

HABITS OF THE HEART

THE SEASONS OF THE CHRISTIAN CALENDAR

Advent: Anticipation

Christmas: Incarnation

Epiphany: Revelation

Lent: Crucifixion

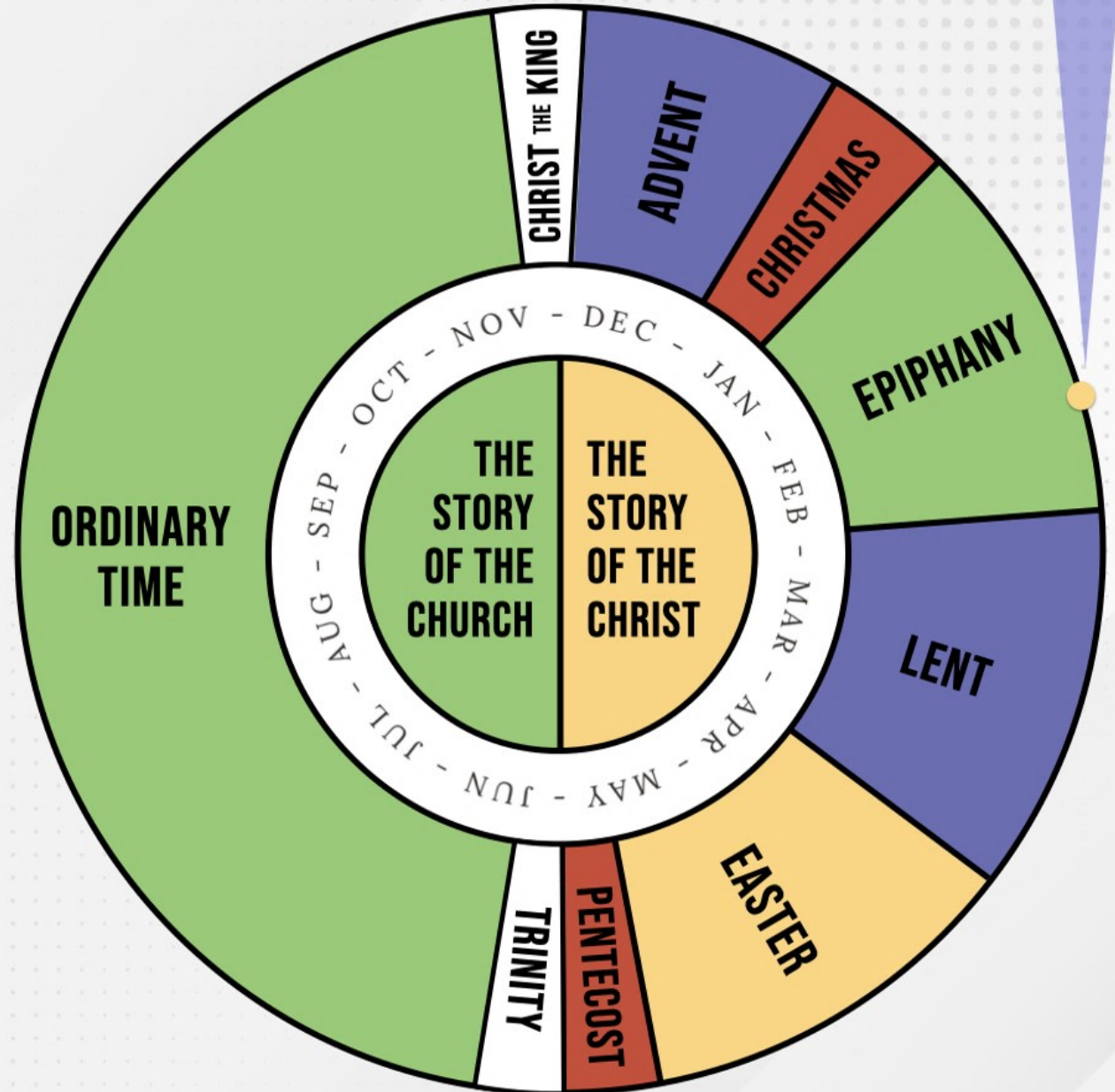
