



CONNECT

Sensory activity suggestions for the week leading to Kampungku BEC Reflection (February)

The need here is to ‘connect’ with God’s awesome creation and get our senses ready to feel his presence. Choose any one that works best for you.

- **Step out and look around at what God has created – the sky, the sun, And at night the moon and stars. Feel the power of His love as He has thought of every detail of how you would need the light to see and the dark to rest.**
- **Get some flowers – isn’t it lovely to have the combination of color and fragrance to brighten your home, quiet your mind and sense God’s presence**
- **Listen to a hymn that you like – and relax, unwind and have a quiet moment with God – thank Him for many blessings received and ask for His guiding hand in all that you do. Just talk.**

An approx 10-min video (watch before session or during)

<https://www.youtube.com/watch?t=550&v=KUA7xrA9eWM&feature=youtu.be>

CDM Kampung-ku Connection

February 2021

Theme: Believing in hope

Pondering on the Word of God

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pening prayer: Heavenly Father, fill me with hope and give me a tangible reminder today that hope is an unbreakable spiritual lifeline ([Hebrews 6:19-20](#)). Lord, help me to hear You saying, "**I am your hope**" over all the other voices that distract and make me stray from You.

You are my hope and refuge when I am miserable, suffering and all alone. Set me free from all evil passions, and cleanse me within, that I may be made fit to love, courageous to suffer, steady to persevere as we read, understand and live Your Word.

We make this prayer through Christ our ever loving and merciful Lord **AMEN**

Last month, we shared and became more aware of how reading the Bible – God’s own real life story - helps us to grow closer and learn more about God and His unconditional love for us. He has so much love for us, that even his suffering, death and sacrifice on the cross is mentioned as the “*Passion of the Lord*”

In our daily life, we are under various pressure from work, family, marriage, interpersonal relationships, finance and currently the corona virus. We get ourselves in trouble and feel at a loss and even lose hope in life. In this world, where everyone is on the ‘fast lane’ and relationships and friendships are at times very ‘surface’, why don’t we learn lessons from and find hope and comfort in God’s own stories where he too lived with all the challenges of life as a normal man on earth? He set the way for us and it is crucial that we read the Bible to reveal the message of hope and love that he has left us with – Our survival kit!

Our current generation is blessed that technology has advanced and brought God closer with the help of computers, tablets, phones etc. More than ever we need to make time to ponder and to dwell in God’s Word.

Meditation is pondering the Word in our hearts, preaching it to our own souls, and personally applying it to our own lives and circumstances. It is how we sanctify our thinking and bring it into submission to Christ—taking every thought captive.

Paul tells us in ([Romans 12:2](#)). *Do not be conformed to this world, but be transformed by the renewal of your mind, that by testing you may discern what is the will of God, what is good and acceptable and perfect.*

Sisters & Brothers in Christ – we do not need to look far for hope and solace – the comfort of the Bible and the verses or tips are there to help us receive faith and strength from God and renew our Hope in life using the path He has set for us. The Word of God has so many answers we seek. When everything seems to fall apart, why not place our hope in our Saviour ? He has given us a lifeline if we but only realise it !

John 8:12

Then spoke Jesus again to them, saying, I am the light of the world: he that follows Me shall not walk in darkness, but shall have the light of life.

Hebrews 6:19–20

This hope is a strong and trustworthy anchor for our souls. It leads us through the curtain into God's inner sanctuary. Jesus has already gone in there for us. He has become our eternal High Priest in the order of [Melchizedek](#)

Psalms 77:12

*I will **ponder** all your work,
And meditate on your mighty deeds*

When we read the Bible and ponder on what message is there for us, our hope and believe in God is rekindled. We dwell on it and then as opportunities arise, we preach it to ourselves. We inject it into our thoughts as we make decisions, as we admonish and instruct our souls to choose right things and walk down right paths.

4 steps to ponder on the Word of God :

1. **FOCUS:** Quieten our heart – ask the Holy Spirit to enlighten, guide and open our heart and mind
2. **UNDERSTAND:** Don't read aimlessly – select corresponding passages according to our actual problems and difficulties. We can also use the internet to find specific instances where God's Word is a strong affirmation of the hidden message for us
3. **APPLY :** Focus on pondering on God's words and understanding the inner meaning – repeat words that make an impact and ask why these words stir us.
4. **MESSAGE REVEALED :** God's every Word has a message and pondering on His Word will definitely reveal this message to each of us.

Ponder and share :

Hope - *How is your level of hope? *Does it bounce back after being hit?

*Does it cause you to doubt when you lose hope in a situation - eg the current pandemic ?

