



Rejuvenating

Body, 

Mind

& Spirit



香港中華基督教青年會
Chinese YMCA of Hong Kong



Contents

Preface

Preface 1..... iii

Preface 2 v

Preface 3vii

30 Days of Prayer & Scripture Reference

Day One..... 2

Day Two..... 4

Day Three 6

Day Four 8

Day Five 10

Day Six 12

Day Seven..... 14

Day Eight 16

Day Nine..... 18

Day Ten20

Day Eleven.....22

Day Twelve24

Day Thirteen.....26

Day Fourteen.....28

Day Fifteen30

Day Sixteen.....32

Day Seventeen34

Day Eighteen.....36

Day Nineteen38

Day Twenty 40

Day Twenty One42

Day Twenty Two..... 44

Day Twenty Three.....46

Day Twenty Four48

Day Twenty Five50

Day Twenty Six.....52

Day Twenty Seven54

Day Twenty Eight56

Day Twenty Nine58

Day Thirty..... 60

Wholesome Tips for a Holistic Life

Healthy Diet

Boosting Immunity.....66

Rainbow Diet67

Healthy Homemade Snacks
.....68

Nutritional Challenges for
Vegetarians69

Happy Food70

Diet Tips for Losing Weight
..... 71

Joints Care

Neck Care74
Shoulder Care.....75
Wrist Care76
Back Muscle Care.....77
Knee Care78
Heel Care79

Sports

Beginner’s Guide to Exercise
.....82
Aerobic Exercise for
All Age.....83
Strength Training Enhances
Your Workout84
Better Health Comes with Jolly
Active Living85
Core Training is Important
.....86
Take a Break to Accomplish
a Longer Journey.....87

Emotional Care

Slow Down Your Breathing 90
Back to the NOW with Sensory
Grounding 91
Free Writing and Quiet Time 92
Gratitude Exercise93

Our Inner Weather Report..94
Accepting Your Feelings95

Hiking

Kowloon Peak —
Enjoying the Sunset98
Big Wave Bay (Four Beaches) —
The Most Beautiful Beaches
in Hong Kong..... 100
Tai Mo Shan — The Highest
Mountain in Hong Kong... 102
Ng Tung Chai Waterfall —
Cleanse of Mind..... 104
Kau Nga Ling (Dog Teeth
Range) — West Dog Teeth, East
Dog Teeth and Middle
Dog Teeth 106
Conquering Sharp Peak 108

Preface I

Rt. Rev. Dr. Thomas Soo, JP

Director of Chinese YMCA of Hong Kong and
Chairman of the Working Team for the Publication of
"Rejuvenating Body, Mind & Spirit"

The logo of Chinese YMCA of Hong Kong (YMCA) represents the body, mind and spirit of a person. Since its establishment, we have provided diversified activities and services to enhance people's physical, mental and spiritual health. I hope everyone, whatever their ages, may find their needs most suitably met by the YMCA activities or services.

YMCA is a Christian voluntary movement, proclaiming the gospel of peace with love. I hope that all participants can feel love in YMCA since our activities and services are carried out in the spirit of Christ: "To serve, not to be served" !

YMCA is also a family, a fellowship and a community of love. Not only do we love one another, but we share this love with people in need in our society. For over a century many people have experienced the YMCA movement in a dynamic and colourful way; they have lived a holistic life with a spiritual temperament that touched others along the way, thereby creating a mutual life impact. Indeed, the spiritual aspect cannot be separated from our daily living. To live is to nurture our spiritual being, and to nurture our spiritual being is to genuinely live. Every facet of our daily lives has an impact on our spiritual temperament. Spiritual temperament such as generosity, humility, sacrifice, endurance, kindness, compassion, love, hope, loyalty, perseverance, optimism, etc., are by-products of our daily lives.

We celebrate the 120th anniversary of the YMCA in Hong Kong with heartfelt gratitude towards God through a series of events. One of the highlights is the publication of “Rejuvenating Body, Mind & Spirit”. It is not merely a devotional book containing scripture references and words of prayer, but one accompanied with wholesome tips on caring for our well-being. I hope everyone can benefit from this book and improve their physical, mental, and spiritual qualities. I would like to take this opportunity to thank Rev. Paul Li, the Voluntary Chaplain of YMCA and our colleagues for devising such a devotional book unlike any other.

I hope that every reader, especially non-believers, is motivated by compelling love and driven to reflect on the spirit of the YMCA movement and to consciously pursue the meaning of life. Indeed, Christianity provides a clear answer: God is the source of life. We are God’s children, coming from and returning to Him. We sojourn in this world and keep opening our hearts to God, loving Him and those whom He loves.

If anyone is interested in the Christian faith, please contact any pastor from our Christian Work Department or join the worship service of a local church. Of course, we appreciate your staunch support for YMCA and would be thrilled to see a high rate of participation in our activities and services. We welcome you to make yourself at home in the big YMCA family. May God bless and guide you into making devotional reading your daily activities so that you can live at a high level of the spiritual summit and receive the grace bestowed by God, as well as share the grace with others.

May the peace of God always be with you!

Preface 2

Mr. Karl Lau

General Secretary of Chinese YMCA of Hong Kong

Rejoice always, pray continually, give thanks in all circumstances; for this is God’s will for you in Christ Jesus... May God himself, the God of peace, sanctify you through and through. May your whole spirit, soul and body be kept blameless at the coming of our Lord Jesus Christ. (1 Thessalonians 5:16-18,23 NIV)

Chinese YMCA of Hong Kong (our Association) has always attached importance to the physical and spiritual health of our members. This year marks the 120th Anniversary of our Association. I am glad to see the publication of “Rejuvenating Body, Mind & Spirit” and would like to give special thanks to Rt. Rev. Dr. Thomas Soo, JP who leads the working team to make a concerted effort for the publication work.

Besides, I would also like to express our heartfelt thanks to Rev. Paul Li, the Voluntary Chaplain of our Association, for writing thirty words of prayer based on the Book of Psalms. We sincerely invite our directors, committee members, members and clients to join us in praying together through the inspiration of the scripture, so that the words of God will always be in your hearts and you will act according to God’s will in everyday life. In addition, we pray together for the needs of our Association, our society and the world.

Spirituality is important, but physical and mental health should not be neglected. Therefore, the book has included thirty articles of wholesome tips for a holistic life, which were written by our staff in

different service units. The topics include a healthy diet, joints care, sports, emotional care and hiking. I hope that these articles will help readers to establish a healthy lifestyle.

May every reader of “Rejuvenating Body, Mind & Spirit” have the blessing of the Lord and may our body, mind and spirit be rejuvenated!


Preface 3

Rev. Paul Li

Voluntary Chaplain of Chinese YMCA of Hong Kong
Writer of Words of Prayer in “Rejuvenating Body, Mind & Spirit”

We give thanks to you, Lord God Almighty, the One who was, who is and who is to come! Praise be to God our Father in heaven. Thank you for your wonderful deeds! You make a time for everything and a season for every activity under heaven. Thank you our Heavenly Father for giving the leaders and co-workers of Chinese YMCA of Hong Kong the vision to make this devotional book. I believe that even though our hearts are troubled amid the pandemic, we can close our eyes and walk hand in hand with Christ through the valley of life.

May we draw enough positive energy in our morning prayers in the name of Jesus and experience the dew of dawn so that we can compose dynamic notes for a holistic life and sing hymns to praise God and benefit other people. We pray that the future of Hong Kong will have renewed hope day by day. We rely on the holy words of God as the latitude and heavenly wisdom as the longitude. In one accord, they are woven into a silver net to anticipate the coming of the days of the golden apple. We pray sincerely in the holy name of Lord Jesus. Amen!



**30 Days of Prayer
& Scripture
Reference**

Day One

Bible Verses

Psalm 8: 1-9 NIV

- 1 LORD, our Lord, how majestic is your name in all the earth! You have set your glory in the heavens.
- 2 Through the praise of children and infants you have established a stronghold against your enemies, to silence the foe and the avenger.
- 3 When I consider your heavens, the work of your fingers, the moon and the stars, which you have set in place,
- 4 what is mankind that you are mindful of them, human beings that you care for them?
- 5 You have made them a little lower than the angels and crowned them with glory and honor.
- 6 You made them rulers over the works of your hands; you put everything under their feet:
- 7 all flocks and herds, and the animals of the wild,
- 8 the birds in the sky, and the fish in the sea, all that swim the paths of the seas.
- 9 LORD, our Lord, how majestic is your name in all the earth!

Prayer

Praise to the creator of all things in the universe, our Lord and Heavenly Father. Thank you that humanity is the pinnacle of Your creation and the soul of the universe. To You, we are the pearl in your palm, and the apple of your eye. Compared to your great creation, we ponder why you care about us humans. You reached down from heaven and lifted us from the sand dune of the pandemic, letting us rest in your peaceful arms until dawn.

Lord Jesus, to show the great love that the Heavenly Father has for us, you gave up the glory of heaven, and took the nature of a servant. You became a human being and appeared in human likeness. You were humble and walked the path of obedience all the way to death — your death on the cross. In the name of Jesus, all will openly proclaim that Jesus Christ is Lord, to the glory of God the Father. We want to separate ourselves from our desires, at the cost of life, to pick up our own cross and walk in Your footprints.

Mighty and powerful Holy Spirit, stir our hearts that we no longer contemplate the briefness and emptiness of life, no longer underrate ourselves, no longer allow incessant indulgence of our minds or emotions, and no longer feel sorry for ourselves. Inspire us to take up the full armor of God, so that we will be able to resist in the evil day, and having done everything, to stand firm. Lead us to trust you wholeheartedly, to watch and pray tirelessly, and to proclaim the beauty of the Lord's name in all the earth. Hallelujah! May all glory be attributed to our Father in heaven.

In Jesus Christ's name we pray. Amen.

Day Two

Bible Verses

Psalm 11: 1-7 NIV

- 1 In the LORD I take refuge. How then can you say to me:
“Flee like a bird to your mountain.
- 2 For look, the wicked bend their bows; they set their
arrows against the strings to shoot from the shadows at
the upright in heart.
- 3 When the foundations are being destroyed, what can the
righteous do?”
- 4 The LORD is in his holy temple; the LORD is on his
heavenly throne. He observes everyone on earth; his eyes
examine them.
- 5 The LORD examines the righteous, but the wicked,
those who love violence, he hates with a passion.
- 6 On the wicked he will rain fiery coals and burning sulfur;
a scorching wind will be their lot.
- 7 For the LORD is righteous, he loves justice; the upright
will see his face.

Prayer

Father in heaven, the omniscient, omnipotent, omnipresent God, we shout in our morning hoarse voices, God is the strength of our hearts and our portions forever. Lord, we are distressed over the unpredictable pandemic, its impact on our lives, and our personal issues. We feel as if we have fallen into the depths, become ill, and are stuck there. Father, forgive us for being ridiculed by people who don't know you because of our unfaithful lives. Even then, we keep on believing in You. You do not lose sight of our sweat and tear

covered faces and reach out your hands to support and guide us. If we rise on the wings of the dawn and fly, wherever we land, you will be there.

Lord Jesus, thank you for your unwavering faithfulness. We will take refuge in You. “Who shall separate us from the love of Christ? Shall trouble or hardship or persecution or famine or nakedness or danger or sword?” (Romans 8:35 NIV) Likewise, our inner conflicts, anguish, confusion, disappointments, and impulses cannot stop us from seeking your face. We will rely on You to resist evil temptations, we will not be afraid of the tortures brought by injustice, and we will live a victorious day for God.

Holy Spirit, light a fire on the bundle of firewood in our lives. Stir and revive our hearts and spirits with Your word. Let the reclaimed wood, salvaged from the bottom of a bitter lake, be ignited again in the spiritual fire of prayer. Burn up the moisture that is made up of fear, setbacks, escape, and bitterness, and turn the fumes from the smoke into a refreshing fragrance. Let us fuel the flame of love, fan the flame of life, and shine for Jesus.

Our merciful Father, whom have I in heaven but you? And earth has nothing I desire besides you. May you wipe away our tears and bring us comfort. We pray in Jesus’ name. Amen.

Day Three

Bible Verses

Psalm 13: 1-6 NIV

- 1 How long, LORD? Will you forget me forever? How long will you hide your face from me?
- 2 How long must I wrestle with my thoughts and day after day have sorrow in my heart? How long will my enemy triumph over me?
- 3 Look on me and answer, LORD my God. Give light to my eyes, or I will sleep in death,
- 4 and my enemy will say, “I have overcome him,” and my foes will rejoice when I fall.
- 5 But I trust in your unfailing love; my heart rejoices in your salvation.
- 6 I will sing the LORD’s praise, for he has been good to me.

