

APRIL 2026

5 + 2

FIVE AND TWO
DEVOTIONAL AND SABBATH



Hello!

Everyone Takes A Step

Forty years ago, God planted a small seed called Full Gospel Assembly. We began with little more than prayer, a longing for the Holy Spirit's presence, and a willingness to follow wherever He led. We gathered in homes, rented halls, and borrowed rooms, not knowing what the future held, but certain of the One who was leading us.

Today, as we stand in this 40th-year moment, we pause not to celebrate human effort, but to remember God's faithfulness. Every testimony, every healing, every salvation, every child dedicated, every tear shed at the altar. These are His doing. Not one chapter of our story is without His grace.

This 40-day devotional journey is our collective response of worship and remembrance. The number 40 in Scripture is never accidental. It is a time of formation, preparation, and new beginnings. As we look back with gratitude, we also look forward with expectation. Our prayer is that these 40 days will soften our hearts, unite our generations, deepen our worship, and ready us for what God desires to write in the next chapter of our story.

Whether you have been here from the beginning or have just joined the family, we invite you to walk with us over the next 40 days. Let every day be a prayer of thanks and a step of faith.

To God be the glory always!
Together, let's walk deeper with the Spirit!

How to use this guide

Daily Devotion

To get started, you can follow this format.

Be still (1 min): Become aware of God's presence.

Read (5-6 min): The day's passage. Read aloud if possible.

Listen (3-4 min): What is the Spirit highlighting?

Micro-practice (whole day): Apply what God has spoken to you.

Saturday Review

Use the Examen prompts to reflect on your week.

Learn more about the practice of the Examen on page 40.

Sabbath Twice A Month

Pause from work to rest in God. *Deepen your understanding of the sabbath on page 42.*

Weekly Check-in

Find a buddy/LifeGroup and connect weekly via text or in-person. You can use the given prompts and pray brief blessings for each other.

Practice Discernment

Test impressions by Scripture, Christ-likeness, Community, and Fruit (Gal 5:22-23). When guidance is directional or sensitive (finance, relationships, major decisions), loop in an FGA leader.

Choose love over spectacle; humility over hype.

Sabbath



Sabbath Practice

Pick 2 days this month where you will stop, rest, delight and practice love. If a whole day isn't possible, carve out some consecutive hours.

The sabbath table

Prepare a simple, meaningful meal. Set the table intentionally, light a candle, play soft music, and pray a short blessing. Eat slowly. Share stories. Give thanks for the gift of community and provision.

Unplug and be still

Set aside an hour (or more), without your phone, TV, or computer. Use the time to rest, pray, or simply sit in silence. Notice how your mind slows down and your heart opens to peace.

Deepen your understanding of the sabbath on page 42.

1 Apr

Romans 12:9-13

⁹ Love must be sincere. Hate what is evil; cling to what is good. ¹⁰ Be devoted to one another in love. Honor one another above yourselves. ¹¹ Never be lacking in zeal, but keep your spiritual fervor, serving the Lord. ¹² Be joyful in hope, patient in affliction, faithful in prayer. ¹³ Share with the Lord's people who are in need. Practice hospitality.

Be still. Breathe. *"Come, Holy Spirit."* Become aware of God's Spirit with you.

Read. Read the passage slowly.

Listen. What word/phrase stands out? What invitation is the Spirit highlighting?

Micro-practice. Write or send a message of encouragement to a fellow believer.

Offer hospitality - a meal, a coffee, or a listening ear.

2 Apr

Galatians 6:9-13

⁹ Let us not become weary in doing good, for at the proper time we will reap a harvest if we do not give up. ¹⁰ Therefore, as we have opportunity, let us do good to all people, especially to those who belong to the family of believers.

¹¹ See what large letters I use as I write to you with my own hand!

¹² Those who want to impress people by means of the flesh are trying to compel you to be circumcised. The only reason they do this is to avoid being persecuted for the cross of Christ. ¹³ Not even those who are circumcised keep the law, yet they want you to be circumcised that they may boast about your circumcision in the flesh.

Be still. Breathe. *"Come, Holy Spirit."* Become aware of God's Spirit with you.

Read. Read the passage slowly.

Listen. What word/phrase stands out? What invitation is the Spirit highlighting?

Micro-practice. Share a meal, a prayer, or a word of encouragement with someone this week.

Thank God for your church community by name.

3 Apr

John 13:12-15

¹² When he had finished washing their feet, he put on his clothes and returned to his place. "Do you understand what I have done for you?" he asked them. ¹³ "You call me 'Teacher' and 'Lord,' and rightly so, for that is what I am. ¹⁴ Now that I, your Lord and Teacher, have washed your feet, you also should wash one another's feet. ¹⁵ I have set you an example that you should do as I have done for you.

