

## *The Pattern of Our Days*

The Book of Psalms is filled with prayers. Appropriately, it has been called the Church's Prayer Book. So if you want to learn to pray then this one of the best places to start.

Lots of suggestions have been made about how exactly we can start and learn to hear from God and respond to God. One way is simply to pray a Psalm a day starting with #1 and going through #150. Others have suggested praying five Psalms a day and praying through the book in a month.

For the next 7 weeks we are going to try a different pattern. We are going to pray a different Psalm for each day of the week. On Sundays we can pray through Psalm 92 and learn to open our mouths and hearts and lives to God in worship. Then on Mondays we will be invited to pray Psalm 19 and enter into creation as we cherish God's law. On Tuesday we will read and pray through Psalm 32. This is a blessing song that reminds us that we are blessed as we are forgiven. Half way through the week we can pray Psalm 23 to reorient our lives as followers of the Good Shepherd. Then on Thursdays as we begin to feel the weight of the week we can pray Psalm 51, the great confession and cleansing prayer of David. On Friday we can go to the cross with Jesus and utter the words of Psalm 22 with him. And finally on Saturday we will read and pray and meditate on Psalm 25 as we seek the way of the Lord.

Living into this kind of rhythm and pattern isn't a quick fix for our broken hearts. It isn't an easy way to change everything in our worlds. But it is a way that we can lean to shape our days and grow together into the kind of people who know and speak to the Father with the Son in the power of the Spirit.

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## *The Pattern of our Days*

**Psalm 92**

**Psalm 19**

**Psalm 32**

**Psalm 23**

**Psalm 51**

**Psalm 22**

**Psalm 25**



arbor dale PRESBYTERIAN CHURCH

**August 5, 2018**

## *Welcome!*

We are grateful that you joined us today for worship and would love to keep in touch. We have a nursery for infants and toddlers. After the Passing of the Peace, Pre-K through 2nd Grade continue to worship upstairs. After the service, please join us downstairs for refreshments provided by our Goodness Group.

### **ANNOUNCEMENTS**

#### **Refreshments for next Sunday:**

Faithfulness Group. Contact Barbara Cornett 898-7661

#### **Back to School Bash August 11:**

Avery High School 10 am - noon.  
Supply list is online: <http://www.school-supply-list.com/> Checks payable to Avery County Schools Foundation can be given to Teresa Taylor or they can be mailed. She will take cash to the county office. Volunteers needed! Contact: Kathy Benfield 828-733-6006.

**Cook Out Aug 12 @ 1 p.m.** at the Banner Elk Park in the new picnic shelter with attached bathrooms. Folks who don't want to walk from the park's main parking lot can park behind the Louisiana Purchase or in the gravel parking lot behind the fire department. The church will provide hotdogs, buns, condiments, drinks and paper products. You're encouraged to bring a side dish if you'd like. Hope to see you there!

## Prayer of Preparation

O God, you pour out the  
Spirit of grace and love.  
Deliver us from cold hearts  
and wandering thoughts,  
that with steady minds  
and burning zeal  
we may worship you in  
spirit and truth. Amen.

## Personal thoughts and prayer reminders

\* Congregation Stands

## Service for the Lord's Day — 5 August 2018

### Greeting

*Leader: The Lord be with you.*

*All: And also with you.*

### Welcome & Announcements

#### \* Call to Worship

*Psalm 47:1-2, 5-6*

*Leader: Clap your hands, all you peoples; shout to God with  
loud songs of joy.*

*All: For the LORD, the Most High, is awesome, a great king  
over all the earth.*

*Leader: God has gone up with a shout, the Lord with the sound of a trumpet.*

*All: Sing praises to God, sing praises;  
sing praises to our King, sing praises.*

#### \* Opening Hymn

*#151 A Mighty Fortress is our God*

#### \* Confession *Psalm 25:6-8, 11, 16-18*

*Be mindful of your mercy, O Lord, and of your steadfast love, for  
they have been from of old.*

*Do not remember the sins of my youth or my transgressions;  
according to your steadfast love remember me, for your goodness'  
sake, O Lord! Good and upright is the Lord; therefore he instructs  
sinners in the way.*

*For your name's sake, O Lord, pardon my guilt, for it is great.  
Turn to me and be gracious to me, for I am lonely and afflicted.  
Relieve the troubles of my heart, and bring me out of my distress.  
Consider my affliction and my trouble, and forgive all my sins.*

#### Assurance of Pardon

*Psalm 32*

*Happy are those whose transgression is forgiven, whose sin is covered.  
Happy are those to whom the Lord imputes no iniquity, and in whose  
spirit there is no deceit.*

#### \* The Gloria Patri and Passing the Peace

### Children's Sermon

### Prayers of the People

#### \* Hymn of Preparation

*#340 Turn Your Eyes Upon Jesus  
(sing twice)*

**Scripture and Sermon** *The Pattern of Our Days, Part 76 ~ Psalm 25*

#### \* Celebration of the Lord's Supper

*Leader: The Lord be with you*

*People: And also with you.*

*Leader: Lift up your hearts*

*People: We lift them up to the Lord.*

*Leader: Let us give thanks to the Lord our God.*

*People: It is right to give our thanks and praise.*

### Offering and Offertory

#### \* Affirmation of Faith

*Psalm 46*

*God is our refuge and strength, a very present help in trouble.  
Therefore we will not fear, though the earth should change, though  
the mountains shake in the heart of the sea; though its waters roar  
and foam, though the mountains tremble with its tumult.*

*There is a river whose streams make glad the city of God, the holy  
habitation of the Most High. God is in the midst of the city; it shall  
not be moved; God will help it when the morning dawns.*

*The nations are in an uproar, the kingdoms totter; he utters his  
voice, the earth melts. The LORD of hosts is with us; the God of  
Jacob is our refuge.*

*Come, behold the works of the Lord; see what desolations he has  
brought on the earth. He makes wars cease to the end of the earth;  
he breaks the bow, and shatters the spear; he burns the shields with  
fire. "Be still, and know that I am God! I am exalted among the  
nations, I am exalted in the earth." The LORD of hosts is with us;  
the God of Jacob is our refuge.*

#### \* Hymn of Dedication

*#526 The Solid Rock*

#### \* Benediction