Prayer

Holy and True Father, God, when we woke up this morning, we felt like babies who have separation anxiety when their parents are not there. We mistakenly thought that our Father in heaven had forgotten about us. Thank you that you are always with us, holding us, listening to our whisper of hope, wiping away our tears so that we can clearly see your face of kindness. Thank you for putting us back on solid ground so we can earnestly live and overcome challenges day by day, knowing you will be there to support us.

Lord Jesus, supply us with your living water, allow it to become a well springing up inside us so that we may never thirst again. The

Coronavirus social distancing order prevents us from going back to church to worship, but You remind us that true worshipers will worship the Father in spirit and truth. Lord, come and dwell in our hearts. Lead us to get rid of depression, distress, disappointment, and bitterness. Restore in us a healthy soul, peace and stability, and give light to our eyes.

Holy Spirit, our comforter, grant us perseverance, patience, courage, and confidence during these difficult times. During this unstable pandemic situation, people are feeling helpless and depressed. The economy is on a downward spiral, and the fear of total economic collapse is looming over us, just like a patient facing fatal illness. In the days ahead, “Though the fig tree does not bud and there are no grapes on the vines, though the olive crop fails and the fields produce no food, though there are no sheep in the pen and no cattle in the stalls, yet I will rejoice in the LORD, I will be joyful in God my Savior. The Sovereign LORD is my strength; he makes my feet like the feet of a deer, he enables me to tread on the heights.” (Habakkuk 3:17-19) Be patient and wait for the Lord, for He has been good to us.

We pray in the holy name of Jesus Christ. Amen.

Day Four

Bible Verses

Psalm 51:1-2, 5, 8, 11, 17 NIV

- 1 Have mercy on me, O God, according to your unfailing love; according to your great compassion blot out my transgressions.
- 2 Wash away all my iniquity and cleanse me from my sin.
- 5 Surely I was sinful at birth, sinful from the time my mother conceived me.
- 8 Let me hear joy and gladness; let the bones you have crushed rejoice.
- 11 Do not cast me from your presence or take your Holy Spirit from me.
- 17 My sacrifice, O God, is a broken spirit; a broken and contrite heart you, God, will not despise.

Prayer

Lord, You are the perfect and righteous Lord. Heavenly Father, Your grace and love endure forever. The sound of thunder woke us up before dawn. We knelt before You with broken and contrite hearts in repentance for our iniquities. We ask, “what is mankind that you are mindful of them, human beings that you care for them?” You hate the sin but love the sinner. When we transgress against You, You still lift us out of the mud of corruption. We admit we deserve death. Forgive us again for our weaknesses, Lord, turn Your face away from our sins and blot out all our guilt.

Lord Jesus, cleanse our hearts with Your precious blood, and purify our homes with hyssop. Turn the dark clouds of the pandemic into showers of blessing and wash away the stench of the

city. Let us wake up to cherish an assured hope of being pardoned, and the blessing of families and friends. May we seize every chance to serve You and every opportunity to help others. Although we don't know when the Coronavirus pandemic will end, we are certain this is not our end. The current crisis will definitely pass.

Holy Spirit, strengthen us with Your presence. Create in us a clean heart that is whiter than snow; renew a right spirit within us, and restore in us the joy of salvation. Keep us alert that we do not allow the enemy room in our lives and give the devil a foothold. Help us to trust in the Lord with all our hearts and lean not on our own understanding. We pray that once we open our mouths, we boldly praise Your words and sing of Your righteousness. Give us strength and courage to teach Your divine truth to sinners and lead them to repent and turn to You.

We offer our heartfelt and humble prayer in Jesus' holy name.
Amen.

Day Five

Bible Verses

Psalm 56:1, 8, 10-13 NIV

- 1 Be merciful to me, my God, for my enemies are in hot pursuit; all day long they press their attack.
- 8 Record my misery; list my tears on your scroll — are they not in your record?
- 10 In God, whose word I praise, in the LORD, whose word I praise —
- 11 in God I trust and am not afraid. What can man do to me?
- 12 I am under vows to you, my God; I will present my thank offerings to you.
- 13 For you have delivered me from death and my feet from stumbling, that I may walk before God in the light of life.

Prayer

Heavenly Father, full of mercy and kindness, we praise You and extol Your holy name. Our bodies are exposed to wildfire smoke and the morning fog, while our minds are cluttered with the crisis of the Coronavirus and the political instability; but our spirits are at peace, like a pigeon waken up from sleep. Christ now gives us courage and confidence, so we can come to God by faith. Let us therefore come humbly to the throne of grace, that we may obtain mercy and find grace to help in time of need. We start our day without fret or worry as we trust You, our Lord, to take care of us.

Lord Jesus, thank you for the reminder at this perilous juncture that “Do not be afraid of those who kill the body but cannot kill the soul. Rather, be afraid of the One who can destroy both soul

and body in hell.”(Matthew 10:28 NIV) Lord Jesus, thank you for giving us the hope of eternal life. We trust that You are able to accompany us throughout our lives and we can do everything with You. In whatever risks we are facing, only trust our Lord the Savior.

Holy Spirit, shine Your light brightly. Let it illuminate our hearts and chase away the fear and threats from people or deeds. Let Your light guide us in the right direction so we will not be lost. You have stored our tears in your bottle and sent them to our Heavenly Father. In His mercy, He will deliver our souls from death and keep our feet from falling, that we may walk before Him in the light of the living. May You bring an end to this pandemic so that we can return to church to sing praises and to offer a sacrifice of thanksgiving to the Lord.

In Jesus’ name we pray. Amen.

Day Six

Bible Verses

Psalm 58: 1-3,6, 11 NIV

- 1 Do you rulers indeed speak justly? Do you judge people with equity?
- 2 No, in your heart you devise injustice, and your hands mete out violence on the earth.
- 3 Even from birth the wicked go astray; from the womb they are wayward, spreading lies.
- 6 Break the teeth in their mouths, O God; LORD, tear out the fangs of those lions!
- 11 Then people will say, “Surely the righteous still are rewarded; surely there is a God who judges the earth.”

Prayer

Heavenly Father, righteous and just, You are the great judge of all the universe, You will judge the righteous and the wicked. We look up and see the night sky without light or stars, and we feel a loss of connection to the cosmos. We do not know where to seek Your face. We humbly bow and kneel before You with a sincere heart, asking for forgiveness. We have condoned a flood of sin and injustice. Today we are confessing our desperate need of Your pardon for our iniquities. We plead for Your mercy, that You heal this land of the continuing spread of the Coronavirus. We ask that You stem the rise of both man-made and naturally occurring disasters. Lord, by Your grace and kindness forgive our sins.

Lord Jesus, we are Your people, followers, disciples, devoted church leaders, and those who are called to be good shepherds and role models of the sheep. May You grant us power and strength to

demonstrate patience when unfairly treated, to exercise restraint in conflicts, to tame our tongues from speaking slanderous things or making arrogant rivalries when facing the corruption and evil of society. Help us to conduct ourselves honorably among the unbelievers so that we will not show a testimony of failure.

Holy Spirit, remind us to expel the evil thoughts, temptations, hatred and ignorant arguments at the door of our hearts so that we can live a life renewed by and for Jesus Christ. Help us to live in peace with and be gentle and kind to everyone. Lord, fill us with Your spirit and guide us with Your presence to glorify God and benefit people with life's testimonies, lest we become fruitless trees or trees that produce bitter fruit that benefits no one.

We pray in Jesus' name. Amen.

Day Seven

Bible Verses

Psalm 60: 1-4, 11-12 NIV

- 1 You have rejected us, God, and burst upon us; you have been angry — now restore us!
- 2 You have shaken the land and torn it open; mend its fractures, for it is quaking.
- 3 You have shown your people desperate times; you have given us wine that makes us stagger.
- 4 But for those who fear you, you have raised a banner to be unfurled against the bow.
- 11 Give us aid against the enemy, for human help is worthless.
- 12 With God we will gain the victory, and he will trample down our enemies.

Prayer

Heavenly Father, righteous God, You have caused the earth to tremble and crack, all people and things are shaking and overthrown, even our hearts are quivering. We are staggering in pain from the catastrophe of the Coronavirus pandemic. What hurts us more is the bitterness of our hearts, which destroys positive thinking, just like dense fog blanketing the whole earth. The pandemic demolishes the fortress of confidence that we have built for many years, and the kindness in your face has been tainted before the nations. Forgive us for not being able to bear good witness for You and for our inability to raise the banner of Your truth in this crisis.

Jesus, our Savior, just when we have nothing, and the road ahead is bumpy and strewn with the dry bones of despair, we hear you gently whisper in our morning prayer. Your voice brings peace to our hearts. You understand our feeble knees and frail bodies, so You carry us to trek this sandy road month after month. You do not urge us to walk on our own, while waiting in silence for us to regain our strength. Instead, You fill our lives with good things, our youth is renewed like the eagle! Thank you for the renewed energy to enable us to start rebuilding faith, hope, and love, and to demonstrate the power of revival.

Holy Spirit, who will not give up on us or forsake us. Help us to clean gripes and resentments out of our hearts so that we will not repay evil with evil. Cleanse our lips so we refrain from offering insults for insults. Block our ears so we don't listen to gossip or malicious talks. Don't let us curse, instead teach us to bless those who curse us and pray for those who mistreat us. Don't let us be a stumbling block to others. Holy Spirit, come fill our church. Encourage us to be united in Christ; compassionate, kind and caring for one another; and to serve humbly in love, so that our lives are a Christ-like fragrance rising up to God. Let our lives be a testimony to God's grace and goodness in the community, and let us raise the banner of God's truth and give glory to His name.

In Jesus' holy name we pray. Amen.

Day Eight

Bible Verses

Psalm 61: 1-4, 8 NIV

- 1 Hear my cry, O God; listen to my prayer.
- 2 From the ends of the earth I call to you, I call as my heart grows faint; lead me to the rock that is higher than I.
- 3 For you have been my refuge, a strong tower against the foe.
- 4 I long to dwell in your tent forever and take refuge in the shelter of your wings.
- 8 Then I will ever sing in praise of your name and fulfill my vows day after day.

Prayer

Heavenly Father, our loving and faithful Lord, You clothe the heavens with darkness and make sackcloth its covering as the dawn is coming. Lord, give us the tongue of those who are instructed to know how to sustain the weary with a word. You awaken us each morning, You awaken our ears to listen like those being instructed. Sovereign Lord, may You open our ears so that we can live a life that will not go against Your will.

Lord Jesus, You have lived in the world and you clearly understand our cry in the abyss of agony. In the midst of the social unrest, we are worried, anxious, and fainting in our minds. We are still trapped in the Coronavirus pandemic spiral, and our prayer feels powerless and unfocused; we are drifting away. Lord, bring us back from the ends of the earth, for You have pulled us out from dark despair countless times in the past. You put us on the strong tower, where the shelter of Your wings is a place of grace for us sinners.

Holy Spirit who renews our minds, come fill our hearts with God's love and fresh hope. Blow the spiritual wind across the churches. Help us to stand firm in the storm of life and to proudly gaze at the appearance of the rainbow. Let our testimony be as colorful as the rainbow. If someone strikes us in the back, we will not hit back; if someone pulls our beard, let him pull. We will not hide our face to avoid humiliation and abuse from people, because the Lord will help us. We are not abashed because we know we will not be ashamed in the Lord. Holy Spirit, may You lead us to sing the Hosanna Hallelujah praise song to welcome Jesus, our Savior as He enters the city.

With thanksgiving we pray in Jesus' name. Amen.

Day Nine

Bible Verses

Psalm 66: 1-2, 10, 18-20 NIV

- 1 Shout for joy to God, all the earth!
- 2 Sing the glory of his name; make his praise glorious.
- 10 For you, God, tested us; you refined us like silver.
- 18 If I had cherished sin in my heart, the Lord would not have listened;
- 19 but God has surely listened and has heard my prayer.
- 20 Praise be to God, who has not rejected my prayer or withheld his love from me!

Prayer

Lord of All, our Father in heaven, may the nations and the people shout for joy to You and make Your praise glorious. From early morning until noon we concentrate on singing praise and immerse ourselves in waves of praise. For whom have we in heaven but You? And besides You, we desire nothing on earth. Our flesh and our hearts may fail as we struggle with the raging pandemic, but God is the strength of our hearts and our portion forever.

Lord Jesus, cleanse our hearts and remember our sins no more. With a godly attitude we hold on to Your nail-scarred hands and lean on Your shoulders, so we can cross the torrent of trouble and ride through the flood of the Coronavirus pandemic. In these difficult times, we place our hope in You. Take us to the land of abundance that You promised. Take us back to the temple to do what our lips uttered and fulfill the vow we made to the Lord with our own mouths.

Holy Spirit, examine the nations with Your eyes and awaken the churches of our nation. Light the lamp of confession in our hearts, move it from under the bowl to the lampstand, where it gives light to everyone in the house and to people in the community. Invite people from all over the world to sing in unison of God's unfailing love. We offer You hearts of thanksgiving and praises for all the people and for Your goodness and care for ourselves and our families. We firmly believe that the trials and refinements of this pandemic will bring awareness to our generation and set new milestones to the next generation.

