PHILIPPIANS 4:6

Do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God.

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PSALM 19 (ESV)

- ¹ The heavens declare the glory of God, and the sky above proclaims his handiwork.
- ²Day to day pours out speech, and night to night reveals knowledge.
- ³There is no speech, nor are there words, whose voice is not heard.
- ⁴Their voice goes out through all the earth, and their words to the end of the world.

In them he has set a tent for the sun,

- ⁵ which comes out like a bridegroom leaving his chamber, and, like a strong man, runs its course with joy.
- ⁶ Its rising is from the end of the heavens, and its circuit to the end of them, and there is nothing hidden from its heat.
- ⁷The law of the LORD is perfect, reviving the soul;

the testimony of the LORD is sure, making wise the simple;

8 the precepts of the LORD are right, rejoicing the heart;

the commandment of the LORD is pure, enlightening the eyes;

9 the fear of the LORD is clean, enduring forever;

the rules of the LORD are true, and righteous altogether.

¹⁰ More to be desired are they than gold, even much fine gold; sweeter also than honey

and drippings of the honeycomb. ¹¹ Moreover, by them is your servant warned; in keeping them there is great reward.

12 Who can discern his errors?

Declare me innocent from hidden faults.

13 Keep back your servant also from presumptuous sins; let them not have dominion over me!

Then I shall be blameless, and innocent of great transgression.

¹⁴Let the words of my mouth and the meditation of my heart be acceptable in your sight,

O LORD, my rock and my redeemer.







GENESIS 1 (ESV)

¹In the beginning, God created the heavens and the earth. ²The earth was without form and void, and darkness was over the face of the deep. And the Spirit of God was hovering over the face of the waters.

³ And God said, "Let there be light," and there was light. ⁴ And God saw that the light was good. And God separated the light from the darkness. ⁵ God called the light Day, and the darkness he called Night. And there was evening and there was morning, the first day.

⁶ And God said, "Let there be an expanse in the midst of the waters, and let it separate the waters from the waters." ⁷ And God made the expanse and separated the waters that were under the expanse from the waters that were above the expanse. And it was so. ⁸ And God called the expanse Heaven. And there was evening and there was morning, the second day.

⁹ And God said, "Let the waters under the heavens be gathered together into one place, and let the dry land appear." And it was so. ¹⁰ God called the dry land Earth, and the waters that were gathered together he called Seas. And God saw that it was good.

¹¹ And God said, "Let the earth sprout vegetation, plants yielding seed, and fruit trees bearing fruit in which is their seed, each according to its kind, on the earth." And it was so. ¹² The earth brought forth vegetation, plants yielding seed according to their own kinds, and trees bearing fruit in which is their seed, each according to its kind. And God saw that it was good. ¹³ And there was evening and there was morning, the third day.

¹⁴ And God said, "Let there be lights in the expanse of the heavens to separate the day from the night. And let them be for signs and for seasons, and for days and years, ¹⁵ and let them be lights in the expanse of the heavens to give light upon the earth." And it was so. ¹⁶ And God made the two great lights—the greater light to rule the day and the lesser light to rule the night—and the stars. ¹⁷ And God set them in the expanse of the heavens to give light on the earth, ¹⁸ to rule over the day and over the night, and to separate the light from the darkness. And God saw that it was good. ¹⁹ And there was evening and there was morning, the fourth day. ²⁰ And God said, "Let the waters swarm with swarms of living creatures, and let birds fly above the earth across the expanse of the heavens." ²¹ So God created the great sea creatures and every living creature that moves, with which the waters swarm, according to their kinds, and every winged bird according to its kind. And God saw that it was good. ²² And God blessed them, saying, "Be fruitful and multiply and fill the waters in the seas, and let birds multiply on the earth." ²³ And there was evening and there was morning, the fifth day.

²⁴ And God said, "Let the earth bring forth living creatures according to their kinds—livestock and creeping things and beasts of the earth according to their kinds." And it was so. ²⁵ And God made the beasts of the earth according to their kinds and the livestock according to their kinds, and everything that creeps on the

ground according to its kind. And God saw that it was good.

²⁶Then God said, "Let us make man in our image, after our likeness. And let them have dominion over the fish of the sea and over the birds of the heavens and over the livestock and over all the earth and over every creeping thing that creeps on the earth."

So God created man in his own image, in the image of God he created him; male and female he created them.

²⁸ And God blessed them. And God said to them, "Be fruitful and multiply and fill the earth and subdue it, and have dominion over the fish of the sea and over the birds of the heavens and over every living thing that moves on the earth." ²⁹ And God said, "Behold, I have given you every plant yielding seed that is on the face of all the earth, and every tree with seed in its fruit. You shall have them for food. ³⁰ And to every beast of the earth and to every bird of the heavens and to everything that creeps on the earth, everything that has the breath of life, I have given every green plant for food." And it was so. ³¹ And God saw everything that he had made, and behold, it was very good. And there was evening and there was morning, the sixth day.



REFLECTION





GENESIS 2 (ESV)

- ¹ Thus the heavens and the earth were finished, and all the host of them. ² And on the seventh day God finished his work that he had done, and he rested on the seventh day from all his work that he had done. ³ So God blessed the seventh day and made it holy, because on it God rested from all his work that he had done in creation.
- These are the generations of the heavens and the earth when they were created, in the day that the LORD God made the earth and the heavens.

⁵When no bush of the field was yet in the land and no small plant of the field had yet sprung up—for the LORD God had not caused it to rain on the land, and there was no man to work the ground, ⁶ and a mist was going up from the land and was watering the whole face of the ground— ⁷ then the LORD God formed the man of dust from the ground and breathed into his nostrils the breath of life, and the man became a living creature. ⁸ And the LORD God planted a garden in Eden, in the east, and there he put the man whom he had formed. ⁹ And out of the ground the LORD God made to spring up every tree that is pleasant to the sight and good for food. The tree of life was in the midst of the garden, and the tree of the knowledge of good and evil.

¹⁰ A river flowed out of Eden to water the garden, and there it divided and became four rivers. ¹¹ The name of the first is the Pishon. It is the one that flowed around the whole land of Havilah, where there is gold. ¹² And the gold of that land is good; bdellium and onyx stone are there. ¹³ The name of the second river is the Gihon. It is the one that flowed around the whole land of Cush. ¹⁴ And the name of the third river is the Tigris, which flows east of Assyria. And the fourth river is the Euphrates.

¹⁵ The LORD God took the man and put him in the garden of Eden to work it and keep it. ¹⁶ And the LORD God commanded the man, saying, "You may surely eat of every tree of the garden, ¹⁷ but of the tree of the knowledge of good and evil you shall not eat, for in the day that you eat of it you shall surely die."

¹⁸Then the LORD God said, "It is not good that the man should be alone; I will make him a helper fit for him." ¹⁹Now out of the ground the LORD God had formed every beast of the field and every bird of the heavens and brought them to the man to see what he would call them. And whatever the man called every living creature, that was its name. ²⁰The man gave names to all livestock and to the birds of the heavens and to every beast of the field. But for Adam there was not found a helper fit for him. ²¹So the LORD God caused a deep sleep to fall upon the man, and while he slept took one of his ribs and closed up its place with flesh. ²²And the rib that the LORD God had

taken from the man he made into a woman and brought her to the man. ²³Then the man said,

"This at last is bone of my bones and flesh of my flesh; she shall be called Woman, because she was taken out of Man."

²⁴Therefore 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.



REFLECTION





PSALM 23 (ESV)

- ¹ The LORD is my shepherd; I shall not want.
- ² He makes me lie down in green pastures. He leads me beside still waters.
- 3 He restores my soul.He leads me in paths of righteousness for his name's sake.
- ⁴ Even though I walk through the valley of the shadow of death, I will fear no evil, for you are with me; your rod and your staff, they comfort me.
- ⁵You prepare a table before me in the presence of my enemies; you anoint my head with oil; my cup overflows.
- ⁶ Surely goodness and mercy shall follow me all the days of my life, and I shall dwell in the house of the LORD forever.



REFLECTION







Please review this week based on one of the reflection prompts below.

- How did God speak to you through the DTs this week?
- 2. Review significant difficulties or struggles of the past week. What stands out? Has there been some conflict, difficulty, or a conversation that you need to review, process, resolve, or respond to more fully?
- 3. Review significant triumphs or joys of the past week. What stands out? What about that event or experience is particularly noteworthy? What can you learn about yourself, about God, or about life from this? What applications for the future flow from this?
- 4. Review any relational problems you are in the midst of. If God placed people in your life to help you see yourself, what message about yourself emerges from considering your relationships?
- 5. Examine your fears. What are you afraid of? List them. (e.g., is there something you've dreaded, or someone you've avoided this past week?) What has been your response to these fears this past week? How will you respond better to these fears in the coming week?
- 6. Examine your desires or discontents. Describe them honestly. Write a reflection based on what these reveal to you, as you interact with this past week's DT passages.





GENESIS 3 (ESV)

¹Now 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." 4But 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."

¹⁴The 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."

¹⁶ To the woman he said,

"I will surely multiply your pain in childbearing; in pain you shall bring forth children.

Your desire shall be for your husband, and he shall rule over you."

17 And to Adam he said,

"Because you have listened to the voice of your wife

and to dust you shall return."

and have eaten of the tree
of which I commanded you,
'You shall not eat of it,'
cursed is the ground because of you;
in pain you shall eat of it all the days of your life;

18 thorns and thistles it shall bring forth for you;
and you shall eat the plants of the field.

19 By the sweat of your face
you shall eat bread,
till you return to the ground,
for out of it you were taken;
for you are dust,

²⁰The man called his wife's name Eve, because she was the mother of all living. ²¹And the LORD God made for Adam and for his wife garments of skins and clothed them.

²²Then the LORD God said, "Behold, the man has become like one of us in knowing good and evil. Now, lest he reach out his hand and take also of the tree of life and eat, and live forever—" ²³ therefore the LORD God sent him out from the garden of Eden to work the ground from which he was taken. ²⁴ He drove out the man, and at the east of the garden of Eden he placed the cherubim and a flaming sword that turned every way to guard the way to the tree of life.









