

There are 5 days of personal worship below. Much of the liturgy is the same each day in order to go deep through the familiar. I recommend that you download two songs so that you can listen to them each day.

A considerable part of the focus of this week's worship is related to resting in God, entering his rest, the things that we strive for thinking they will bring us rest, and the mercy and grace of God for those who are weary because of their sin. May God meet you in your mind, heart, and will each day and may you worship him well.

Monday

Call to Worship

O Lord, open my lips,

and my mouth will declare your praise.

Psalm 51:5

Let me hear in the morning of your steadfast love,

for in you I trust.

Make me know the way I should go,

for to you I lift up my soul.

Psalm 143:8

**Glory be to the Father, and to the Son, and to the Holy Spirit,
as it was in the beginning, is now, and will be forever. Amen.**

The Lord has shown forth his glory:

Come let us adore him.

Oh sing to the LORD a new song;

sing to the LORD, all the earth!

Sing to the LORD, bless his name;

tell of his salvation from day to day.

Declare his glory among the nations,

his marvelous works among all the peoples!

For great is the LORD, and greatly to be praised;

he is to be feared above all gods.

For all the gods of the peoples are worthless idols,

but the LORD made the heavens.

Splendor and majesty are before him;

strength and beauty are in his sanctuary.

Ascribe to the LORD, O families of the peoples,

ascribe to the LORD glory and strength!

Ascribe to the LORD the glory due his name;

bring an offering, and come into his courts!

Worship the LORD in the splendor of holiness;

tremble before him, all the earth!

Psalm 96:1-9

The Lord has shown forth his glory:

Come let us adore him.

Opening Prayer

O God, Eternal King and Father of all mercies,

whose light divides the day from the night

and turns the shadow of death into the morning:

To know you is eternal life

and to serve you is perfect freedom:

Drive far from us all wrong desires,

incline our hearts to keep your law,

and guide our feet into the way of peace;

that we may do your will with cheerfulness during the day,
and when night comes, rejoice to give you thanks;
through Jesus Christ, our risen and reigning Lord,
to whom, with you and the Holy Spirit,
be honor and glory throughout all ages. *Amen.*

Hymn of Approach

I recommend you download the following song from iTunes – Dear Refuge Of My Wear Sin (Hymn Sing: Live in Nashville, by Indelible Grace). I recommend you buy the whole album and also listen to the introduction to each song.

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1. Dear refuge of my weary soul,
On Thee, when sorrows rise
On Thee, when waves of trouble roll,
My fainting hope relies
To Thee I tell each rising grief,
For Thou alone canst heal
Thy Word can bring a sweet relief,
For every pain I feel

2. But oh! When gloomy doubts prevail,
I fear to call Thee mine
The springs of comfort seem to fail,
And all my hopes decline
Yet gracious God, where shall I flee?
Thou art my only trust
And still my soul would cleave to Thee
Though prostrate in the dust

3. Hast Thou not bid me seek Thy face,
And shall I seek in vain?
And can the ear of sovereign grace,
Be deaf when I complain?
No still the ear of sovereign grace,
Attends the mourner's prayer
Oh may I ever find access,
To breathe my sorrows there

4. Thy mercy seat is open still,
Here let my soul retreat
With humble hope attend Thy will,
And wait beneath Thy feet,
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Scripture Readings

Psalms: Psalm 62

Hebrews 4

- 1) Read Hebrews 4:1-16
- 2) Read v15-16 again and take some time to let these verses sink in
- 3) Read v12 and consider what it says about the role of God's Word.
 - a. How has God's word been doing this in your life?
 - b. Take some time to ask that God would do this in your heart today and this week.
- 4) Close by meditating of v14-16

Confession

Father, Creator, and Holy God, you have provided a rest for your children and we and I repeatedly fail to enter into it.

Forgive me for the things I seek rest in more than I seek rest in you.

Forgive me for the things I strive for instead of striving to enter into your rest.
Search me O God, and know my heart. Show me the sin of my anxious heart. Show me that which grieves you that you might lead me in the way everlasting way of your will.

SILENT CONFESSION

DECLARATION OF GOD'S FORGIVENESS

In Christ we have redemption through his blood,
the forgiveness of our trespasses, according to the riches of his grace

Ephesians 1:7

Our heavenly Father, in his great mercy,
has given his own Son to die and to rise from the dead for you
and for his sake forgives you all your sins.

Intercession

Pray for specific needs:

- *Personal: your personal life*
- *Local: your family, friends, enemies, neighbors; your local church and other local churches; your neighborhood, town/city, state, and nation*
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Song of Commitment- Out of My Bondage

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1. Out of my bondage, sorrow and night,
Jesus, I come; Jesus I come.
Into Thy freedom, gladness and light,
Jesus, I come to Thee.
Out of my sickness into Thy health,
Out of my wanting and into Thy wealth,
Out of my sin and into Thyself,
Jesus, I come to Thee.

