

TABLE FOR ONE

Encountering His Reveal



Lahoma M. Dade

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Guide to Prepare for Small Group

Below is your step by step guide for a fruitful small group. The most important aspect of the small group is prayer and allowing God to orchestrate every step. He is the one who draws all people unto himself and you can rest assured in his ability to bring healing, wholeness and restoration to those who attend your group.

As illustrated in the chapter entitled "Pregnant" just because you can't what is being knit together in you, doesn't mean it is not there. We all have the tendency to be discouraged when we do not see instant results; the following are my words of encouragement for you:

- I. **Don't despise small beginnings** – The health of your group is not determined by the number of participants. It is determined by the Holy Spirits ability to be alive and active in your time together.
- II. **Pray without ceasing** – Since its Gods idea that we live life to the full you can rest assured that we have an adversary who wants to complete opposite for you.
- III. **Prepare** – The word talks about being instant in season and out of season and preparation for a successful group is necessary. Prepare as though Jesus himself will be in the audience knowing that with your invitation he will most certainly show up.

Thirty to Sixty Days

Personal Life

1. Do an evaluation of your personal life. Ask yourself some questions:
 - a. Am I in a position emotionally to lead?
 - b. Am I committed to seeing this through to the end?
 - c. What do I hope to gain from doing this small group?
 - d. What do I hope that others get from this small group?
 - e. What areas of leadership will this small group help to develop in me?
 - f. Am I willing to make the time that it takes to adequately prepare for small group?

The Book

- Read the book and become familiar with the content.
- Work through the scriptures, prayer and questions.

Permission

- Seek permission from church leadership to begin a small group study.
- Secure a location for the group and set a timeframe to meet weekly/bi-weekly

Invite

- Begin talking about your group with people on all your social media sites along with members of your ministry and leaders.

Fifteen to Thirty Days

Invite

- Send personal invitations to those who expressed an interest in attending your group.

Books

- Provide information for attendees to purchase the book. (www.tableforonebook.com)
- Provide attendees with a reading plan and proposed agenda for your meeting.

One Week to 15 days

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Remind and Invite

- Call those people that you invited to remind them of the reading plan, location, start time and find out if they have questions.
- Confirm that they have received their books and if not, email lahoma@tableforonebook.com to track the order
- Print off hand outs and icebreakers.

Day Before

- Remind attendees about your group and post reminders to your social media site.
- Print off your sign in sheet and scriptures.

Day Of

- Pray.
- Post to your social media sites.
- Greet guests as they arrive & depart.

Small Group Tool Kit

Invitations

Books

Pre-selected ice breakers

Sign in Sheet and pens

Agenda

Handouts

Snacks and drinks (if applicable)

Small Group Agenda

Sign in and mingle

Get to know you ice breaker

Opening prayer

Scripture delegation

Encounter

Chapter summary

Discussion

Scripture reading

Scripture discussion and supplemental questions in smaller groups

Group Challenge

Closing Prayer

Small Group Invitation

You may edit the below invitation and input your information to invite people to attend your small group.

You're Invited.....

Table for One Small Group

When:

Where:

Reading Plan:

Host Contact Information:

Book: Table for One: Encountering His Reveal by Lahoma Dade.
Make your book purchase online at www.tableforonebook.com for \$15

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Encountering His Reveal



Lahoma M. Dade

Ice Breakers

My Name - Give each person in your group a piece of paper and a pen. Ask them to write their name vertically down the left hand side of the page. They then need to make their name into an acronym with words describing their character. For example:

- P – PROFESSIONAL
- H – HAPPY
- I – INTELLIGENT
- L – LOVING

Finish this sentence - Go around the room and have each person complete one sentence (or something similar):

- The best job I ever had was
- The worst project I ever worked on was ...
- The riskiest thing I ever did was ...
- The proudest moment in my life was ...
- The one thing that gives me the most joy is ...

I've done something you haven't done - Have each person introduce themselves and then state something they have done which they think no one else in the group has done. If someone else has also done it, the person must state something else until he/she finds something no one else has done.

Marooned on an island - What five (you can use a different number, such as seven, depending upon the size of each team) items would you have brought with you if you knew there was a chance you might be stranded. Note, they are only allowed five items per team/person. You can have them write their items on a flip chart and discuss and defend their choices with the whole group. This activity helps them to learn about other's values and problem solving styles and promotes teamwork.

Lost and found - What is one of the most expensive things you have lost? How did you feel when you discovered it was lost? What is one of the best things you have ever found?

Looking forward - Take a moment to think of what is coming up for you in the future, the next year or so. What is it you are looking forward to the most?

A cup of coffee - If you could sit down to share a cup of coffee with any person living, or dead who would it be? Why?

Double months - If you could repeat one month of the year twice in a row which one would you choose?

Shopping spree - If you were given 7 minutes to go shopping and had unlimited resources (money) to use for those 7 minutes, what would you buy?