Be still. Breathe. "*Come, Holy Spirit.*" Become aware of God's Spirit with you.

Read. Read the passage slowly.

Listen. What word/phrase stands out? What invitation is the Spirit highlighting?

Micro-practice. Look for a simple, practical way to serve your ministry team this week.

Thank Jesus for the privilege of serving.

Weekly Check-in

Buddy/LifeGroup Check-In

Purpose

End the week by noticing God, naming reality, and taking one clear next step. You can do this over text or in-person.

Flow

Gratitude

Where did you notice the Spirit this week?

Word

What verse/insight stayed with you?

Obedience

What step did you take? What fruit did you see?

Barrier

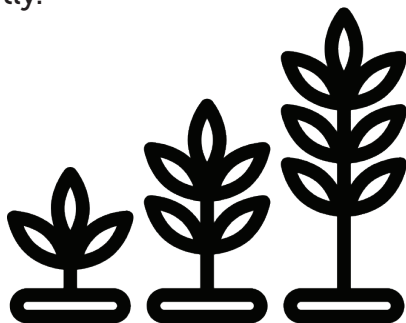
Where were you stuck, tempted, or tired?

Next Step

Name one small, specific step for the coming week.

End

Pray for each other, silently.



Examen: Saturday Review

Presence

Become aware of God's presence and ask the Spirit to bring clarity to your week.

Review

Review your week with gratitude, noticing God's gifts in people, work, and small pleasures.

Emotions

Pay attention to your emotions to discern God's movements, confess shortcomings, and consider His invitations.

Pray

Choose one moment from the week and pray from it - intercession, praise, repentance, or thanks - as the Spirit leads.

Ahead

Look toward the coming week. How are you feeling about what's ahead? Bring that to God.

Learn more about the practice of the Examen on page 40.



5
Apr

Sunday: Arrive Ready

James 4:8

Come near to God and he will come near to you. Wash your hands, you sinners, and purify your hearts, you double-minded.

Pray

Lord, cleanse our hearts and hands. Forgive us for divided loyalty. Draw near to us as we draw near to You. We want to serve and worship You with purity and joy. Amen.

Posture

Take a quiet moment to confess and receive forgiveness.

Serve with humility — not to be seen, but to honour the One who sees.



6 Apr

Deuteronomy 8:2

Remember how the Lord your God led you all the way in the wilderness these forty years, to humble and test you in order to know what was in your heart, whether or not you would keep his commands.

Reflect: The first word God gives Israel at the edge of the Promised Land is simple: Remember the dust, the manna, the tears, the questions—and the God who never left.

As FGA enters our 40th year, this is our call too. Remember the living rooms where worship began, the hotel halls, the plastic chairs, the seasons of little money but great faith. Remember the healings, the altar tears, the voices worshipping together.

This journey wasn't built by human strength—God's presence carried us.

So before we celebrate, we pause to remember. Remembrance is worship. It stirs faith and prepares us for what's next.

Celebratory Activity: Write down one memory of God's faithfulness in FGA or in your own life. Share it with someone today, a family member, lifegroup member, leader, or friend.

Prayer: Lord, we remember. You led us, provided for us, and carried us, from living rooms to nations, from a handful of people to generations worshipping together. Forgive us when we forget Your faithfulness. Today, we look back with gratitude and ahead with trust. Continue to write your story through us. Amen.

7
Apr

Zechariah 4:10

Who dares despise the day of small things, since the seven eyes of the Lord that range throughout the earth will rejoice when they see the chosen capstone in the hand of Zerubbabel?

Reflect: Every great move of God starts small. A whisper before a shout. A seed before a tree. FGA began this way, with a small group who gathered in faith, not in strength. No building. No big budget. Just hungry hearts, open Bibles, and the belief that the Holy Spirit was still moving today, like in the book of Acts.

There were moments of uncertainty. Times when chairs were few and offerings were tiny. Yet heaven rejoiced.

Today, we celebrate not the size of what was in our hands, but the size of the God who held us. If God can take a living-room church and bring it to the nations, what more can He do with surrendered hearts today?

Celebratory Activity: Find an old photo or memory from the early days of FGA (or your own walk with God). If you can't, write down how your journey of faith began. Say "*thank you*" to God aloud.

Prayer: Lord, thank You for humble beginnings. Thank You that our story is not defined by resources but by Your presence. Help us never to chase success without surrender. Let childlike faith mark the next 40 years even more than the first. Amen.

8
Apr

Psalm 92:13

They are planted in the house of the Lord; they flourish in the courts of our God.

Reflect: Flourishing begins with planting, that is, staying, enduring, and growing unseen roots.