2. Out of my shameful failure and loss,
Jesus, I come; Jesus, I come.
Into the glorious gain of Thy cross,
Jesus, I come to Thee.
Out of earth's sorrows into Thy balm,
Out of life's storms and into Thy calm,
Out of distress into jubilant psalm,
Jesus, I come to Thee.

3. Out of unrest and arrogant pride,
Jesus, I come; Jesus, I come.
Into Thy blessed will to abide,
Jesus, I come to Thee.
Out of myself to dwell in Thy love,
Out of despair into raptures above,
Upward forever on wings like a dove,
Jesus, I come to Thee.

4. Out of the fear and dread of the tomb,
Jesus, I come; Jesus, I come.
Into the joy and light of Thy home,
Jesus, I come to Thee.
Out of the depths of ruin untold,
Into the peace of Thy sheltering fold,
Ever Thy glorious face to behold,
Jesus, I come to Thee.

Closing Prayer

Eternal God,
by a star you led magi to the worship of your Son,
and brought the nations to your light.
Guide the nations of the earth by your light
that the whole world may see your glory,
through him who is the true light and the bright morning star,
Jesus Christ your Son, our true Lord and King. *Amen.*

Tuesday

Call to Worship

O Lord, open my lips,

and my mouth will declare your praise.

Psalm 51:5

Let me hear in the morning of your steadfast love,

for in you I trust.

Make me know the way I should go,

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Sing to the LORD, bless his name;

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Declare his glory among the nations,

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Worship the LORD in the splendor of holiness;

tremble before him, all the earth!

Psalm 96:1-9

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Come let us adore him.

Opening Prayer

O God, Eternal King and Father of all mercies,

whose light divides the day from the night

and turns the shadow of death into the morning:

Defend us in all assaults of our enemies,

that we may trust in your defense,

and may not fear the power of any adversaries.

Preserve us with your mighty power,

that we may not fall into sin,

nor be overcome by adversity;
 and in all we do, direct us to the fulfilling of your purpose;
 through Jesus Christ, our risen and reigning Lord,
 to whom, with you and the Holy Spirit,
 be honor and glory throughout all ages. *Amen.*

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 To Thee I tell each rising grief,
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2. But oh! When gloomy doubts prevail,
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 Yet gracious God, where shall I flee?
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3. Hast Thou not bid me seek Thy face,
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 And can the ear of sovereign grace,
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Scripture Reading

Reading in the Psalms: Psalm 63

Hebrews 4

- 1) Read Hebrews 4:1-16
- 2) Read again v1-11. Highlight or underline what it says about the character of God. What kind of God is he?
- 3) Read v1-11. Highlight or underline what it says about the sin of God's people.
- 4) Read v 13-14 and with reverence and hope, enter into God's presence in personal response to these questions.

Confession

Father, Creator, and Holy God, you have provided a rest for your children and we and I repeatedly fail to enter into it.

Forgive me for the things I seek rest in more than I seek rest in you.

Forgive me for the things I strive for instead of striving to enter into your rest.
Search me O God, and know my heart. Show me the sin of my anxious heart. Show me that which grieves you that you might lead me in the way everlasting way of your will.

SILENT CONFESSION

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Out of my wanting and into Thy wealth,
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2. Out of my shameful failure and loss,
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Into the joy and light of Thy home,
Jesus, I come to Thee.
Out of the depths of ruin untold,
Into the peace of Thy sheltering fold,
Ever Thy glorious face to behold,
Jesus, I come to Thee.

Closing Prayer

Holy Father,
at the baptism of Jesus in the River Jordan
you proclaimed him your beloved Son,
and anointed him with the Holy Spirit.
Grant that we, who are baptized into his name,
may keep the covenant you have made with us in Christ
and boldly confess him as Lord and Savior.
Keep us, your children born of water and the Spirit,
faithful in your service through Jesus Christ our Lord. *Amen.*

Wednesday

Call to Worship

O Lord, open my lips,

and my mouth will declare your praise.

Psalm 51:5

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for in you I trust.

Make me know the way I should go,

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Worship the LORD in the splendor of holiness;

tremble before him, all the earth!

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Come let us adore him.