Easter: Resurrection

Pentecost: Ascension

Trinity: Magnification

Ordinary Time: Mission

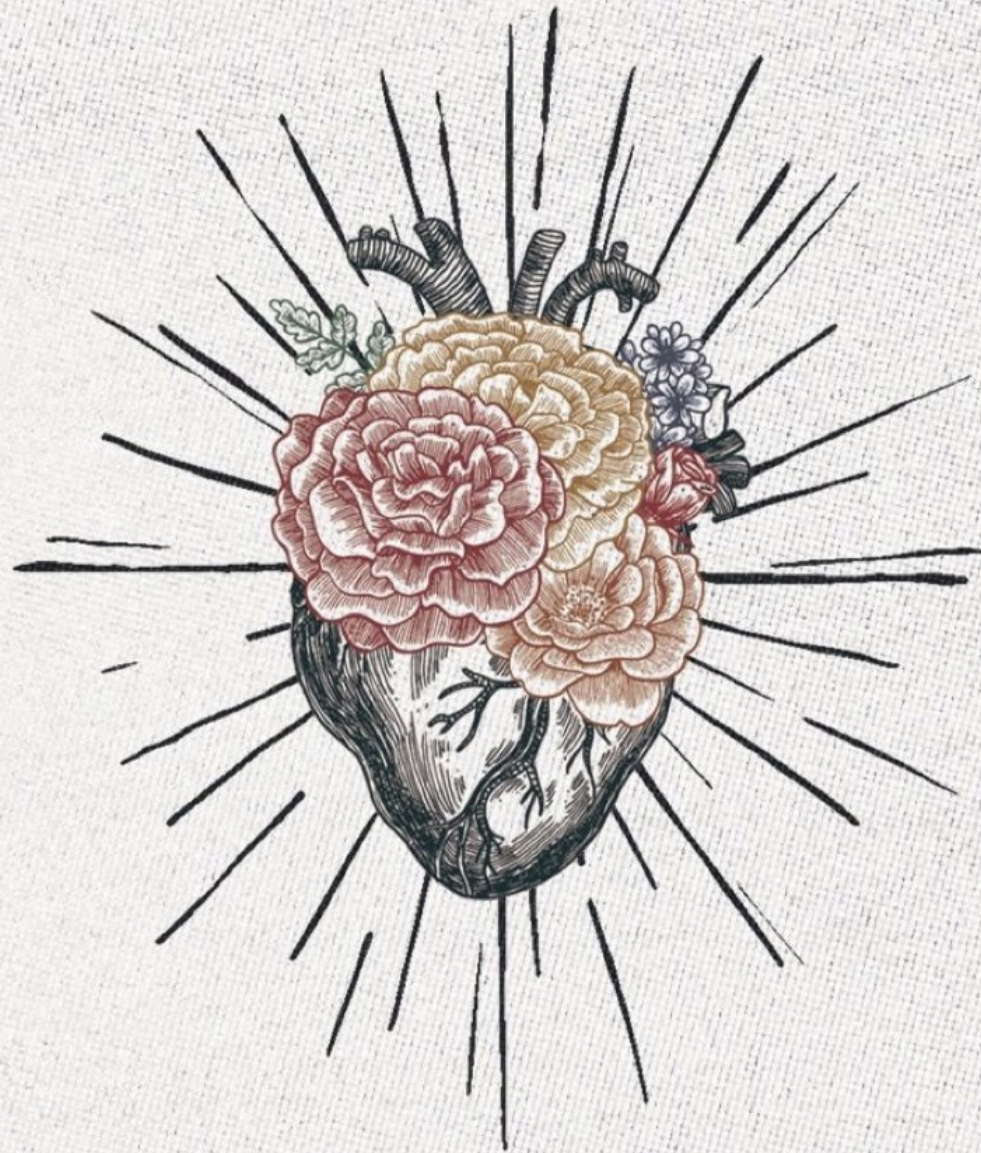
Christ the King: Conclusion



YOU MADE IT THROUGH!

