

Quiet Moments with God

Allow these Quiet Moments to draw you into a time of rest and reflection with the Lord. Open your heart. What is He saying to you?

My Firm Foundation

[Reading: Standing firm](#) (Click to open link)

[Song: O Lord, my Rock and my Redeemer. Sovereign Worship](#) (Click to open link)

(Lyrics on page 2)

*I don't want you to forget, dear brothers and sisters,
about our ancestors in the wilderness long ago.
All of them were guided by a cloud that moved ahead of them,
and all of them walked through the sea on dry ground.
In the cloud and in the sea,
all of them were baptized as followers of Moses.
All of them ate the same spiritual food,
and all of them drank the same spiritual water.
For they drank from the spiritual rock that travelled with them,
and that rock was Christ.*

1 Corinthians 10:1-4 New Living Translation

*So put on God's armor now!
Then when the evil day comes,
you will be able to resist the enemy's attacks;
and after fighting to the end, you will still hold your ground.*

*So stand ready,
with truth as a belt tight around your waist,
with righteousness as your breastplate,
and as your shoes the readiness
to announce the Good News of peace.*

Ephesians 6:13-15 Good News Translation

O Lord, My Rock and My Redeemer

Sovereign Grace Music

O Lord, my Rock and my Redeemer
Greatest treasure of my longing soul
My God, like You there is no other
True delight is found in You alone

Your grace, a well too deep to fathom
Your love exceeds the heaven's reach
Your truth, a fount of perfect wisdom
My highest good and my unending need

O Lord, my Rock and my Redeemer
Strong defender of my weary heart
My sword to fight the cruel deceiver
And my shield against his hateful darts

My song, when enemies surround me
My hope, when tides of sorrow rise
My joy, when trials are abounding
Your faithfulness, my refuge in the night

O Lord, my Rock and my Redeemer
Gracious Savior of my ruined life
My guilt and cross laid on Your shoulders
In my place You suffered bled and died

You rose, the grave and death are conquered
You broke my bonds of sin and shame
You rose, the grave and death are conquered
You broke my bonds of sin and shame

O Lord, my Rock and my Redeemer
May all my days bring glory to Your Name
May all my days bring glory to Your Name

Songwriter: Nathan Stiff

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