In Jesus' name we pray. Amen.

Day Ten

Bible Verses

Psalm 70: 1-5 NIV

- 1 Hasten, O God, to save me; come quickly, LORD, to help me.
- 2 May those who want to take my life be put to shame and confusion; may all who desire my ruin be turned back in disgrace.
- 3 May those who say to me, “Aha! Aha!” turn back because of their shame.
- 4 But may all who seek you rejoice and be glad in you; may those who long for your saving help always say, “The LORD is great!”
- 5 But as for me, I am poor and needy; come quickly to me, O God. You are my help and my deliverer; LORD, do not delay.

Prayer

Majestic and Great Lord, our Heavenly Father, thank you for this quiet morning. Knowing that the hour has come for us to wake from sleep. For salvation is nearer to us now than when we first believed. The night is nearly over; the day is almost here. Even though we are not sure what is ahead, we know You will take us by the hand to lead us so that every step gets brighter and every burden gets lighter.

What a gracious Savior we have in Jesus, who bears our sins and griefs. We hold fast to Your grace. The Coronavirus pandemic is getting worse. The onslaught of bad news is taking its toll. Natural disasters are occurring frequently. Taken together, these all amount

to immense stress and anxiety in our hearts. We are running out of adequate words or reasons to plead with You; so, we repeatedly pray for the same thing as children keep asking the same questions. Lord Jesus, we truly need You now. Hasten to save us. Come quickly to help us, and deliver us from this desperate situation.

Holy Spirit, help us to cast off the works of darkness and put on the armor of light. Let us behave decently, as in the day time. Clothe ourselves with the Lord Jesus Christ. Give us more strength and an enlarged capacity to love but not to harm others. Help us to live a life that bears good witness to God — to do what is right, to love mercy, and to walk humbly with our God. Let the light of Jesus shine through us in the community. With joyful songs of thanksgiving we proclaim to people the greatness of God.

We pray in the precious name of Jesus. Amen.

Day Eleven

Bible Verses

Psalm 71:1, 18-20, 22-23 NIV

- 1 In you, LORD, I have taken refuge; let me never be put to shame.
- 18 Even when I am old and gray, do not forsake me, my God, till I declare your power to the next generation, your mighty acts to all who are to come.
- 19 Your righteousness, God, reaches to the heavens, you who have done great things. Who is like you, God?
- 20 Though you have made me see troubles, many and bitter, you will restore my life again; from the depths of the earth you will again bring me up.
- 22 I will praise you with the harp for your faithfulness, my God; I will sing praise to you with the lyre, Holy One of Israel.
- 23 My lips will shout for joy when I sing praise to you —
I whom you have delivered.

Prayer

Lord, our rock, our fortress and our Father in heaven, for You are good, Your love is eternal and Your faithfulness lasts forever. Thank you for clearing the wildfire smoke this morning so we can once more see the rising sun in the east and the beauty of the earth. Let Your light illuminate the darkness in our hearts, chase away all sinful thoughts, bitterness and resentment and bring fresh hope to start the day.

Lord Jesus, You left the world at the age of thirty-three, but you can understand the vicissitudes of our lives. You promised that You

will be our God throughout our lifetime, until our hair is white with age. You will care for us and You will carry us along and save us. Because You made us, we will still bring forth fruits in old age. They will be green and full of sap.

Holy Spirit, our encourager, help us to mend that which is broken in our hearts. Grant us strength to stay calm in the face of latent obstacles ahead, and give us unwavering faith to wait patiently for these difficult times to pass. In the midst of the church we will praise You with the harp for Your faithfulness and proclaim Your marvelous deeds. Let us take part in the life of the church, to act as witnesses of the Gospel in the community, and not bring shame on the name of the Lord.

We pray in the name of Jesus. Amen.

Day Twelve

Bible Verses

Psalm 73: 1-2, 23-28 NIV

- 1 Surely God is good to Israel, to those who are pure in heart.
- 2 But as for me, my feet had almost slipped; I had nearly lost my foothold.
- 23 Yet I am always with you; you hold me by my right hand.
- 24 You guide me with your counsel, and afterward you will take me into glory.
- 25 Whom have I in heaven but you? And earth has nothing I desire besides you.
- 26 My flesh and my heart may fail, but God is the strength of my heart and my portion forever.
- 27 Those who are far from you will perish; you destroy all who are unfaithful to you.
- 28 But as for me, it is good to be near God. I have made the Sovereign LORD my refuge; I will tell of all your deeds.

Prayer

Righteous God, Our Heavenly Father, thank you for the morning breeze that dispels the restlessness and anxiety. Let us draw near to You with an undivided heart; let us kneel down and pray. With slow, deep breathing, we exhale to release whatever resentment, grievances, jealousy, and self-pity that remain in us. We breathe deep Your breath, oh God, and inhale Your spirit into our lives so that we may seek Your loving face with pure thoughts and hearts.

Lord Jesus, come and sustain us. Don't let unrighteous thoughts create barriers to our witness for Christ, and don't allow the pandemic crisis to destroy our bastion of faith. Our flesh is weak, our hearts, bodies, and minds are failing. But You are the resurrected Lord and You have the power to raise the dead. You are our refuge in whom we trust and our strength to uphold this tent on earth. Every good thing we have comes from You.

Holy Spirit, be close to our hearts and let our pulses synchronize with Your godliness. May Your presence change our thoughts and behaviors to be faithful to You in our service. Let each one of us take up instruments of different gifts and do a musical ensemble of the rhythm of heaven. Let us play comforting hymns for those who are suffering, healing songs for wounded souls, spiritual melodies of hope for the downcast, and the song "Onward Christian Soldiers" for the weak and weary — for the torn body of Christ. At the trumpet sound and Jesus' return, we will lift our voices in the two Christian songs — "O Zion, Haste" and "Make Me a Blessing". Holy Spirit, lead us to live in the singing of joyful and thankful songs forever.

In Jesus' name we pray. Amen.

Day Thirteen

Bible Verses

Psalm 75: 1-2, 7-10 NIV

- 1 We praise you, God, we praise you, for your Name is near; people tell of your wonderful deeds.
- 2 You say, “I choose the appointed time; it is I who judge with equity.
- 7 It is God who judges: He brings one down, he exalts another.
- 8 In the hand of the LORD is a cup full of foaming wine mixed with spices; he pours it out, and all the wicked of the earth drink it down to its very dregs.
- 9 As for me, I will declare this forever; I will sing praise to the God of Jacob,
- 10 who says, “I will cut off the horns of all the wicked, but the horns of the righteous will be lifted up.”

Prayer

Our Heavenly Father who rewards good and punishes evil, we praise You, extol Your holy name and proclaim Your wonderful deeds. No one can come to You unless You draw them to You. With You a day is like a thousand years, and a thousand years are like a day. You are not slow in keeping Your promise that You will return for a judgement, as some understand slowness. Instead You are patient with us, not wanting anyone to perish, but that everyone to come to repentance and understand your will.

Lord Jesus, You spent the night praying to God until dawn. You understood our state of mind. At times, the dense fog in the

morning eclipsed the street lights and nothing was visible on the street. We felt lost in the fog. We are under the shroud of the Coronavirus pandemic, and overwhelmed by public opinion. We are discouraged, thinking that You have forsaken us. Watching impoverished working people living a life of desolation makes us wonder if you have forgotten about us. May You raise up the children of God to pray together and to confess their sins to one another. Let them lift their clean hands and continue with their prayers to seek peace in this city. Guard our hearts and keep them from any kind of defilement so that we may be blameless and kneel down before you in peace.

Powerful Holy Spirit, You will not retract Your hand and ignore us. Revive us and pull us away from darkness and the chaotic world. Let the spiritual wind blow bubbles into our lives. From these bubbles we can see the direction of the flowing water of our hearts, which help us adjust the rudder of our souls to reposition it according to the compass of truth; so that the direction of our boat of life will be moving in the same direction as the church, the body of Christ. Guide us to determine the spiritual true north, so we can set our course and navigate the boat to the depths of the sea where we can fish. Let us be fishers of men, bringing souls from sin and evil into the domain of God.

We pray in the name of Jesus. Amen.

Day Fourteen

Bible Verses

Psalm 76: 1-4, 12 NIV

- 1 God is renowned in Judah; in Israel his name is great.
- 2 His tent is in Salem, his dwelling place in Zion.
- 3 There he broke the flashing arrows, the shields and the swords, the weapons of war.
- 4 You are radiant with light, more majestic than mountains rich with game.
- 12 He breaks the spirit of rulers; he is feared by the kings of the earth.

Prayer

Almighty and Majestic Heavenly Father, You are worthy of our praise. May the gospel spread to the ends of the earth and the tents of worship spring up everywhere. Thank you, Lord, that hundreds of wildfires across the land were extinguished; yet the plumes of smoke and large amounts of particulate matter from big wildfires cover the skies of the Bay Area cities. As a result of the refraction of sunlight, the skies look orange-red. The eerie scene of darkened, orange-hued skies looks as though the end of the world is looming ahead. But You are our help, our shelter and protector. You will not let our feet be moved; our protector will neither slumber nor sleep.

Victorious Lord Jesus, Your presence brings splendor and glory. May you lead us to win the fight against the pandemic that causes global devastation. You rebuked the wind and said to the waves, "Quiet! Be still!" Then the wind died down and it was completely calm. Some rely on chariots and others on horses, as for our churches, we raise our hands in prayer in Your name: Jehovah-

shalom, the Lord is peace; Jehovah-jireh, the Lord will provide. Lead us back to the church so we can fulfill our vows. Let all churches sing praise to the Lord, and let the echo of singing bring inspiration, new hope and new atmosphere to the community.

Holy Spirit, who examines our hearts and knows our weaknesses, You plead with God for us in groans that words cannot express. Give us the virtue of patience to wait out the pandemic storm. During this inexplicable period of adversity we will call upon the Lord, who works wonders. Open our spiritual eyes so we may see that there are Christians in heaven also praying for us. Make us know that in all things God works for the good of those who love Him, who have been called according to his purpose. Help us start each day with prayer, move every step and do everything with our prayers.

In Jesus' name we pray. Amen.

Day Fifteen

Bible Verses

Psalm 80: 7-9, 12, 14-15 NIV

- 7 Restore us, God Almighty; make your face shine on us,
that we may be saved.
- 8 You transplanted a vine from Egypt; you drove out the
nations and planted it.
- 9 You cleared the ground for it, and it took root and filled
the land.
- 12 Why have you broken down its walls so that all who pass
by pick its grapes?
- 14 Return to us, God Almighty! Look down from heaven
and see! Watch over this vine,
- 15 the root your right hand has planted, the son you have
raised up for yourself.

Prayer

Lord Almighty, enthroned above the cherubim, our Heavenly Father, we praise You for You are our light! Thank you that You make Your face shine on us in the morning. Save us with Your love, and brighten our sleepy eyes. Our hearts are wrapped with negative thoughts, trying to find a way out from the darkness of disappointment, but we have tied ourselves with knots that cannot be untied. Lord, restore us that we may return to Your presence.

Lord Jesus, come into our hearts and help us find the root problem in our lives. In our garden of life, we did not pull out weeds, prune or trim shrubs. Our trees of life have grown into odd shapes, like ruined cedars, or vines that produce small sour

grapes, or fig trees that bear a few small figs that will not ripen. Our weakness is due to our sins which keep us away from You. We are like an orchard without a fence around it, allowing animals to trample on everything.

Holy Spirit, our comforter, You reveal to us signs of the end times. Nation will rise against nation, and kingdom against kingdom. There will be famines and earthquakes in various places. But this is just the beginning of troubles. These things will have to happen first, but that isn't the end. We are facing the ravaging Coronavirus pandemic and the devastation it causes. Grant us toleration to endure, and remind us that quietness and confidence shall be our strength. Let us realize that the good news about the kingdom shall be preached all over the world and told to all nations before the end comes. We pray for the spirit of wisdom and of understanding, the spirit of counsel and of might, the spirit of the knowledge and fear of the Lord. We pray not by sight or hearing, but by rejoicing in reverence of God.

In Jesus' name we pray. Amen.

Day Sixteen

Bible Verses

Psalm 81: 1-2, 6-7, 15-16 NIV

- 1 Sing for joy to God our strength; shout aloud to the God of Jacob!
- 2 Begin the music, strike the timbrel, play the melodious harp and lyre.
- 6 “I removed the burden from their shoulders; their hands were set free from the basket.
- 7 In your distress you called and I rescued you, I answered you out of a thundercloud; I tested you at the waters of Meribah.
- 15 Those who hate the LORD would cringe before him, and their punishment would last forever.
- 16 But you would be fed with the finest of wheat; with honey from the rock I would satisfy you.”