THE 12 DARKEST WEEKS OF THE YEAR





HABITS OF THE HEART

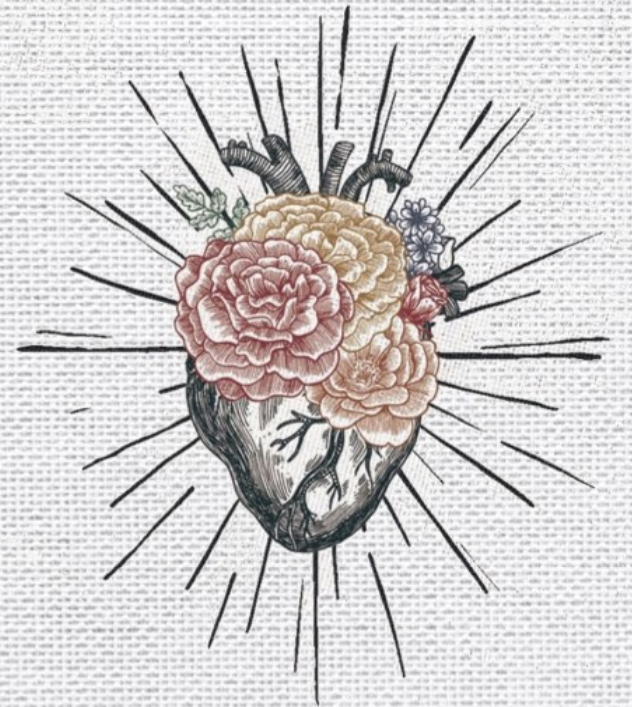
“Excellence is an art won by training and habituation: we do not act rightly because we have virtue or excellence, but rather have these because we