

Fully equipped.

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

### **Psalm 146**

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

2. Confession of our sins - Psalm 51:1-13

### **Psalm 51**

*Have mercy on me, O God, according to your steadfast love; according to your abundant mercy blot out my transgressions. <sup>2</sup> Wash me thoroughly from my iniquity, and cleanse me from my sin! <sup>3</sup> For I know my transgressions, and my sin is ever before me. <sup>4</sup> Against you, you only, have I sinned and done what is evil in your sight, so that you may be justified in your words and blameless in your judgment. <sup>5</sup> Behold, I was brought forth in iniquity, and in sin did my mother conceive me. <sup>6</sup> Behold, you delight in truth in the inward being, and you teach me wisdom in the secret heart. <sup>7</sup> Purge me with hyssop, and I shall be clean; wash me, and I shall be whiter than snow. <sup>8</sup> Let me hear joy and gladness; let the bones that you have broken rejoice. <sup>9</sup> Hide your face from my sins, and blot out all my iniquities. <sup>10</sup> Create in me a clean heart, O God, and renew a right spirit within me. <sup>11</sup> Cast me not away from your presence, and take not your Holy Spirit from me. <sup>12</sup> Restore to me the joy of your salvation, and uphold me with a willing spirit. <sup>13</sup> Then I will teach transgressors your ways, and sinners will return to you.*

3. 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! <sup>2</sup> 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? <sup>3</sup> Send out your light and your truth; let them lead me; let them bring me to your holy hill and to your dwelling! <sup>4</sup> 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. <sup>5</sup> 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.*

4. Far from God - John 3:16-18

**John 3**

<sup>16</sup>“For God so loved the world, that he gave his only Son, that whoever believes in him should not perish but have eternal life. <sup>17</sup> For God did not send his Son into the world to condemn the world, but in order that the world might be saved through him. <sup>18</sup> Whoever believes in him is not condemned, but whoever does not believe is condemned already, because he has not believed in the name of the only Son of God.

5. “Fully Equipped” - Hebrews 13:20-21 *“Now may the God of peace who brought again from the dead our Lord Jesus, the great shepherd of the sheep, by the blood of the eternal covenant, <sup>21</sup> equip you with everything good that you may do his will, working in us that which is pleasing in his sight, through Jesus Christ, to whom be glory forever and ever. Amen.”*

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

**Colossians 3**

<sup>18</sup> Wives, submit to your husbands, as is fitting in the Lord. <sup>19</sup> Husbands, love your wives, and do not be harsh with them. <sup>20</sup> Children, obey your parents in everything, for this pleases the Lord. <sup>21</sup> Fathers, do not provoke your children, lest they become discouraged.