PSALM 24 (ESV)

- ¹ The earth is the LORD's and the fullness thereof, the world and those who dwell therein,
- ² for he has founded it upon the seas and established it upon the rivers.
- ³ Who shall ascend the hill of the LORD? And who shall stand in his holy place?
- ⁴He who has clean hands and a pure heart, who does not lift up his soul to what is false and does not swear deceitfully.
- ⁵ He will receive blessing from the LORD and righteousness from the God of his salvation.
- ⁶ Such is the generation of those who seek him, who seek the face of the God of Jacob. *Selah*
- ⁷Lift up your heads, O gates! And be lifted up, O ancient doors, that the King of glory may come in.
- 8 Who is this King of glory? The LORD, strong and mighty, the LORD, mighty in battle!
- ⁹ Lift up your heads, O gates! And lift them up, O ancient doors, that the King of glory may come in.
- Who is this King of glory? The LORD of hosts, he is the King of glory! Selah



REFLECTION





GENESIS 15 (ESV)

¹ After these things the word of the LORD came to Abram in a vision: "Fear not, Abram, I am your shield; your reward shall be very great." ² But Abram said, "O LORD God, what will you give me, for I continue childless, and the heir of my house is Eliezer of Damascus?" ³ And Abram said, "Behold, you have given me no offspring, and a member of my household will be my heir." ⁴ And behold, the word of the LORD came to him: "This man shall not be your heir; your very own son shall be your heir." ⁵ And he brought him outside and said, "Look toward heaven, and number the stars, if you are able to number them." Then he said to him, "So shall your offspring be." ⁶ And he believed the LORD, and he counted it to him as righteousness.

⁷ And he said to him, "I am the LORD who brought you out from Ur of the Chaldeans to give you this land to possess." ⁸ But he said, "O LORD God, how am I to know that I shall possess it?" 9 He said to him, "Bring me a heifer three years old, a female goat three years old, a ram three years old, a turtledove, and a young pigeon." 10 And he brought him all these, cut them in half, and laid each half over against the other. But he did not cut the birds in half. 11 And when birds of prey came down on the carcasses, Abram drove them away. ¹² As the sun was going down, a deep sleep fell on Abram. And behold, dreadful and great darkness fell upon him. 13 Then the LORD said to Abram, "Know for certain that your offspring will be sojourners in a land that is not theirs and will be servants there, and they will be afflicted for four hundred years. ¹⁴ But I will bring judgment on the nation that they serve, and afterward they shall come out with great possessions. 15 As for you, you shall go to your fathers in peace; you shall be buried in a good old age. 16 And they shall come back here in the fourth generation, for the iniquity of the Amorites is not yet complete."

¹⁷When the sun had gone down and it was dark, behold, a smoking fire pot and a flaming torch passed between these pieces. ¹⁸On that day the LORD made a covenant with Abram, saying, "To your offspring I give this land, from the river of Egypt to the great river, the river Euphrates, ¹⁹ the land of the Kenites, the Kenizzites, the Kadmonites, ²⁰ the Hittites, the Perizzites, the Rephaim, ²¹ the Amorites, the Canaanites, the Girgashites and the Jebusites."







PSALM 27 (ESV)

¹The LORD is my light and my salvation; whom shall I fear?

The LORD is the stronghold of my life; of whom shall I be afraid?

² When evildoers assail me to eat up my flesh,

my adversaries and foes,

it is they who stumble and fall.

³Though an army encamp against me, my heart shall not fear;

though war arise against me, yet I will be confident.

⁴One thing have I asked of the LORD, that will I seek after:

that I may dwell in the house of the LORD all the days of my life,

to gaze upon the beauty of the LORD and to inquire in his temple.

⁵ For he will hide me in his shelter in the day of trouble;

he will conceal me under the cover of his tent; he will lift me high upon a rock.

⁶ And now my head shall be lifted up above my enemies all around me,

and I will offer in his tent sacrifices with shouts of joy;

I will sing and make melody to the LORD.

⁷ Hear, O LORD, when I cry aloud; be gracious to me and answer me!

8 You have said, "Seek my face."

My heart says to you,

"Your face, LORD, do I seek."

9 Hide not your face from me.

Turn not your servant away in anger, O you who have been my help.

Cast me not off; forsake me not,

O God of my salvation!

10 For my father and my mother have forsaken me, but the LORD will take me in.

¹¹Teach me your way, O LORD, and lead me on a level path because of my enemies.

12 Give me not up to the will of my adversaries;



for false witnesses have risen against me, and they breathe out violence.

¹³ I believe that I shall look upon the goodness of the LORD in the land of the living!

¹⁴ Wait for the LORD;

be strong, and let your heart take courage; wait for the LORD!



REFLECTION







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GENESIS 18 (ESV)

¹ And the LORD appeared to him by the oaks of Mamre, as he sat at the door of his tent in the heat of the day. ² He lifted up his eyes and looked, and behold, three men were standing in front of him. When he saw them, he ran from the tent door to meet them and bowed himself to the earth ³ and said, "O LORD, if I have found favor in your sight, do not pass by your servant. ⁴ Let a little water be brought, and wash your feet, and rest yourselves under the tree, ⁵ while I bring a morsel of bread, that you may refresh yourselves, and after that you may pass on—since you have come to your servant." So they said, "Do as you have said." ⁶ And Abraham went quickly into the tent to Sarah and said, "Quick! Three seahs of fine flour! Knead it, and make cakes." ⁷ And Abraham ran to the herd and took a calf, tender and good, and gave it to a young man, who prepared it quickly. ⁸ Then he took curds and milk and the calf that he had prepared, and set it before them. And he stood by them under the tree while they ate.

⁹They said to him, "Where is Sarah your wife?" And he said, "She is in the tent." ¹⁰The LORD said, "I will surely return to you about this time next year, and Sarah your wife shall have a son." And Sarah was listening at the tent door behind him. ¹¹Now Abraham and Sarah were old, advanced in years. The way of women had ceased to be with Sarah. ¹²So Sarah laughed to herself, saying, "After I am worn out, and my LORD is old, shall I have pleasure?" ¹³The LORD said to Abraham, "Why did Sarah laugh and say, 'Shall I indeed bear a child, now that I am old?' ¹⁴Is anything too hard for the LORD? At the appointed time I will return to you, about this time next year, and Sarah shall have a son." ¹⁵But Sarah denied it, saying, "I did not laugh," for she was afraid. He said, "No, but you did laugh."

¹⁶Then the men set out from there, and they looked down toward Sodom. And Abraham went with them to set them on their way. ¹⁷The LORD said, "Shall I hide from Abraham what I am about to do, ¹⁸ seeing that Abraham shall surely become a great and mighty nation, and all the nations of the earth shall be blessed in him? ¹⁹For I have chosen him, that he may command his children and his household after him to keep the way of the LORD by doing righteousness and justice, so that the LORD may bring to Abraham what he has promised him." ²⁰Then the LORD said, "Because the outcry against Sodom and Gomorrah is great and their sin is very grave, ²¹I will go down to see whether they have done altogether according to the outcry that has come to me. And if not, I will know."

²² So the men turned from there and went toward Sodom, but Abraham still stood before the LORD. ²³ Then Abraham drew near and said, "Will you indeed sweep away the righteous with the wicked? ²⁴ Suppose there are fifty righteous within the city. Will you then sweep away the place and not spare it for the fifty righteous who are in it? ²⁵ Far be it from you to do such a thing, to put the righteous to death with the wicked, so that the righteous fare as the wicked! Far be that from you! Shall not the Judge of all the earth do what is just?" ²⁶ And the LORD said, "If I find at Sodom fifty righteous in the city, I will spare the whole place for their

sake."

²⁷ Abraham answered and said, "Behold, I have undertaken to speak to the LORD, I who am but dust and ashes. ²⁸ Suppose five of the fifty righteous are lacking. Will you destroy the whole city for lack of five?" And he said, "I will not destroy it if I find forty-five there." ²⁹ Again he spoke to him and said, "Suppose forty are found there." He answered, "For the sake of forty I will not do it." ³⁰ Then he said, "Oh let not the LORD be angry, and I will speak. Suppose thirty are found there." He answered, "I will not do it, if I find thirty there." ³¹ He said, "Behold, I have undertaken to speak to the LORD. Suppose twenty are found there." He answered, "For the sake of twenty I will not destroy it." ³² Then he said, "Oh let not the LORD be angry, and I will speak again but this once. Suppose ten are found there." He answered, "For the sake of ten I will not destroy it." ³³ And the LORD went his way, when he had finished speaking to Abraham, and Abraham returned to his place.





PRAYER OF REPENTANCE & COMMITMENT



GENESIS 32:6-33:10 (ESV)

⁶ And the messengers returned to Jacob, saying, "We came to your brother Esau, and he is coming to meet you, and there are four hundred men with him." ⁷ Then Jacob was greatly afraid and distressed. He divided the people who were with him, and the flocks and herds and camels, into two camps, ⁸ thinking, "If Esau comes to the one camp and attacks it, then the camp that is left will escape."

⁹ And Jacob said, "O God of my father Abraham and God of my father Isaac, O Lord who said to me, 'Return to your country and to your kindred, that I may do you good,' ¹⁰ I am not worthy of the least of all the deeds of steadfast love and all the faithfulness that you have shown to your servant, for with only my staff I crossed this Jordan, and now I have become two camps. ¹¹ Please deliver me from the hand of my brother, from the hand of Esau, for I fear him, that he may come and attack me, the mothers with the children. ¹² But you said, 'I will surely do you good, and make your offspring as the sand of the sea, which cannot be numbered for multitude.'"