have acted rightly; these virtues are formed in man by doing his actions; ***we are what we repeatedly do.*** Excellence, then, is not an act but a habit.”

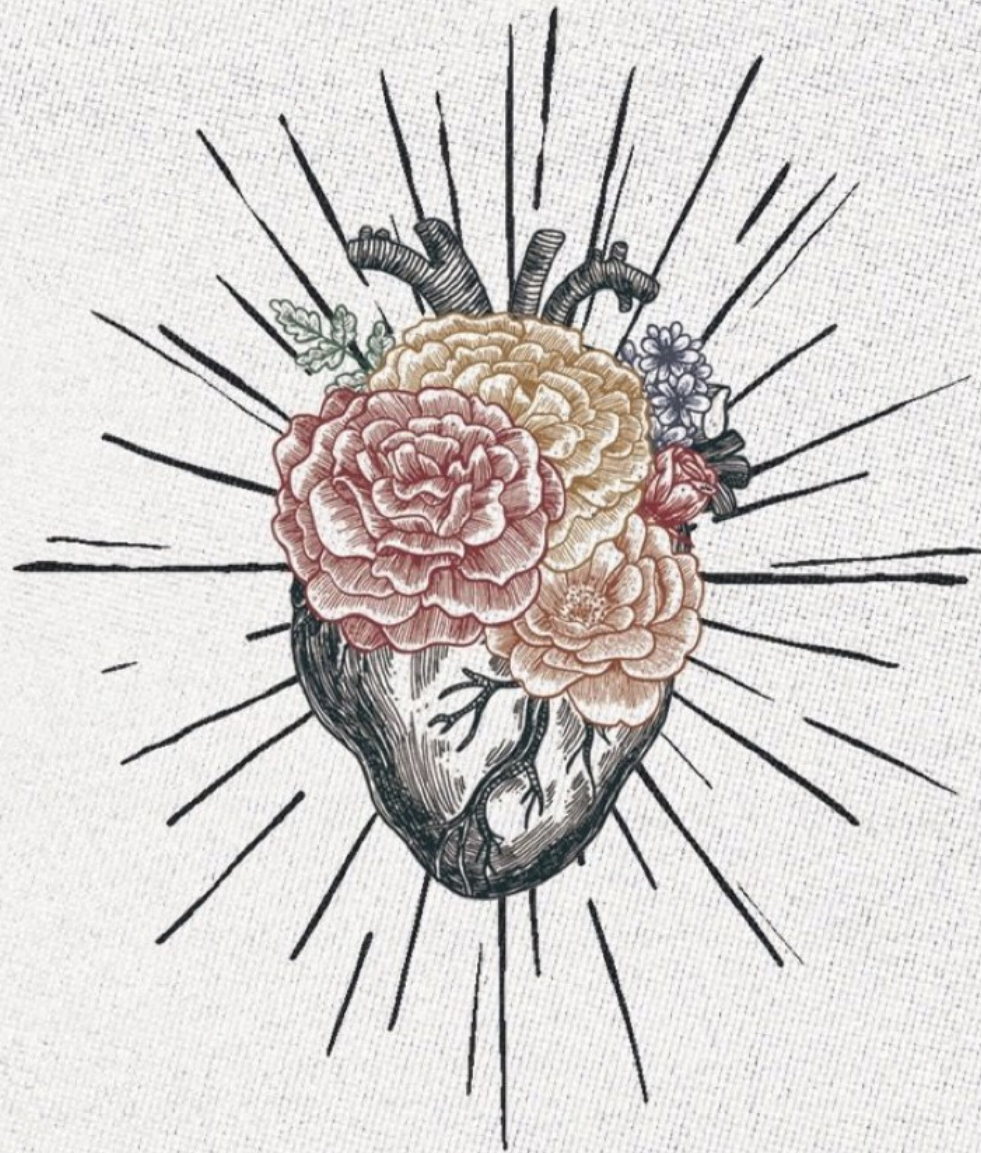
– *Will Durant, The Story of Philosophy (1926)*

