

Quiet Moments with God

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

Repentance and Gratitude

[Reading: An Ash Wednesday meditation](#)

*The LORD is like a father to his children,
tender and compassionate to those who fear him.*

*For he knows how weak we are;
he remembers we are only dust.*

*Our days on earth are like grass;
like wildflowers, we bloom and die.*

The wind blows, and we are gone— as though we had never been here.

*But the love of the LORD remains forever
with those who fear him.*

Psalm 103:13-17

*We follow this sequence in Scripture: The First Adam received life, the Last
Adam is a life-giving Spirit. Physical life comes first, then spiritual—
a firm base shaped from the earth, a final completion coming out of heaven.*

*The First Man was made out of earth, and people since then are earthy;
the Second Man was made out of heaven, and people now can be heavenly.*

*In the same way that we've worked from our earthy origins,
let's embrace our heavenly ends.*

1 Corinthians 15:46-49 MSG

[Song: How Deep the Father's Love for Us. Selah](#) (Lyrics on pages 2)

How Deep the Father's Love for Us

Selah

How deep the Father's love for us
How vast beyond all measure
That He should give His only Son
To make a wretch His treasure

How great the pain of searing loss
The Father turns His face away
As wounds which mar the Chosen One
Bring many sons to glory

Behold the man upon a cross
My sin upon His shoulders
Ashamed, I hear my mocking voice
Call out among the scoffers

It was my sin that held Him there
Until it was accomplished
His dying breath has brought me life
I know that it is finished

I will not boast in anything
No gifts, no power, no wisdom
But I will boast in Jesus Christ
His death and resurrection

Why should I gain from His reward?
I cannot give an answer
But this I know with all my heart
His wounds have paid my ransom

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But this I know with all my heart
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Songwriter: Stuart Townend

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