Three rules to live by - Ask your group to think about three rules which they absolutely live by and refuse to break for anyone, anytime. After you have given them a few minutes, ask

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them to share their rules. Have a discussion about why it is difficult to come up with three rules to live by or why it was so easy to do.

A person of ... Which of the following would you most want to be called, and why?

- A man/woman of faith
- A man/woman of joy
- A man/woman of peace
- A man/woman of integrity

I Am - Each person thinks of an adjective (or two!) describes themselves; however, the catch is the adjective should start with the initial of their name. (I am Rowdy Raymond).

M&M Game - Pass around a bag of M&M's and have each person take 2-4 M&M's. For each color of M&M's have a question they have to answer. For instance, red can be, "Describe your most embarrassing moment." You can play this with Skittles or other colored candies.

2 Truths and a Lie - Have each person tell 2 truths and a lie about themselves. The other members in the group have to guess which is the lie.

Group Challenges

Make a joyful book. Fill a small album with photos and stories evoke your happiest memories.

Create ambiance. For tonight's dinner, put out your best linens, create a centerpiece, or simply light a candle. A festive setting makes for a festive mood.

Get outside. Whenever you feel bored, antsy, or gloomy, go for a walk. The fresh air, changing scenery, and exercise will boost your mood.

Bow out gracefully. The next time you argue with someone, be the first person to relent and acknowledge the other person's point of view. You'll both be smiling sooner.

Hit the sack sooner. Go to bed an hour early tonight. Tomorrow, you'll wake up with a brighter outlook.

Take lessons. When you were a kid, did you always want to try horseback riding or sailing? Do you wish you could take up a hobby, like knitting or piano playing? Now is the time to learn how. Hobbies are fun and relieve stress. Look for appropriate schools in the phone book.

Add greenery. Adorn your desk and kitchen counter with cut flowers, houseplants, or potted herbs. Plants are proven mood enhancers.

Know you're loved. There's no greater joy.

Awaken your Inner Julia Child. Create a dish without a recipe from just the ingredients in your pantry. Discover your creative power.

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Keep in touch. Write a friend. Use your best pen and beautiful stationery. Realize you are actually sending love.

Crack yourself up. Conjure up the funniest movie scene you know or a silly true story starring yourself. Laugh out loud.

Take a Day trip. Wake up at 5:30 one weekend morning to commune with nature, whether you climb a mountain or walk a shoreline. Enjoy the thrill of breathing fresh outdoor air all day long.

Sleep in. Allow yourself at least one lazy weekend morning a month.

Bear gifts. Keep little presents like scented candles or homemade jams on hand. Offer them to friends for no reason in particular. When you give to others, the world seems more generous.

Jump for joy. Literally, hopping up and down in place for 30 seconds infuses you with energy and youthful vigor. (It also strengthens your bones.)

Play the game "New or Good." At the end of each day, ask your friend to tell you about one new or good experience. Then offer your own response. Maybe you noticed blooming roses or a bluebird in your backyard, or your cranky neighbor smiled.

Send birthday joy. For their birthdays, write your friends letters recounting favorite memories or telling them what they mean to you. Hint you like receiving mail, too.

Croon in your car. Stash a cassette tape/CD whose lyrics you know by heart in your glove compartment. When you're stuck in traffic, play it and sing along as loud as you can.

Personalize gifts. Whenever you buy a book or frame a picture for someone else, write a kind note to the recipient on the flap or the book.

Honor your appetite. Eat no snacks today. When dinnertime comes, you'll truly appreciate the tastes, smells, and textures of your meal.

Answer slowly. Take a deep breath before responding to a question from anyone, whether it's your boss, your mother, or your lover. Chances are you'll say something smarter (and kinder).

See the sun daily. The sun's rays may encourage your body to produce natural chemicals which induce joy.

Do the Twist. This dance style is fun, silly, and easy, and it will make you laugh.

Bake cookies. And bring them to work.

Get active instead of watching TV. Exercise increasing your heartbeat improves your mood. Those benefits apply to the whole family. So instead of watching a video, jump rope with your kids or chase them around a playground.

Joy Exercises, copyright 2002 Weider Publications

Agenda

This is the standard agenda for those groups who meet over five weeks covering two chapters per meeting.

1. [Sign in](#) and mingle
2. Get to know you [ice breaker](#)
3. Opening prayer
4. Scripture delegation
5. Encounter
 - a. Chapter summary
 - b. Discussion
 - c. Scripture reading
 - d. Scripture discussion and supplemental questions in smaller groups
6. Encounter
 - a. Chapter summary
 - b. Discussion
 - c. Scripture reading
 - d. Scripture discussion and Supplemental questions in smaller groups
7. [Group Challenge](#)
8. Chapter and scripture delegation for the next meeting
9. Closing prayer

Encounter One: The Slopes

Encounter One: The Slopes - Scriptures

2 Corinthians 12:9 (New International Version, ©2010)

⁹ But he said to me, "My grace is sufficient for you, for my power is made perfect in weakness." Therefore I will boast all the more gladly about my weaknesses, so that Christ's power may rest on me.