¹³ So he stayed there that night, and from what he had with him he took a present for his brother Esau, ¹⁴ two hundred female goats and twenty male goats, two hundred ewes and twenty rams, ¹⁵ thirty milking camels and their calves, forty cows and ten bulls, twenty female donkeys and ten male donkeys. ¹⁶ These he handed over to his servants, every drove by itself, and said to his servants, "Pass on ahead of me and put a space between drove and drove." ¹⁷ He instructed the first, "When Esau my brother meets you and asks you, "To whom do you belong? Where are you going? And whose are these ahead of you?' ¹⁸ then you shall say, "They belong to your servant Jacob. They are a present sent to my lord Esau. And moreover, he is behind us.'" ¹⁹ He likewise instructed the second and the third and all who followed the droves, "You shall say the same thing to Esau when you find him, ²⁰ and you shall say, 'Moreover, your servant Jacob is behind us.'" For he thought, "I may appease him with the present that goes ahead of me, and afterward I shall see his face. Perhaps he will accept me." ²¹ So the present passed on ahead of him, and he himself stayed that night in the camp.

²² The same night he arose and took his two wives, his two female servants, and his eleven children, and crossed the ford of the Jabbok. ²³ He took them and sent them across the stream, and everything else that he had. ²⁴ And Jacob was left alone. And a man wrestled with him until the breaking of the day. ²⁵ When the man saw that he did not prevail against Jacob, he touched his hip socket, and Jacob's hip was put out of joint as he wrestled with him. ²⁶ Then he said, "Let me go, for the day has broken." But Jacob said, "I will not let you go unless you bless me." ²⁷ And he said to him, "What is your name?" And he said, "Jacob." ²⁸ Then he said, "Your name shall no longer be called Jacob, but Israel, for you have striven with God and with men, and have prevailed." ²⁹ Then Jacob asked him, "Please tell me your name." But he said, "Why is it that you ask my name?" And there he blessed him. ³⁰ So Jacob called the name of the place Peniel, saying, "For

I have seen God face to face, and yet my life has been delivered." ³¹The sun rose upon him as he passed Penuel, limping because of his hip. ³²Therefore to this day the people of Israel do not eat the sinew of the thigh that is on the hip socket, because he touched the socket of Jacob's hip on the sinew of the thigh.

33 And Jacob lifted up his eyes and looked, and behold, Esau was coming, and four hundred men with him. So he divided the children among Leah and Rachel and the two female servants. ² And he put the servants with their children in front, then Leah with her children, and Rachel and Joseph last of all. ³ He himself went on before them, bowing himself to the ground seven times, until he came near to his brother.

⁴But Esau ran to meet him and embraced him and fell on his neck and kissed him, and they wept. ⁵And when Esau lifted up his eyes and saw the women and children, he said, "Who are these with you?" Jacob said, "The children whom God has graciously given your servant." ⁶Then the servants drew near, they and their children, and bowed down. ⁷Leah likewise and her children drew near and bowed down. And last Joseph and Rachel drew near, and they bowed down. ⁸Esau said, "What do you mean by all this company that I met?" Jacob answered, "To find favor in the sight of my lord." ⁹But Esau said, "I have enough, my brother; keep what you have for yourself." ¹⁰Jacob said, "No, please, if I have found favor in your sight, then accept my present from my hand. For I have seen your face, which is like seeing the face of God, and you have accepted me.



REFLECTION



PRAYER OF REPENTANCE & COMMITMENT



PSALM 32 (ESV)

- Blessed is the one whose transgression is forgiven, whose sin is covered.
- ² Blessed is the man against whom the LORD counts no iniquity,

and in whose spirit there is no deceit.

- ³ For when I kept silent, my bones wasted away through my groaning all day long.
- ⁴ For day and night your hand was heavy upon me; my strength was dried up as by the heat of summer. *Selah*
- ⁵ I acknowledged my sin to you, and I did not cover my iniquity;
- I said, "I will confess my transgressions to the LORD," and you forgave the iniquity of my sin. *Selah*
- 6 Therefore let everyone who is godly offer prayer to you at a time when you may be found; surely in the rush of great waters, they shall not reach him.
- ⁷ You are a hiding place for me; you preserve me from trouble; you surround me with shouts of deliverance. *Selah*
- 8 I will instruct you and teach you in the way you should go; I will counsel you with my eye upon you.
- ⁹ Be not like a horse or a mule, without understanding, which must be curbed with bit and bridle, or it will not stay near you.
- ¹⁰ Many are the sorrows of the wicked, but steadfast love surrounds the one who trusts in the LORD.
- ¹¹ Be glad in the LORD, and rejoice, O righteous, and shout for joy, all you upright in heart!







EXODUS 3:1-12 (ESV)

¹ Now Moses was keeping the flock of his father-in-law, Jethro, the priest of Midian, and he led his flock to the west side of the wilderness and came to Horeb, the mountain of God. ² And the angel of the LORD appeared to him in a flame of fire out of the midst of a bush. He looked, and behold, the bush was burning, yet it was not consumed. ³ And Moses said, "I will turn aside to see this great sight, why the bush is not burned." 4When the LORD saw that he turned aside to see, God called to him out of the bush, "Moses, Moses!" And he said, "Here I am." 5 Then he said, "Do not come near; take your sandals off your feet, for the place on which you are standing is holy ground." 6 And he said, "I am the God of your father, the God of Abraham, the God of Isaac, and the God of Jacob." And Moses hid his face, for he was afraid to look at God.

⁷Then the LORD said, "I have surely seen the affliction of my people who are in Egypt and have heard their cry because of their taskmasters. I know their sufferings, 8 and I have come down to deliver them out of the hand of the Egyptians and to bring them up out of that land to a good and broad land, a land flowing with milk and honey, to the place of the Canaanites, the Hittites, the Amorites, the Perizzites, the Hivites, and the Jebusites. 9 And now, behold, the cry of the people of Israel has come to me, and I have also seen the oppression with which the Egyptians oppress them. 10 Come, I will send you to Pharaoh that you may bring my people, the children of Israel, out of Egypt." 11 But Moses said to God, "Who am I that I should go to Pharaoh and bring the children of Israel out of Egypt?" 12 He said, "But I will be with you, and this shall be the sign for you, that I have sent you: when you have brought the people out of Egypt, you shall serve God on this mountain."





PRAYER OF REPENTANCE & COMMITMENT



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EXODUS 20:1-17 (ESV)

- ¹And God spoke all these words, saying,
- ² "I am the LORD your God, who brought you out of the land of Egypt, out of the house of slavery.
- ³ "You shall have no other gods before me.
- ⁴ "You shall not make for yourself a carved image, or any likeness of anything that is in heaven above, or that is in the earth beneath, or that is in the water under the earth. ⁵ You shall not bow down to them or serve them, for I the LORD your God am a jealous God, visiting the iniquity of the fathers on the children to the third and the fourth generation of those who hate me, ⁶ but showing steadfast love to thousands of those who love me and keep my commandments.
- 7"You shall not take the name of the LORD your God in vain, for the LORD will not hold him guiltless who takes his name in vain.
- ⁸ "Remember the Sabbath day, to keep it holy. ⁹ Six days you shall labor, and do all your work, ¹⁰ but the seventh day is a Sabbath to the LORD your God. On it you shall not do any work, you, or your son, or your daughter, your male servant, or your female servant, or your livestock, or the sojourner who is within your gates. ¹¹ For in six days the LORD made heaven and earth, the sea, and all that is in them, and rested on the seventh day. Therefore the LORD blessed the Sabbath day and made it holy.
- ¹² "Honor your father and your mother, that your days may be long in the land that the LORD your God is giving you.
- 13 "You shall not murder.
- 14 "You shall not commit adultery.
- 15 "You shall not steal.
- 16 "You shall not bear false witness against your neighbor.
- ¹⁷ "You shall not covet your neighbor's house; you shall not covet your neighbor's wife, or his male servant, or his female servant, or his ox, or his donkey, or anything that is your neighbor's."









PSALM 34 (ESV)

- ¹ I will bless the LORD at all times; his praise shall continually be in my mouth.
- ²My soul makes its boast in the LORD; let the humble hear and be glad.
- ³Oh, magnify the LORD with me, and let us exalt his name together!
- ⁴I sought the LORD, and he answered me and delivered me from all my fears.
- ⁵Those who look to him are radiant, and their faces shall never be ashamed.
- ⁶ This poor man cried, and the LORD heard him and saved him out of all his troubles.
- ⁷The angel of the LORD encamps around those who fear him, and delivers them.
- ⁸Oh, taste and see that the LORD is good! Blessed is the man who takes refuge in him!
- ⁹Oh, fear the LORD, you his saints, for those who fear him have no lack!
- 10 The young lions suffer want and hunger; but those who seek the LORD lack no good thing.
- ¹¹Come, O children, listen to me; I will teach you the fear of the LORD.
- What man is there who desires life and loves many days, that he may see good?
- ¹³ Keep your tongue from evil and your lips from speaking deceit.
- ¹⁴Turn away from evil and do good; seek peace and pursue it.
- 15 The eyes of the LORD are toward the righteous and his ears toward their cry.
- 16 The face of the LORD is against those who do evil, to cut off the memory of them from the earth.
- ¹⁷When the righteous cry for help, the LORD hears and delivers them out of all their troubles.
- 18 The LORD is near to the brokenhearted and saves the crushed in spirit.
- ¹⁹ Many are the afflictions of the righteous, but the LORD delivers him out of them all.
- ²⁰ He keeps all his bones;



not one of them is broken.

- 21 Affliction will slay the wicked, and those who hate the righteous will be condemned.
- ²² The LORD redeems the life of his servants; none of those who take refuge in him will be condemned.