Prayer

Hallelu, Hallelu, Hallelu, Hallelujah, Praise ye the Lord!

Praise God, Father in heaven, for You are loving and generous, and You lavish us with Your grace. Thank you for reviving our strength after a well-rested night of sleep and for the protection of angels encamped around us. Since the outbreak of the Coronavirus several months ago, we have been feeling sad and despondent. You have sent us a boat of joy with drums, trumpets, lyres, and beautiful music to refresh our spirits. Now we can let go of the stone of burden we have been carrying, untying the knots of our hearts, and releasing the pressure of our brains. We can get up and dance

and sing praises. You are our strength and deliverer. You set us free from all bondage.

Lord Jesus, for Your sake we delight in weaknesses, in insults, in hardships, in persecutions, in difficulties. For when we are weak, then we are strong; for Your power is made perfect in weakness. You will not break a bruised reed, and You will not put out a smoldering wick. We firmly believe that there is nothing that can snatch us from Your nail-scarred hand. We praise You for revealing Your righteousness and we will remember You!

Holy Spirit, who examines hearts and knows the minds, thank you for taking the pulse of our spiritual life and making the diagnosis that our spirit has been miserable for months. It is destroying our bodies, minds, and souls. Our spine cannot be straightened, our bones are all decayed and dry; unable to support the tent on the ground, let alone sheltering our loved ones from the storm. But we are grateful that you never leave us alone. You anoint us with the oil of joy to restore health and happiness to our hearts. A joyful heart is good medicine. Grant us faith and confidence to take the gospel and go abroad to disseminate faith, hope and love to everyone we meet. When the good news about the kingdom has been preached all over the world, we will welcome the return of the Lord Jesus.

We pray in the name of Jesus. Amen.

Day Seventeen

Bible Verses

Psalm 88: 1-4, 12-13 NIV

- 1 LORD, you are the God who saves me; day and night I cry out to you.
- 2 May my prayer come before you; turn your ear to my cry.
- 3 I am overwhelmed with troubles and my life draws near to death.
- 4 I am counted among those who go down to the pit; I am like one without strength.
- 12 Are your wonders known in the place of darkness, or your righteous deeds in the land of oblivion?
- 13 But I cry to you for help, LORD; in the morning my prayer comes before you.

Prayer

Loving and Faithful Heavenly Father, we seemed to be disoriented when we woke up this morning. Everything was pitch dark inside and outside. But when we bow our knees before You, you bring us to Your face. As we pray to you with fingers crossed, the light of our hearts illuminates the room, letting us see that there is a way out and the spiritual compass is pointing north. We firmly believe that whatever circumstances we are in, You will reward those who truly seek You. Add to our lamps fresh, spiritual oil today and let our lights shine to please you under your guidance.

Lord Jesus, may the power of Your blood cleanse our bodies, minds, and souls, that we may raise our holy hands to form an altar. Let us enter into Your presence, and let the edge of Your cloak brush the city. We pray that You would touch our sick relatives

and friends with Your healing hand. Their lives are threatened; what is happening around them makes them panic. May You mend the spiritual wounds of our brothers and sisters whose souls have been traumatized. They are hiding in a dark cave in their sadness, sorrow, and despair.

Holy Spirit, may Your words of comfort give encouragement to our friends, as we are too far away to walk through the dark helpless valley of the Coronavirus pandemic with them. Give us joyful hymns to sing so that we can bring hope and blessings to those who are despondent. Give us different musical instruments so we can play songs to praise healthcare workers for standing fast in their service and to thank the frontline essential workers for their hard work and dedication to keep the city running. Give us the sledgehammer of faith, hope, and love to penetrate the darkness. Let the light of the gospel enter this generation and chase away the clouds of haze. It is in Christ that we have ultimate victory.

In Jesus' name we pray. Amen.

Day Eighteen

Bible Verses

Psalm 89: 1, 11, 13-16, 52 NIV

- 1 I will sing of the LORD's great love forever; with my mouth I will make your faithfulness known through all generations.
- 11 The heavens are yours, and yours also the earth; you founded the world and all that is in it.
- 13 Your arm is endowed with power; your hand is strong, your right hand exalted.
- 14 Righteousness and justice are the foundation of your throne; love and faithfulness go before you.
- 15 Blessed are those who have learned to acclaim you, who walk in the light of your presence, LORD.
- 16 They rejoice in your name all day long; they celebrate your righteousness.
- 52 Praise be to the LORD forever! Amen and Amen.

Prayer

Heavenly Father, full of compassion and loving kindness, remember Your people and grant them Your salvation. We are living in total darkness as the Coronavirus is spreading out of control. We can't help but sing a lamentation to relieve our stress from suffering during this difficult time. But the sound of the wind chime set off by the morning breeze reminded us that You are the Lord of 'Amen' and the Lord of 'Yes'. You are the unchanging faithful Lord. Yes, the Lord who gave blessings in the past, the Lord who watches over us today, and the Lord who will never abandon us.

Lord Jesus, You are upright and just, and hates what is evil. You do not tolerate sin but You take all sin upon Yourself. While we are drowning in the sea of sin You reach in and rescue us and give us a robe of righteousness. Other times we are like loose beads on the table, rolling around involuntarily in the days of turmoil. Then, with Your nail-scarred hands, You embrace us and not a single bead is lost. There is no temptation that the Lord will not provide a way out of, and there is no weakness that the Lord will not sustain. You are always watching over us with your love. Whatever circumstances we are in, good or bad, my Saviour Jesus always keeps me safe in Him.

Holy Spirit, who guides us to live a life that is pleasing to the Lord, help us to live a virtuous life that commensurate with righteousness and faithfulness. Let our lives be testimonies of integrity and kindness before the world, so that the pleasing aroma of Christ will become the pillar of cloud and fire in the community, testifying to God's presence with us. God is trustworthy and His faithfulness lasts forever.

In Jesus' holy name we pray. Amen.

Day Nineteen

Bible Verses

Psalm 92: 1, 5, 12-15 NIV

1. It is good to praise the LORD and make music to your name, O Most High.
- 5 How great are your works, LORD, how profound your thoughts!
- 12 The righteous will flourish like a palm tree, they will grow like a cedar of Lebanon;
- 13 planted in the house of the LORD, they will flourish in the courts of our God.
- 14 They will still bear fruit in old age, they will stay fresh and green,
- 15 proclaiming, “The LORD is upright; he is my Rock, and there is no wickedness in him.”

Prayer

Lord, our great Heavenly Father, God Most High, it is so awesome for us to praise You first thing in the morning and to give thanks in the evening for Your faithfulness and protection. Meditating on Your word day and night is truly our blessing, because it shows that our relationship with You is extremely important. You did not cause us to walk a maze, full of twists and turns and dead ends. You give us a Labyrinth that combines the imagery of the circle and the spiral into a meandering but purposeful path. Let us kiss Your hand and receive the laying on of Your hands, we will boldly return to the daily path, playing stringed instruments and singing loudly songs that proclaim Jesus is the victorious King.

Lord Jesus, You came to earth to reveal the Father's great deeds and make a more gracious covenant. You planted us in the garden that You protect and You are with us always. Just as the raging Coronavirus pandemic is sweeping the entire world, we are able to shelter in your wounded chest. Our hearts remain secure, full of confidence that the pandemic and hardship will eventually pass before the end times. The Lord will provide a way out for us, and we will be able to walk away from our pain and suffering. Your grace is sufficient for us, and we will persevere in the face of tribulations and become mature and complete, not lacking anything.

Holy Spirit, our counselor, thank you for guarding our hearts. You prune and nurture our lives patiently so that we can grow into strong old trees. Surviving in most adverse weather conditions, only healthy mature trees can produce fruit full of juice. "But we have this treasure in jars of clay to show that this all-surpassing power is from God and not from us. We are hard pressed on every side, but not crushed; perplexed, but not in despair; persecuted, but not abandoned; struck down, but not destroyed. We always carry around in our body the death of Jesus, so that the life of Jesus may also be revealed in our body." (2 Corinthians 4:7-10). Lord, let us walk with You and seize the day.

We pray in the holy name of Jesus. Amen.

Day Twenty

Bible Verses

Psalm 93: 1-5 NIV

- 1 The LORD reigns, he is robed in majesty; the LORD is robed in majesty and armed with strength; indeed, the world is established, firm and secure.
- 2 Your throne was established long ago; you are from all eternity.
- 3 The seas have lifted up, LORD, the seas have lifted up their voice; the seas have lifted up their pounding waves.
- 4 Mightier than the thunder of the great waters, mightier than the breakers of the sea — the LORD on high is mighty.
- 5 Your statutes, LORD, stand firm; holiness adorns your house for endless days.

Prayer

Heavenly Father, who is, who was and who is to come, our Lord God! You made the earth by Your power; You established the world by Your wisdom and stretched out the heavens by Your understanding. Both Your eternal power and Your divine nature have been clearly perceived ever since the creation of the world in the things that have been made. This morning clouds and mist envelop the earth, blocking the sun's rays. But we know the sky will be clear once the clouds are blown away. We will watch in awe as You come to us, like a king in his royal apparel. The whole earth will rejoice and churches will ring their bells continuously in Your mighty presence.

Hosanna, Hosanna, blessed is He who comes in the name of the Lord. We lift our hands to praise and bless Your holy name. The devil uses all kinds of tricks and schemes, trying to frighten us with surging waves. The terrifying swell threaten to knock down the boat of our lives. Our different boats are struck by the breaking waves from different angles. Since Jesus is in the same boat with us, we can be at ease amid the storm and the raging waves. When the world is in Your hand, it will be secured and not easily shaken. May members of the body of Christ raise their holy hands and pray for peace for the city. Thus we may testify to the plans that God has for us. His plans are to prosper us and not to harm us, and to give us a future and a hope.

Holy Spirit, please come to heal our weak hearts. Don't let the lingering Coronavirus pandemic, the social downturn, and even our own frustrations fill our eyes with the dust of disappointment and worry. Our vision is blurred, and we cannot see clearly what is ahead. May you grant us renewed ability and power to continue to wait patiently and to look forward with determination to the glorious appearance of the Lord.

We pray in the holy name of Jesus. Amen.

Day Twenty One

Bible Verses

Psalm 108: 1-6 NIV

- 1 My heart, O God, is steadfast; I will sing and make music with all my soul.
- 2 Awake, harp and lyre! I will awaken the dawn.
- 3 I will praise you, LORD, among the nations; I will sing of you among the peoples.
- 4 For great is your love, higher than the heavens; your faithfulness reaches to the skies.
- 5 Be exalted, O God, above the heavens; let your glory be over all the earth.
- 6 Save us and help us with your right hand, that those you love may be delivered.

Prayer

Our Lord, You are creator of all things and master of the universe. From night to dawn we waited. May You command the morning sun to awaken all breathing creatures, use their respective gifts, and play a symphony of life like the oratorio “Messiah”. Let us sing “Hallelujah” with the voices of the kingdom of heaven, to praise the name of the Lord most high, together with our spirits. Hallowed be your name, your kingdom come, your will be done on earth as it is in heaven.

Lord, Jesus, who conquered death, may you strengthen our minds amid the adversity and despairs and restore our faith. Help us maintain a godly attitude, and reprioritize our daily lives, so that we can start marching forward on the road to victory. We shout victory through our Lord Jesus Christ! No longer are we feeling trapped in

sin or fearing failure, because we know that the grace of the Lord is greater and broader than our problems. You are our Lord and king, the kingdom, the power, and the glory are yours.

Holy Spirit, guide us to pick up broken bricks to rebuild the altars of faith so that we may present to you the sacrifice of sin offering and the sacrifice of peace offering. Let us take up the bricks and tiles of love, repair the temple of worship, renovate the Holy City of our hearts, Jerusalem, and bind up the many wounds of the earth. Bring us back to your rest, peace, and quietness forever.

In Jesus' precious name we pray. Amen.

Day Twenty Two

Bible Verses

Psalm 113: 1-9 NIV

- 1 Praise the LORD. Praise the LORD, you his servants;
praise the name of the LORD.
- 2 Let the name of the LORD be praised, both now and
forevermore.
- 3 From the rising of the sun to the place where it sets, the
name of the LORD is to be praised.
- 4 The LORD is exalted over all the nations, his glory above
the heavens.
- 5 Who is like the LORD our God, the One who sits
enthroned on high,
- 6 who stoops down to look on the heavens and the earth?
- 7 He raises the poor from the dust and lifts the needy from
the ash heap;
- 8 he seats them with princes, with the princes of his
people.
- 9 He settles the childless woman in her home as a happy
mother of children. Praise the LORD.

