



1. Thanksgiving and Praise — Psalm 146:1-6

Psalm 146

Praise the Lord! Praise the Lord, O my soul! ² I will praise the Lord as long as I live; I will sing praises to my God while I have my being. ³ Put not your trust in princes, in a son of man, in whom there is no salvation. ⁴ When his breath departs, he returns to the earth; on that very day his plans perish. ⁵ Blessed is he whose help is the God of Jacob, whose hope is in the Lord his God, ⁶ who made heaven and earth, the sea, and all that is in them, who keeps faith forever;

2. Marriages + Relationships + Families – Colossians 3:18-21

Colossians 3

Wives, submit to your husbands, as is fitting in the Lord. ¹⁹ Husbands, love your wives, and do not be harsh with them. ²⁰ Children, obey your parents in everything, for this pleases the Lord. ²¹ Fathers, do not provoke your children, lest they become discouraged.

3. Confession of our sins – 1 John 1:9-10

1 John 1

If we confess our sins, he is faithful and just to forgive us our sins and to cleanse us from all unrighteousness. ¹⁰ If we say we have not sinned, we make him a liar, and his word is not in us.

4. Encouragement of the downcast - Psalm 43:1-5

Psalm 43

Vindicate me, O God, and defend my cause against an ungodly people, from the deceitful and unjust man deliver me! ² For you are the God in whom I take refuge; why have you rejected me? Why do I go about mourning because of the oppression of the enemy? ³ Send out your light and your truth; let them lead me; let them bring me to your holy hill and to your dwelling! ⁴ Then I will go to the altar of God, to God my exceeding joy, and I will praise you with the lyre, O God, my God. ⁵ Why are you cast down, O my soul, and why are you in turmoil within me? Hope in God; for I shall again praise him, my salvation and my God.

Start Here

Colossians 3:16

Let the word of Christ dwell in you richly, teaching and admonishing one another in all wisdom, singing psalms and hymns and spiritual songs, with thankfulness in your hearts to God.

Colossians 4:2

Continue steadfastly in prayer, being watchful in it with thanksgiving.