# **Every Week in RUF**

**Large Group:** Every Tuesday, 9:00pm

**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

### **Book Club:**

Broken & Beloved by Sammy Rhodes
Join the GroupMe! (link in insta bio)
Time & day TBD.
https://groupme.com/join\_group/65337222/
xIpEwxG7

## Love God. Love others. Love Wofford.



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#### To chew on...

"He guards you when you leave and when you return, he guards you now, he guards you always..." - Eugene Peterson

"Great work is done while we're asleep." - Wendell Berry

# Psalm 121 A Song of Ascents My Help Comes from the Lord.

**1** I lift up my eyes to the hills. From where does my help come?

#### 2

My help comes from the Lord, who made heaven and earth.

#### 3

He will not let your foot be moved; he who keeps you will not slumber.

#### 4

Behold, he who keeps Israel will neither slumber nor sleep.

#### 5

The Lord is your keeper; the Lord is your shade on your right hand.

#### 6

The sun shall not strike you by day, nor the moon by night.

#### 7

The Lord will keep you from all evil; he will keep your life.

#### 8

The Lord will keep your going out and your coming in from this time forth and forevermore.

#### **NOTES**

Help

• Looking for Help

• Finding Help

#### In Christ Alone

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

There in the ground His body lay
Light of the world by darkness Slain
Then bursting forth in glorious day
Up from the grave He rose again
And as He stands in victory
Sin's curse has lost its grip on me
For I am His and He is mine
Bought with the precious blood of Christ

No guilt in life, no fear in death This is the power of Christ in me From life's first cry to final breath Jesus commands my destiny No power of hell, no scheme of man Can ever pluck me from His hand Till He returns or calls me home Here in the power of Christ I'll stand

### **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.

# [Repeat Verse 1 & Pre-Chorus]

### **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...

# [Chorus]