Prayer

Hallelujah! Hallelujah! Praise our Heavenly Father, God. From the place of sunrise to the place of sunset, we kneel before your throne of grace and sing morning hymns. You clear away the clouds from heaven and reach out your hand to touch and comfort troubled souls. You number your sheep and watch over everyone who loves you and you keep them safe from the transmission of the Coronavirus pandemic.

Thank you, Lord Jesus. You gave up your divine privileges; You took the humble position of a slave and was born as a human being. You accompanied us to sit in the dust raised by injustice and sin, and You led the poor and needy out of darkness. Your shoulders are our reliance. Your tender care that props and supports a bruised reed reminds us of your mercy and love. We are grateful that you sustain us in our weakness.

Gracious Holy Spirit, guide and help us to rejoice in hope, persevere in tribulation, be happy with those who are happy, and weep with those who weep. May we be merciful like Jesus and willing to associate with people of low position. Let our families and brothers and sisters in Christ be united by the same mind and purpose in serving the Lord so that each day of our lives is a blessing and not a curse.

In Jesus' name we pray. Amen.

Day Twenty Three

Bible Verses

Psalm 117:1-2 NIV

- 1 Praise the LORD, all you nations; extol him, all you peoples.
- 2 For great is his love toward us, and the faithfulness of the LORD endures forever. Praise the LORD.

Prayer

Praise the Lord, our Heavenly Father. All nations are yours and their people still sing Hallelujah to You in tears while in the depths of distress. For great is your love and your gracious hand is extended. You love and value us immensely irrespective of our race, color, wealth, age, or success because we are precious to You. During our earthly existence, God, You continue to forgive our sins year after year. We really deserve death but the Lord our God is merciful and forgiving. You embrace sinners and the door to salvation is opened for them, for God does not want anyone to perish but everyone to come to repentance.

Lord Jesus, we offer our deepest gratitude that You paid the ultimate price of death on the cross for our sins. If we confess that Jesus is Lord and believe that God raised Him from death, we will be saved and have eternal life with Him. At present, we find it difficult to cope with both the Coronavirus storm and the social disorder. We are like lost sheep waiting for You to redirect and bring peace back to our lives. We know God is compassionate; He will not crush the weakest reed or put out a flickering candle. He will bring justice to all who have been wronged.

Holy Spirit, fill our hearts and minds. Touch our lips with a burning coal so that our guilt is gone and our sins are forgiven. Refresh and change our thoughts. Turn indignation into positive energy and let the mist of grievance evaporate, as the hope of recovery is just around the corner. Then the valley of tears will gush springs of joy to irrigate thirsty souls. We then joyfully praise you for our victory in Christ today.

We pray in the holy name of Jesus Christ. Amen.

Day Twenty Four

Bible Verses

Psalm 118:1, 5,6, 13,14, 17, 22, 24, 26 NIV

- 1 Give thanks to the LORD, for he is good; his love endures forever.
- 5 When hard pressed, I cried to the LORD; he brought me into a spacious place.
- 6 The LORD is with me; I will not be afraid. What can mere mortals do to me?
- 13 I was pushed back and about to fall, but the LORD helped me.
- 14 The LORD is my strength and my defense; he has become my salvation.
- 17 I will not die but live, and will proclaim what the LORD has done.
- 22 The stone the builders rejected has become the cornerstone;
- 24 The LORD has done it this very day; let us rejoice today and be glad.
- 26 Blessed is he who comes in the name of the LORD. From the house of the LORD we bless you.

Prayer

Heavenly Father, Our Lord God, with humble hearts we come before you to praise and honor your holy name. For the Lord is good. Thick clouds cannot cover your unfailing love. Lord, fear and anxiety follow us like a swarm of bees. Despite resentment and dissatisfaction which surround us like burning thorns, we praise and extol the Lord. The Lord is our strength and our songs; He has

become our salvation. We will not die but live, and will proclaim what the Lord has done.

Praise the Lord, Jesus. He is the Messiah, our Savior. He was despised and rejected by men. He suffered and endured great pain for us. He was pierced for our rebellion, crushed for our sins. He was beaten so we could be whole. He was whipped so we could be healed. May You be the headstone of our words and deeds and lead us to live a victorious life.

Spirit of Peace, enter and shine your light into our hearts, heal our wounded souls. Our faith is faltering. We pray for God's grace and mercy to strengthen and develop our faith. Let us enter your gate of righteousness with thanksgiving, your courtyard of blessing with praises. We praise your holy name with our hearts. For the Lord is good and His love endures forever, and His faithfulness continues through all generations.

In Jesus' name we pray. Amen.

Day Twenty Five

Bible Verses

Psalm 123: 1-4 NIV

- 1 I lift up my eyes to you, to you who sit enthroned in heaven.
- 2 As the eyes of slaves look to the hand of their master, as the eyes of a female slave look to the hand of her mistress, so our eyes look to the LORD our God, till he shows us his mercy.
- 3 Have mercy on us, LORD, have mercy on us, for we have endured no end of contempt.
- 4 We have endured no end of ridicule from the arrogant, of contempt from the proud.

Prayer

Father God, who sits enthroned in heaven, we look to your gracious hand to pierce through the darkness and let in bright sunny days again. The longer we wait, the louder we cry out to you. Be merciful to us as we have endured a prolonged period disrupted lives from the Coronavirus outbreak. In addition, when the unresolved racism issues were exposed, we saw resentment, hatred and bitterness rising like dust across the country. Lord, we plead for the presence of Your peace and healing for our wounds.

Lord Jesus, we look up to you. You are the radiance of the glory of God and the exact imprint of His nature. You uphold the universe by the word of your power. After making purification for sins, you sat down at the right hand of the Majesty on high. Our attitude should be the same as that of Jesus Christ. Help us do things not out of selfish ambition, but for the sake of humanity; to care for

the disadvantaged community, to speak for them, and to lend them a helping hand. We long for the days when people will live in and practice solidarity, showing kindness and care to people across the globe.

Holy Spirit, inspire and encourage us to love, to be generous, to be diligent and persistent in hope, to be patient in trouble, and to ask God to bless and not curse those who persecute us. When others are happy, may we be happy with them, and when they are sad, may we be sad. Lead us to stand firm in our faith, with truth as a belt tight around our waist, and being firm-footed in the gospel of peace. Allow us to live in peace and brotherly love. Dispel our fear and anxiety, and re-establish a free and loving home for us all.

We pray for all these things in the holy name of Jesus. Amen.

Day Twenty Six

Bible Verses

Psalm 126:1-6 NIV

- 1 When the LORD restored the fortunes of Zion, we were like those who dreamed.
- 2 Our mouths were filled with laughter, our tongues with songs of joy. Then it was said among the nations, “The LORD has done great things for them.”
- 3 The LORD has done great things for us, and we are filled with joy.
- 4 Restore our fortunes, LORD, like streams in the Negev.
- 5 Those who sow with tears will reap with songs of joy.
- 6 Those who go out weeping, carrying seed to sow, will return with songs of joy, carrying sheaves with them.

Prayer

Father, the eternal unchanging God, we kneel down and pray under the gloomy sky. We place our trust in You. You made rivers return to their source so that our drought-stricken lives, like the stream-beds in the south, are nourished. The pandemic causes problems for the livelihoods of many of our families. The food we saved could have been used to fill our hunger, but you want us to go hungry, so we will sow the seeds of hope in dark soil and work hard with love to make them grow every day. We still believe the Lord will do great things for us, knowing that You, Lord, hold tomorrow. The road the righteous travel is like the sunrise, getting brighter and brighter.

Lord Jesus, You paid a tremendous price for us. Your wounded hands wave to welcome those who are weary and burdened and You

reach out to hold our limp and weak hands. We perceive the Lord is not asking for repayment. We will serve the Lord with gladness and live a Christian life that bears witness for Christ, because we have been purified by the blood of Jesus. Let the words of our mouth and the meditation of our hearts be pure. Let us use our tongues to sing praises overflowing like a river, for You are our source of life and sweetness.

Holy Spirit, may you anoint our heads with the oil of joy and fill our cups until they overflow. We believe that Your kindness and love will always be with us and our families each day of our lives. We, along with brothers and sisters, will live together in the house of the Lord forever. Light the lamp of hope in our hearts that we might ride out the storm; knowing that after the rain comes a rainbow; the deep of night is only the prelude to dawn; and new life is discovered in the forest after fire.

With grateful hearts we pray in Jesus' name. Amen.

Day Twenty Seven

Bible Verses

Psalm 133:1-3 NIV

- 1 How good and pleasant it is when God's people live together in unity!
- 2 It is like precious oil poured on the head, running down on the beard, running down on Aaron's beard, down on the collar of his robe.
- 3 It is as if the dew of Hermon were falling on Mount Zion. For there the LORD bestows his blessing, even life forevermore.

Prayer

Lord, Our Heavenly Father, Creator of all things. Hallowed be thy name. You said, "Let the water be filled with many kinds of living beings, according to their kinds, and it was so." You looked at what You had done and it was good. We are in awe of Your wonderful creation. You give morning dew as a source of water for all living creatures, mist in the air as plant moisturizer, and rain that enables the land to yield and beautiful flowers to blossom everywhere in it's season. We will always praise You, Lord. Let all your creatures praise your holy name forever.

Lord Jesus, forgive us, for we have taken your gifts for granted. We neglected to guard our hearts or take care of our bodies, and we let worldly things corrupt our minds. The city and its people are living in chaos. Even so, we believe that You prepare a table before us. You anoint our heads with oil, and our cups overflow. This is the ordained blessing from God. Your love will never change and there

is no shadow of turning with thee. When counting past grace, we are convinced that you still hold our tomorrow.

Spirit of Wisdom, help us to let go of prejudice, anger, selfishness, and uneasiness and accept others for who they are. Although we are one of the hundreds who are descendants of Adam, we become one body in Christ. The world is like a giant jigsaw puzzle where each person represents a piece of the puzzle, each piece is different and only fits in one place. Help us to find our place in the puzzle; for as long as we accept each other's differences, we can complete the puzzle and make a beautiful picture. When we join together with people around the world to build an altar and pray, the Holy Spirit will come to revive the spark into flame.

In Jesus' name we pray together. Amen.

Day Twenty Eight

Bible Verses

Psalm 137:1-7 NIV

- 1 By the rivers of Babylon we sat and wept when we remembered Zion.
- 2 There on the poplars we hung our harps,
- 3 for there our captors asked us for songs, our tormentors demanded songs of joy; they said, “Sing us one of the songs of Zion!”
- 4 How can we sing the songs of the LORD while in a foreign land?
- 5 If I forget you, Jerusalem, may my right hand forget its skill.
- 6 May my tongue cling to the roof of my mouth if I do not remember you, if I do not consider Jerusalem my highest joy.
- 7 Remember, LORD, what the Edomites did on the day Jerusalem fell. “Tear it down,” they cried, “tear it down to its foundations!”

Prayer

Almighty, omniscient, omnipotent God, as far as the east is from the west, so far do You remove our sins from us. We recall past painful memories when we were living in the darkness of sin, waiting for dawn to break. We cried all the time, unable to let go of our self-destructive stubbornness. Forgive us for our past failures. By faith we will get up to return home, like the prodigal son.

Thank you, Lord Jesus. When we fell into the hands of demons that controlled our bodies, minds, and emotions, we lost everything. Our dreams were dashed, hopes were shattered, and our bodies totally broken. Then You came along with the heart of a potter, picked up the broken pieces of our lives with your gracious nail-pierced hands and molded us into a new vessel, useful to the Lord.

Holy Spirit, pulverize the anger, hatred, resentment, and distress that have been ravaging us. Wash us with the living water of the Word, and mold our lives and characters, making us holy and pleasing to God. Give us power to live a fruitful life that bears the fruit of the Spirit: love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control. We look forward to the days of worshipping in Jerusalem and the days when the Coronavirus outbreak is under control. Let lives return to normal, that we may once again exhibit faith, hope, and love as Christians. Let the world and angels see and applause for us. We dedicate each day of our lives to You.

In Jesus' name we pray. Amen.

Day Twenty Nine

Bible Verses

Psalm 142: 1-7 NIV

- 1 I cry aloud to the LORD; I lift up my voice to the LORD for mercy.
- 2 I pour out before him my complaint; before him I tell my trouble.
- 3 When my spirit grows faint within me, it is you who watch over my way. In the path where I walk people have hidden a snare for me.
- 4 Look and see, there is no one at my right hand; no one is concerned for me. I have no refuge; no one cares for my life.
- 5 I cry to you, LORD; I say, “You are my refuge, my portion in the land of the living.”
- 6 Listen to my cry, for I am in desperate need; rescue me from those who pursue me, for they are too strong for me.
- 7 Set me free from my prison, that I may praise your name. Then the righteous will gather about me because of your goodness to me.

