



# Quiet Moments with God

*Allow these Quiet Moments to draw you into a time  
of refreshing, reflection and rest with the Lord.*

## **Holiness and Virtue**

[Reading: "You must be my holy people."](#) Exodus 22:31a NLT

[Song: Because You Are Chosen. JM Talbot](#) (Lyrics on page 2)

*For you are a people holy to the Lord your God.  
The Lord your God has chosen you  
out of all the peoples on the face of the earth to be his people,  
his treasured possession.*

Deuteronomy 6:7 NIV

Because you are chosen, called to be holy  
Because you are the Lord's beloved  
You must clothe yourself with kindness  
With heartfelt mercy in the meekness of humility  
So bearing now with one another  
And forgive as the Lord's forgiven you  
Over all these virtues  
Bind them all together in the love of our Lord Jesus  
John Michael Talbot

[Song: Be Thou My Vision. JJ Heller](#) (Lyrics on page 2)

**Prayer:** *God, we pray that you would help us to honour your name today when nobody is looking, with our every thought, with our desires. God, when others are watching our lives, help us to honour your name. Help us to live as salt and light, that people may see our lives and give glory to your name. We pray that you would keep us from profaning your name in any way.* David Platt

# Because You Are Chosen

John Michael Talbot

Because you are chosen  
Called to be holy  
Because you are the Lord's beloved  
You must clothe yourself with kindness  
With heartfelt mercy  
In the meekness of humility

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*Little Portion (1399)*

# Be Thou My Vision

JJ Heller

Be Thou my vision, O Lord of my heart  
Naught be all else to me, save that Thou art  
Thou my best thought, by day or by night  
Waking or sleeping, Thy presence my light

Be Thou my wisdom and Thou my true word  
I ever with Thee and Thou with me, Lord  
Thou my great Father and I Thy true son  
Thou in me dwelling and I with Thee one

Riches I heed not, nor man's empty praise  
Thou mine inheritance, now and always  
Thou and Thou only, first in my heart  
High King of Heaven, my treasure Thou art

High King of Heaven, my victory won  
May I reach Heaven's joys, O bright Heaven's sun  
Heart of my own heart, whatever befall  
Still be my vision, O ruler of all  
Heart of my own heart, whatever befall  
Still be my vision, O ruler of all

*Old Irish Hymn, translated by Mary Byrne (1905)*

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