Over 40 years, God has planted people in this house, some for a season, some for a lifetime. They have served quietly, prayed faithfully, and given generously. They taught children, disciplined youth, visited the sick, and led worship when no one else volunteered. Their roots made the tree strong. Maybe you are one of them. Maybe you are just beginning. Either way, this house isn't perfect, but it is holy ground because He has been here. Flourishing isn't about being noticed. It's about being rooted.

Celebratory Activity: Send a thank-you message to someone who has been faithfully serving in the church: pastors, ushers, worship team, intercessors, teachers, cleaners, anyone.

Prayer: Lord, thank You for planting us in Your house. Thank You for every unseen act of love, every sacrifice, every "yes" whispered in quiet. Help us remain rooted in You and rooted in one another, for Your glory and the generations ahead. Amen.

9 Apr

Azusa Street Revival

The Azusa Street Revival began on April 9, 1906, when William J. Seymour and a small group gathered on Bonnie Brae Street to seek a fresh outpouring of the Holy Spirit.

What happened next, speaking in tongues, repentance, healing, spontaneous worship, and deep unity across racial and social lines, became a modern echo of Acts 2. Crowds flooded the meetings, eventually moving to a run-down building at 312 Azusa Street, where the Holy Spirit continued to move powerfully. From this humble mission, the fire spread worldwide, sparking the global Pentecostal movement and shaping more than 700 million believers today.

As FGA celebrates 40 years of God's faithfulness, Azusa calls us back to our roots.

Biblically, forty represents formation and preparation; it is never the end but a threshold into something new. FGA was not founded on polished programs or strategy but on people hungry for God's presence, the same Spirit who moved at Azusa is the Spirit who birthed our church.

At this milestone, we are reminded of three truths: we were born in the fire of the Spirit and cannot settle for fading memories; the Holy Spirit is a Person to welcome, not just a doctrine; and revival is given for God's mission, not our comfort.

9 Apr

Acts 2:1-4

When the day of Pentecost came, they were all together in one place. ² Suddenly a sound like the blowing of a violent wind came from heaven and filled the whole house where they were sitting. ³ They saw what seemed to be tongues of fire that separated and came to rest on each of them. ⁴ All of them were filled with the Holy Spirit and began to speak in other tongues as the Spirit enabled them.

Reflect: When the Holy Spirit came into the upper room, the church was born, not through strategy, but through surrender.

FGA has always been marked by this same hunger. From all-night prayer meetings to youth camps where altars were drenched with tears, to moments when worship lingered, and no one could leave, the Spirit has made His dwelling here. We did not plan revival, but we prayed, waited, and God moved.

As we celebrate 40 years, may we not only remember the fire that fell. May we long for it again. Do it again, Lord! Do it again!

Celebratory Activity: Spend 10 minutes tonight in worship, just invite the Holy Spirit to come.

Prayer: Holy Spirit, thank You for every moment You visited our church. Fall afresh on us again. We do not want to rely solely on memory. We ask for fresh fire, fresh wind, a new outpouring. Make us a people who wait, pray, and obey. Amen.

10 Apr

Exodus 16:4

Then the Lord said to Moses, "I will rain down bread from heaven for you. The people are to go out each day and gather enough for that day. In this way I will test them and see whether they will follow my instructions.

Reflect: In the wilderness, God didn't take away the desert; He brought provision in the desert.

FGA has walked through dry seasons, financially, spiritually, and emotionally. There were months when offerings were small. Times when leaders were weary, people left, or prayers went unanswered. Yet manna always appeared. Someone would give quietly. Healing would come. A new family would show up. A youth would lift their hands in worship, and hope would return. Miracles are not the absence of hardship. They are God's presence in the middle of it.

Celebratory Activity: Share one "*manna story*" with someone, that is, a testimony of how God provided when it didn't make sense.

Prayer: Jehovah Jireh, You have always provided. Thank You for every miracle, big and small. Thank you for keeping us when we could not keep ourselves. Teach us to trust You again in every desert. Amen.

Weekly Check-in

Buddy/LifeGroup Check-In

Purpose

End the week by noticing God, naming reality, and taking one clear next step. You can do this over text or in-person.

Flow

Gratitude

Where did you notice the Spirit this week?

Word

What verse/insight stayed with you?

Obedience

What step did you take? What fruit did you see?

Barrier

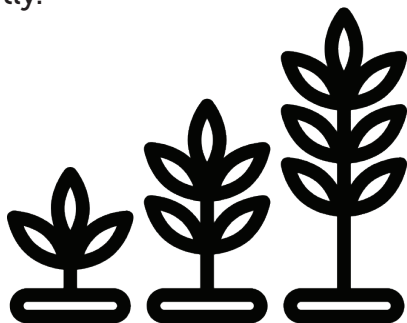
Where were you stuck, tempted, or tired?

Next Step

Name one small, specific step for the coming week.

End

Pray for each other, silently.