Romans 8:1 (New International Version, ©2010)

¹ Therefore, there is now no condemnation for those who are in Christ Jesus,

Psalms 136:1-3 (New International Version, ©2010)

- ¹ Give thanks to the LORD, for he is good.
His love endures forever.
- ² Give thanks to the God of gods.
His love endures forever.
- ³ Give thanks to the Lord of lords:
His love endures forever.

Psalms 136:4-9 (New International Version, ©2010)

- ⁴ to him who alone does great wonders,
His love endures forever.
- ⁵ who by his understanding made the heavens,
His love endures forever.
- ⁶ who spread out the earth upon the waters,
His love endures forever.
- ⁷ who made the great lights—
His love endures forever.
- ⁸ the sun to govern the day,
His love endures forever.
- ⁹ the moon and stars to govern the night;
His love endures forever.

Psalms 136:10-15 (New International Version, ©2010)

- ¹⁰ to him who struck down the firstborn of Egypt
His love endures forever.
- ¹¹ and brought Israel out from among them
His love endures forever.
- ¹² with a mighty hand and outstretched arm;
His love endures forever.
- ¹³ to him who divided the Red Sea^[a] asunder
His love endures forever.
- ¹⁴ and brought Israel through the midst of it,
His love endures forever.
- ¹⁵ but swept Pharaoh and his army into the Red Sea;
His love endures forever.

Table For One: Encountering His Reveal

Psalm 136:16-22 (New International Version, ©2010)

- ¹⁶ to him who led his people through the wilderness;
His love endures forever.
- ¹⁷ to him who struck down great kings,
His love endures forever.
- ¹⁸ and killed mighty kings—
His love endures forever.
- ¹⁹ Sihon king of the Amorites
His love endures forever.
- ²⁰ and Og king of Bashan—
His love endures forever.
- ²¹ and gave their land as an inheritance,
His love endures forever.
- ²² an inheritance to his servant Israel.
His love endures forever.

Psalm 136:23-26 (New International Version, ©2010)

- ²³ He remembered us in our low estate
His love endures forever.
- ²⁴ and freed us from our enemies.
His love endures forever.
- ²⁵ He gives food to every creature.
His love endures forever.
- ²⁶ Give thanks to the God of heaven.
His love endures forever.

Colossians 1:4 (New International Version, ©2010)

⁴ because we have heard of your faith in Christ Jesus and of the love you have for all God's people—

Psalm 103:12 (New International Version, ©2010)

¹² as far as the east is from the west,
so far has he removed our transgressions from us.

Encounter One: The Slopes Supplemental Questions

1. 2 Corinthians 12:9 – Have you ever been in a situation where you had to admit that you are weak? Is that scripture harder than it sounds?
2. Romans 8:1 – How do you typically respond when you fall short? How do you practically apply this scripture to your life moving forward?
3. Psalm 136 – How does this scripture help you practically walk out the strength of who our God is? In what ways does this help you remember that if you are weak he is still strong?
4. Colossians 1:4 – When you think of the mountains and the valleys in your life, what is the benefit to the others around you seeing you on the other side? Where does compassion come from?
5. Psalm 103:12 – How do you practically apply this verse of scripture to your life?

Encounter Two: Checking the Bags

Encounter Two: Checking the Bags - Scriptures

Matthew 6:5-8 (New International Version, ©2010)

Prayer

⁵ “And when you pray, do not be like the hypocrites, for they love to pray standing in the synagogues and on the street corners to be seen by others. Truly I tell you, they have received their reward in full. ⁶ But when you pray, go into your room, close the door and pray to your Father, who is unseen. Then your Father, who sees what is done in secret, will reward you. ⁷ And when you pray, do not keep on babbling like pagans, for they think they will be heard because of their many words. ⁸ Do not be like them, for your Father knows what you need before you ask him.

Matthew 6:9-15 (New International Version, ©2010)

⁹ “This, then, is how you should pray:

“Our Father in heaven,
hallowed be your name,

¹⁰ your kingdom come,
your will be done,

on earth as it is in heaven.

¹¹ Give us today our daily bread.

¹² And forgive us our debts,
as we also have forgiven our debtors.

¹³ And lead us not into temptation,^[a]
but deliver us from the evil one.^[b]

¹⁴ For if you forgive other people when they sin against you, your heavenly Father will also forgive you. ¹⁵ But if you do not forgive others their sins, your Father will not forgive your sins.

Matthew 11:30 (New International Version, ©2010)

³⁰ For my yoke is easy and my burden is light.”

2 Corinthians 2:4 (New International Version, ©2010)

⁴ For I wrote you out of great distress and anguish of heart and with many tears, not to grieve you but to let you know the depth of my love for you.