REFLECTION





DEUTERONOMY 8 (ESV)

¹ "The whole commandment that I command you today you shall be careful to do, that you may live and multiply, and go in and possess the land that the LORD swore to give to your fathers. ² And you shall remember the whole way that the LORD your God has led you these forty years in the wilderness, that he might humble you, testing you to know what was in your heart, whether you would keep his commandments or not. 3 And he humbled you and let you hunger and fed you with manna, which you did not know, nor did your fathers know, that he might make you know that man does not live by bread alone, but man lives by every word that comes from the mouth of the LORD. 4 Your clothing did not wear out on you and your foot did not swell these forty years. 5 Know then in your heart that, as a man disciplines his son, the LORD your God disciplines you. 6 So you shall keep the commandments of the LORD your God by walking in his ways and by fearing him. ⁷For the LORD your God is bringing you into a good land, a land of brooks of water, of fountains and springs, flowing out in the valleys and hills, 8 a land of wheat and barley, of vines and fig trees and pomegranates, a land of olive trees and honey, 9 a land in which you will eat bread without scarcity, in which you will lack nothing, a land whose stones are iron, and out of whose hills you can dig copper. 10 And you shall eat and be full, and you shall bless the LORD your God for the good land he has given you.

¹¹ "Take care lest you forget the LORD your God by not keeping his commandments and his rules and his statutes, which I command you today, ¹² lest, when you have eaten and are full and have built good houses and live in them, ¹³ and when your herds and flocks multiply and your silver and gold is multiplied and all that you have is multiplied, ¹⁴ then your heart be lifted up, and you forget the LORD your God, who brought you out of the land of Egypt, out of the house of slavery, ¹⁵ who led you through the great and terrifying wilderness, with its fiery serpents and scorpions and thirsty ground where there was no water, who brought you water out of the flinty rock, ¹⁶ who fed you in the wilderness with manna that your fathers did not know, that he might humble you and test you, to do you good in the end. ¹⁷ Beware lest you say in your heart, 'My power and the might of my hand

have gotten me this wealth.' ¹⁸ You shall remember the LORD your God, for it is he who gives you power to get wealth, that he may confirm his covenant that he swore to your fathers, as it is this day. ¹⁹ And if you forget the LORD your God and go after other gods and serve them and worship them, I solemnly warn you today that you shall surely perish. ²⁰ Like the nations that the LORD makes to perish before you, so shall you perish, because you would not obey the voice of the LORD your God.



REFLECTION





JOSHUA 1:1-9 (ESV)

¹ After the death of Moses the servant of the LORD, the LORD said to Joshua the son of Nun, Moses' assistant, 2"Moses my servant is dead. Now therefore arise, go over this Jordan, you and all this people, into the land that I am giving to them, to the people of Israel. ³ Every place that the sole of your foot will tread upon I have given to you, just as I promised to Moses. ⁴From the wilderness and this Lebanon as far as the great river, the river Euphrates, all the land of the Hittites to the Great Sea toward the going down of the sun shall be your territory. ⁵No man shall be able to stand before you all the days of your life. Just as I was with Moses, so I will be with you. I will not leave you or forsake you. ⁶Be strong and courageous, for you shall cause this people to inherit the land that I swore to their fathers to give them. ⁷Only be strong and very courageous, being careful to do according to all the law that Moses my servant commanded you. Do not turn from it to the right hand or to the left, that you may have good success wherever you go. 8 This Book of the Law shall not depart from your mouth, but you shall meditate on it day and night, so that you may be careful to do according to all that is written in it. For then you will make your way prosperous, and then you will have good success. ⁹Have I not commanded you? Be strong and courageous. Do not be frightened, and do not be dismayed, for the LORD your God is with you wherever you go."









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PSALM 40 (ESV)

¹I waited patiently for the LORD; he inclined to me and heard my cry.

²He drew me up from the pit of destruction, out of the miry bog,

and set my feet upon a rock, making my steps secure.

³He put a new song in my mouth, a song of praise to our God.

Many will see and fear,

and put their trust in the LORD.

⁴ Blessed is the man who makes the LORD his trust,

who does not turn to the proud, to those who go astray after a lie!

5 You have multiplied, O LORD my God, your wondrous deeds and your thoughts toward us; none can compare with you!

I will proclaim and tell of them, yet they are more than can be told.

⁶ In sacrifice and offering you have not delighted, but you have given me an open ear.

Burnt offering and sin offering

you have not required.

⁷Then I said, "Behold, I have come; in the scroll of the book it is written of me:

⁸ I delight to do your will, O my God; your law is within my heart."

⁹ I have told the glad news of deliverance in the great congregation; behold, I have not restrained my lips,

pehold, I have not restrained my lip as you know, O LORD.

¹⁰ I have not hidden your deliverance within my heart; I have spoken of your faithfulness and your salvation;

I have not concealed your steadfast love and your faithfulness from the great congregation.

¹¹ As for you, O LORD, you will not restrain your mercy from me; your steadfast love and your faithfulness will ever preserve me! 12 For evils have encompassed me beyond number;
my iniquities have overtaken me, and I cannot see;
they are more than the hairs of my head; my heart fails me.
13 Be pleased, O LORD, to deliver me!

O LORD, make haste to help me!
14 Let those be put to shame and disappointed altogether who seek to snatch away my life;
let those be turned back and brought to dishonor who delight in my hurt!
15 Let those be appalled because of their shame who say to me, "Aha, Aha!"
16 But may all who seek you

may those who love your salvation say continually, "Great is the LORD!" ¹⁷ As for me, I am poor and needy, but the LORD takes thought for me. You are my help and my deliverer; do not delay, O my God!

rejoice and be glad in you;



REFLECTION



PRAYER OF REPENTANCE & COMMITMENT



JOB 38 (ESV)

- ¹ Then the LORD answered Job out of the whirlwind and said:
- 2 "Who is this that darkens counsel by words without knowledge?
- ³Dress for action like a man;

I will question you, and you make it known to me.

- 4 "Where were you when I laid the foundation of the earth? Tell me, if you have understanding.
- 5 Who determined its measurements—surely you know! Or who stretched the line upon it?
- 6 On what were its bases sunk, or who laid its cornerstone,
- ⁷ when the morning stars sang together and all the sons of God shouted for joy?
- 8 "Or who shut in the sea with doors when it burst out from the womb,
- 9 when I made clouds its garment and thick darkness its swaddling band,
- ¹⁰ and prescribed limits for it and set bars and doors,
- ¹¹ and said, "Thus far shall you come, and no farther, and here shall your proud waves be stayed"?
- 12 "Have you commanded the morning since your days began, and caused the dawn to know its place,
- 13 that it might take hold of the skirts of the earth, and the wicked be shaken out of it?
- ¹⁴ It is changed like clay under the seal, and its features stand out like a garment.
- 15 From the wicked their light is withheld,and their uplifted arm is broken.
- 16 "Have you entered into the springs of the sea, or walked in the recesses of the deep?
- ¹⁷ Have the gates of death been revealed to you, or have you seen the gates of deep darkness?
- 18 Have you comprehended the expanse of the earth? Declare, if you know all this.
- 19 "Where is the way to the dwelling of light, and where is the place of darkness,
- 20 that you may take it to its territory and that you may discern the paths to its home?
- ²¹ You know, for you were born then, and the number of your days is great!
- ²² "Have you entered the storehouses of the snow,

- or have you seen the storehouses of the hail,
- ²³ which I have reserved for the time of trouble, for the day of battle and war?
- 24 What is the way to the place where the light is distributed, or where the east wind is scattered upon the earth?
- 25 "Who has cleft a channel for the torrents of rain and a way for the thunderbolt,
- ²⁶ to bring rain on a land where no man is, on the desert in which there is no man,
- ²⁷ to satisfy the waste and desolate land, and to make the ground sprout with grass?
- ²⁸ "Has the rain a father, or who has begotten the drops of dew?
- ²⁹ From whose womb did the ice come forth, and who has given birth to the frost of heaven?
- ³⁰ The waters become hard like stone, and the face of the deep is frozen.
- 31 "Can you bind the chains of the Pleiades or loose the cords of Orion?
- 32 Can you lead forth the Mazzaroth in their season, or can you guide the Bear with its children?
- 33 Do you know the ordinances of the heavens? Can you establish their rule on the earth?
- 34 "Can you lift up your voice to the clouds, that a flood of waters may cover you?
- 35 Can you send forth lightnings, that they may go and say to you, 'Here we are'?
- ³⁶ Who has put wisdom in the inward parts or given understanding to the mind?
- 37 Who can number the clouds by wisdom?
 Or who can tilt the waterskins of the heavens,
- 38 when the dust runs into a mass and the clods stick fast together?
- 39 "Can you hunt the prey for the lion, or satisfy the appetite of the young lions,
- 40 when they crouch in their dens or lie in wait in their thicket?
- 41 Who provides for the raven its prey, when its young ones cry to God for help, and wander about for lack of food?

JOB 40:1-5 (ESV)

- ¹ And the LORD said to Job:
- 2 "Shall a faultfinder contend with the Almighty? He who argues with God, let him answer it."
- ³Then Job answered the LORD and said:
- 4"Behold, I am of small account; what shall I answer you?



- I lay my hand on my mouth.
- ⁵ I have spoken once, and I will not answer; twice, but I will proceed no further.



REFLECTION





ISAIAH 1:1-18 (ESV)

¹The vision of Isaiah the son of Amoz, which he saw concerning Judah and Jerusalem in the days of Uzziah, Jotham, Ahaz, and Hezekiah, kings of Judah.

² Hear, O heavens, and give ear, O earth; for the LORD has spoken: "Children have I reared and brought up,

but they have rebelled against me.

The ox knows its owner,

and the donkey its master's crib, but Israel does not know, my people do not understand."

⁴ Ah, sinful nation, a people laden with iniquity, offspring of evildoers, children who deal corruptly! They have forsaken the LORD,

they have despised the Holy One of Israel, they are utterly estranged.

5 Why will you still be struck down? Why will you continue to rebel?

The whole head is sick, and the whole heart faint.

⁶ From the sole of the foot even to the head, there is no soundness in it,

but bruises and sores and raw wounds;

they are not pressed out or bound up or softened with oil.

⁷Your country lies desolate; your cities are burned with fire;

your cities are burned with f in your very presence

foreigners devour your land; it is desolate, as overthrown by foreigners.

8 And the daughter of Zion is left like a booth in a vineyard, like a lodge in a cucumber field,

like a lodge in a cucumber fie like a besieged city.