11 Apr

Examen: Saturday Review

Presence

Become aware of God's presence and ask the Spirit to bring clarity to your week.

Review

Review your week with gratitude, noticing God's gifts in people, work, and small pleasures.

Emotions

Pay attention to your emotions to discern God's movements, confess shortcomings, and consider His invitations.

Pray

Choose one moment from the week and pray from it - intercession, praise, repentance, or thanks - as the Spirit leads.

Ahead

Look toward the coming week. How are you feeling about what's ahead? Bring that to God.

Learn more about the practice of the Examen on page 40.



12 Apr

Sunday: Arrive Ready

John 4:23-24

Yet a time is coming and has now come when the true worshipers will worship the Father in the Spirit and in truth, for they are the kind of worshipers the Father seeks. God is spirit, and his worshipers must worship in the Spirit and in truth.

Pray

Father, make us true worshipers. Strip away performance and pretence. Fill us with Your Spirit and anchor us in truth. We want to worship You as You desire. Amen.

Posture

Before worship or serving, pray: *"Holy Spirit, lead me."*

Be honest with God — bring your true heart, not just your best behaviour.



13
Apr

Psalm 145:4

One generation commends your works to another;
they tell of your mighty acts.

Reflect: One of FGA's greatest gifts is this: we are a church of generations. Grandparents, parents, teenagers, and children worship under the same roof. Some of our oldest members still lift their hands in worship; some of our youngest recite Scripture and dance during worship with joy.

Through the years, aunties and uncles have mentored youths, youths have stirred fresh faith in adults, and children have led us to simple wonder. This is not common. This is holy.

For 40 years, God has been faithful across generations. As we step into the next 40, may we not only sit together. May we walk together. May every generation carry the fire and pass it on.

Celebratory Activity: Ask someone from a different generation in FGA to share a story of how they've seen God move. Then listen, learn, and bless them.

Prayer: Father, thank You for the generations in our church. Thank you to the elders who have persevered, the adults who serve, the youth who dream, and the children who worship freely. Teach us to honour one another, learn from one another, and walk together into Your future. Amen.

14
Apr

Psalm 103:2-3

- ² Praise the Lord, my soul,
and forget not all his benefits—
³ who forgives all your sins
and heals all your diseases,

Reflect: Healing has always been part of FGA's story.

There were times when doctors had no answers, but prayer did. Stories still echo of cancer disappearing, backs straightening, depression lifting, marriages being restored, and hearts learning to forgive.

Healing isn't only physical; it is emotional, relational, and spiritual. Sometimes it came in an instant; sometimes it came through months of prayer. Sometimes it came through tears at the altar, other times through community walking alongside. Healing is not just what God did; it is who He is. As we celebrate 40 years, we remember, the Healer is still here!

Celebratory Activity: Write down the name of someone who needs healing, be it physical or emotional. Pray for them today and, if prompted, send them a message of encouragement.

Prayer: Jehovah Rapha, thank You for every healing, seen and unseen. Thank You for healing bodies, restoring hearts, freeing minds. We bring those still waiting for healing before You. Stretch out Your hand again, Lord. Make us a church that carries healing to the broken. Amen.

15
Apr

Philippians 4:19

And my God will meet all your needs according to the riches of his glory in Christ Jesus.

Reflect: Provision has been one of FGA's recurring testimonies. From the early days, God's people at FGA were always generous. Chairs appeared when more people came. When we needed a building, the people gave over and above. They gave sacrificially. And God opened doors. When missionaries were sent, God provided every dollar.

Over the years, it was never an abundance in the bank; it was abundance in His hands. And He gave as we gave. This is still true today: provision follows obedience. Faith moves heaven. As we celebrate 40 years, we remember that we have never lacked. Not because we had much, but because He is enough.

Celebratory Activity: Buy or prepare a simple gift or meal for someone in church who has quietly served. Bless them as God has blessed you.

Prayer: Provider God, thank You for every time You met our needs before we even knew how to pray for them. Thank You for teaching us to give, trust, and depend on You. As we step into the future, we trust that the God who provided before will provide again. Amen.

16
Apr

Philippians 4:6-7

Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. ⁷ And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.

Reflect: Before there were committees, plans, or strategies, there was prayer.

From the early years of FGA, decisions were birthed in prayer meetings where people knelt on concrete floors, crying out to God. Not everything was certain then, but prayer anchored us. When the church had no building, we prayed. When leaders faced opposition, we prayed. When someone was sick, we prayed.

Prayer rooms, pre-service intercession, and night vigils became the engine room of the church. The peace of God didn't remove the struggles; it held us through them. Today, in a world of speed and strategy, God calls us back to that same place: prayer.