Prayer

Merciful Heavenly Father, we are still in the pandemic, and facing difficulties of various kinds. The news and media are full of bad news. From the bottom of our hearts we cry out to you again for help. We have no other refuge, and we feel spiritually weak, fatigued, helpless and powerless in the midst of current events. We wake up to a very foggy morning. There is not a sound anywhere.

It is as though we were a lonely boat stranded in the middle of an ocean with no visibility, looking for a shelter for hiding, too afraid to move forward and not knowing what danger lies ahead.

Lord Jesus, thank you for embracing us in your wounded chest. With your mighty arm you pick us up from the sand. You walk this bitter road on our behalf so we can catch our breath. We pray for a jar of water and bread baked over hot coals to regain our strength, so we can get up and continue with the journey. You make our feet run as fast as those of a deer, and you help us stand on the mountains until we reach Horeb, the mountain of God.

Holy Spirit, feed us with the spiritual food to keep us alive and light our path with true light. Help us live in ways that bring glory and not shame on the name of the Lord. Give us a willing heart to take up our own cross. Please come and wake us up from our deep sleep. Keep us out of darkness, confusion, and uncertainty. No matter what path we walk, the Lord is always going before us, preparing the way. We will not fear or be dismayed nor will we be frightened about the strong barracks and escape, for He is with us. Thank you for your promise to bless us, if we stay committed to your calling. Let us sing songs of gratitude to our Lord.

In Jesus' holy name we pray. Amen.

Day Thirty

Bible Verses

Psalm 147: 1-9, 11 NIV

- 1 Praise the LORD. How good it is to sing praises to our God, how pleasant and fitting to praise him!
- 2 The LORD builds up Jerusalem; he gathers the exiles of Israel.
- 3 He heals the brokenhearted and binds up their wounds.
- 4 He determines the number of the stars and calls them each by name.
- 5 Great is our Lord and mighty in power; his understanding has no limit.
- 6 The LORD sustains the humble but casts the wicked to the ground.
- 7 Sing to the LORD with grateful praise; make music to our God on the harp.
- 8 He covers the sky with clouds; he supplies the earth with rain and makes grass grow on the hills.
- 9 He provides food for the cattle and for the young ravens when they call.
- 11 The LORD delights in those who fear him, who put their hope in his unfailing love.

Prayer

Gracious Lord, Heavenly Father, you have compassion on all creatures you have made. Ravens are crowing in the morning and the ground is covered with heavy dew. Mother nature is subtly changing seasons. When we look at your heavens, the work of your fingers, we are in awe of your wonderful creation. You bless us with

so many great things, we can only humble ourselves and offer our utmost gratitude for Your unmerited love and generous grace.

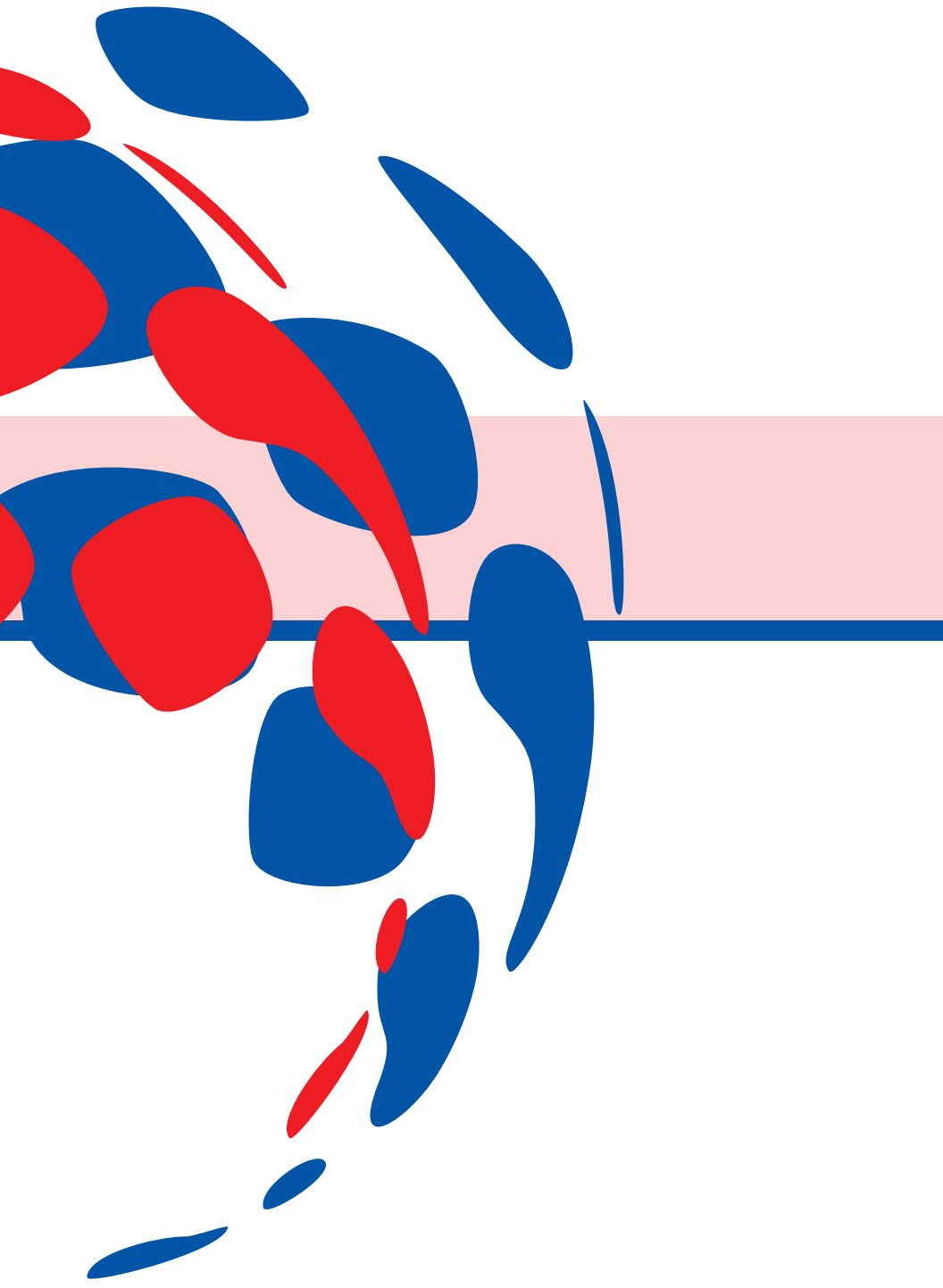
Lord Jesus, You came to earth, took on human nature and lived among humanity. You understand our struggles and suffering. We are stuck in a rut, exhausted, and not able to move until you drag our bodies out. We hear the scraping noise from shoes rubbing against the pavement, You cover it by humming a beautiful melody in our ears, which gradually changes our mood and transform notes of distress into songs of praise. Thank you for reminding us that birds in the sky do not plant or harvest, yet our Father in heaven takes care of them. Thank you for providing for our needs and for resolving our problems. We trust You will grant us spiritual blessings from above.

Holy Spirit, lead us to the Holy Land to repair the beloved walls. Let the country be rebuilt and its people live a life of abundance in peace. Help us to put down our heavy LORD, throw off the sin which so easily entangles us with endurance. We will build the altar of prayer, so the fire of God can fall. Let spring return to the desolate earth by nourishing it with spiritual wind and spiritual rain. Let cold ice melt and calloused hearts soften.

In the holy name of our Lord, Jesus Christ we pray. Amen.

Wholesome Tips for a Holistic Life





Healthy Diet



Boosting Immunity

Under the threat of the pandemic, a proper diet can help to attain a good immunity status to fight against the virus. Certain types of food below provide vitamin C, vitamin D, protein and zinc minerals, which are the important nutrients and minerals in enhancing the immune system of our body cells.

Sunlight can activate the production of vitamin D in skin.

Vitamin C is vulnerable to heat, so eating salad can maximize the absorption of vitamin C from veggies.



Vitamin C



Vitamin C



Vitamin D



Protein



Zinc

They feast on the abundance of your house; you give them drink from your river of delights. (Psalm 36:8 NIV)

Rainbow Diet

Different coloured fruits and vegetables contain antioxidants, which may protect our cells against free radicals, thus helping to decrease the chances of getting cancer.

Color	Antioxidants	Food
Red	Lycopene	Tomatoes
Orange	Beta-Carotene	Carrots, Bell Peppers
Purple	Anthocyanins	Eggplants, Red Cabbages
White	Allicin	Garlic



Moreover, when God gives someone wealth and possessions, and the ability to enjoy them, to accept their lot and be happy in their toil - this is the gift of God. (Ecclesiastes 5:19 NIV)

Healthy Homemade Snacks



Using fresh ingredients will make your sorbet more delicious and much healthier. And making homemade snacks is fun.

Blessed are those who hunger and thirst for righteousness, for they will be filled. (Matthew 5:6 NIV)

Nutritional Challenges for Vegetarians

Vegetarians may lack of the following nutrients:

Protein

Enough of different types of nuts, seeds, legumes and soy products are recommended.

Eggs, dairy products, tofu, calcium-fortified soy milk & cereals. Regular sunlight exposure is also recommended.

Calcium & Vitamin D

Zinc

Whole grains, brown rice, legumes, tofu, nuts and seeds.

Vitamin B12

Soy milk and cereals fortified with Vitamin B12.

Iron

Legumes, black ear fungus, iron-fortified cereals and wholemeal bread.



That each of them may eat and drink, and find satisfaction in all their toil — this is the gift of God. (Ecclesiastes 3:13 NIV)

Happy Food

Intake of desserts and chocolate with added refined sugar is associated with the fluctuation of blood sugar, which affects our mood. Instead of sugar-rich food, there are 3 types of food which can help to stabilize your emotions.

1 High fiber Carbohydrates: Multigrain breads, brown rice, sweet potatoes, banana.



2 Protein-rich food: Meat, fish, soybean, tofu, dairy products.



3 Omega-3-rich food: Salmon, tuna fish, nuts.



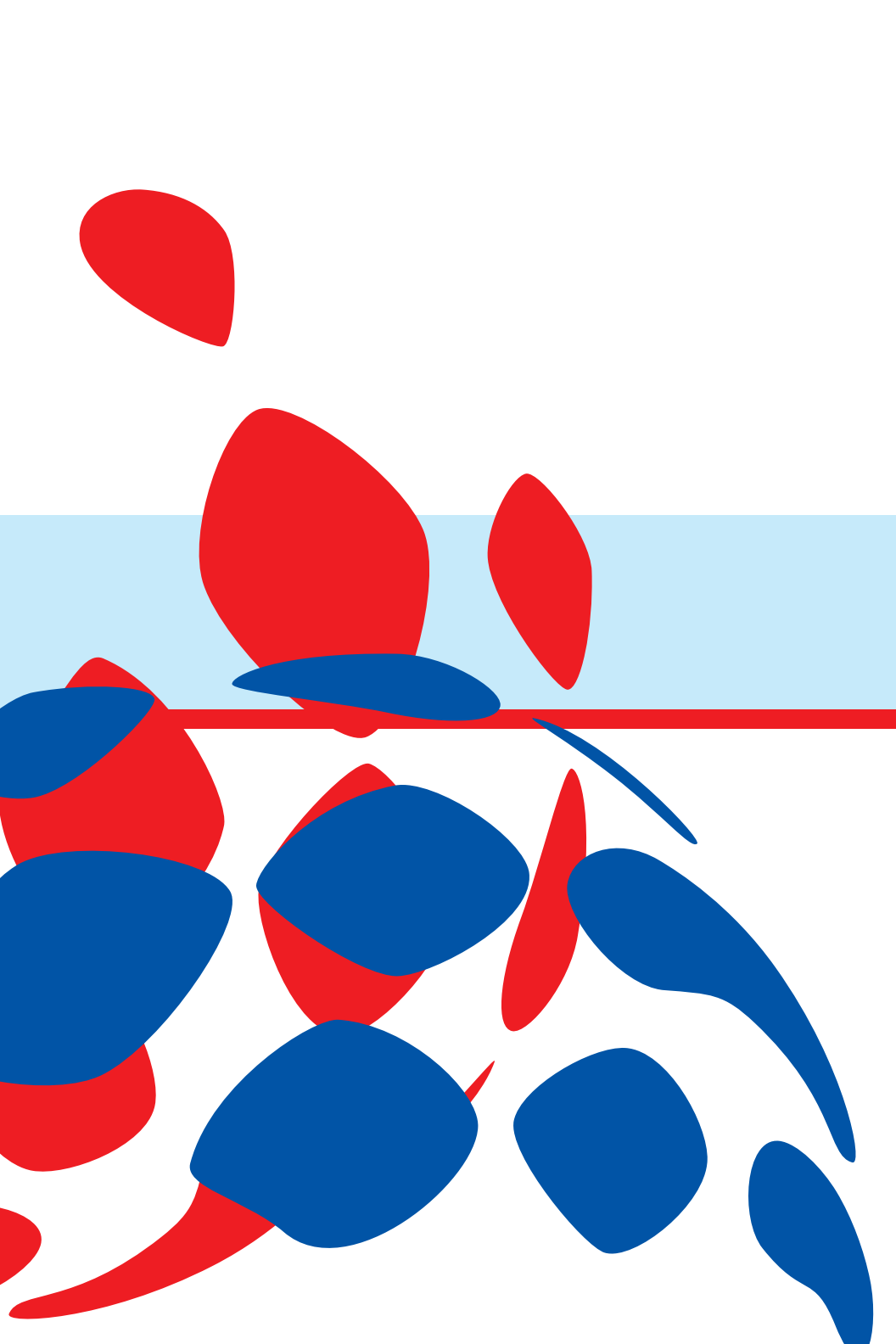
But if we have food and clothing,
we will be content with that. (1 Timothy 6:8 NIV)

Diet Tips for Losing Weight

- Eating homemade food can lower the intake of dietary fat.
- Use natural herbs and spices like ginger, scallion, garlic, Sichuan pepper, Chinese anise, chilli, curry, turmeric & pepper powder, etc. while cooking.
- Use low-fat cooking methods like steaming, braising, blanching, stir-frying in non-stick pan, baking, etc.