Leviticus 19:18 (New International Version, ©2010)

¹⁸ “Do not seek revenge or bear a grudge against anyone among your people, but love your neighbor as yourself. I am the LORD.

Encounter Two: Checking the Bags Supplemental Questions

1. Matthew 6:5-15 – Have you ever experienced a time when you didn’t even know when or how to pray or what to pray for?
2. Matthew 11:30 – (Labor vs. Work) Consider the example of breathing. Breathing is natural and easy, it doesn’t require much work for many of us. But the reality of it is

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there is a lot of work going on behind the scenes, but it is not labor. This is the same way our lives should look with situations that God puts on us.

3. Corinthians 2:4 – Does this scripture also remind you that you are not the only one who experiences hard things, but in the midst of those things he reminds us that we can still experience the depth of his love?
4. Leviticus 19:18 – Why does God respond in a way that is counter to the nature we have adopted?

Encounter Three: The Dress

Encounter Three: The Dress Scriptures

Ephesians 2 (New International Version, ©2010)

1 As for you, you were dead in your transgressions and sins, 2 in which you used to live when you followed the ways of this world and of the ruler of the kingdom of the air, the spirit who is now at work in those who are disobedient. 3 All of us also lived among them at one time, gratifying the cravings of our flesh[a] and following its desires and thoughts. Like the rest, we were by nature deserving of wrath. 4 But because of his great love for us, God, who is rich in mercy, 5 made us alive with Christ even when we were dead in transgressions—it is by grace you have been saved. 6 And God raised us up with Christ and seated us with him in the heavenly realms in Christ Jesus, 7 in order that in the coming ages he might show the incomparable riches of his grace, expressed in his kindness to us in Christ Jesus. 8 For it is by grace you have been saved, through faith—and this is not from yourselves, it is the gift of God— 9 not by works, so that no one can boast. 10 For we are God’s handiwork, created in Christ Jesus to do good works, which God prepared in advance for us to do.

Jew and Gentile Reconciled Through Christ

11 Therefore, remember that formerly you who are Gentiles by birth and called “uncircumcised” by those who call themselves “the circumcision” (which is done in the body by human hands)— 12 remember that at that time you were separate from Christ, excluded from citizenship in Israel and foreigners to the covenants of the promise, without hope and without God in the world. 13 But now in Christ Jesus you who once were far away have been brought near by the blood of Christ.

14 For he himself is our peace, who has made the two groups one and has destroyed the barrier, the dividing wall of hostility, 15 by setting aside in his flesh the law with its commands and regulations. His purpose was to create in himself one new humanity out of the two, thus making peace, 16 and in one body to reconcile both of them to God through the cross, by which he put to death their hostility. 17 He came and preached peace to you who were far away and peace to those who were near. 18 For through him we both have access to the Father by one Spirit.

19 Consequently, you are no longer foreigners and strangers, but fellow citizens with God’s people and also members of his household, 20 built on the foundation of the apostles and prophets, with Christ Jesus himself as the chief cornerstone. 21 In him the whole building is joined together and rises to become a holy temple in the Lord. 22 And in him you too are being built together to become a dwelling in which God lives by his Spirit.

1 Corinthians 6:20 (New International Version, ©2010)

20 you were bought at a price. Therefore honor God with your bodies.

1 Corinthians 7:23 (New International Version, ©2010)

23 You were bought at a price; do not become slaves of human beings.

Encounter Four: Field of Flowers

Encounter Four: Field of Flowers Scriptures

Ephesians 3:20 (New International Version, ©2010)

Now to him who is able to do immeasurably more than all we can ask or imagine according to his power that is at work in us.

Psalms 8:4 (New International Version, ©2010)

What is mankind that you are mindful of them, human beings that you care for them.

Romans 4:21 (New International Version, ©2010)

21 being fully persuaded that God had power to do what he had promised.

Luke 18:3-5 (New International Version, ©2010)

3 And there was a widow in that town who kept coming to him with the plea, 'Grant me justice against my adversary.' 4 "For some time he refused. But finally he said to himself, 'Even though I don't fear God or care what people think, 5 yet because this widow keeps bothering me, I will see that she gets justice, so that she won't eventually come and attack me!'"

Psalms 37:4 (New International Version, ©2010)

Take Delight in the Lord and he will give you the desires of your heart.

Encounter Five: Pregnant

Encounter Five: Pregnant Scriptures

Philippians 1:6 (New International Version, ©2010)

6 being confident of this, that he who began a good work in you will carry it on to completion until the day of Christ Jesus.

2 Timothy 4:7 (New International Version, ©2010)

7 I have fought the good fight, I have finished the race, I have kept the faith.

Romans 8:28-31 (New International Version, ©2010)

28 And we know that in all things God works for the good of those who love him, who[a] have been called according to his purpose. 29 For those God foreknew he also predestined to be conformed to the image of his Son, that he might be the firstborn among many brothers and sisters. 30 And those he predestined, he also called; those he called, he also justified; those he justified, he also glorified.

