask him any question.





RELATE (5 mins)

How does this relate to you?



REST (5 mins)





May we all thus experience
what it is to be, not almost only;
but altogether Christians; being justified
freely by His grace, through the redemption
that is in Jesus; knowing we have peace with God
through Jesus Christ; rejoicing
in hope of the glory of God; and having
the love of God shed abroad in our hearts,
by the Holy Ghost given unto us!

John Wesley - Sermon 2: The Almost Christian



Daily Reading: 11 Aug



2 Timothy 3:1-9

- 1 You must understand this, that in the last days distressing times will come.
- 2 For people will be lovers of themselves, lovers of money, boasters, arrogant, abusive, disobedient to their parents, ungrateful, unholy,
- 3 inhuman, implacable, slanderers, profligates, brutes, haters of good,
- 4 treacherous, reckless, swollen with conceit, lovers of pleasure rather than lovers of God,
- 5 holding to the outward form of godliness but denying its power. Avoid them!
- 6 For among them are those who make their way into households and captivate silly women, overwhelmed by their sins and swayed by all kinds of desires,
- 7 who are always being instructed and can never arrive at a knowledge of the truth.
- 8 As Jannes and Jambres opposed Moses, so these people, of corrupt mind and counterfeit faith, also oppose the truth.
- 9 But they will not make much progress, because, as in the case of those two men, their folly will become plain to everyone.





RELATE (5 mins)

How does this relate to you?



REST (5 mins)

Examen: 12 Aug

1. Become aware of God's presence.

Take your time to settle yourself. Close your eyes and breathe in deeply and out. Allow yourself time and space to get into a posture to be in tune with the Holy Spirit.

2. Review the week with gratitude.

Ask the Holy Spirit to review the week that has passed. Recall some of the high and low points of the week.

3. Identify a few experiences from the past week and pray from it.

Pay attention to your emotions. Take a moment to give thanks for each of these experiences, be they "highs" or "lows". Ask God for forgiveness in areas where you have fallen short. Pray for grace, wisdom, and new opportunities to glorify Him.

4. Look toward the new week.

Pray and commit the coming days to the Lord. Be as specific as you can.

5. End with the Lord's Prayer (Matthew 6:9-13)

Sermon: 13 Aug "The Almost Christian"

Sermon Notes



Reference QR:

Wesley's Sermon 2: The Almost Christian

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WEEKLY PRAYER ITEMS





The great question of all, then, still remains.

Is the love of God shed abroad in your heart?

Can you cry out, "My God, and my All"?

Do you desire nothing but him?

Are you happy in God?

Is he your glory, your delight,

your crown of rejoicing?

John Wesley - Sermon 2: The Almost Christian



Daily Reading: 14 Aug



1 Corinthians 13:1-9

- 1 If I speak in the tongues of mortals and of angels, but do not have love, I am a noisy gong or a clanging cymbal.
- 2 And if I have prophetic powers, and understand all mysteries and all knowledge, and if I have all faith, so as to remove mountains, but do not have love, I am nothing.
- 3 If I give away all my possessions, and if I hand over my body so that I may boast, but do not have love, I gain nothing.
- 4 Love is patient; love is kind; love is not envious or boastful or arrogant
- 5 or rude. It does not insist on its own way; it is not irritable or resentful;
- 6 it does not rejoice in wrongdoing, but rejoices in the truth.
- 7 It bears all things, believes all things, hopes all things, endures all things.
- 8 Love never ends. But as for prophecies, they will come to an end; as for tongues, they will cease; as for knowledge, it will come to an end.
- 9 For we know only in part, and we prophesy only in part;





RELATE (5 mins)

How does this relate to you?