I will bless her with abundant provisions;
her poor I will satisfy with food.(Psalm 132:15 NIV)



Joints Care

Neck Care



People tends to develop a head down posture due to frequent use of electronic devices. Lifting the head up can mobilize the neck region.

Small Tips for Neck Care:

- ◆ Whenever standing or sitting, tuck your chin inward to maintain good posture, stabilize your neck and relax neck muscles
- ◆ Avoid prolonged head down posture during work such as when using smartphone or reading books, so as not to overload the neck joints
- ◆ Avoid sustained posture for a long period of time and change your posture from time to time
- ◆ Carry on daily neck care and mobilization exercise to relax neck muscles and maintain mobility
- ◆ Choose a pillow which matches your neck curvature well
- ◆ Lift your eyes and neck up to the hills

I lift up my eyes to the mountains — where does my help come from? My help comes from the LORD, the Maker of heaven and earth. (Psalm 121:1-2 NIV)

Shoulder Care



An open chest and open shoulder will facilitate upper body movement.

Small Tips for Shoulder Care:

- ◆ Avoid too much overhead activity during daily life such as taking items from high places
- ◆ Avoid a prolonged slump posture which could cause shoulder pain
- ◆ A few minutes of scapula muscle massage with a tennis ball on the wall could help relieve muscle tension
- ◆ Stretch and mobilize shoulders every 45 minutes while working at the computer to avoid muscle tightness
- ◆ Avoid lying on the same shoulder for a prolonged period of time
- ◆ Spread your arms like a flying eagle

But those who hope in the LORD will renew their strength. They will soar on wings like eagles; they will run and not grow weary, they will walk and not be faint. (Isaiah 40:31 NIV)

Wrist Care



A well aligned wrist joint can facilitate hand function to carry out many meaningful tasks.

Small Tips for Wrist Care:

- ◆ Support the forearm during work (such as typing and computer or paperwork) and keep the wrist elevated during rest
- ◆ Avoid repeated movement or heavy weight lifting such as towel wringing, mopping and painting
- ◆ Reduce overexertion at the end range of the wrist at the radial deviation or ulnar deviation
- ◆ Stretch wrist regularly to relax forearm and finger muscles
- ◆ Wrap wrist with a hot towel with light pressure to reduce pain
- ◆ The Praying Hands posture can stretch the forearm muscles

When I consider your heavens, the work of your fingers, the moon and the stars, which you have set in place, what is mankind that you are mindful of them, human beings that you care for them?
(Psalm 8:3-4 NIV)

Back Muscle Care



The back muscles should be used to maintain proper posture in order to facilitate daily performance.

Small Tips for Back Muscle Care:

- ◆ Standing posture: Depressing shoulder blade and tighten the abdomen to form a natural corset
- ◆ Sitting posture: Both feet rest on the floor. Sitting with legs crossed can put extra stress on pelvic and intervertebral disc
- ◆ Lifting maneuver: Keeping the back straight, knees slightly bent, use thigh strength to perform lifting
- ◆ Bed mattress with adequate support: A mattress that is too soft may cause spine deviation. A mattress that is too hard will also be non-beneficial since muscles cannot achieve relaxation
- ◆ Shoes: Wearing high heeled shoes or sandals without support can overload the back
- ◆ Strength over abdominal muscles brings you up to the top of your life

For physical training is of some value, but godliness has value for all things, holding promise for both the present life and the life to come. (1 Timothy 4:8 NIV)

Knee Care



Strong knee muscles can provide better walking stability.

Small Tips for Knee Care:

- ◆ Avoid crossed legs or bent knees during prolonged sitting. Extend your legs as much possible to improve blood circulation
- ◆ Apply hot pack to relax your knee muscles after exercises or prolonged walking
- ◆ Regular thigh stretch, such as quadriceps stretch or supine straight leg raise can reduce knee compression
- ◆ Avoid shifting the centre of gravity to the front when doing squats
- ◆ Gluteus muscle training is useful for reduce medial knee loading
- ◆ Sitting in an armchair, knees swinging gently and praying quietly

A cheerful heart is good medicine, but a crushed spirit dries up the bones. (Proverbs 17:22 NIV)

Heel Care



Walk with a light foot. Pressure evenly distributed over heel can create a light steps.

Small Tips for Heel Care:

- ◆ Wear sport shoes with more heel cushioning to reduce heel impact when pain is prominent
- ◆ Change to low-heel shoes to increase foot muscle activation when pain is tolerable
- ◆ Calf stretch can help improve ankle mobility: One leg in front, with the back heel on the floor
- ◆ Calf strength is another essential factor to reduce heel impact and pain: raise heels and stand on tiptoe to strengthen the calves
- ◆ Gradually increase running and walking times in order to prevent overuse
- ◆ Use the feet to feel the tactile and proprioception sense that God created for you

Gracious words are a honeycomb, sweet to the soul and healing to the bones. (Proverbs 16:24 NIV)



Sports



Beginner's Guide to Exercise



Many people may struggle when beginning a fitness journey. If you do not have any plan to support your goal, the idea of giving up may pop up in your mind due to fatigue, boredom, etc.

Tips to make exercise a habit :

- ◆ Set your goals and make achievable plans
- ◆ Choose exercises that you love
- ◆ Track your progress and result regularly
- ◆ Workout with your friends / family to hold you accountable
- ◆ Schedule your workout with adequate rest time

Everyone who competes in the games goes into strict training. They do it to get a crown that will not last, but we do it to get a crown that will last forever. (1 Corinthians 9:25 NIV)

Aerobic Exercise for All Age



Aerobic exercise can significantly enhance blood circulation and cardiovascular function. According to the Department of Health, it is recommended to do at least 150 minutes per week of moderate activities (or at least 75 minutes per week of vigorous activities).

Aerobic exercise includes:

- ◆ Swimming
- ◆ Running
- ◆ Jumping Rope
- ◆ Thai Boxing
- ◆ Aerobic Dance

Therefore I do not run like someone running aimlessly; I do not fight like a boxer beating the air. No, I strike a blow to my body and make it my slave so that after I have preached to others, I myself will not be disqualified for the prize. (1 Corinthians 9:26-27 NIV)

Strength Training Enhances Your Workout



Adding strength training to your workout cannot only increase muscle mass and tone your muscle definition, but greatly enhance your bone density. Try to add weight / resistance, such as dumbbell, resistance band, medicine ball, etc, into your training program.

Tips for you to do strength training:

- ◆ Warm up is a must for activating your muscles
- ◆ Exhale at force exertion, inhale at recovery
- ◆ Set up your own training method, goal and plan
- ◆ Listen to your body; pay attention to how you feel
- ◆ Give your body enough time to recover
- ◆ Take it step by step, and know your limit

I can do all this through him who gives me strength.
(Philippians 4:13 NIV)

Better Health Comes with Jolly Active Living



As we grow old, the chances of losing muscle, bone minerals, as well as having problems with balance and coordination may become stronger. Appropriate exercise can increase muscle mass and strength and enhance cardiovascular function, leading to a more energetic and healthy lifestyle.

Exercise goal for the Golden Age:

- ◆ Increase muscle mass and strength
- ◆ Enhance cardiovascular function
- ◆ Train for balance and coordination
- ◆ Maintain body mobility and flexibility
- ◆ Pay attention to your diet

Dear friend, I pray that you may enjoy good health and that all may go well with you, even as your soul is getting along well. (3 John 1:2 NIV)

Core Training is Important



Core training is not only about gaining six packs. Core is important for protecting our spine and supporting all kinds of movements. As a result, having a strong core can greatly lower the chance of getting injured.

Core Training Importance:

- ◆ Enhance body coordination and balance
- ◆ Protect and support the spine
- ◆ Reduce low back pain
- ◆ Enhance sports performance

She sets about her work vigorously; her arms are strong for her tasks. (Proverbs 31:17 NIV)

Take a Break to Accomplish a Longer Journey

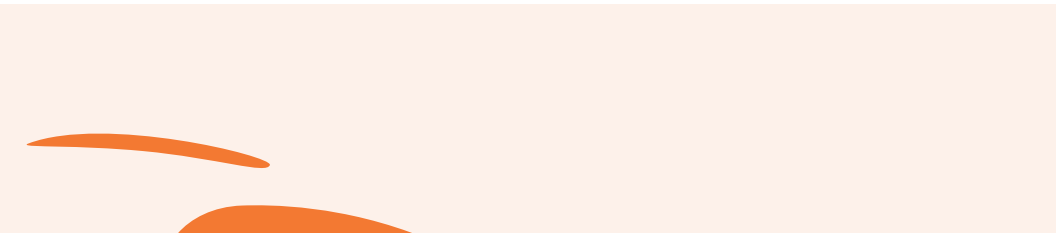


A harder workout will surely be healthier. However, neglecting the importance of rest and recovery may result in a higher chance of injury, a halt to improvement, as well the danger of overtraining. Taking a break allows the body to recharge and recover.

Ways to relax and recharge:

- ◆ Stretching and Yoga
- ◆ Walking and Jogging
- ◆ Bathing and Swimming
- ◆ Sleeping

He gives strength to the weary and increases the power of the weak. (Isaiah 40:29 NIV)



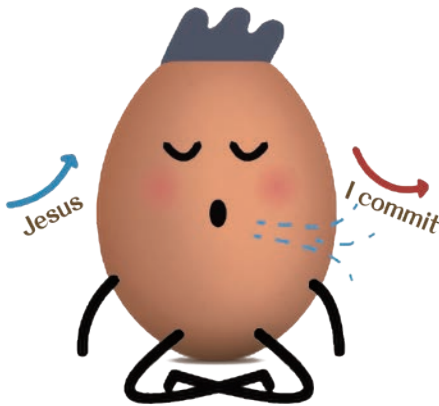


Emotional Care



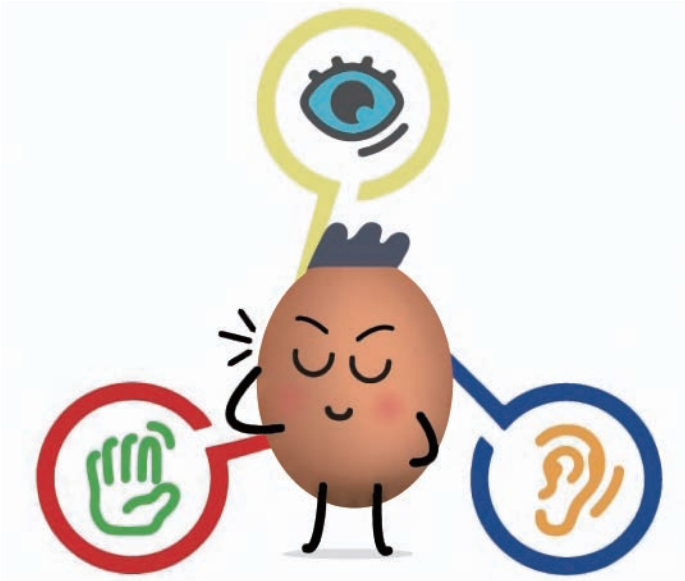
Slow Down your Breathing

A few minutes of focusing on our breathing may lead us into quietness and God's presence before praying and reading the Bible. In our busy lives, our minds are full of thoughts and feelings, such as worries about the future, thoughts about the past, as well as information from our phones and computers. To prepare ourselves to encounter our Lord, let us slow down and let go. When you inhale, say the name "Jesus" silently, and when you exhale, gently say "I commit", letting go of your worries.