More Than Conquerors

31 What, then, shall we say in response to these things? If God is for us, who can be against us?

Hebrews 12: 1-3 (New International Version, ©2010)

Therefore, since we are surrounded by such a great cloud of witnesses, let us throw off everything that hinders and the sin that so easily entangles. And let us run with perseverance the race marked out for us, 2 fixing our eyes on Jesus, the pioneer and perfecter of faith. For the joy set before him he endured the cross, scorning its shame, and sat down at the right hand of the throne of God. 3 Consider him who endured such opposition from sinners, so that you will not grow weary and lose heart.

Jeremiah 29:11 (New International Version, ©2010)

11 For I know the plans I have for you," declares the LORD, "plans to prosper you and not to harm you, plans to give you hope and a future.

Encounter Six: 360

Encounter Six: 360 Scriptures

Psalms 26:11 (New International Version, ©2010)

11 I lead a blameless life;
deliver me and be merciful to me.

Proverbs 20:24 (New International Version, ©2010)

24 A person's steps are directed by the LORD.
How then can anyone understand their own way?

Psalms 119: 35, 133 (New International Version, ©2010)

35 Direct me in the path of your commands,
for there I find delight.
133 Direct my footsteps according to your word;
let no sin rule over me.

Jeremiah 10:23 (New International Version, ©2010)

23 LORD, I know that people's lives are not their own;
it is not for them to direct their steps.

Encounter Seven: Eviction

Encounter Seven: Eviction Scriptures

Colossians 2:6-7 (New International Version, ©2010)

6 So then, just as you received Christ Jesus as Lord, continue to live your lives in him, 7 rooted and built up in him, strengthened in the faith as you were taught, and overflowing with thankfulness.

Matthew 7:24-28 (New International Version, ©2010)

24 "Therefore everyone who hears these words of mine and puts them into practice is like a wise man who built his house on the rock. 25 The rain came down, the streams rose, and the winds blew and beat against that house; yet it did not fall, because it had its foundation on the rock. 26 But everyone who hears these words of mine and does not put them into practice is like a foolish man who built his house on sand. 27 The rain came down, the streams rose, and the winds blew and beat against that house, and it fell with a great crash."

28 When Jesus had finished saying these things, the crowds were amazed at his teaching,

Psalms 89:14,26 (New International Version, ©2010)

14 Righteousness and justice are the foundation of your throne;
love and faithfulness go before you.

26 He will call out to me, 'You are my Father,
my God, the Rock my Savior.'

Encounter Eight: The Soup

Encounter Eight: The Soup

2 Corinthians 10:4-5 (New International Version, ©2010)

The weapons we fight with are not the weapons of the world. On the contrary, they have divine power to demolish strongholds. 5 We demolish arguments and every pretension that sets itself up against the knowledge of God, and we take captive every thought to make it obedient to Christ.

Romans 16:19 (New International Version, ©2010)

19 Everyone has heard about your obedience, so I rejoice because of you; but I want you to be wise about what is good, and innocent about what is evil.

Revelation 3:16 (New International Version, ©2010)

16 So, because you are lukewarm—neither hot nor cold—I am about to spit you out of my mouth.

Encounter Nine: The Repurchase

Encounter Nine: The Repurchase

Ephesians 3 (New International Version, ©2010)

1 For this reason I, Paul, the prisoner of Christ Jesus for the sake of you Gentiles—

2 Surely you have heard about the administration of God's grace that was given to me for you, 3 that is, the mystery made known to me by revelation, as I have already written briefly. 4 In reading this, then, you will be able to understand my insight into the mystery of Christ, 5 which was not made known to people in other generations as it has now been revealed by the Spirit to God's holy apostles and prophets. 6 This mystery is that through the gospel the Gentiles are heirs together with Israel, members together of one body, and sharers together in the promise in Christ Jesus.

7 I became a servant of this gospel by the gift of God's grace given me through the working of his power. 8 Although I am less than the least of all the Lord's people, this grace was given me: to preach to the Gentiles the boundless riches of Christ, 9 and to make plain to everyone the administration of this mystery, which for ages past was kept hidden in God, who created all things. 10 His intent was that now, through the church, the manifold wisdom of God should be made known to the rulers and authorities in the heavenly realms, 11 according to his eternal purpose that he accomplished in Christ Jesus our Lord. 12 In him and through faith in him we may approach God with freedom and confidence. 13 I ask you, therefore, not to be discouraged because of my sufferings for you, which are your glory.

A Prayer for the Ephesians

14 For this reason I kneel before the Father, 15 from whom every family[a] in heaven and on earth derives its name. 16 I pray that out of his glorious riches he may strengthen you with power through his Spirit in your inner being, 17 so that Christ may dwell in your hearts through faith. And I pray that you, being rooted and established in love, 18 may have power, together with all the Lord's holy people, to grasp how wide and long and high and deep is the love of Christ, 19 and to know this love that surpasses knowledge—that you may be filled to the measure of all the fullness of God.