9 If the LORD of hosts had not left us a few survivors, we should have been like Sodom, and become like Gomorrah.

¹⁰ Hear the word of the LORD, you rulers of Sodom!
Give ear to the teaching of our God,

you people of Gomorrah! 11 "What to me is the multitude of your sacrifices? savs the LORD; I have had enough of burnt offerings of rams and the fat of well-fed beasts; I do not delight in the blood of bulls, or of lambs, or of goats. 12 "When you come to appear before me, who has required of you this trampling of my courts? 13 Bring no more vain offerings; incense is an abomination to me. New moon and Sabbath and the calling of convocations— I cannot endure iniquity and solemn assembly. ¹⁴ Your new moons and your appointed feasts my soul hates; they have become a burden to me; I am weary of bearing them. 15 When you spread out your hands, I will hide my eyes from you; even though you make many prayers, I will not listen: your hands are full of blood. ¹⁶ Wash yourselves; make yourselves clean; remove the evil of your deeds from before my eyes; cease to do evil, learn to do good; seek justice, correct oppression;



REFLECTION

18 "Come now, let us reason together, says the LORD:

bring justice to the fatherless, plead the widow's cause.

though your sins are like scarlet, they shall be as white as snow; though they are red like crimson, they shall become like wool.





PSALM 50 (ESV)

- ¹The Mighty One, God the LORD, speaks and summons the earth from the rising of the sun to its setting.
- ²Out of Zion, the perfection of beauty, God shines forth.
- ³ Our God comes; he does not keep silence; before him is a devouring fire, around him a mighty tempest.
- ⁴He calls to the heavens above and to the earth, that he may judge his people:
- 5 "Gather to me my faithful ones, who made a covenant with me by sacrifice!"
- ⁶The heavens declare his righteousness, for God himself is judge! *Selah*
- 7 "Hear, O my people, and I will speak; O Israel, I will testify against you. I am God, your God.
- 8 Not for your sacrifices do I rebuke you; your burnt offerings are continually before me.
- ⁹ I will not accept a bull from your house or goats from your folds.
- ¹⁰ For every beast of the forest is mine, the cattle on a thousand hills.
- ¹¹ I know all the birds of the hills, and all that moves in the field is mine.
- 12 "If I were hungry, I would not tell you, for the world and its fullness are mine.
- ¹³ Do I eat the flesh of bulls or drink the blood of goats?
- 14 Offer to God a sacrifice of thanksgiving, and perform your vows to the Most High,
- ¹⁵ and call upon me in the day of trouble; I will deliver you, and you shall glorify me."
- 16 But to the wicked God says:
 "What right have you to recite my statutes or take my covenant on your lips?
- ¹⁷ For you hate discipline, and you cast my words behind you.
- ¹⁸ If you see a thief, you are pleased with him,

and you keep company with adulterers.
19 "You give your mouth free rein for evil,
and your tongue frames deceit.

²⁰ You sit and speak against your brother; you slander your own mother's son.

²¹These things you have done, and I have been silent; you thought that I was one like yourself.

But now I rebuke you and lay the charge before you.

22 "Mark this, then, you who forget God, lest I tear you apart, and there be none to deliver!
23 The one who offers thanksgiving as his sacrifice glorifies

to one who orders his way rightly I will show the salvation of God!"



REFLECTION







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PRAYER OF REPENTANCE & COMMITMENT



ISAIAH 40 (ESV)

- ¹ Comfort, comfort my people, says your God.
- ² Speak tenderly to Jerusalem, and cry to her that her warfare is ended,

that her iniquity is pardoned,

that she has received from the LORD's hand double for all her sins.

- ³ A voice cries:
- "In the wilderness prepare the way of the LORD; make straight in the desert a highway for our God.
- ⁴ Every valley shall be lifted up, and every mountain and hill be made low; the uneven ground shall become level, and the rough places a plain.
- ⁵ And the glory of the LORD shall be revealed, and all flesh shall see it together, for the mouth of the LORD has spoken."
- for the mouth of the LORD has sp 6 A voice says, "Cry!"

And I said, "What shall I cry?" All flesh is grass,

and all its beauty is like the flower of the field.

- ⁷ The grass withers, the flower fades when the breath of the LORD blows on it; surely the people are grass.
- ⁸ The grass withers, the flower fades, but the word of our God will stand forever.
- ⁹Go on up to a high mountain,

O Zion, herald of good news;

lift up your voice with strength,

O Jerusalem, herald of good news;

lift it up, fear not;

say to the cities of Judah,

"Behold your God!"

¹⁰ Behold, the LORD God comes with might, and his arm rules for him;

behold, his reward is with him, and his recompense before him.

¹¹ He will tend his flock like a shepherd; he will gather the lambs in his arms; he will carry them in his bosom, and gently lead those that are with young.

12 Who has measured the waters in the hollow of his hand and marked off the heavens with a span,

enclosed the dust of the earth in a measure and weighed the mountains in scales and the hills in a balance?

¹³ Who has measured the Spirit of the LORD, or what man shows him his counsel?

14 Whom did he consult, and who made him understand?

Who taught him the path of justice, and taught him knowledge, and showed him the way of understanding?

¹⁵ Behold, the nations are like a drop from a bucket, and are accounted as the dust on the scales; behold, he takes up the coastlands like fine dust.

¹⁶ Lebanon would not suffice for fuel, nor are its beasts enough for a burnt offering.

¹⁷ All the nations are as nothing before him, they are accounted by him as less than nothing and emptiness.

18 To whom then will you liken God, or what likeness compare with him?

¹⁹ An idol! A craftsman casts it, and a goldsmith overlays it with gold and casts for it silver chains.

²⁰ He who is too impoverished for an offering chooses wood that will not rot; he seeks out a skillful craftsman

to set up an idol that will not move.

²¹Do you not know? Do you not hear? Has it not been told you from the beginning?

Have you not understood from the foundations of the earth?

²² It is he who sits above the circle of the earth, and its inhabitants are like grasshoppers;

who stretches out the heavens like a curtain, and spreads them like a tent to dwell in;

23 who brings princes to nothing, and makes the rulers of the earth as emptiness.

²⁴ Scarcely are they planted, scarcely sown, scarcely has their stem taken root in the earth, when he blows on them, and they wither, and the tempest carries them off like stubble.

25 To whom then will you compare me, that I should be like him? says the Holy One. 26 Lift up your eyes on high and see: who created these?He who brings out their host by number, calling them all by name,by the greatness of his might, and because he is strong in power not one is missing.

²⁷ Why do you say, O Jacob, and speak, O Israel,

"My way is hidden from the LORD, and my right is disregarded by my God"?

28 Have you not known? Have you not heard?

The LORD is the everlasting God,

the Creator of the ends of the earth.

He does not faint or grow weary;

his understanding is unsearchable.

²⁹ He gives power to the faint, and to him who has no might he increases strength.

30 Even youths shall faint and be weary, and young men shall fall exhausted;

31 but they who wait for the LORD shall renew their strength;

they shall mount up with wings like eagles;

they shall run and not be weary; they shall walk and not faint.



REFLECTION



PRAYER OF REPENTANCE & COMMITMENT



ISAIAH 43:1-28 (ESV)

¹But now thus says the LORD, he who created you, O Jacob, he who formed you, O Israel: "Fear not, for I have redeemed you;

I have called you by name, you are mine.

²When you pass through the waters, I will be with you; and through the rivers, they shall not overwhelm you; when you walk through fire you shall not be burned, and the flame shall not consume you.

³ For I am the LORD your God, the Holy One of Israel, your Savior.

I give Egypt as your ransom, Cush and Seba in exchange for you.

⁴ Because you are precious in my eyes, and honored, and I love you, I give men in return for you,

peoples in exchange for your life.

⁵ Fear not, for I am with you; I will bring your offspring from the east, and from the west I will gather you.

6 I will say to the north, Give up, and to the south, Do not withhold; bring my sons from afar

and my daughters from the end of the earth,

7 everyone who is called by my name,
whom I created for my glory,
whom I formed and made."

- ⁸ Bring out the people who are blind, yet have eyes, who are deaf, yet have ears!
- ⁹ All the nations gather together, and the peoples assemble.

Who among them can declare this, and show us the former things?

Let them bring their witnesses to prove them right, and let them hear and say, It is true.

10 "You are my witnesses," declares the LORD, "and my servant whom I have chosen, that you may know and believe me

and understand that I am he.

Before me no god was formed, nor shall there be any after me.

¹¹ I, I am the LORD,

and besides me there is no savior.

¹² I declared and saved and proclaimed,

when there was no strange god among you;

and you are my witnesses," declares the LORD, "and I am God.

¹³ Also henceforth I am he;

there is none who can deliver from my hand;

I work, and who can turn it back?"

¹⁴Thus says the LORD,

your Redeemer, the Holy One of Israel:

"For your sake I send to Babylon

and bring them all down as fugitives,

even the Chaldeans, in the ships in which they rejoice.

15 I am the LORD, your Holy One,

the Creator of Israel, your King."

¹⁶ Thus says the LORD,

who makes a way in the sea,

a path in the mighty waters,

¹⁷ who brings forth chariot and horse,

army and warrior;

they lie down, they cannot rise,

they are extinguished, quenched like a wick:

18 "Remember not the former things,

nor consider the things of old.

¹⁹ Behold, I am doing a new thing;

now it springs forth, do you not perceive it?

I will make a way in the wilderness and rivers in the desert.

²⁰ The wild beasts will honor me,

the jackals and the ostriches,

for I give water in the wilderness,

rivers in the desert,

to give drink to my chosen people,

 21 the people whom I formed for myself

that they might declare my praise.

²² "Yet you did not call upon me, O Jacob;

but you have been weary of me, O Israel!

 $^{\mathbf{23}}\,\mathrm{You}$ have not brought me your sheep for burnt offerings,

or honored me with your sacrifices.

I have not burdened you with offerings,

or wearied you with frankincense.

²⁴ You have not bought me sweet cane with money, or satisfied me with the fat of your sacrifices.