REST (5 mins)

Daily Reading: 15 Aug



Revelation 2:1-7

- 1 'To the angel of the church in Ephesus write: These are the words of him who holds the seven stars in his right hand, who walks among the seven golden lampstands:
- 2 'I know your works, your toil and your patient endurance.
 I know that you cannot tolerate evildoers; you have tested
 those who claim to be apostles but are not, and have found
 them to be false.
- 3 I also know that you are enduring patiently and bearing up for the sake of my name, and that you have not grown weary.
- 4 But I have this against you, that you have abandoned the love you had at first.
- 5 Remember then from what you have fallen; repent, and do the works you did at first. If not, I will come to you and remove your lampstand from its place, unless you repent.
- 6 Yet this is to your credit: you hate the works of the Nicolaitans, which I also hate.
- 7 Let anyone who has an ear listen to what the Spirit is saying to the churches. To everyone who conquers, I will give permission to eat from the tree of life that is in the paradise of God.





RELATE (5 mins)

How does this relate to you?



REST (5 mins)





Thy sanctifying Spirit pour,
To quench my thirst and wash me clean;
Now, Father, let the gracious shower
Descend and make me pure from sin.

Purge me from every sinful blot;
My idols all be case aside:
Cleanse me from every evil thought,
From all the filth of self and pride.

Give me a new, a perfect heart, From doubts and fear, and sorrow free; The mind which was in Christ impart, And let me spirit cleave to thee.

John Wesley - Sermon 40: Christian Perfection



Daily Reading: 16 Aug



Ezekiel 36:22-28

- 22 Therefore say to the house of Israel, Thus says the Lord God: It is not for your sake, O house of Israel, that I am about to act, but for the sake of my holy name, which you have profaned among the nations to which you came.
- 23 I will sanctify my great name, which has been profaned among the nations, and which you have profaned among them; and the nations shall know that I am the Lord, says the Lord God, when through you I display my holiness before their eyes.
- 24 I will take you from the nations, and gather you from all the countries, and bring you into your own land.
- 25 I will sprinkle clean water upon you, and you shall be clean from all your uncleannesses, and from all your idols I will cleanse you.
- 26 A new heart I will give you, and a new spirit I will put within you; and I will remove from your body the heart of stone and give you a heart of flesh.
- 27 I will put my spirit within you, and make you follow my statutes and be careful to observe my ordinances.
- 28 Then you shall live in the land that I gave to your ancestors; and you shall be my people, and I will be your God.





RELATE (5 mins)

How does this relate to you?



REST (5 mins)

Daily Reading: 17 Aug



Titus 2:11-14

- 11 For the grace of God has appeared, bringing salvation to all,
- 12 training us to renounce impiety and worldly passions, and in the present age to live lives that are self-controlled, upright, and godly,
- 13 while we wait for the blessed hope and the manifestation of the glory of our great God and Saviour, Jesus Christ.
- 14 He it is who gave himself for us that he might redeem us from all iniquity and purify for himself a people of his own who are zealous for good deeds.



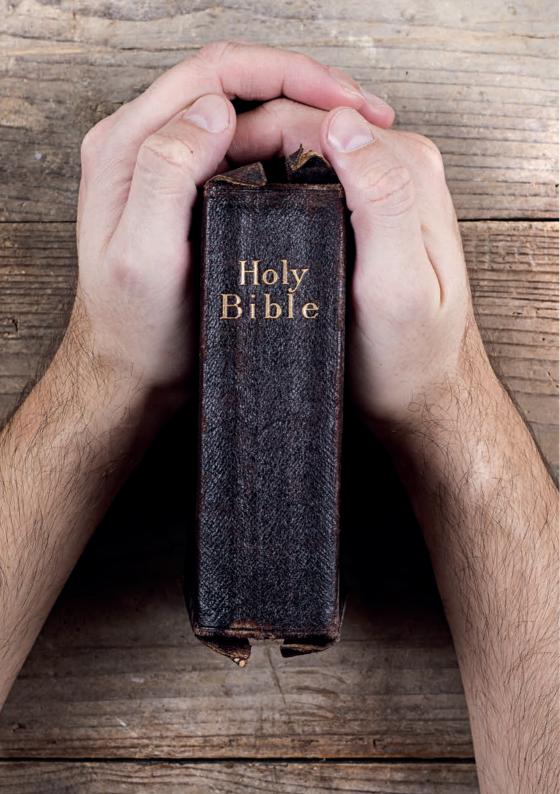


RELATE (5 mins)

How does this relate to you?



