

Today's Reading

Psalm ch42 v1-5

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OUR YEAR OF

Refreshing

Christ Church Cottingham

Psalm 84:6

As they pass through the valley of weeping, they make it a place of dancing and singing.

LET IT GO

Psalm 42:1-5

1 As the deer pants for streams of water, so my soul pants for you, my God.

2 My soul thirsts for God, for the living God. When can I go and meet with God?

3 My tears have been my food day and night, while people say to me all day long,

“Where is your God?” 4 These things I remember as I pour out my soul: how I used to go to the house of God under the protection of the Mighty One with shouts of joy and praise among the festive throng. 5 Why, my soul, are you downcast? Why so disturbed within me? Put your hope in God, for I will yet praise him, my Saviour and my God.

2 negative ways we think:

1- The world

2- Our life experiences, issues and past

The process of moving from vs 3 to 4 to vs 5:

But I trust in your unfailing love; my heart rejoices in your salvation.

I will sing the Lord's praise, for he has been good to me. (Psalm 13:5-6)

OUR YEAR OF

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