

My life is in You, Lord

My strength is in You, Lord
My hope is in You, Lord
In You, it's in You

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My strength is in You, Lord
My hope is in You, Lord
In You, it's in You

I will praise You with all of my life
I will praise You with all of my strength
With all of my life, with all of my strength
All my hope is in You

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Ancient Words

Words of life, words of hope
Give us strength, help us cope
In this world where e'er we roam
Ancient words will guide us home

Ancient words ever true
Changing me and changing you
We have come with open hearts
Oh, let the ancient words impart

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(Break)

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Ancient words ever true
Changing me and changing you
We have come with open hearts
Oh, let the ancient words impart

Walking in the Light of God

We are *walking in the Light of God, we are walking in the light of God.
We are walking in the Light of God, we are walking in the light of God.

We are walking, walking we are walking (ooooo) we are walking in the light of God.

We are walking, walking we are walking (ooooo) we are walking in the light of God.

*singing
praying
dancing
serving

Things to ponder:

How do you respond to the idea that if we love ourselves, we will practice self-examination, self-control, self-development, self-care, and self-giving rather than self-indulgence?

For children: What are some things that usually make you feel sad, grouchy, happy, and **super** happy?

This week, pair up with a faith friend and meet privately to talk honestly and confidentially about how you're doing in the areas of self-examination, self-control, self-care, and self-giving. Share a story about how a rule, a wise saying, and a mentor have helped you.

Imagine those who love you most—parents, a spouse, friends, children, and God. Now imagine standing with them as they see and love you. In silence and in God's presence, hold yourself in that kind of love.

McLaren, Brian D.. We Make the Road by Walking: A Year-Long Quest for Spiritual Formation, Reorientation, and Activation (p. 225).