

Every Week in RUF

Large Group: Every Tuesday, 9:00pm

RSVP for in-person LG goes live on Sundays at 5pm!

Common Prayer: Tuesdays and Thursdays
11:00-11:20am on Zoom

(s)QUAD small groups!

Weekly small groups for fellowship, exploring scripture, spending time in prayer

RUF Lunch on the Lawn : Thursdays
11-1pm

See Cole Carrol for more deets
No agenda: just bring your lunch and come hang.

Love God. Love others. Love Wofford.



Facebook: RUF at Wofford | **Instagram:** rufwofford

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Ephesians 4:1-16, 25-32

1 I therefore, a prisoner for the Lord, urge you to walk in a manner worthy of the calling to which you have been called, 2 with all humility and gentleness, with patience, bearing with one another in love, 3 eager to maintain the unity of the Spirit in the bond of peace. 4 There is one body and one Spirit—just as you were called to the one hope that belongs to your call— 5 one Lord, one faith, one baptism, 6 one God and Father of all, who is over all and through all and in all. 7 But grace was given to each one of us according to the measure of Christ's gift. 8 Therefore it says, "When he ascended on high he led a host of captives, and he gave gifts to men."

9 (In saying, "He ascended," what does it mean but that he had also descended into the lower regions, the earth? 10 He who descended is the one who also ascended far above all the heavens, that he might fill all things.) 11 And he gave the apostles, the prophets, the evangelists, the shepherds and teachers, 12 to equip the saints for the work of ministry, for building up the body of Christ, 13 until we all attain to the unity of the faith and of the knowledge of the Son of God, to mature manhood, to the measure of the stature of the fullness of Christ, 14 so that we may no longer be children, tossed to and fro by the waves and carried about by every wind of doctrine, by human cunning, by craftiness in deceitful schemes. 15 Rather, speaking the truth in love, we are to grow up in every way into him who is the head, into Christ, 16 from whom the whole body, joined and held together by every joint with which it is equipped, when each part is working properly, makes the body grow so that it builds itself up in love.

25 Therefore, having put away falsehood, let each one of you speak the truth with his neighbor, for we are members one of another. 26 Be angry and do not sin; do not let the sun go down on your anger, 27 and give no opportunity to the devil. 28 Let the thief no longer steal, but rather let him labor, doing honest work with his own hands, so that he may have something to share with anyone in need. 29 Let no corrupting talk come out of your mouths, but only such as is good for building up, as fits the occasion, that it may give grace to those who hear. 30 And do not grieve the Holy Spirit of God, by whom you were sealed for the day of redemption. 31 Let all bitterness and wrath and anger and clamor and slander be put away from you, along with all malice. 32 Be kind to one another, tenderhearted, forgiving one another, as God in Christ forgave you.

NOTES

1/ God's Word

2/ Our Words

To chew on....

"A poet uses words not to explain or describe but make. Poet means 'maker.' By attending to words with playful discipline, I am drawn into deeper respect both for the words themselves and the reality they invite me into." ~ Eugene Peterson

"And the Word became flesh and dwelt among us, and we have seen his glory, glory as of the only Son from the Father, full of grace and truth." ~ John 1:14

"The more talk, the less truth; the wise measure their words." ~ Proverbs 10:19, The Message

10,000 Reasons

[Chorus]

Bless the Lord, O my soul, O my soul

Worship His holy name

Sing like never before, O my soul

I'll worship Your holy name

[Verse 1]

The sun comes up, it's a new day dawning

It's time to sing Your song again

Whatever may pass and whatever lies before me

Let me be singing when the evening comes

[Chorus]

Bless the Lord, O my soul, O my soul

Worship His holy name

Sing like never before, O my soul

I'll worship Your holy name

[Verse 2]

You're rich in love and You're slow to anger

Your name is great and Your heart is kind

For all Your goodness, I will keep on singing

Ten thousand reasons for my heart to find

[Chorus]

Bless the Lord, O my soul, O my soul

Worship His holy name
Sing like never before, O my soul
I'll worship Your holy name

[Chorus]

Bless the Lord, O my soul, O my soul
Worship His holy name
Sing like never before, O my soul
I'll worship Your holy name
Yes I'll worship Your holy name,
Lord I will worship Your holy name.

Come Thou Fount

1. Come Thou Fount of every blessing
Tune my heart to sing Thy grace;
Streams of mercy, never ceasing,
Call for songs of loudest praise
Teach me some melodious sonnet,
Sung by flaming tongues above.
Praise the mount! I'm fixed upon it,
Mount of God's unchanging love.

2. Here I raise my Ebenezer;
Hither by Thy help I'm come;
And I hope, by Thy good pleasure,
Safely to arrive at home.

Jesus sought me when a stranger,
Wandering from the fold of God;
He, to rescue me from danger,
Interposed His precious blood.

3. O to grace how great a debtor
Daily I'm constrained to be!
Let that grace now like a fetter,
Bind my wandering heart to Thee.
Prone to wander, Lord, I feel it,
Prone to leave the God I love;
Here's my heart, O take and seal it,
Seal it for Thy courts above.

It Is Well With My Soul

1. When peace, like a river, attendeth my way,
When sorrows like sea billows roll;
Whatever my lot, Thou hast taught me to say,
It is well, it is well with my soul

Chorus:

(Men/low voice) It is well *((women/high voice)* it
is well)
with my soul (with my soul)
It is well, it is well with my soul

2. Though Satan should buffet, though trials
should come,
Let this blessed assurance control,
That Christ has regarded my helpless estate,
And hath shed His own blood for my soul. (Repeat chorus)

3. My sin, oh the bliss of this glorious thought!
My sin, not in part but the whole,
Is nailed to the cross, and I bear it no more,
Praise the Lord, praise the Lord, O my soul! (Repeat chorus)

4. And Lord haste the day when the faith shall be
sight,
The clouds be rolled back as a scroll;
The trumpet shall sound, and the Lord shall descend,
Even so, it is well with my soul. (Repeat chorus)

From The Inside Out

[Verse 1]
A thousand times I've failed, still Your mercy remains

And should I stumble again, I'm caught in Your
grace
Everlasting, Your light will shine when all else
fades
Never ending, Your glory goes beyond all fame

[Verse 2]
Your will above all else, my purpose remains
The art of losing myself, in bringing You praise
Everlasting, Your light will shine when all else
fades
Never ending, Your glory goes beyond all fame

[Chorus 1]
In my heart and my soul, Lord I give You control
Consume me from the inside out, Lord
Let justice and praise, become my embrace
To love You from the inside out

[Chorus 2]
Everlasting, Your light will shine when all else
fades
Never ending, Your glory goes beyond all fame
And the cry of my heart, is to bring You praise
From the inside out, Lord my soul cries out. [Repeat from Chorus 1]