

Every Week in RUF

Large Group: Every Tuesday, 9:00pm

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

Join a (s)QUAD small group!

Reach out to Matt or Caroline if you are interested!

RUF Lunch on the Lawn : Thursdays
11-1pm

Love God. Love others. Love Wofford.



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Genesis 2:24-3:15

2:24 Therefore a man shall leave his father and his mother and hold fast to his wife, and they shall become one flesh. **25** And the man and his wife were both naked and were not ashamed.

3:1 Now the serpent was more crafty than any other beast of the field that the LORD God had made.

He said to the woman, "Did God actually say, 'You shall not eat of any tree in the garden'?" **2** And the woman said to the serpent, "We may eat of the fruit of the trees in the garden, **3** but God said, 'You shall not eat of the fruit of the tree that is in the midst of the garden, neither shall you touch it, lest you die.'" **4** But the serpent said to the woman, "You will not surely die. **5** For God knows that when you eat of it your eyes will be opened, and you will be like God, knowing good and evil." **6** So when the woman saw that the tree was good for food, and that it was a delight to the eyes, and that the tree was to be desired to make one wise, she took of its fruit and ate, and she also gave some to her husband who was with her, and he ate. **7** Then the eyes of both were opened, and they knew that they were naked. And they sewed fig leaves together and made themselves loincloths. **8** And they heard the sound of the LORD God walking in the garden in the cool of the day, and the man and his wife hid themselves from the presence of the LORD God among the trees of the garden. **9** But the LORD God called to the man and said to him, "Where are you?" **10** And he said, "I heard the sound of you in the garden, and I was afraid, because I was naked, and I hid myself." **11** He said, "Who told you that you were naked? Have you eaten of the tree of which I commanded you not to eat?" **12** The man said, "The woman whom you gave to be with me, she gave me fruit of the tree, and I ate." **13** Then the LORD God said to the woman, "What is this

that you have done?" The woman said, "The serpent deceived me, and I ate."

14 The LORD God said to the serpent, "Because you have done this, cursed are you above all livestock and above all beasts of the field; on your belly you shall go, and dust you shall eat all the days of your life.

15 I will put enmity between you and the woman, and between your offspring and her offspring; he shall bruise your head, and you shall bruise his heel."

NOTES

1/ The cycle of shame

2/ The remedy for shame

To chew on....

“I was on the mend when I fell through.
The sky around was anything but blue.
I found as I regained my feet
A wound across my memory
That no amount of stitches would repair.
But I awoke and you were standing there.”

~ The Avett Brothers, “February Seven”

“They did not run just because of their wrongdoing; they also ran and hid because they did not want to be seen in their shameful state....They hid because they who had been glorious were now ruined creatures. When we feel defective, we shun exposure. God’s response is astounding. He comes and asks, Where are you? He is in essence saying, I want to see you. The response is *I was afraid because I could be seen, so I hid. I do not want you to see me.* When we feel shamed, we cannot tolerate being seen. We hide behind, we cover, we work to prevent exposure. We do not want the eyes of others upon us, and we work to hide from our own eyes as well....In my work with victims of sexual abuse I have often encountered those who have not looked at themselves in a mirror for many years due to the burden of shame they carry.”

~ Diane Langberg

“And then a baby born to an unwed mother—shameful. A child of Nazareth—shameful. A man who walked the roads with women in his company—shameful. He touched lepers, demoniacs, and bothered with children—shameful....Sold for the price of a slave—shameful. Arrested by religious leaders and publicly insulted—shameful. And then dragged through the streets—shameful. Set on high for all to see—naked, struck, beard plucked out, spit upon, humiliated, and erected on one of the most shaming and torturous instruments of death in the history of the world. He was shamed by the world he had made. He became shame, embodied it. All could see—he did not hide....And what was that work and purpose? He transform[ed] our shame into glory.”

~ Diane Langberg

“Therefore, since we are surrounded by so great a cloud of witnesses, let us also lay aside every weight, and sin which clings so closely, and let us run with endurance the race that is set before us, looking to Jesus, the founder and perfecter of our faith, who for the joy that was set before him endured the cross, despising the shame, and is seated at the right hand of the throne of God.”

~ Hebrews 12:1-2

Nothing but the Blood

1) What can wash away my sin?
Nothing but the blood of Jesus.
What can make me whole again?
Nothing but the blood of Jesus.

Refrain:

O precious is the flow
that makes me white as snow;
no other fount I know;
nothing but the blood of Jesus.

2) For my pardon this I see:
nothing but the blood of Jesus.
For my cleansing this my plea:
nothing but the blood of Jesus. [Refrain]

3) Nothing can for sin atone:
nothing but the blood of Jesus.
Naught of good that I have done:
nothing but the blood of Jesus. [Refrain]

4) This is all my hope and peace:
nothing but the blood of Jesus.
This is all my righteousness:
nothing but the blood of Jesus. [Refrain]

Lord I Need You

Lord, I come, I confess
Bowing here I find my rest
Without You I fall apart
You're the One that guides my heart

(chorus) Lord, I need You, oh, I need You
Every hour I need You
My one defense, my righteousness
Oh God, how I need You

Where sin runs deep Your grace is more
Where grace is found is where You are
Where You are, Lord, I am free
Holiness is Christ in me
Where You are, Lord, I am free
Holiness is Christ in me

(chorus)

So teach my song to rise to You
When temptation comes my way
When I cannot stand I'll fall on You
Jesus, You're my hope and stay

(chorus)

My one defense, my righteousness
Oh God, how I need You

Let us Love and Sing and Wonder

Let us love and sing and wonder
Let us praise the Savior's name
He has hushed the law's loud thunder
He has quenched Mount Sinai's flame
He has washed us with His blood (x3)
He has brought us nigh to God

Let us love the Lord Who bought us
Pitied us when enemies
Called us by His grace and taught us
Gave us ears and gave us eyes
He has washed us with His blood (x3)
He presents our souls to God

Let us sing though fierce temptation
Threatens hard to bear us down
For the Lord, our strong salvation,
Holds in view the conqueror's crown
He, Who washed us with His blood, (x3)
Soon will bring us home to God

Let us wonder grace and justice
Join and point to mercy's store
When through grace in Christ our trust is
Justice smiles and asks no more
He Who washed us with His blood (x3)
Has secured our way to God

Let us praise and join the chorus
Of the saints enthroned on high
Here they trusted Him before us
Now their praises fill the sky
Thou hast washed us with Thy blood (x3)
Thou art worthy Lamb of God

How He Loves

Verse 1:

He is jealous for me.
Love's like a hurricane, I am a tree
Bending beneath the weight of his wind and mercy.
When all of a sudden, I am unaware of these
Afflictions eclipsed by glory,
And I realize just how beautiful You are,
And how great Your affections are for me.

Pre-Chorus:

Oh, how he loves us so,
Oh, how he loves us,
How he loves us so.

Chorus:

Yeah he loves us,
Oh how he loves us,
Oh how he loves us,
Oh how he loves.

Verse 2:

So we are his portion and he is our prize,
Drawn to redemption by the grace in his eyes,
If his grace is an ocean we're all sinking.
So heaven meets earth like an unforeseen kiss,
And my heart turns violently inside of my chest.
I don't have time to maintain these regrets
When I think about, the way...