20 Now to him who is able to do immeasurably more than all we ask or imagine, according to his power that is at work within us, 21 to him be glory in the church and in Christ Jesus throughout all generations, for ever and ever! Amen.

Matthew 7:9-12 (New International Version, ©2010)

9 "Which of you, if your son asks for bread, will give him a stone? 10 Or if he asks for a fish, will give him a snake? 11 If you, then, though you are evil, know how to give good gifts to your children, how much more will your Father in heaven give good gifts to those who ask him! 12 So in everything, do to others what you would have them do to you, for this sums up the Law and the Prophets.

Psalms 139:14 (New International Version, ©2010)

14 I praise you because I am fearfully and wonderfully made; your works are wonderful, I know that full well.

Psalms 37:4 (New International Version, ©2010)

4 Take delight in the LORD, and he will give you the desires of your heart.

Encounter Ten: Misrepresentation

Encounter Ten: Misrepresentation Scriptures

John 8: 32,36 (New International Version, ©2010)

32 Then you will know the truth, and the truth will set you free.”

36 So if the Son sets you free, you will be free indeed.

2 Thessalonians 2:15-17 (New International Version, ©2010)

15 So then, brothers and sisters, stand firm and hold fast to the teachings[a] we passed on to you, whether by word of mouth or by letter.

16 May our Lord Jesus Christ himself and God our Father, who loved us and by his grace gave us eternal encouragement and good hope, 17 encourage your hearts and strengthen you in every good deed and word

Psalms 37:7-15 (New International Version, ©2010)

7 Be still before the LORD

and wait patiently for him;

do not fret when people succeed in their ways,
when they carry out their wicked schemes.

8 Refrain from anger and turn from wrath;
do not fret—it leads only to evil.

9 For those who are evil will be destroyed,
but those who hope in the LORD will inherit the land.

10 A little while, and the wicked will be no more;
though you look for them, they will not be found.

11 But the meek will inherit the land
and enjoy peace and prosperity.

12 The wicked plot against the righteous
and gnash their teeth at them;

13 but the Lord laughs at the wicked,
for he knows their day is coming.

14 The wicked draw the sword
and bend the bow

to bring down the poor and needy,
to slay those whose ways are upright.

15 But their swords will pierce their own hearts,
and their bows will be broken.

Psalms 119 (New International Version, ©2010)

1 Blessed are those whose ways are blameless,
who walk according to the law of the LORD.

2 Blessed are those who keep his statutes
and seek him with all their heart—

3 they do no wrong
but follow his ways.

4 You have laid down precepts

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- that are to be fully obeyed.
- 5 Oh, that my ways were steadfast
in obeying your decrees!
- 6 Then I would not be put to shame
when I consider all your commands.
- 7 I will praise you with an upright heart
as I learn your righteous laws.
- 8 I will obey your decrees;
do not utterly forsake me.
- ‫ב‬ *Beth*
- 9 How can a young person stay on the path of purity?
By living according to your word.
- 10 I seek you with all my heart;
do not let me stray from your commands.
- 11 I have hidden your word in my heart
that I might not sin against you.
- 12 Praise be to you, LORD;
teach me your decrees.
- 13 With my lips I recount
all the laws that come from your mouth.
- 14 I rejoice in following your statutes
as one rejoices in great riches.
- 15 I meditate on your precepts
and consider your ways.
- 16 I delight in your decrees;
I will not neglect your word.
- ‫ג‬ *Gimel*
- 17 Be good to your servant while I live,
that I may obey your word.
- 18 Open my eyes that I may see
wonderful things in your law.
- 19 I am a stranger on earth;
do not hide your commands from me.
- 20 My soul is consumed with longing
for your laws at all times.
- 21 You rebuke the arrogant, who are accursed,
those who stray from your commands.
- 22 Remove from me their scorn and contempt,
for I keep your statutes.
- 23 Though rulers sit together and slander me,
your servant will meditate on your decrees.
- 24 Your statutes are my delight;
they are my counselors.
- ‫ד‬ *Daleth*
- 25 I am laid low in the dust;
preserve my life according to your word.
- 26 I gave an account of my ways and you answered me;
teach me your decrees.

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27 Cause me to understand the way of your precepts,
that I may meditate on your wonderful deeds.

28 My soul is weary with sorrow;
strengthen me according to your word.

29 Keep me from deceitful ways;
be gracious to me and teach me your law.

30 I have chosen the way of faithfulness;
I have set my heart on your laws.

31 I hold fast to your statutes, LORD;
do not let me be put to shame.

32 I run in the path of your commands,
for you have broadened my understanding.

He

33 Teach me, LORD, the way of your decrees,
that I may follow it to the end.[b]

34 Give me understanding, so that I may keep your law
and obey it with all my heart.

35 Direct me in the path of your commands,
for there I find delight.

36 Turn my heart toward your statutes
and not toward selfish gain.

37 Turn my eyes away from worthless things;
preserve my life according to your word.[c]

38 Fulfill your promise to your servant,
so that you may be feared.

39 Take away the disgrace I dread,
for your laws are good.

40 How I long for your precepts!
In your righteousness preserve my life.

Waw

41 May your unfailing love come to me, LORD,
your salvation, according to your promise;

42 then I can answer anyone who taunts me,
for I trust in your word.

