

Weekly Prayer Letter

Week of 12 July 2020

Disruption or Pause?

“You are a hiding place for me; you preserve me from trouble; you surround me with shouts of deliverance. Selah”

- Psalm 32:7

The Hebrew word “*Selah*” appears more than seventy times in the book of Psalms. We also see the word appearing three times in Habakkuk. We do not know the specific meaning of the word, but where they appear may suggest a kind of temporary break from a rhythm. It may function very much like a musical rest simply to take a breath, pause or a slight shift before changing gear.

While the Psalmist pauses after a confident declaration of God’s protection and deliverance in Psalm 32:7, he also pauses after a lament (v4) and a humble confession (v5) in the same Psalm. Therefore, we realise that there is no exact occasion or mood why the Psalmist chooses to pause. However, what we may learn from the Psalmist is that in pausing, he shifts his eyes to God. We may sigh at our circumstances or we may feel suffocated carrying the pressure from demands, but we need to pause to shift our eyes to God in our helplessness.

Have you taken time to pause for a moment daily?

We may find it easier to pause when we have the space and time, but life may not always permit that.

Let us also try this:

1. Set three alarms at different times of the day.
2. When the alarm rings, put aside what you are doing (if permissible) and pause for 30 seconds to focus on God like how the Psalmist pauses three times before he finishes the psalm. It may feel like a disruption, but perhaps a pause is all that we need during those times.

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Prayer Pointers

1. Let us glorify our Heavenly Father with thanksgiving and praise Him with songs of exultation as Faith Methodist Church celebrates our 54th year of God's faithfulness in building a family of saints to be His salt and light to the surrounding community and also beyond the shores of Singapore.
2. Pray that the Pastors, Leaders and Members of Faith will deepen our love for God, acknowledge the Lordship of Jesus Christ over our church, serve in the unity of the Spirit and be His channels of blessing; unveiling the glory of God through the works of mercy and justice.
3. Pray that Faith will remember our calling as a church of God, the reason for our existence and the vision of the Lord to bring the Gospel of Jesus Christ to the people who have not heard about Him in our community and the regions beyond.
4. Pray for Singapore, with the elections over and the results out that all political parties and citizens will settle down and continue to help build a nation that our future generation can be proud of and secured in.
5. Pray that the Lord will shower His mercy upon the whole earth to eliminate the Covid-19, that His healing grace will be freely given to those who are infected with the virus, and that His power will stop the transmission of the virus within the community all over the world.

We Are Here For You!

- Perhaps you are going through a challenging time, and you need someone to pray with you, our pastoral team is here and ready to journey with you.
- Even though we may not be able to be with you in person, we can still reach you via telephone and other means.
- You may submit any Prayer Requests online via our church website at <https://www.faithmc.sg/care-help/prayer-requests/>.