REST (5 mins)





Holy, and true, and righteous Lord, I wait to prove they perfect will; Be mindful of thy gracious word, And stamp me with thy Spirit's seal!

Thy faithful mercies let me find, In which thou causest me trust; Give me thy meek and lowly mind, And lay my spirit in the dust...

Now let me gain perfection's height!

Now let me into nothing fall!

Be less than nothing in my sight,

And feel that Christ is all in all!

John Wesley – Sermon 40: Christian Perfection



Daily Reading: 18 Aug



John 15:1-17

- 1 'I am the true vine, and my Father is the vine-grower.
- 2 He removes every branch in me that bears no fruit. Every branch that bears fruit he prunes to make it bear more fruit.
- 3 You have already been cleansed by the word that I have spoken to vou.
- 4 Abide in me as I abide in you. Just as the branch cannot bear fruit by itself unless it abides in the vine, neither can you unless you abide in me.
- 5 I am the vine, you are the branches. Those who abide in me and I in them bear much fruit, because apart from me you can do nothing.
- 6 Whoever does not abide in me is thrown away like a branch and withers; such branches are gathered, thrown into the fire, and burned.
- 7 If you abide in me, and my words abide in you, ask for whatever you wish, and it will be done for you.
- 8 My Father is glorified by this, that you bear much fruit and become my disciples.
- 9 As the Father has loved me, so I have loved you; abide in my love.
- 10 If you keep my commandments, you will abide in my love, just as I have kept my Father's commandments and abide in his love.
- 11 I have said these things to you so that my joy may be in you, and that your joy may be complete.
- 12 'This is my commandment, that you love one another as I have loved you.
- 13 No one has greater love than this, to lay down one's life for one's friends.
- 14 You are my friends if you do what I command you.
- 15 I do not call you servants any longer, because the servant does not know what the master is doing; but I have called you friends, because I have made known to you everything that I have heard from my Father.
- 16 You did not choose me but I chose you. And I appointed you to go and bear fruit, fruit that will last, so that the Father will give you whatever you ask him in my name.
- 17 I am giving you these commands so that you may love one another.





RELATE (5 mins)

How does this relate to you?



REST (5 mins)

Examen: 19 Aug

1. Become aware of God's presence.

Take your time to settle yourself. Close your eyes and breathe in deeply and out. Allow yourself time and space to get into a posture to be in tune with the Holy Spirit.

2. Review the week with gratitude.

Ask the Holy Spirit to review the week that has passed. Recall some of the high and low points of the week.

3. Identify a few experiences from the past week and pray from it.

Pay attention to your emotions. Take a moment to give thanks for each of these experiences, be they "highs" or "lows". Ask God for forgiveness in areas where you have fallen short. Pray for grace, wisdom, and new opportunities to glorify Him.

4. Look toward the new week.

Pray and commit the coming days to the Lord. Be as specific as you can.

5. End with the Lord's Prayer (Matthew 6:9-13)

Sermon: 20 Aug "Christian Perfection"

Sermon Notes



Reference QR:

Wesley's Sermon 40: Christian Perfection

TRANSFORMATION GUIDE

Informal Conversations (10 mins)

Sermon Recap (20 mins)

- Invite participants to take turns to read the biblical text aloud.
 If time permits, read the text again after a time of silent reflection.
- Is there something in the text/sermon that particularly touched or troubled you?
- · What would be the main lesson for you from the sermon?

Daily Readings (10 mins)

• Share a verse from this week's devotional readings that God used to speak to you. In one sentence, describe what the Lord might be saying to you.