Celebratory Activity: Pause three times today, morning, afternoon, night, to whisper a simple prayer: *"Lord, I trust You."*

Prayer: Lord, make us a praying church again. Thank You for every whispered prayer, every tear-stained intercession that has carried us these 40 years. Teach us not to worry first and pray later, but to pray first, trust first, and rest in Your peace. Amen.

17
Apr

Ephesians 4:3

Make every effort to keep the unity of the Spirit through the bond of peace.

Reflect: FGA is a tapestry of cultures, languages, and generations, yet one family. Chinese, Filipino, English, and Nepali congregations worship under one roof. Sometimes unity meant sacrifice; translating sermons, sharing spaces, adjusting styles. But this has always been our strength.

Unity is not sameness; it is oneness in Christ. There were moments of misunderstanding, tension, and difference, but love held us together. The Spirit is the One who unites, not our preferences. Our unity is not accidental. It is a testimony. In a divided world, a united church is a miracle.

Celebratory Activity: Say something encouraging to someone from another congregation, ministry, or culture in FGA.

Prayer: Lord, thank You for making us one body, many parts. Forgive us when we hold on to preference instead of love. Help us to honour every generation, every language, every culture in this house. Make our unity a witness to the world of who You are. Amen.

Weekly Check-in

Buddy/LifeGroup Check-In

Purpose

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Flow

Gratitude

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What verse/insight stayed with you?

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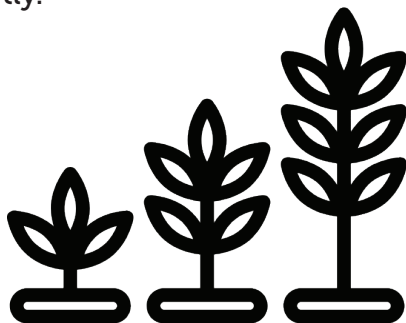
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Next Step

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Choose one moment from the week and pray from it - intercession, praise, repentance, or thanks - as the Spirit leads.

Ahead

Look toward the coming week. How are you feeling about what's ahead? Bring that to God.

Learn more about the practice of the Examen on page 40.



19 Apr

Sunday: Arrive Ready

James 4:8

Worship the Lord with gladness; come before him with joyful songs.

Pray

Lord, cleanse our hearts and hands. Forgive us for divided loyalty. Draw near to us as we draw near to You. We want to serve and worship You with purity and joy. Amen.

Posture

Take a quiet moment to confess and receive forgiveness.

Serve with humility — not to be seen, but to honour the One who sees.



GLAD

20
Apr

John 20:21

Again Jesus said, "Peace be with you! As the Father has sent me, I am sending you."

Reflect: Jesus doesn't say, "*Stay here and stay safe.*" He says, "*As the Father has sent Me, I am sending you.*" The risen Christ sends wounded, forgiven disciples into a still-broken world. He doesn't send them away from pain, but right into it. Why? Because resurrection is not meant to be hoarded—it's meant to be shared.

The Father sent Jesus to enter suffering, not avoid it. Now, Jesus sends us, not to escape the Good Friday world but to bear resurrection hope inside it.

Mission is not an optional extra for the spiritually elite. It is the natural response of those who have seen the empty tomb.

Celebratory Activity: Ask Jesus: "*Send me to someone today.*" Be attentive. It could be an encouraging text, a listening ear, a small act of kindness.

Prayer: Risen Lord, You were sent, and now You send me. Make me brave, compassionate, and willing to carry resurrection into broken places. Amen.

21
Apr

John 20:23

If you forgive anyone's sins, their sins are forgiven; if you do not forgive them, they are not forgiven.

Reflect: Right after speaking peace and breathing the Spirit on His disciples, Jesus gives them a startling mission: forgive. In a world shaped by revenge, silence, and bitterness, resurrection people are called to release, restore, and reconcile. Forgiveness does not mean forgetting or excusing what was done. It means refusing to let death have the last word in our relationships.

Jesus' resurrection was not only a victory over the grave but also a victory over resentment. From the cross, He said, "Father, forgive them." From the empty tomb, He empowers us to do the same. Forgiveness may not change the past, but it can resurrect the future.

Celebratory Activity: Write the person's name (or situation) on a piece of paper. Plant it in some soil or place it at the base of a potted plant. Let this symbolise buried bitterness becoming new life.

Prayer: Lord Jesus, You forgave even when it hurt. Teach me to forgive not by my strength, but by Your Spirit alive in me. Amen.

22

Apr

Acts 2:42-47

⁴² They devoted themselves to the apostles' teaching and to fellowship, to the breaking of bread and to prayer. ⁴³ Everyone was filled with awe at the many wonders and signs performed by the apostles. ⁴⁴ All the believers were together and had everything in common. ⁴⁵ They sold property and possessions to give to anyone who had need. ⁴⁶ Every day they continued to meet together in the temple courts. They broke bread in their homes and ate together with glad and sincere hearts, ⁴⁷ praising God and enjoying the favor of all the people. And the Lord added to their number daily those who were being saved.