But you have burdened me with your sins;

you have wearied me with your iniquities.

- 25 "I, I am he
 - who blots out your transgressions for my own sake, and I will not remember your sins.
- 26 Put me in remembrance; let us argue together; set forth your case, that you may be proved right.
- ²⁷ Your first father sinned, and your mediators transgressed against me.
- 28 Therefore I will profane the princes of the sanctuary, and deliver Jacob to utter destruction and Israel to reviling.



REFLECTION





PSALM 90 (ESV)

- ¹Lord, you have been our dwelling place in all generations.
- ²Before the mountains were brought forth, or ever you had formed the earth and the world, from everlasting to everlasting you are God.
- ³ You return man to dust and say, "Return, O children of man!"
- ⁴ For a thousand years in your sight are but as yesterday when it is past, or as a watch in the night.
- ⁵ You sweep them away as with a flood; they are like a dream, like grass that is renewed in the morning:
- ⁶ in the morning it flourishes and is renewed; in the evening it fades and withers.
- ⁷ For we are brought to an end by your anger; by your wrath we are dismayed.
- 8 You have set our iniquities before you, our secret sins in the light of your presence.
- ⁹ For all our days pass away under your wrath; we bring our years to an end like a sigh.
- 10 The years of our life are seventy, or even by reason of strength eighty; yet their span is but toil and trouble; they are soon gone, and we fly away.
- ¹¹ Who considers the power of your anger, and your wrath according to the fear of you?
- 12 So teach us to number our days that we may get a heart of wisdom.
- 13 Return, O LORD! How long? Have pity on your servants!
- 14 Satisfy us in the morning with your steadfast love, that we may rejoice and be glad all our days.
- ¹⁵ Make us glad for as many days as you have afflicted us, and for as many years as we have seen evil.
- ¹⁶ Let your work be shown to your servants, and your glorious power to their children.
- ¹⁷ Let the favor of the Lord our God be upon us, and establish the work of our hands upon us; yes, establish the work of our hands!





PRAYER OF REPENTANCE & COMMITMENT



ISAIAH 57:14-21 (ESV)

14 And it shall be said,

"Build up, build up, prepare the way, remove every obstruction from my people's way."

15 For thus says the One who is high and lifted up, who inhabits eternity, whose name is Holy:

"I dwell in the high and holy place, and also with him who is of a contrite and lowly spirit,

to revive the spirit of the lowly,

and to revive the heart of the contrite.

¹⁶ For I will not contend forever, nor will I always be angry;

for the spirit would grow faint before me, and the breath of life that I made.

¹⁷ Because of the iniquity of his unjust gain I was angry, I struck him; I hid my face and was angry, but he went on backsliding in the way of his own heart.

¹⁸ I have seen his ways, but I will heal him; I will lead him and restore comfort to him and his mourners,

19 creating the fruit of the lips.

Peace, peace, to the far and to the near," says the LORD, "and I will heal him.

²⁰ But the wicked are like the tossing sea;
for it cannot be quiet,
and its waters toss up mire and dirt.
²¹ There is no peace," says my God, "for the wicked."



REFLECTION







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PRAYER OF REPENTANCE & COMMITMENT



JEREMIAH 1 (ESV)

¹The words of Jeremiah, the son of Hilkiah, one of the priests who were in Anathoth in the land of Benjamin, ² to whom the word of the LORD came in the days of Josiah the son of Amon, king of Judah, in the thirteenth year of his reign. ³ It came also in the days of Jehoiakim the son of Josiah, king of Judah, and until the end of the eleventh year of Zedekiah, the son of Josiah, king of Judah, until the captivity of Jerusalem in the fifth month.

⁴Now the word of the LORD came to me, saying,

5 "Before I formed you in the womb I knew you, and before you were born I consecrated you; I appointed you a prophet to the nations."

⁶Then I said, "Ah, LORD God! Behold, I do not know how to speak, for I am only a youth." ⁷But the LORD said to me,

"Do not say, 'I am only a youth';

for to all to whom I send you, you shall go, and whatever I command you, you shall speak.

⁸Do not be afraid of them,

for I am with you to deliver you, declares the LORD."

⁹Then the LORD put out his hand and touched my mouth. And the LORD said to me,

"Behold, I have put my words in your mouth.

10 See, I have set you this day over nations and over kingdoms, to pluck up and to break down,

to destroy and to overthrow,

to build and to plant."

¹¹ And the word of the LORD came to me, saying, "Jeremiah, what do you see?" And I said, "I see an almond branch." ¹² Then the LORD said to me, "You have seen well, for I am watching over my word to perform it."

¹³ The word of the LORD came to me a second time, saying, "What do you see?" And I said, "I see a boiling pot, facing away from the north." ¹⁴ Then the LORD said to me, "Out of the north disaster shall be let loose upon all the inhabitants of the land. ¹⁵ For behold, I am calling all the tribes of the kingdoms of the north, declares the LORD, and they shall come, and every one shall set his throne at the entrance of the gates of Jerusalem, against all its walls all around and against all the cities of Judah. ¹⁶ And I will declare my judgments

against them, for all their evil in forsaking me. They have made offerings to other gods and worshiped the works of their own hands. ¹⁷ But you, dress yourself for work; arise, and say to them everything that I command you. Do not be dismayed by them, lest I dismay you before them. ¹⁸ And I, behold, I make you this day a fortified city, an iron pillar, and bronze walls, against the whole land, against the kings of Judah, its officials, its priests, and the people of the land. ¹⁹ They will fight against you, but they shall not prevail against you, for I am with you, declares the LORD, to deliver you."



REFLECTION



PRAYER OF REPENTANCE & COMMITMENT



PSALM 94 (ESV)

- ¹O LORD, God of vengeance, O God of vengeance, shine forth!
- ² Rise up, O judge of the earth; repay to the proud what they deserve!
- ³O LORD, how long shall the wicked, how long shall the wicked exult?
- ⁴They pour out their arrogant words; all the evildoers boast.
- ⁵They crush your people, O LORD, and afflict your heritage.
- ⁶They kill the widow and the sojourner, and murder the fatherless;
- ⁷ and they say, "The LORD does not see; the God of Jacob does not perceive."
- 8 Understand, O dullest of the people! Fools, when will you be wise?
- ⁹He who planted the ear, does he not hear?
- He who formed the eye, does he not see?
- ¹⁰ He who disciplines the nations, does he not rebuke?

He who teaches man knowledge-

- the LORD—knows the thoughts of man, that they are but a breath.
- ¹² Blessed is the man whom you discipline, O LORD, and whom you teach out of your law,
- ¹³ to give him rest from days of trouble, until a pit is dug for the wicked.
- ¹⁴ For the LORD will not forsake his people; he will not abandon his heritage;
- 15 for justice will return to the righteous, and all the upright in heart will follow it.
- 16 Who rises up for me against the wicked? Who stands up for me against evildoers?
- ¹⁷ If the LORD had not been my help, my soul would soon have lived in the land of silence.
- When I thought, "My foot slips," your steadfast love, O LORD, held me up.
- 19 When the cares of my heart are many, your consolations cheer my soul.
- ²⁰ Can wicked rulers be allied with you,

- those who frame injustice by statute?
- ²¹They band together against the life of the righteous and condemn the innocent to death.
- ²²But the LORD has become my stronghold, and my God the rock of my refuge.
- ²³ He will bring back on them their iniquity and wipe them out for their wickedness; the LORD our God will wipe them out.



REFLECTION





EZEKIEL 37:1-14 (ESV)

¹The hand of the LORD was upon me, and he brought me out in the Spirit of the LORD and set me down in the middle of the valley; it was full of bones. ²And he led me around among them, and behold, there were very many on the surface of the valley, and behold, they were very dry. ³And he said to me, "Son of man, can these bones live?" And I answered, "O LORD God, you know." ⁴Then he said to me, "Prophesy over these bones, and say to them, O dry bones, hear the word of the LORD. ⁵Thus says the LORD God to these bones: Behold, I will cause breath to enter you, and you shall live. ⁶And I will lay sinews upon you, and will cause flesh to come upon you, and cover you with skin, and put breath in you, and you shall live, and you shall know that I am the LORD."

⁷So I prophesied as I was commanded. And as I prophesied, there was a sound, and behold, a rattling, and the bones came together, bone to its bone. ⁸And I looked, and behold, there were sinews on them, and flesh had come upon them, and skin had covered them. But there was no breath in them. ⁹Then he said to me, "Prophesy to the breath; prophesy, son of man, and say to the breath, Thus says the LORD God: Come from the four winds, O breath, and breathe on these slain, that they may live." ¹⁰So I prophesied as he commanded me, and the breath came into them, and they lived and stood on their feet, an exceedingly great army.

¹¹Then he said to me, "Son of man, these bones are the whole house of Israel. Behold, they say, 'Our bones are dried up, and our hope is lost; we are indeed cut off.' ¹²Therefore prophesy, and say to them, Thus says the LORD God: Behold, I will open your graves and raise you from your graves, O my people. And I will bring you into the land of Israel. ¹³ And you shall know that I am the LORD, when I open your graves, and raise you from your graves, O my people. ¹⁴ And I will put my Spirit within you, and you shall live, and I will place you in your own land. Then you shall know that I am the LORD; I have spoken, and I will do it, declares the LORD."







HOSEA 11:1-9 (ESV)

- ¹When Israel was a child, I loved him, and out of Egypt I called my son.
- ²The more they were called, the more they went away; they kept sacrificing to the Baals and burning offerings to idols.
- ³ Yet it was I who taught Ephraim to walk; I took them up by their arms, but they did not know that I healed them.
- 4I led them with cords of kindness, with the bands of love, and I became to them as one who eases the yoke on their jaws, and I bent down to them and fed them.
- ⁵They shall not return to the land of Egypt, but Assyria shall be their king, because they have refused to return to me.
- ⁶The sword shall rage against their cities, consume the bars of their gates, and devour them because of their own counsels.
- ⁷ My people are bent on turning away from me, and though they call out to the Most High, he shall not raise them up at all.
- 8 How can I give you up, O Ephraim?
 How can I hand you over, O Israel?
 How can I make you like Admah?
 How can I treat you like Zeboiim?
 My heart recoils within me;
- my compassion grows warm and tender.