Opening Prayer

O God, Eternal King and Father of all mercies,

whose light divides the day from the night

and turns the shadow of death into the morning:

In you we live and move and have our being:

Guide and govern us by your Holy Spirit,

that in all the cares and occupations of our life we may not forget you,

but may remember that we are ever walking in your sight;

through Jesus Christ, our risen and reigning Lord,
to whom, with you and the Holy Spirit,
be honor and glory throughout all ages. *Amen.*

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Scripture Reading

Reading in the Psalms: Psalm 64

Hebrews 4

- 1) Read Hebrews 4:1-16
- 2) Read v15-16 again and take some time to let these verses sink in
- 3) Read v11 again. Consider
 - a. What are the things I look to for rest?
 - b. Consider the “striving” (and the time commitment) that goes into your striving
 - c. Consider what it means to “strive to enter into his rest”

Confession

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Into the joy and light of Thy home,
Jesus, I come to Thee.
Out of the depths of ruin untold,
Into the peace of Thy sheltering fold,
Ever Thy glorious face to behold,
Jesus, I come to Thee.

Closing Prayer

God of majesty and light,
we thank you for revealing Jesus to be your Son,
and for claiming our lives in baptism to be his glad disciples.
By your Spirit, may peace and power descend upon us
that we may follow him with grateful hearts,
standing firm to resist the devil's schemes
and taking up our cross to die to our sinful flesh and fallen world.
Take us and all we have to be useful in your service,
for the life and joy of all peoples;
through Jesus Christ our Strength and our Redeemer. *Amen.*

Thursday

Call to Worship

O Lord, open my lips,

and my mouth will declare your praise.

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Psalm 96:1-9

The Lord has shown forth his glory:

Come let us adore him.

Opening Prayer

O God, Eternal King and Father of all mercies,

whose light divides the day from the night

and turns the shadow of death into the morning:

We bless you for our creation,

and all the blessings of this life;

but above all for your immeasurable love

in the redemption of the world by our Lord Jesus Christ;

for the means of grace, and for the hope of glory.

Give us such an awareness of your mercies,
 that with truly thankful hearts we may show forth your praise,
 not only with our lips, but in our lives,
 by giving up ourselves to your service,
 and by walking before you in holiness and righteousness;
 through Jesus Christ, our risen and reigning Lord,
 to whom, with you and the Holy Spirit,
 be honor and glory throughout all ages. *Amen.*

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Reading in the Psalms: Psalm 65

Hebrews 4

- 1) Read Hebrews 4:1-16
- 2) Read v15-16 again and take some time to let these verses sink in
- 3) Consider: How is Jesus able to sympathize with my weakness & temptations? Take some time to talk to God about your weaknesses (fears, proclivities, the things you know you should be doing/considering/changing)
- 4) Read again v 16. Do you have confidence to do this? Enter God's presence with the confidence he says is yours in Jesus and ask for his mercy and grace.

Confession

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Forgive me for the things I seek rest in more than I seek rest in you.

Forgive me for the things I strive for instead of striving to enter into your rest.

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Ever Thy glorious face to behold,
Jesus, I come to Thee.

Closing Prayer

Father,
through your Son you have called us to repent of our sin,
to believe the good news,
and to celebrate the coming of your kingdom.
Like Jesus' first apostles, may we hear and obey his call to discipleship,
forsaking old ways and proclaiming the gospel of new life to a broken world;
through our Lord and Savior Jesus Christ. *Amen.*

Friday

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and my mouth will declare your praise.

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for to you I lift up my soul.

Psalm 143:8

**Glory be to the Father, and to the Son, and to the Holy Spirit,
as it was in the beginning, is now, and will be forever. Amen.**

The Lord has shown forth his glory:

Come let us adore him.

Oh sing to the LORD a new song;

sing to the LORD, all the earth!

Sing to the LORD, bless his name;

tell of his salvation from day to day.

Declare his glory among the nations,

his marvelous works among all the peoples!

For great is the LORD, and greatly to be praised;

he is to be feared above all gods.

For all the gods of the peoples are worthless idols,

but the LORD made the heavens.

Splendor and majesty are before him;

strength and beauty are in his sanctuary.

Ascribe to the LORD, O families of the peoples,

ascribe to the LORD glory and strength!

Ascribe to the LORD the glory due his name;

bring an offering, and come into his courts!

Worship the LORD in the splendor of holiness;

tremble before him, all the earth!

Psalm 96:1-9

The Lord has shown forth his glory:

Come let us adore him.