Reflect: The earliest resurrection people didn't scatter into private spirituality. They formed a community. They broke bread, shared possessions, prayed, worshipped, and cared for one another. This was not a perfect community, but it was a resurrected one, marked by generosity, devotion, and shared life.

In a world of isolation and self-interest, resurrected people choose fellowship over loneliness, shared tables over silent screens, prayer over complaint. Christianity is not just believing in the risen Christ; it's belonging to His body. Resurrection creates family.

Celebratory Activity: Ask Jesus, "*Send me to someone today.*" Be attentive. It could be an encouraging text, a listening ear, or a small act of kindness.

Prayer: Jesus, thank you for not calling me to walk alone. Resurrect my love for community, teach me to give, receive, and belong. Amen.

23
Apr

Psalm 34:8

Taste and see that the Lord is good;
blessed is the one who takes refuge in him.

Reflect: *"Taste and see that the Lord is good."* Resurrection faith is not a theory. It is experienced. God doesn't invite us to merely observe life; He invites us to taste it.

The risen Jesus ate fish, broke bread, and drank with His friends. Our faith is not ashamed of bodies, food, joy, or the senses. Every taste of sweetness, every sip of water, every breath is a reminder that we are alive because He is.

Resurrection wakes up our senses to the goodness of God in the ordinary.

Celebratory Activity: Eat something sweet, simple, or delicious today with gratitude. Before you bite, pray: *"Thank You for life."*

Prayer: Giver of life, thank You for every taste, every breath, every heartbeat. Awaken my senses to Your goodness. Let me live gratefully. Amen.

24
Apr

Isaiah 53:5

But he was pierced for our transgressions,
he was crushed for our iniquities;
the punishment that brought us peace was on him,
and by his wounds we are healed.

Reflect: *"He was pierced for our transgressions... by His wounds we are healed."* Even in resurrection, Jesus keeps His scars. He doesn't erase them; He transforms them.

Our wounds may remain, but resurrection offers this hope. They don't define or destroy us. God can turn wounds into testimonies, cracks into places where His light shines through.

Being resurrection people isn't pretending everything's okay. It's believing that in Christ, even the worst things can become places of healing, for us and for others.

Celebratory Activity: Gently touch one part of your body, your heart, your hands, a scar, and pray: *"Jesus, heal what is unseen and seen."*

Prayer: Healer of hearts, thank You for keeping Your scars. Redeem my pain, and make my wounds wells of compassion. Amen.

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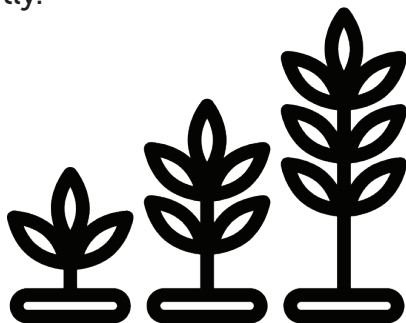
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26
Apr

Sunday: Arrive Ready

Matthew 18:20

For where two or three gather in my name, there am I with them.

Pray

Jesus, we gather in Your name. Be at the centre of our worship, our service, and our friendships. Help us to be more aware of You than of our plans. Amen.

Posture

As you step into church, whisper: "Jesus, You are here."

Treat every person you meet as if Jesus were present with them.



27
Apr

2 Corinthians 5:17-19

¹⁷ Therefore, if anyone is in Christ, the new creation has come: The old has gone, the new is here! ¹⁸ All this is from God, who reconciled us to himself through Christ and gave us the ministry of reconciliation: ¹⁹ that God was reconciling the world to himself in Christ, not counting people's sins against them. And he has committed to us the message of reconciliation.

Reflect: *"If anyone is in Christ, new creation has come."*

Resurrection is not only a personal experience. It is cosmic. God is reconciling the world to Himself, and He makes us ambassadors of reconciliation.

To follow the risen Jesus is to step into broken relationships, fractured systems, and divided communities and plant seeds of peace.

Resurrection people are not just comforted; they are commissioned. We do not fix the world alone, but we join the One who already defeated death and is making all things new.

Celebratory Activity: Reach out to someone you've pulled away from and send a simple message: *"Thinking of you today. Hope you're well."* (or something similar)

Prayer: God of new creation, reconcile my heart to Yours. Teach me to be a peacemaker, not avoiding conflict, but bringing Your love into it. Amen.

28
Apr

Isaiah 52:7

How beautiful on the mountains
are the feet of those who bring good news,
who proclaim peace,
who bring good tidings,
who proclaim salvation,
who say to Zion,
"Your God reigns!"