*Search in the Bible a message of hope that applies to your current predicament

Pope Francis in his message of hope for 2021 said :

“We have a rudder, a hope in the Lord

We have an anchor: by His cross we have been saved. We have a rudder: by His cross we have been redeemed. We have a hope: by His cross we have been healed and embraced so that nothing and no one can separate us from His redeeming love.”

The full text of Pope Francis' message here :

<https://www.onenews.ph/21-pope-francis-quotes-to-live-by-as-we-welcome-2021>

Lent is fast approaching with Ash Wednesday on **Feb 17th 2021**. Why not make a difference this Lent

***by doing** real soul searching on God's message to **each of us**.

***to apply** this message to the people and situations around us

***to spread** His message of Love and peace to all

***to plan** how to execute works of mercy, much needed especially for the ones who are suffering in silence – (traumatized by the virus, loss of income, separation due to MCO, etc)

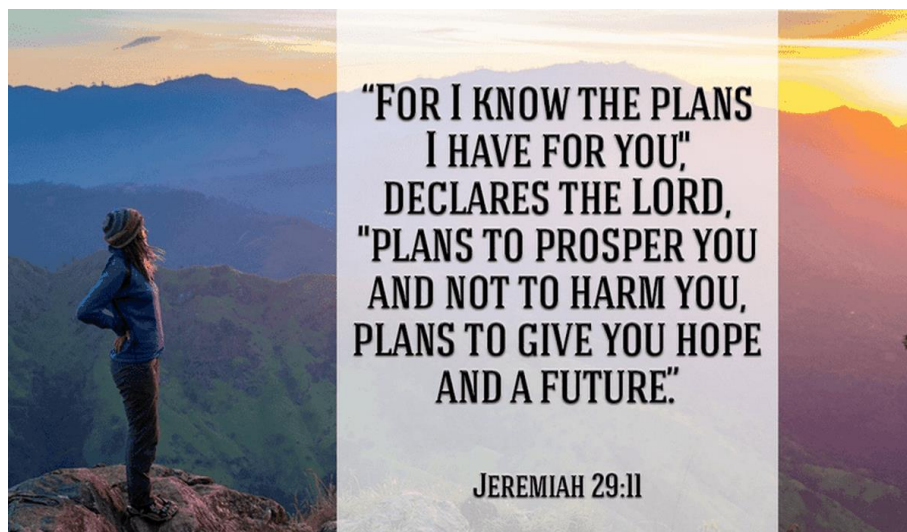
***to pray** for front-liners :

- health personnel & their families
- cleaners,
- police and army manning road blocks in the heat and rain,
- our priests & religious who are at the side of those who need them be it homes or hospitals... etc

God knows that we all struggle with finding and holding onto hope. When we are facing tests of faith, even the strongest Christians can find it a challenge to find hope.

When we need encouragement and refreshment for our soul, turn to these Scriptures from the Old and New Testaments that offer hope and encouragement. Everyone needs to be reminded from time to time of the hope that God, Jesus and the Bible offer to us in our daily lives.

Let us do everything we can to make the Word of God our priority and our way of Life so that His message is on everyone's lips as a message of Hope, peace and love.



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Losing Prayer: A Prayer for Hope: Lord, I maintain my hope in You and I hold onto the assurance that what I am praying for is already accomplished in the name of Jesus. Your Word promises “no good thing does He withhold from those that walk uprightly” (*Psalm 84:11*). I wait upon You for Your definition of the “good thing” You will not withhold from me. As David prayed in *Psalm 18:1*: “I love you, Lord, my strength. The Lord is my rock, my fortress and my deliverer; my God is my rock, in whom I take refuge, my shield and the horn of my salvation, my stronghold.” In Jesus’ name **AMEN**

Closing Hymn – IN CHRIST ALONE https://youtu.be/ENTL_li4GbE

In Christ alone, my hope is found
He is my light, my strength, my song
This cornerstone, this solid ground
Firm through the fiercest drought and storm
What heights of love, what depths of peace,
When fears are stilled, when strivings cease
My comforter, my all in all
Here in the love of Christ I stand

In Christ alone, who took on flesh
Fullness of God in helpless babe
This gift of love and righteousness
Scorned by the ones He came to save
‘Til on that cross as Jesus died
The wrath of God was satisfied
For every sin on Him was laid
Here in the death of Christ I live

We also take this opportunity to wish everyone -GONG XI FA CAI"! It may be a quiet celebration with loved ones but with Jesus in our midst we have nothing to fear! Be still and know that the Lord is near!