 9 I will not execute my burning anger;
 I will not again destroy Ephraim;
 for I am God and not a man,
 the Holy One in your midst,
 and I will not come in wrath.











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PSALM 96 (ESV)

- ¹ Oh sing to the LORD a new song; sing to the LORD, all the earth!
- ² Sing to the LORD, bless his name; tell of his salvation from day to day.
- ³ Declare his glory among the nations, his marvelous works among all the peoples!
- ⁴ For great is the LORD, and greatly to be praised; he is to be feared above all gods.
- ⁵ For all the gods of the peoples are worthless idols, but the LORD made the heavens.
- ⁶ Splendor and majesty are before him; strength and beauty are in his sanctuary.
- ⁷ Ascribe to the LORD, O families of the peoples, ascribe to the LORD glory and strength!
- 8 Ascribe to the LORD the glory due his name; bring an offering, and come into his courts!
- ⁹ Worship the LORD in the splendor of holiness; tremble before him, all the earth!
- Yes, the world is established; it shall never be moved; he will judge the peoples with equity."
- ¹¹Let the heavens be glad, and let the earth rejoice; let the sea roar, and all that fills it;
- let the field exult, and everything in it!
 Then shall all the trees of the forest sing for joy
- before the LORD, for he comes, for he comes to judge the earth.
 He will judge the world in righteousness, and the peoples in his faithfulness.







AMOS 5 (ESV)

¹Hear this word that I take up over you in lamentation, O house of Israel:

² "Fallen, no more to rise, is the virgin Israel; forsaken on her land,

with none to raise her up."

³ For thus says the Lord God: "The city that went out a thousand shall have a hundred left,

and that which went out a hundred

shall have ten left to the house of Israel."

⁴For thus says the Lord to the house of Israel:

"Seek me and live;

but do not seek Bethel, and do not enter into Gilgal or cross over to Beersheba; for Gilgal shall surely go into exile, and Bethel shall come to nothing."

⁶ Seek the Lord and live,

lest he break out like fire in the house of Joseph, and it devour, with none to quench it for Bethel,

⁷O you who turn justice to wormwood and cast down righteousness to the earth!

8 He who made the Pleiades and Orion, and turns deep darkness into the morning and darkens the day into night,

who calls for the waters of the sea and pours them out on the surface of the earth,

the Lord is his name;

⁹ who makes destruction flash forth against the strong, so that destruction comes upon the fortress.

¹⁰ They hate him who reproves in the gate, and they abhor him who speaks the truth.

¹¹Therefore because you trample on the poor and you exact taxes of grain from him, you have built houses of hewn stone,

but you shall not dwell in them;

you have planted pleasant vineyards,

but you shall not drink their wine.

12 For I know how many are your transgressions and how great are your sins—
 you who afflict the righteous, who take a bribe,

and turn aside the needy in the gate.

13 Therefore he who is prudent will keep silent in such a time, for it is an evil time.

14 Seek good, and not evil,

that you may live;

and so the Lord, the God of hosts, will be with you, as you have said.

15 Hate evil, and love good,

and establish justice in the gate;

it may be that the Lord, the God of hosts,

will be gracious to the remnant of Joseph.

¹⁶Therefore thus says the Lord, the God of hosts, the Lord:

"In all the squares there shall be wailing,

and in all the streets they shall say, 'Alas! Alas!'

They shall call the farmers to mourning

and to wailing those who are skilled in lamentation,

¹⁷ and in all vineyards there shall be wailing,

for I will pass through your midst,"

says the Lord.

¹⁸ Woe to you who desire the day of the Lord!

Why would you have the day of the Lord?

It is darkness, and not light,

19 as if a man fled from a lion,

and a bear met him,

or went into the house and leaned his hand against the wall, and a serpent bit him.

20 Is not the day of the Lord darkness, and not light, and gloom with no brightness in it?

²¹ "I hate, I despise your feasts,

and I take no delight in your solemn assemblies.

²² Even though you offer me your burnt offerings and grain offerings,

I will not accept them;

and the peace offerings of your fattened animals,

I will not look upon them.

²³ Take away from me the noise of your songs;

to the melody of your harps I will not listen.

²⁴ But let justice roll down like waters,

and righteousness like an ever-flowing stream.

²⁵ "Did you bring to me sacrifices and offerings during the forty years in the wilderness, O house of Israel? ²⁶ You shall take up Sikkuth your king, and Kiyyun your star-god—your images that you made for yourselves, ²⁷ and I will send you into exile beyond Damascus," says the Lord, whose name is the God of hosts.





PRAYER OF REPENTANCE & COMMITMENT



MICAH 6:6-8 (ESV)

6 "With what shall I come before the Lord, and bow myself before God on high? Shall I come before him with burnt offerings, with calves a year old?

7 Will the Lord be pleased with thousands of rams, with ten thousands of rivers of oil?
Shall I give my firstborn for my transgression, the fruit of my body for the sin of my soul?"
8 He has told you, O man, what is good;

and what does the Lord require of you but to do justice, and to love kindness, and to walk humbly with your God?



REFLECTION





PSALM 103 (ESV)

- ¹Bless the LORD, O my soul, and all that is within me, bless his holy name!
- ²Bless the LORD, O my soul, and forget not all his benefits,
- ³ who forgives all your iniquity, who heals all your diseases,
- ⁴ who redeems your life from the pit, who crowns you with steadfast love and mercy,
- 5 who satisfies you with good so that your youth is renewed like the eagle's.
- ⁶The LORD works righteousness and justice for all who are oppressed.
- ⁷He made known his ways to Moses, his acts to the people of Israel.
- ⁸ The LORD is merciful and gracious, slow to anger and abounding in steadfast love.
- ⁹ He will not always chide, nor will he keep his anger forever.
- ¹⁰ He does not deal with us according to our sins, nor repay us according to our iniquities.
- ¹¹ For as high as the heavens are above the earth, so great is his steadfast love toward those who fear him;
- ¹² as far as the east is from the west, so far does he remove our transgressions from us.
- ¹³ As a father shows compassion to his children, so the LORD shows compassion to those who fear him.
- ¹⁴ For he knows our frame; he remembers that we are dust.
- 15 As for man, his days are like grass; he flourishes like a flower of the field;
- ¹⁶ for the wind passes over it, and it is gone, and its place knows it no more.
- ¹⁷ But the steadfast love of the LORD is from everlasting to everlasting on those who fear him,
- and his righteousness to children's children, ¹⁸ to those who keep his covenant
- and remember to do his commandments.

 19 The LORD has established his throne in the heavens,
- and his kingdom rules over all.

 20 Bless the LORD, O you his angels,

you mighty ones who do his word, obeying the voice of his word!

21 Bless the LORD, all his hosts, his ministers, who do his will!

22 Bless the LORD, all his works, in all places of his dominion.

Bless the LORD, O my soul!



REFLECTION







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MALACHI 1 (ESV)

¹The oracle of the word of the LORD to Israel by Malachi. ²"I have loved you," says the LORD. But you say, "How have you loved us?" "Is not Esau Jacob's brother?" declares the LORD. "Yet I have loved Jacob ³ but Esau I have hated. I have laid waste his hill country and left his heritage to jackals of the desert." ⁴If Edom says, "We are shattered but we will rebuild the ruins," the LORD of hosts says, "They may build, but I will tear down, and they will be called 'the wicked country,' and 'the people with whom the LORD is angry forever." ⁵Your own eyes shall see this, and you shall say, "Great is the LORD beyond the border of Israel!"

6"A son honors his father, and a servant his master. If then I am a father, where is my honor? And if I am a master, where is my fear? says the LORD of hosts to you, O priests, who despise my name. But you say, 'How have we despised your name?' 7 By offering polluted food upon my altar. But you say, 'How have we polluted you?' By saying that the LORD's table may be despised. 8 When you offer blind animals in sacrifice, is that not evil? And when you offer those that are lame or sick, is that not evil? Present that to your governor; will he accept you or show you favor? says the LORD of hosts. 9 And now entreat the favor of God, that he may be gracious to us. With such a gift from your hand, will he show favor to any of you? says the LORD of hosts. 10 Oh that there were one among you who would shut the doors, that you might not kindle fire on my altar in vain! I have no pleasure in you, says the LORD of hosts, and I will not accept an offering from your hand. 11 For from the rising of the sun to its setting my name will be great among the nations, and in every place incense will be offered to my name, and a pure offering. For my name will be great among the nations, says the LORD of hosts. 12 But you profane it when you say that the LORD's table is polluted, and its fruit, that is, its food may be despised. 13 But you say, 'What a weariness this is,' and you snort at it, says the LORD of hosts. You bring what has been taken by violence or is lame or sick, and this you bring as your offering! Shall I accept that from your hand? says the LORD. 14 Cursed be the cheat who has a male in his flock, and vows it, and yet sacrifices to the LORD what is blemished. For I am a great King, says the LORD of hosts, and my name will be feared among the nations.







MALACHI 3 (ESV)

¹"Behold, I send my messenger, and he will prepare the way before me. And the LORD whom you seek will suddenly come to his temple; and the messenger of the covenant in whom you delight, behold, he is coming, says the LORD of hosts. ²But who can endure the day of his coming, and who can stand when he appears? For he is like a refiner's fire and like fullers' soap. ³He will sit as a refiner and purifier of silver, and he will purify the sons of Levi and refine them like gold and silver, and they will bring offerings in righteousness to the LORD. ⁴Then the offering of Judah and Jerusalem will be pleasing to the LORD as in the days of old and as in former years.

5 "Then I will draw near to you for judgment. I will be a swift witness against the sorcerers, against the adulterers, against those who swear falsely, against those who oppress the hired worker in his wages, the widow and the fatherless, against those who thrust aside the sojourner, and do not fear me, says the LORD of hosts.