Opening Prayer

O God, Eternal King and Father of all mercies,

whose light divides the day from the night

and turns the shadow of death into the morning:

To know you is eternal life

and to serve you is perfect freedom:

Drive far from us all wrong desires,

incline our hearts to keep your law,

and guide our feet into the way of peace;

that we may do your will with cheerfulness during the day,

and when night comes, rejoice to give you thanks;

through Jesus Christ, our risen and reigning Lord,
to whom, with you and the Holy Spirit,
be honor and glory throughout all ages. *Amen.*

Hymn of Approach I recommend you download (from iTunes) – Dear Refuge Of My Wear Sin (Hymn Sing: Live in Nashville, by Indelible Grace). As an alternative, you can listen to this song at (http://www.youtube.com/watch?v=UIwRiDym3Xc&feature=results_main&playnext=1&list=PLBDEAC90C95A47A46)

1. Dear refuge of my weary soul,
On Thee, when sorrows rise
On Thee, when waves of trouble roll,
My fainting hope relies
To Thee I tell each rising grief,
For Thou alone canst heal
Thy Word can bring a sweet relief,
For every pain I feel

2. But oh! When gloomy doubts prevail,
I fear to call Thee mine
The springs of comfort seem to fail,
And all my hopes decline
Yet gracious God, where shall I flee?
Thou art my only trust
And still my soul would cleave to Thee
Though prostrate in the dust

3. Hast Thou not bid me seek Thy face,
And shall I seek in vain?
And can the ear of sovereign grace,
Be deaf when I complain?
No still the ear of sovereign grace,
Attends the mourner's prayer
Oh may I ever find access,
To breathe my sorrows there

4. Thy mercy seat is open still,
Here let my soul retreat
With humble hope attend Thy will,
And wait beneath Thy feet,
Thy mercy seat is open still,
Here let my soul retreat
With humble hope attend Thy will,
And wait beneath Thy feet

Scripture Reading

Reading in the Psalms: Psalm 66

Hebrews 4

- 1) Read Hebrews 4:1-16
- 2) Read again v16.
- 3) Ask yourself
 - a. What kind of throne is God's?
 - b. What does he say we will receive when we approach his throne?
 - c. What do I think I will receive if I approach him?
 - d. Why do you need Mercy and Grace in your time of need? What do/have you turned to in your times of need?
- 4) Take some time to talk to God about this and ask him to sanctify and redeem you (to bring freedom from your patterns and a change in your behavior).

Confession

Father, Creator, and Holy God, you have provided a rest for your children and we and I repeatedly fail to enter into it.

Forgive me for the things I seek rest in more than I seek rest in you.

Forgive me for the things I strive for instead of striving to enter into your rest.

Search me O God, and know my heart. Show me the sin of my anxious heart. Show me that which grieves you that you might lead me in the way everlasting way of your will.

SILENT CONFESSION

DECLARATION OF GOD'S FORGIVENESS

In Christ we have redemption through his blood,
the forgiveness of our trespasses, according to the riches of his grace. *Ephesians 1:7*

Our heavenly Father, in his great mercy,
has given his own Son to die and to rise from the dead for you
and for his sake forgives you all your sins.

Intercession

Pray for specific needs:

- *Personal: your personal life*
- *Local: your family, friends, enemies, neighbors; your local church and other local churches; your neighborhood, town/city, state, and nation*
- *Global: the worldwide church, other nations/cultures*

Consider using particular themes and words from the psalms, hymns, scripture readings, and other prayers to guide the content and language of your specific prayers.

Song of Commitment- Out of My Bondage

I recommend you download the following song from iTunes – Jesus I Come (Out of My Bondage, Hymn Sing: Live in Nashville, by Indelible Grace). I recommend you buy the whole album and also listen to the introduction to each song. As an alternative, you can listen to it here

(<http://www.youtube.com/watch?v=Lm30UfBgBIg>)

1. Out of my bondage, sorrow and night,
Jesus, I come; Jesus I come.
Into Thy freedom, gladness and light,
Jesus, I come to Thee.
Out of my sickness into Thy health,
Out of my wanting and into Thy wealth,
Out of my sin and into Thyself,
Jesus, I come to Thee.

2. Out of my shameful failure and loss,
Jesus, I come; Jesus, I come.
Into the glorious gain of Thy cross,
Jesus, I come to Thee.
Out of earth's sorrows into Thy balm,
Out of life's storms and into Thy calm,
Out of distress into jubilant psalm,
Jesus, I come to Thee.

3. Out of unrest and arrogant pride,
Jesus, I come; Jesus, I come.
Into Thy blessed will to abide,
Jesus, I come to Thee.
Out of myself to dwell in Thy love,
Out of despair into raptures above,
Upward forever on wings like a dove,
Jesus, I come to Thee.

4. Out of the fear and dread of the tomb,
Jesus, I come; Jesus, I come.
Into the joy and light of Thy home,
Jesus, I come to Thee.
Out of the depths of ruin untold,
Into the peace of Thy sheltering fold,
Ever Thy glorious face to behold,
Jesus, I come to Thee.

Closing Prayer

Almighty God,
you sent Jesus to proclaim your kingdom
and to teach with authority.
Anoint us with your Spirit,
that we too may bring good news to the poor,
bind up the brokenhearted,
and proclaim liberty to the captive;
through our Savior and King, Jesus Christ. *Amen.*