Back to the NOW with Sensory Grounding

When we feel stressed or frustrated, sensory grounding can help us maintain a healthy distance from our worries. You may first observe three things around you; observe their colours, shapes and materials. Then, close your eyes and try to identify three or more different sounds you hear. Next, touch three things with different textures, focusing on all your sensations.



Free Writing and Quiet Time

Julia Cameron, the author of “The Artist’s Way: A Spiritual Path to Higher Creativity”, suggested a free writing exercise called the Morning Pages, during which 3 unplanned and spontaneous pages can be written every day on anything that comes to mind. It is much more than a great way for relieving stress. We can also use these pages to write our inner conversations with God, or thoughts and feelings during our Bible study.



Gratitude Exercise

I would like to invite you to draw five big circles on a piece of blank paper. Then, focus your attention on things you are recently grateful for. It could be the little moments in your everyday life, or people you feel grateful for, or even appreciation for things around you. Draw or write these things inside the circles, then imagine yourself filling these bubbles with gratitude, and sending them to our Father in heaven.



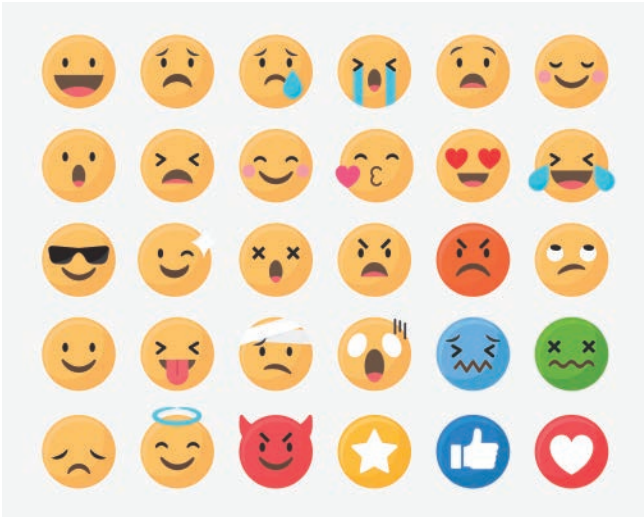
Our Inner Weather Report

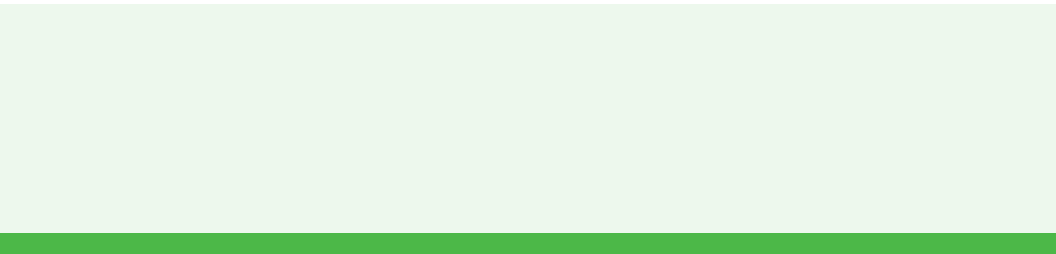
The weather outside changes all the time, but are we also aware of the ever changing weather in our hearts? I would like to invite you to sit in silence and focus on your breathing for a while. As you find yourself quieting down, you may ask yourself: What is my inner weather today? Is it sunny, cloudy or rainy? Windy or calm? Humid or dry? After your heart reveals how it feels, if you know the reasons behind the feelings, that is OK. If you are unsure why you have those feelings, that is OK too. You can gently tell God about them, and trust He will take care of you.



Accepting Your Feelings

“Anger”, “grief”, “disappointment” and “happiness” are all feelings that Jesus experienced, and these feelings are accepted by God. However, many of us have a habit of repressing and avoiding them, which sometimes becomes a sense of stress that is hard to express, or sometimes makes us feel down or angry — seemingly without a reason. Now, quiet down and circle the feelings you have felt these two days. Then, as if gently holding them in your palms, tell our Heavenly Father your experiences, allowing Him to respond and comfort you.







Hiking



Kowloon Peak — Enjoying the Sunset



Route: Sha Tin Wai — Shui Chuen O Estate —
Tsz Sha Ancient Trail — Tsz Wan Shan
concession stand — Jat's Incline —
Kowloon Peak Observation Peak — Fei
Ngo Shan Road — Choi Hung

Level of difficulty:

★ (Suitable for everyone)



I can casually run back home after work, through Sha Tin Wai to Tsz Wan Shan along Tsz Sha Ancient Trail and finish off at Kowloon Peak.

Thanks Lord for the breath of life and fitness, so I am able to run up to the mountain after work and enjoy this indescribable sunset.

Big Wave Bay (Four Beaches) — The Most Beautiful Beaches in Hong Kong



Route: Sai Wan Pavilion — Sai Wan — Ham Tin Wan — Tung Wan — Tai Wan — Tung Wan — Ham Tin Wan — Tai Long Au — Chek Keng — Pak Tam Au

Level of difficulty:

★★★ (Suitable for people with certain hiking experience)



Whenever I am busy or getting irritated, I like to walk to Sai Kung and walk along the beach, so I can experience God's comfort. While I am walking along the beach and listening to the waves, the Lord speaks to me.

Looking back at my footprints, I start humming the hymn "Footprints". Whenever there are troubles and sad moments, God will walk with us and even carry us along the way.

Sitting at a nearby café, enjoying a quiet moment, I allow myself to get close to God. We must also be grateful that we can see the wonders of God's creation. It's God's grace that enables us to see. Thinking this, I could not stop myself humming the hymn "If you can see".

Tai Mo Shan — The Highest Mountain in Hong Kong



Route: Shing Mun Reservoir Barbecue areas —
Needle Hill — Grass Hill — Lead Mine
Pass — Peak of Tai Mo Shan — Tai Mo
Shan Country Park Visitor Centre

Level of difficulty:

★★★ (Suitable for people with certain
hiking experience)



Before attempting cross country running, you must estimate your abilities and set a target. Try your best to complete the target as the Bible taught us: Forgetting what is behind and reaching forward to what is ahead.

Although the goal we have set is challenging, we must try our best to complete the route. While I was running, I started singing the hymn that I have led in Children’s Sunday School: “Reaching Forward”.

There must be frustrating moments in cross country running. Remember the Bible says “I can do all this through him who gives me strength.” (Philippians 4:13) Thanks be to God for completing the Tai Mo Shan running challenge!

Ng Tung Chai Waterfall — Cleanser of Mind



Route: Lam Kam Road — Man Tak Yuen — Ng
Tung Chai Waterfall — Man Tak Yuen

Level of difficulty:

★★★ (Suitable for people with certain
hiking experience)



While hiking the mountains and rocks I listened to the sound of the flowing river. Enjoying the inner peace within this diverse city, I started to draw near to God by meditating on the words of Psalms 42 and the hymn “As the deer”.

When I saw large and small waterfalls, flowers and trees, and hear the singing of birds along the way, I couldn’t help starting to sing “This is My Father’s World”.

Further ahead is the largest waterfall in Hong Kong — the Ng Tung Chai Waterfall. While I was quietly listening to the surging sound of the waterfall, I couldn’t help starting to praise the Lord for his wonderful creation.

Kau Nga Ling (Dog Teeth Range) — West Dog Teeth, East Dog Teeth and Middle Dog Teeth



Route: Shek Pik Country Trail — West Dog Teeth — Lifeline — East Dog Teeth — Shek Pik Country Trail — Middle Dog Teeth — Tsam Chai Au — Ngong Ping

Level of difficulty:

★★★★★ (Recommended for very experienced hikers)

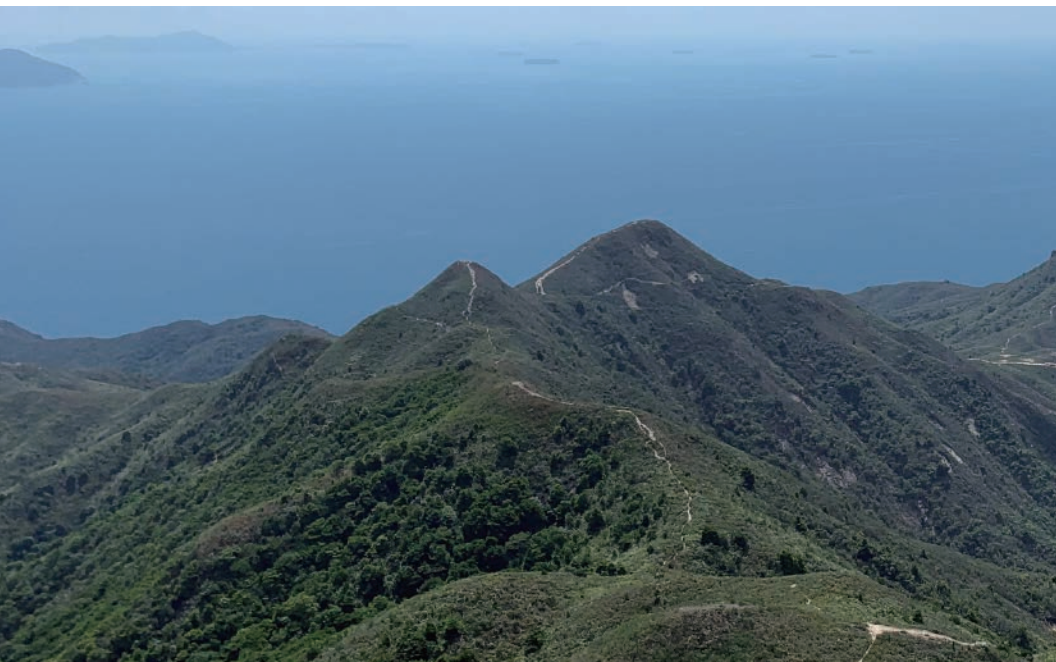


The route is extremely challenging. To complete this mission, one must acquire a deep knowledge of hiking and fitness, and learn to rely on God.

Hiking the Dog Teeth Range, one passes different rugged mountain roads. While walking along those roads, I kept singing the hymn “Lift my eyes up to the hills”. Finally I could complete the challenge with God’s guidance.

Thanks Lord for the amazing weather, so I could complete the challenge and enjoy the panoramic view from Dog Teeth Range.

Conquering Sharp Peak



Route: Pak Tam Au — Chek Keng — Tai Long Au — Nam She Tsim — Sharp Peak — Mai Fan Teng — Tai Wan — Tung Wan — Ham Tin Wan — Pak Tam Au

Level of difficulty:

★★★★★ (Recommended for very experienced hikers)



This path is difficult for hikers, but you can enjoy the satisfaction of completing the challenge.

As dusk was falling, there were not many hikers around and I could fully enjoy the tranquility in the mountains.

While reading the Bible, I could feel that God is always with us. Looking around, I couldn't stop myself singing the hymn "How Great Thou Art". Praise the Lord!



香港中華基督教青年會
Chinese YMCA of Hong Kong



Rejuvenating Body, Mind & Spirit

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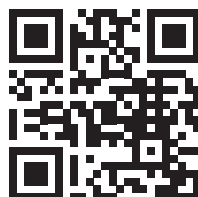
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The logo of the Chinese YMCA of Hong Kong (YMCA) represents the body, mind and spirit of a person. Since its establishment, we have provided diversified activities and services to enhance people's physical, mental and spiritual health. I hope everyone, whatever their ages, may find their needs most suitably met by the YMCA activities or services.

We celebrate the 120th anniversary of the YMCA in Hong Kong with heartfelt gratitude towards God through a series of events. One of the highlights is the publication of "Rejuvenating Body, Mind & Spirit". It is not merely a devotional book containing scripture references and words of prayer, but one accompanied with wholesome tips on caring for our well-being. I hope everyone can benefit from this book and improve their physical, mental, and spiritual qualities. I would like to take this opportunity to thank Rev. Paul Li, the Voluntary Chaplain of YMCA and our colleagues for devising such a devotional book unlike any other.

Rt. Rev. Dr. Thomas Soo, JP

Director of Chinese YMCA of Hong Kong and
Chairman of the Working Team for the Publication of
"Rejuvenating Body, Mind & Spirit"

Spirituality is important, but physical and mental health should not be neglected. Therefore, the book has included thirty articles of wholesome tips for a holistic life, which were written by our staff in different service units. The topics include a healthy diet, joints care, sports, emotional care and hiking. I hope that these articles will help readers to establish a healthy lifestyle.

Mr. Karl Lau

General Secretary of Chinese YMCA of Hong Kong

Thank you our Heavenly Father for giving the leaders and co-workers of the Chinese YMCA of Hong Kong the vision to make this devotional book. I believe that even though our hearts are troubled amid the pandemic, we can close our eyes and walk hand in hand with Christ through the valley of life.

Rev. Paul Li

Voluntary Chaplain of Chinese YMCA of Hong Kong
Writer of Words of Prayer in "Rejuvenating Body, Mind & Spirit"