Life Application – 4As (40 mins; 4 x 10mins)

- Authority of God's Word: If we take the Bible's authority seriously, we will obey what it says. Share an area in your life that God is calling you into obedience.
- Authenticity in Relationships: As Christians saved by grace, we are not afraid to share honestly about our hopes and fears, joys and sorrows. On a scale of 1 to 10, how would you rate your awareness of God's loving presence and gracious work in your life right now?
 Describe briefly on why you gave that number.
 - (1 = not aware, 10 = fully aware)
- Accountability for Good Works: Biblical koinonia is God's gift for our spiritual growth. Share an area in your life that you would like your group to speak into your life about and to keep you accountable for.
- Acts of the Holy Spirit: The Spirit is actively working in the believer's life. Name a specific event/place in the past week when/where you experienced the Spirit's presence, guidance, or empowerment.

Prayer for one another (10 mins)

- Invite everyone to share a prayer item (or seek prayer for needs shared previously). Remember to pray for our church, our nation, and our world as the Spirit leads.
- · Record prayer requests in the space provided.

WEEKLY PRAYER ITEMS





Within me thy good Spirit place, Spirit of health, and love and power; Plant in me thy victorious grace, And sin shall never enter more.

Cause me to walk in Christ my Way,
And I thy statutes shall fulfill;
In every point thy law obey.
And perfectly perform thy will...

O that I now, from sin released,

Thy word might to the utmost prove!

Enter into the promised rest,

The Canaan of thy perfect love!

There let me ever, ever dwell;
By thou my God, and I will be Thy servant:
O set to thy seal!
Give me eternal life in thee.

John Wesley – Sermon 40: Christian Perfection



Daily Reading: 21 Aug



1 John 3:1-3, 16-24

- 1 See what love the Father has given us, that we should be called children of God; and that is what we are. The reason the world does not know us is that it did not know him.
- 2 Beloved, we are God's children now; what we will be has not yet been revealed. What we do know is this: when he is revealed, we will be like him, for we will see him as he is.
- 3 And all who have this hope in him purify themselves, just as he is pure.
- 16 We know love by this, that he laid down his life for us—and we ought to lay down our lives for one another.
- 17 How does God's love abide in anyone who has the world's goods and sees a brother or sister in need and yet refuses help?
- 18 Little children, let us love, not in word or speech, but in truth and action.
- 19 And by this we will know that we are from the truth and will reassure our hearts before him
- 20 whenever our hearts condemn us; for God is greater than our hearts, and he knows everything.
- 21 Beloved, if our hearts do not condemn us, we have boldness before God;
- 22 and we receive from him whatever we ask, because we obey his commandments and do what pleases him.
- 23 And this is his commandment, that we should believe in the name of his Son Jesus Christ and love one another, just as he has commanded us.
- 24 All who obey his commandments abide in him, and he abides in them. And by this we know that he abides in us, by the Spirit that he has given us.





RELATE (5 mins)

How does this relate to you?



REST (5 mins)

Daily Reading: 22 Aug



Ephesians 3:14-21

- 14 For this reason I bow my knees before the Father,
- 15 from whom every family in heaven and on earth takes its name.
- 16 I pray that, according to the riches of his glory, he may grant that you may be strengthened in your inner being with power through his Spirit,
- 17 and that Christ may dwell in your hearts through faith, as you are being rooted and grounded in love.
- 18 I pray that you may have the power to comprehend, with all the saints, what is the breadth and length and height and depth,
- 19 and to know the love of Christ that surpasses knowledge, so that you may be filled with all the fullness of God.
- 20 Now to him who by the power at work within us is able to accomplish abundantly far more than all we can ask or imagine,
- 21 to him be glory in the church and in Christ Jesus to all generations, for ever and ever. Amen.





RELATE (5 mins)

How does this relate to you?



REST (5 mins)



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