Reflect: *"How beautiful are the feet of those who bring good news."* In Isaiah's time, messengers ran across battlefields and hills to announce victory and peace. Today, we carry an even better message: death has been defeated. Christ is risen.

Being resurrection people means we don't keep the news to ourselves. We walk into workplaces, coffee shops, WhatsApp chats, classrooms, and hospital rooms, with gentle words of life. God does not need polished voices, just willing feet.

Celebratory Activity: Pray this before you leave your house:
"Lord, make my steps bring peace today."

Prayer: Jesus, You walked dusty roads to bring good news. Let my feet follow Yours into places that need hope. Amen.

29
Apr

John 4:35

Don't you have a saying, 'It's still four months until harvest'? I tell you, open your eyes and look at the fields! They are ripe for harvest.

Reflect: Jesus tells His disciples, *"Open your eyes... the fields are ripe for harvest."* They thought it was an ordinary moment. Jesus saw a kingdom moment.

Resurrection people learn to see differently. While the world sees hopelessness, we see potential. While others see strangers, we see people loved by God. While others say, *"Maybe later,"* resurrection people say, *"Now is the time."*

The harvest is not about pressure. It's about participation in what God is already doing.

Celebratory Activity: Pray this short prayer: *"Lord, open my eyes to someone I can love today."* Then pay attention.

Prayer: Lord of the harvest, open my eyes to what You see. Let me notice, and join, where You are already at work. Amen.

30
Apr

Psalm 23:4

Even though I walk
through the darkest valley,
I will fear no evil,
for you are with me;
your rod and your staff,
they comfort me.

Reflect: *“Even though I walk through the valley of the shadow of death, I will fear no evil, for You are with me.”* Resurrection does not promise the absence of valleys, only the presence of a Shepherd.

Jesus, the risen Shepherd, walks with us through grief, disappointment, anxiety, diagnosis, and loneliness. He doesn't shout from a distance; He accompanies us.

Celebratory Activity: Hope is not denying the valley; it is trusting who walks beside us in it.

Take a slow walk today, down a hallway, street, or park. As you walk, whisper: *“You are with me.”*

Prayer: Shepherd of my soul, thank You that resurrection did not remove Your nearness. Walk with me through shadows, into light. Amen.

The Examen

Key Aspects of The Examen

1. Become aware of God's presence. Look back on the events of the week in the company of the Holy Spirit. The week may seem confusing to you—a blur, a jumble, a muddle. Ask God to bring clarity and understanding.

2. Review the week with gratitude. Gratitude is the foundation of our relationship with God. Walk through your week in the presence of God and note its joys and delights. Focus on the week's gifts. Look at the work you did, the people you interacted with. What did you receive from these people? What did you give them? Pay attention to small things—the food you eat, the sights you see, and other seemingly small pleasures. God is in the details.

3. Pay attention to your emotions. We detect the presence of the Spirit of God also in the movements of our emotions. Reflect on the feelings you experienced during the week. Boredom? Elation? Resentment? Compassion? Anger? Confidence? What is God saying through these feelings?

God will most likely show you some ways that you fell short. Make note of these sins and faults. But look deeply for other implications. Does a feeling of frustration perhaps mean that God wants you consider a new direction in some area of your work? Are you concerned about a friend? Perhaps you should reach out to her.

The Examen

Key Aspects of The Examen

4. Choose one feature of the week and pray from it. Ask the Holy Spirit to direct you to something during the week that God thinks is particularly important. It may involve a feeling, positive or negative. It may be a significant encounter with another person or a vivid moment of pleasure or peace. Or it may be something that seems rather insignificant. Look at it. Pray about it. Allow the prayer to arise spontaneously from your heart—whether intercession, praise, repentance, or gratitude.

5. Look toward tomorrow. Ask God to give you light for the challenges of the coming week. Pay attention to the feelings that surface as you survey what's coming up. Are you doubtful? Cheerful? Apprehensive? Full of delighted anticipation? Allow these feelings to turn into prayer. Seek God's guidance. Ask him for help and understanding. Pray for hope.

Talk to Jesus like a friend. End the Examen with a conversation with Jesus. Ask forgiveness for your sins. Ask for his protection and help. Ask for his wisdom about the questions you have and the problems you face. Do all this in the spirit of gratitude. Your life is a gift, adorned with gifts from God.

(Modified from ignatianspirituality.com)

Sabbath

Theology of Rest, Freedom, and Foretaste

1. Sabbath begins in creation. Before there was Israel, the Temple, or Torah, there was Sabbath. God “finished his work... and rested” and then blessed the seventh day and made it holy (Gen 2:2-3). The first holy thing in Scripture is time—not a shrine humans build for God, but a day God sets apart for humans. Sabbath is therefore not a tribal custom but a creational gift: a weekly reminder that the world runs on God’s sufficiency, not our ceaseless effort.