43 Never take your word of truth from my mouth,
for I have put my hope in your laws.

44 I will always obey your law,
for ever and ever.

45 I will walk about in freedom,
for I have sought out your precepts.

46 I will speak of your statutes before kings
and will not be put to shame,

47 for I delight in your commands
because I love them.

48 I reach out for your commands, which I love,
that I may meditate on your decrees.

Zayin

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49 Remember your word to your servant,
for you have given me hope.
50 My comfort in my suffering is this:
Your promise preserves my life.
51 The arrogant mock me unmercifully,
but I do not turn from your law.
52 I remember, LORD, your ancient laws,
and I find comfort in them.
53 Indignation grips me because of the wicked,
who have forsaken your law.
54 Your decrees are the theme of my song
wherever I lodge.
55 In the night, LORD, I remember your name,
that I may keep your law.
56 This has been my practice:
I obey your precepts.
n Heth
57 You are my portion, LORD;
I have promised to obey your words.
58 I have sought your face with all my heart;
be gracious to me according to your promise.
59 I have considered my ways
and have turned my steps to your statutes.
60 I will hasten and not delay
to obey your commands.
61 Though the wicked bind me with ropes,
I will not forget your law.
62 At midnight I rise to give you thanks
for your righteous laws.
63 I am a friend to all who fear you,
to all who follow your precepts.
64 The earth is filled with your love, LORD;
teach me your decrees.
U Teth
65 Do good to your servant
according to your word, LORD.
66 Teach me knowledge and good judgment,
for I trust your commands.
67 Before I was afflicted I went astray,
but now I obey your word.
68 You are good, and what you do is good;
teach me your decrees.
69 Though the arrogant have smeared me with lies,
I keep your precepts with all my heart.
70 Their hearts are callous and unfeeling,
but I delight in your law.
71 It was good for me to be afflicted
so that I might learn your decrees.

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72 The law from your mouth is more precious to me
than thousands of pieces of silver and gold.

' Yodh

73 Your hands made me and formed me;
give me understanding to learn your commands.

74 May those who fear you rejoice when they see me,
for I have put my hope in your word.

75 I know, LORD, that your laws are righteous,
and that in faithfulness you have afflicted me.

76 May your unfailing love be my comfort,
according to your promise to your servant.

77 Let your compassion come to me that I may live,
for your law is my delight.

78 May the arrogant be put to shame for wronging me without cause;
but I will meditate on your precepts.

79 May those who fear you turn to me,
those who understand your statutes.

80 May I wholeheartedly follow your decrees,
that I may not be put to shame.

∩ Kaph

81 My soul faints with longing for your salvation,
but I have put my hope in your word.

82 My eyes fail, looking for your promise;
I say, "When will you comfort me?"

83 Though I am like a wineskin in the smoke,
I do not forget your decrees.

84 How long must your servant wait?
When will you punish my persecutors?

85 The arrogant dig pits to trap me,
contrary to your law.

86 All your commands are trustworthy;
help me, for I am being persecuted without cause.

87 They almost wiped me from the earth,
but I have not forsaken your precepts.

88 In your unfailing love preserve my life,
that I may obey the statutes of your mouth.

∩ Lamedh

89 Your word, LORD, is eternal;
it stands firm in the heavens.

90 Your faithfulness continues through all generations;
you established the earth, and it endures.

91 Your laws endure to this day,
for all things serve you.

92 If your law had not been my delight,
I would have perished in my affliction.

93 I will never forget your precepts,
for by them you have preserved my life.

94 Save me, for I am yours;

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I have sought out your precepts.
95 The wicked are waiting to destroy me,
but I will ponder your statutes.
96 To all perfection I see a limit,
but your commands are boundless.
Mem
97 Oh, how I love your law!
I meditate on it all day long.
98 Your commands are always with me
and make me wiser than my enemies.
99 I have more insight than all my teachers,
for I meditate on your statutes.
100 I have more understanding than the elders,
for I obey your precepts.
101 I have kept my feet from every evil path
so that I might obey your word.
102 I have not departed from your laws,
for you yourself have taught me.
103 How sweet are your words to my taste,
sweeter than honey to my mouth!
104 I gain understanding from your precepts;
therefore I hate every wrong path.
Nun
105 Your word is a lamp for my feet,
a light on my path.
106 I have taken an oath and confirmed it,
that I will follow your righteous laws.
107 I have suffered much;
preserve my life, LORD, according to your word.
108 Accept, LORD, the willing praise of my mouth,
and teach me your laws.
109 Though I constantly take my life in my hands,
I will not forget your law.
110 The wicked have set a snare for me,
but I have not strayed from your precepts.
111 Your statutes are my heritage forever;
they are the joy of my heart.
112 My heart is set on keeping your decrees
to the very end.[d]
Samekh
113 I hate double-minded people,
but I love your law.
114 You are my refuge and my shield;
I have put my hope in your word.
115 Away from me, you evildoers,
that I may keep the commands of my God!
116 Sustain me, my God, according to your promise, and I will live;
do not let my hopes be dashed.