- 1. HABITUATION: LEARNING TO LOVE THROUGH CONSISTENT SUBMISSION (PSALM 27)**
- 2. RUMINATION: LEARNING TO LOVE THROUGH REGULAR MEDITATION (PSALM 1)**
- 3. PROCLAMATION: LEARNING TO LOVE THROUGH VERBALIZING AFFECTION (PSALM 30)**
- 4. INVESTIGATION: LEARNING TO LOVE THROUGH STUDIOUS EXPLORATION (PSALM 19)**
- 5. EXPRESSION: LEARNING TO LOVE THROUGH CREATIVE APPRECIATION (PSALM 150)**
- 6. DECISION: LEARNING TO LOVE THROUGH EMBRACING LIMITATION (PSALM 90)**

WEEK FIVE, PSALM 150

***EXPRESSION:
LEARNING TO
LOVE THROUGH
CREATIVE
APPRECIATION***





HABITS OF THE HEART

PSALM 150

- (1) Praise the LORD. Praise God in his sanctuary; praise him in his mighty heavens.
- (2) Praise him for his acts of power; praise him for his surpassing greatness.

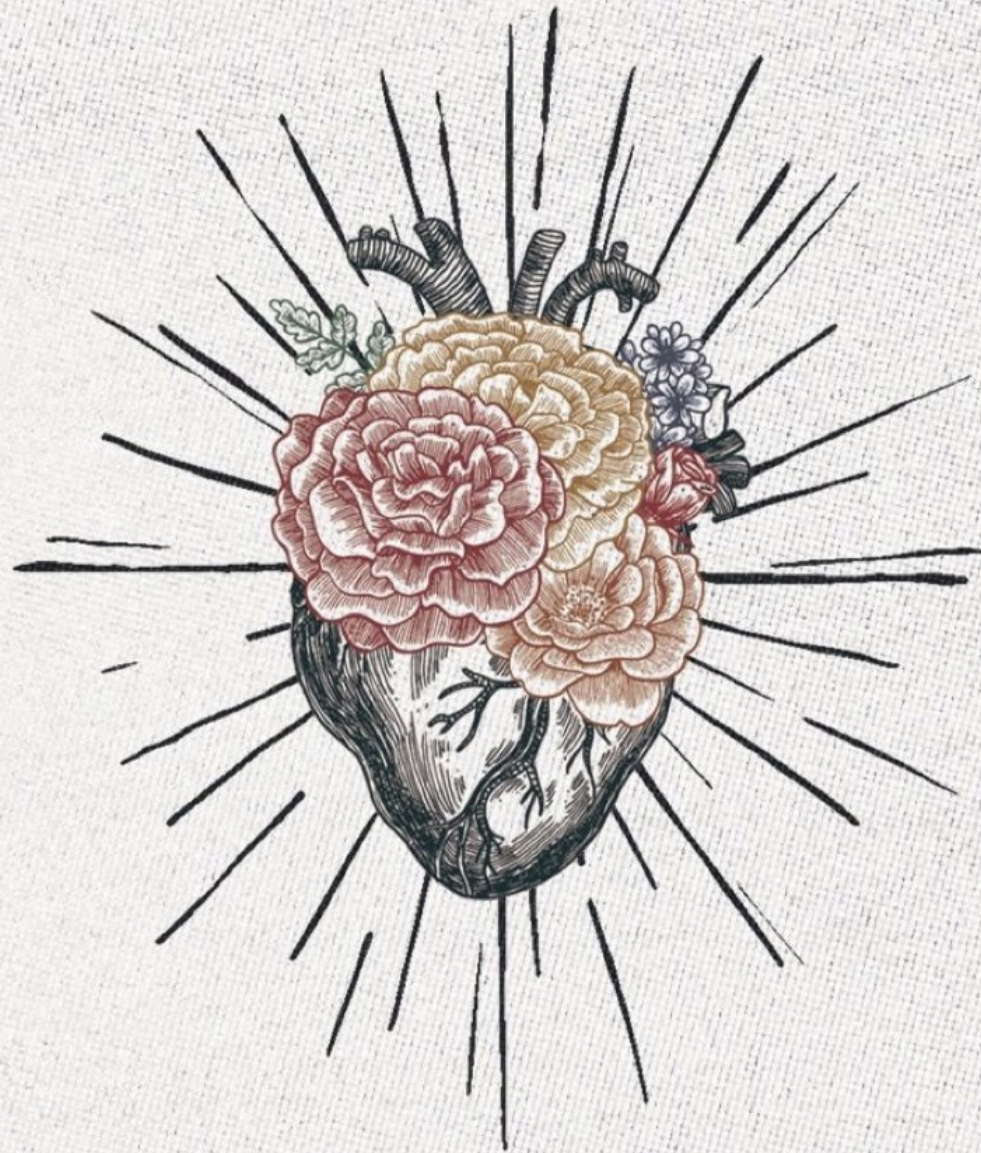
PSALM 150

(3) Praise him with the sounding of the trumpet, praise him with the harp and lyre,
(4) praise him with tambourine and dancing, praise him with the strings and flute,

PSALM 150

(5) praise him with the clash of cymbals,
praise him with resounding cymbals.

(6) Let everything that has breath praise the
LORD. Praise the LORD.



HABITS OF THE HEART



THE SHAPE OF THE PSALTER

The Hallelujah Psalms

Each Psalm begins and ends with a compound Hebrew word Hallel'Yah (praise Yahweh—praise God)