Blessing: We receive time as a gift, not an enemy; we live by grace before we work by grit.

2. Sabbath forms a people liberated from Pharaoh. At Sinai, the fourth command roots Sabbath in creation (Exo 20:8-11): we mirror God’s rhythm—work that is good, rest that is holy. In Deuteronomy, the command is grounded in redemption (Deu 5:12-15): “remember that you were slaves in Egypt.” Sabbath is freedom enacted—no one may be worked to the bone again: not sons or daughters, servants or migrants, even animals and land (Exo 23:12; Lev 25).

Blessing: Rest becomes justice. Sabbath protects the small, slows exploitation, and trains our hearts to resist new Pharaohs—hurry, productivity idolatry, and consumerism.

3. Sabbath is delight, not deprivation. The prophets call Sabbath a delight (Isa 58:13-14)—a day to turn from “your own way” so that you might feast on God’s goodness. Psalm 92, labelled “A Psalm for

Sabbath

Theology of Rest, Freedom, and Foretaste

the Sabbath,” overflows with gratitude. Sabbath is not merely “not working”; it is enjoying God, creation, and one another without squeezing the world for output.

Blessing: Joy is rehabilitated. We practice gratitude, play, singing, and generous meals as acts of faith.

4. Jesus fulfils and re-teaches the Sabbath. Jesus does not scrap the Sabbath; he clarifies its purpose. “The Sabbath was made for man, not man for the Sabbath... the Son of Man is Lord of the Sabbath” (Mark 2:27-28). He heals on the Sabbath (Luke 13:10-17; John 5), showing that the Sabbath aims at life made whole. His invitation, “Come to me... and I will give you rest” (Matt 11:28-30), flows straight into Sabbath controversies (Matt 12:1-13). In Christ, Sabbath is not a legal burden but a messianic blessing—a sign that God’s new creation has begun.

Blessing: We rest in a Person. Sabbath becomes a weekly apprenticeship to Jesus’ unhurried yoke.

5. The church lives between “already” and “not yet”. The New Testament honours the day while guarding the gospel from legalism. Paul refuses to make days a test of belonging (Rom 14:5-6; Col 2:16-17), because the substance is Christ—and yet Hebrews insists that “a Sabbath rest remains for the people of God” (Heb 4:9-11). We taste the future rest now, by ceasing and by trusting. The early church gathered on the “Lord’s Day” to celebrate resurrection (Rev 1:10), and Christians through the centuries have received a weekly rhythm of worship

Sabbath

Theology of Rest, Freedom, and Foretaste

and rest as a wise, life-giving practice.

Blessing: Sabbath is eschatology in miniature—a weekly foretaste of the Kingdom that strengthens hope.

6. What Sabbath practices do in us (and through us).

- **Re-centering worship:** We interrupt the liturgies of productivity with word, table, prayer, and song. We remember Whose we are before what we do (Exo 20; Psa 92).
- **Training trust:** By ceasing, we declare, “God provides when I do not produce” (cf. manna patterns in Exo 16). Rest is faith with a timetable.
- **Rehumanizing community:** Everyone rests—household, employees, migrants, even livestock (Deu 5:14). Sabbath democratizes dignity and refreshes relationships.
- **Mercy and healing:** If Sabbath aims at restoration, then doing good on Sabbath is most fitting (Matt 12:12). Hospitality, encouragement, and reconciliation belong to the day.
- **Creation care:** The land and animals share in rest (Exo 23:12; Lev 25). Sabbath forms ecological patience; we live as stewards, not extractors.

Sabbath

Theology of Rest, Freedom, and Foretaste

- **Witness:** In a culture that baptises busyness, a peaceful people is apologetics. Sabbath says, “Our God is not a taskmaster; He is a Father.”

7. Common questions, biblical guidance.

- **Isn't Sabbath legalistic?**

Legalism weaponises gifts. Scripture answers not with abolition, but with orientation: “made for man,” “Lord of the Sabbath,” “delight.” Practice Sabbath to receive Christ, not to earn Christ (Mark 2:27; Isa 58:13-14).

- **Which day?**

The moral core is a 1-in-7 holy rhythm from creation. Many Christians keep Sunday in light of the resurrection; others choose another day due to vocation. Paul grants freedom of conscience while calling all to gratitude and honour toward the Lord (Rom 14:5-6).

- **What counts as work?**

Scripture's centre is ceasing from toil for gain in order to turn toward worship, joy, mercy, and rest. Jesus' healings show that love is never out of bounds. Ask: “Does this activity help me receive God's rest and extend it to others?”

We'd love to hear about your journey this month. **Could you take a moment to share your progress?**



5+2 April 2026