6"For I the LORD do not change; therefore you, O children of Jacob, are not consumed. 7 From the days of your fathers you have turned aside from my statutes and have not kept them. Return to me, and I will return to you, says the LORD of hosts. But you say, 'How shall we return?' 8 Will man rob God? Yet you are robbing me. But you say, 'How have we robbed you?' In your tithes and contributions. 9 You are cursed with a curse, for you are robbing me, the whole nation of you. 10 Bring the full tithe into the storehouse, that there may be food in my house. And thereby put me to the test, says the LORD of hosts, if I will not open the windows of heaven for you and pour down for you a blessing until there is no more need. 11 I will rebuke the devourer for you, so that it will not destroy the fruits of your soil, and your vine in the field shall not fail to bear, says the LORD of hosts. 12 Then all nations will call you blessed, for you will be a land of delight, says the LORD of hosts.

13 "Your words have been hard against me, says the LORD. But you say, 'How have we spoken against you?' 14 You have said, 'It is vain to serve God. What is the profit of our keeping his charge or of walking as in mourning before the LORD of hosts? 15 And now we call the arrogant blessed. Evildoers not only prosper but they put God to the

test and they escape.""

¹⁶Then those who feared the LORD spoke with one another. The LORD paid attention and heard them, and a book of remembrance was written before him of those who feared the LORD and esteemed his name. ¹⁷ "They shall be mine, says the LORD of hosts, in the day when I make up my treasured possession, and I will spare them as a man spares his son who serves him. ¹⁸Then once more you shall see the distinction between the righteous and the wicked, between one who serves God and one who does not serve him.







PSALM 107 (ESV)

- ¹Oh give thanks to the LORD, for he is good, for his steadfast love endures forever!
- ²Let the redeemed of the LORD say so, whom he has redeemed from trouble
- ³ and gathered in from the lands, from the east and from the west, from the north and from the south.
- ⁴ Some wandered in desert wastes, finding no way to a city to dwell in;
- ⁵ hungry and thirsty, their soul fainted within them.
- ⁶Then they cried to the LORD in their trouble, and he delivered them from their distress.
- ⁷ He led them by a straight way till they reached a city to dwell in.
- ⁸Let them thank the LORD for his steadfast love, for his wondrous works to the children of man!
- 9 For he satisfies the longing soul, and the hungry soul he fills with good things.
- ¹⁰ Some sat in darkness and in the shadow of death, prisoners in affliction and in irons,
- ¹¹ for they had rebelled against the words of God, and spurned the counsel of the Most High.
- ¹² So he bowed their hearts down with hard labor; they fell down, with none to help.
- ¹³ Then they cried to the LORD in their trouble, and he delivered them from their distress.
- 14 He brought them out of darkness and the shadow of death, and burst their bonds apart.
- 15 Let them thank the LORD for his steadfast love, for his wondrous works to the children of man!
- ¹⁶ For he shatters the doors of bronze and cuts in two the bars of iron.
- ¹⁷ Some were fools through their sinful ways, and because of their iniquities suffered affliction;
- 18 they loathed any kind of food, and they drew near to the gates of death.
- ¹⁹ Then they cried to the LORD in their trouble, and he delivered them from their distress.
- ²⁰ He sent out his word and healed them, and delivered them from their destruction.

- ²¹Let them thank the LORD for his steadfast love, for his wondrous works to the children of man!
- 22 And let them offer sacrifices of thanksgiving, and tell of his deeds in songs of joy!
- 23 Some went down to the sea in ships, doing business on the great waters;
- ²⁴ they saw the deeds of the LORD, his wondrous works in the deep.
- ²⁵ For he commanded and raised the stormy wind, which lifted up the waves of the sea.
- ²⁶ They mounted up to heaven; they went down to the depths;

their courage melted away in their evil plight;

- ²⁷ they reeled and staggered like drunken men and were at their wits' end.
- ²⁸ Then they cried to the LORD in their trouble, and he delivered them from their distress.
- ²⁹ He made the storm be still, and the waves of the sea were hushed.
- ³⁰ Then they were glad that the waters were quiet, and he brought them to their desired haven.
- ³¹Let them thank the LORD for his steadfast love, for his wondrous works to the children of man!
- 32 Let them extol him in the congregation of the people, and praise him in the assembly of the elders.
- 33 He turns rivers into a desert, springs of water into thirsty ground,
- ³⁴ a fruitful land into a salty waste, because of the evil of its inhabitants.
- 35 He turns a desert into pools of water, a parched land into springs of water.
- ³⁶ And there he lets the hungry dwell, and they establish a city to live in;
- 37 they sow fields and plant vineyards and get a fruitful yield.
- 38 By his blessing they multiply greatly, and he does not let their livestock diminish.
- 39 When they are diminished and brought low through oppression, evil, and sorrow,
- ⁴⁰ he pours contempt on princes and makes them wander in trackless wastes;
- ⁴¹ but he raises up the needy out of affliction and makes their families like flocks.
- ⁴² The upright see it and are glad, and all wickedness shuts its mouth.
- 43 Whoever is wise, let him attend to these things; let them consider the steadfast love of the LORD.









PSALM 116 (ESV)

- ¹I love the LORD, because he has heard my voice and my pleas for mercy.
- ² Because he inclined his ear to me, therefore I will call on him as long as I live.
- ³ The snares of death encompassed me; the pangs of Sheol laid hold on me; I suffered distress and anguish.
- ⁴Then I called on the name of the LORD: "O LORD, I pray, deliver my soul!"
- ⁵ Gracious is the LORD, and righteous; our God is merciful.
- ⁶The LORD preserves the simple; when I was brought low, he saved me.
- ⁷Return, O my soul, to your rest; for the LORD has dealt bountifully with you.
- 8 For you have delivered my soul from death, my eyes from tears, my feet from stumbling;
- ⁹I will walk before the LORD in the land of the living.
- ¹⁰ I believed, even when I spoke: "I am greatly afflicted";
- ¹¹ I said in my alarm,
 - "All mankind are liars."
- ¹² What shall I render to the LORD for all his benefits to me?
- ¹³ I will lift up the cup of salvation and call on the name of the LORD,
- ¹⁴I will pay my vows to the LORD in the presence of all his people.
- ¹⁵ Precious in the sight of the LORD is the death of his saints.
- ¹⁶ O LORD, I am your servant; I am your servant, the son of your maidservant. You have loosed my bonds.
- ¹⁷ I will offer to you the sacrifice of thanksgiving and call on the name of the LORD.
- ¹⁸ I will pay my vows to the LORD in the presence of all his people,
- ¹⁹ in the courts of the house of the LORD, in your midst, O Jerusalem.

Praise the LORD!











Please review this week based on one of the reflection prompts below.

- 1. How did God speak to you through the DTs this week?
- 2. Review significant difficulties or struggles of the past week. What stands out? Has there been some conflict, difficulty, or a conversation that you need to review, process, resolve, or respond to more fully?
- 3. Review significant triumphs or joys of the past week. What stands out? What about that event or experience is particularly noteworthy? What can you learn about yourself, about God, or about life from this? What applications for the future flow from this?
- 4. Review any relational problems you are in the midst of. If God placed people in your life to help you see yourself, what message about yourself emerges from considering your relationships?
- 5. Examine your fears. What are you afraid of? List them. (e.g., is there something you've dreaded, or someone you've avoided this past week?) What has been your response to these fears this past week? How will you respond better to these fears in the coming week?
- 6. Examine your desires or discontents. Describe them honestly. Write a reflection based on what these reveal to you, as you interact with this past week's DT passages.







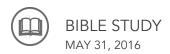
PSALM 121 (ESV)

- ¹I lift up my eyes to the hills. From where does my help come?
- ²My 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.
- ⁴Behold, he who keeps Israel will neither slumber nor sleep.
- ⁵The LORD is your keeper; the LORD is your shade on your right hand.
- ⁶The sun shall not strike you by day, nor the moon by night.
- ⁷The 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.



REFLECTION





PSALM 139 (ESV)

¹O LORD, you have searched me and known me!

- ² You know when I sit down and when I rise up; you discern my thoughts from afar.
- ³ You search out my path and my lying down and are acquainted with all my ways.
- ⁴Even before a word is on my tongue, behold, O LORD, you know it altogether.
- ⁵ You hem me in, behind and before, and lay your hand upon me.
- ⁶ Such knowledge is too wonderful for me; it is high; I cannot attain it.
- 7 Where shall I go from your Spirit? Or where shall I flee from your presence?
- 8 If I ascend to heaven, you are there!
 If I make my bed in Sheol, you are there!
- 9 If I take the wings of the morning and dwell in the uttermost parts of the sea,
- 10 even there your hand shall lead me, and your right hand shall hold me.
- ¹¹ If I say, "Surely the darkness shall cover me, and the light about me be night,"
- 12 even the darkness is not dark to you; the night is bright as the day, for darkness is as light with you.
- 13 For you formed my inward parts; you knitted me together in my mother's womb.
- ¹⁴I praise you, for I am fearfully and wonderfully made.
- Wonderful are your works;
 - my soul knows it very well.
- $^{15}\,\mathrm{My}$ frame was not hidden from you,
- when I was being made in secret,
 - intricately woven in the depths of the earth.
- ¹⁶ Your eyes saw my unformed substance;
- in your book were written, every one of them, the days that were formed for me, when as yet there was none of them.
- ¹⁷ How precious to me are your thoughts, O God! How vast is the sum of them!
- ¹⁸ If I would count them, they are more than the sand. I awake, and I am still with you.
- ¹⁹ Oh that you would slay the wicked, O God!



O men of blood, depart from me!

- ²⁰ They speak against you with malicious intent; your enemies take your name in vain.
- ²¹ Do I not hate those who hate you, O LORD? And do I not loathe those who rise up against you?
- ²² I hate them with complete hatred; I count them my enemies.
- ²³ Search me, O God, and know my heart! Try me and know my thoughts!
- ²⁴ And see if there be any grievous way in me, and lead me in the way everlasting!



REFLECTION