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117 Uphold me, and I will be delivered;
I will always have regard for your decrees.
118 You reject all who stray from your decrees,
for their delusions come to nothing.
119 All the wicked of the earth you discard like dross;
therefore I love your statutes.
120 My flesh trembles in fear of you;
I stand in awe of your laws.
♪ Ayin
121 I have done what is righteous and just;
do not leave me to my oppressors.
122 Ensure your servant's well-being;
do not let the arrogant oppress me.
123 My eyes fail, looking for your salvation,
looking for your righteous promise.
124 Deal with your servant according to your love
and teach me your decrees.
125 I am your servant; give me discernment
that I may understand your statutes.
126 It is time for you to act, LORD;
your law is being broken.
127 Because I love your commands
more than gold, more than pure gold,
128 and because I consider all your precepts right,
I hate every wrong path.
♪ Pe
129 Your statutes are wonderful;
therefore I obey them.
130 The unfolding of your words gives light;
it gives understanding to the simple.
131 I open my mouth and pant,
longing for your commands.
132 Turn to me and have mercy on me,
as you always do to those who love your name.
133 Direct my footsteps according to your word;
let no sin rule over me.
134 Redeem me from human oppression,
that I may obey your precepts.
135 Make your face shine on your servant
and teach me your decrees.
136 Streams of tears flow from my eyes,
for your law is not obeyed.
♪ Tsadhe
137 You are righteous, LORD,
and your laws are right.
138 The statutes you have laid down are righteous;
they are fully trustworthy.
139 My zeal wears me out,

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for my enemies ignore your words.
140 Your promises have been thoroughly tested,
and your servant loves them.
141 Though I am lowly and despised,
I do not forget your precepts.
142 Your righteousness is everlasting
and your law is true.
143 Trouble and distress have come upon me,
but your commands give me delight.
144 Your statutes are always righteous;
give me understanding that I may live.
Qoph
145 I call with all my heart; answer me, LORD,
and I will obey your decrees.
146 I call out to you; save me
and I will keep your statutes.
147 I rise before dawn and cry for help;
I have put my hope in your word.
148 My eyes stay open through the watches of the night,
that I may meditate on your promises.
149 Hear my voice in accordance with your love;
preserve my life, LORD, according to your laws.
150 Those who devise wicked schemes are near,
but they are far from your law.
151 Yet you are near, LORD,
and all your commands are true.
152 Long ago I learned from your statutes
that you established them to last forever.
Resh
153 Look on my suffering and deliver me,
for I have not forgotten your law.
154 Defend my cause and redeem me;
preserve my life according to your promise.
155 Salvation is far from the wicked,
for they do not seek out your decrees.
156 Your compassion, LORD, is great;
preserve my life according to your laws.
157 Many are the foes who persecute me,
but I have not turned from your statutes.
158 I look on the faithless with loathing,
for they do not obey your word.
159 See how I love your precepts;
preserve my life, LORD, in accordance with your love.
160 All your words are true;
all your righteous laws are eternal.
Sin and Shin
161 Rulers persecute me without cause,
but my heart trembles at your word.

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162 I rejoice in your promise
like one who finds great spoil.
163 I hate and detest falsehood
but I love your law.
164 Seven times a day I praise you
for your righteous laws.
165 Great peace have those who love your law,
and nothing can make them stumble.
166 I wait for your salvation, LORD,
and I follow your commands.
167 I obey your statutes,
for I love them greatly.
168 I obey your precepts and your statutes,
for all my ways are known to you.
π Taw
169 May my cry come before you, LORD;
give me understanding according to your word.
170 May my supplication come before you;
deliver me according to your promise.
171 May my lips overflow with praise,
for you teach me your decrees.
172 May my tongue sing of your word,
for all your commands are righteous.
173 May your hand be ready to help me,
for I have chosen your precepts.
174 I long for your salvation, LORD,
and your law gives me delight.
175 Let me live that I may praise you,
and may your laws sustain me.
176 I have strayed like a lost sheep.
Seek your servant,
for I have not forgotten your commands.

2 Samuel 7:22 (New International Version, ©2010)

22 "How great you are, Sovereign LORD! There is no one like you, and there is no God but you, as we have heard with our own ears.

2 Samuel 22:51 (New International Version, ©2010)

51 "He gives his king great victories;
he shows unfailing kindness to his anointed,
to David and his descendants forever."