PSALM
146

PSALM
147

PSALM
148

PSALM
149

PSALM
150

THE SHAPE OF THE PSALTER

PSALM 1

PSALM 2

***PSALM
146***

***PSALM
147***

***PSALM
148***

***PSALM
149***

***PSALM
150***

THE SHAPE OF THE PSALTER

BOOK I

BOOK II

BOOK III

BOOK IV

BOOK V

PSALM 1

PSALM 2

**PSALM
146**

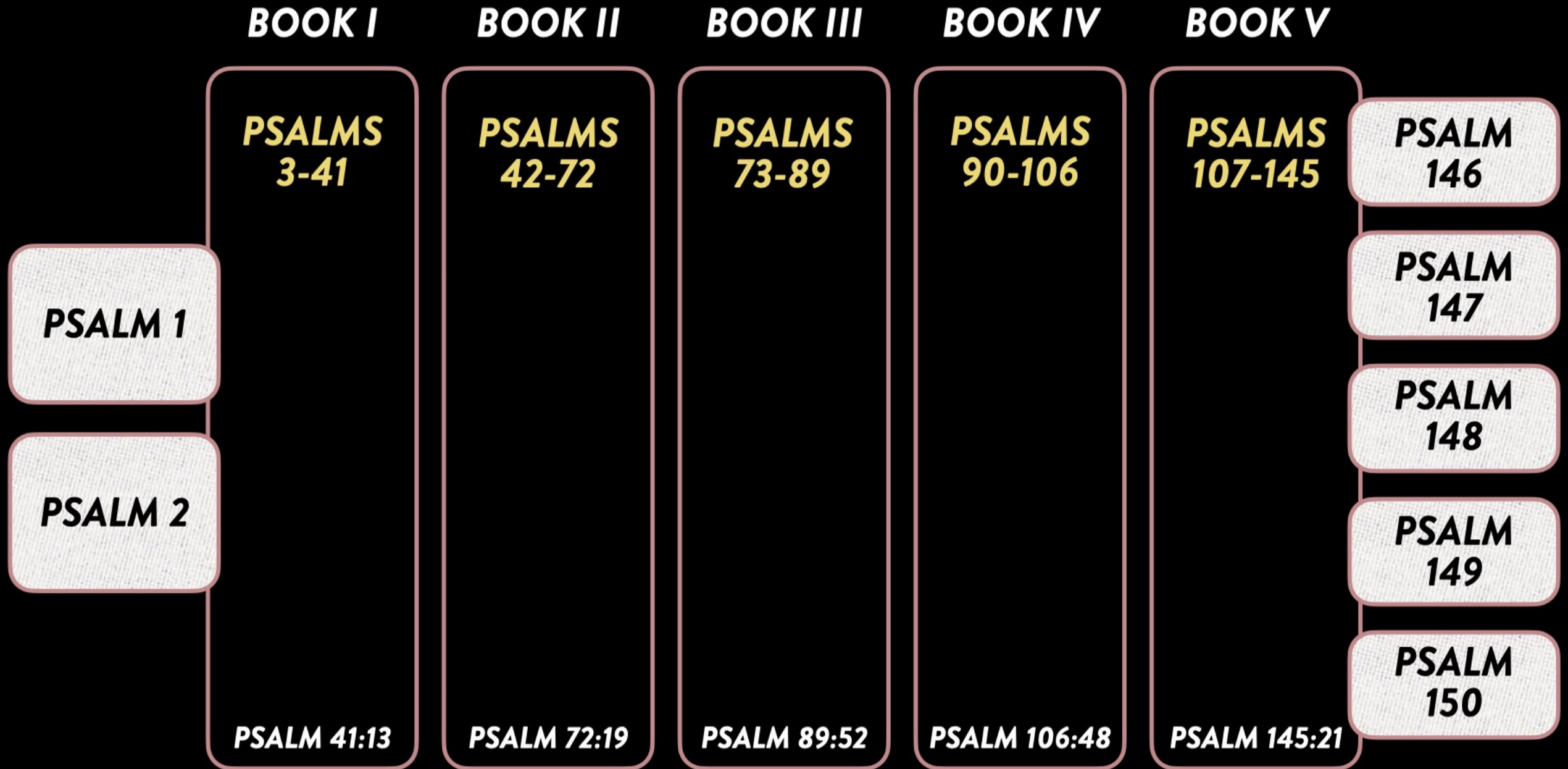
**PSALM
147**

**PSALM
148**

**PSALM
149**

**PSALM
150**

THE SHAPE OF THE PSALTER



“May the Lord, the God of Israel, be blessed forever & ever. Amen & Amen.”

PSALM 100

(1) Shout for joy to the Lord, all the earth

(2) Worship the Lord with gladness; come before him with joyful songs. (3) Know that the Lord is God. It is he who made us, and we are his; we are his people, the sheep of his pasture. (4) Enter his gates with thanksgiving and his courts with praise; give thanks to him and praise his name.

PSALM OF PRAISE

PSALM 22:1-2, 11

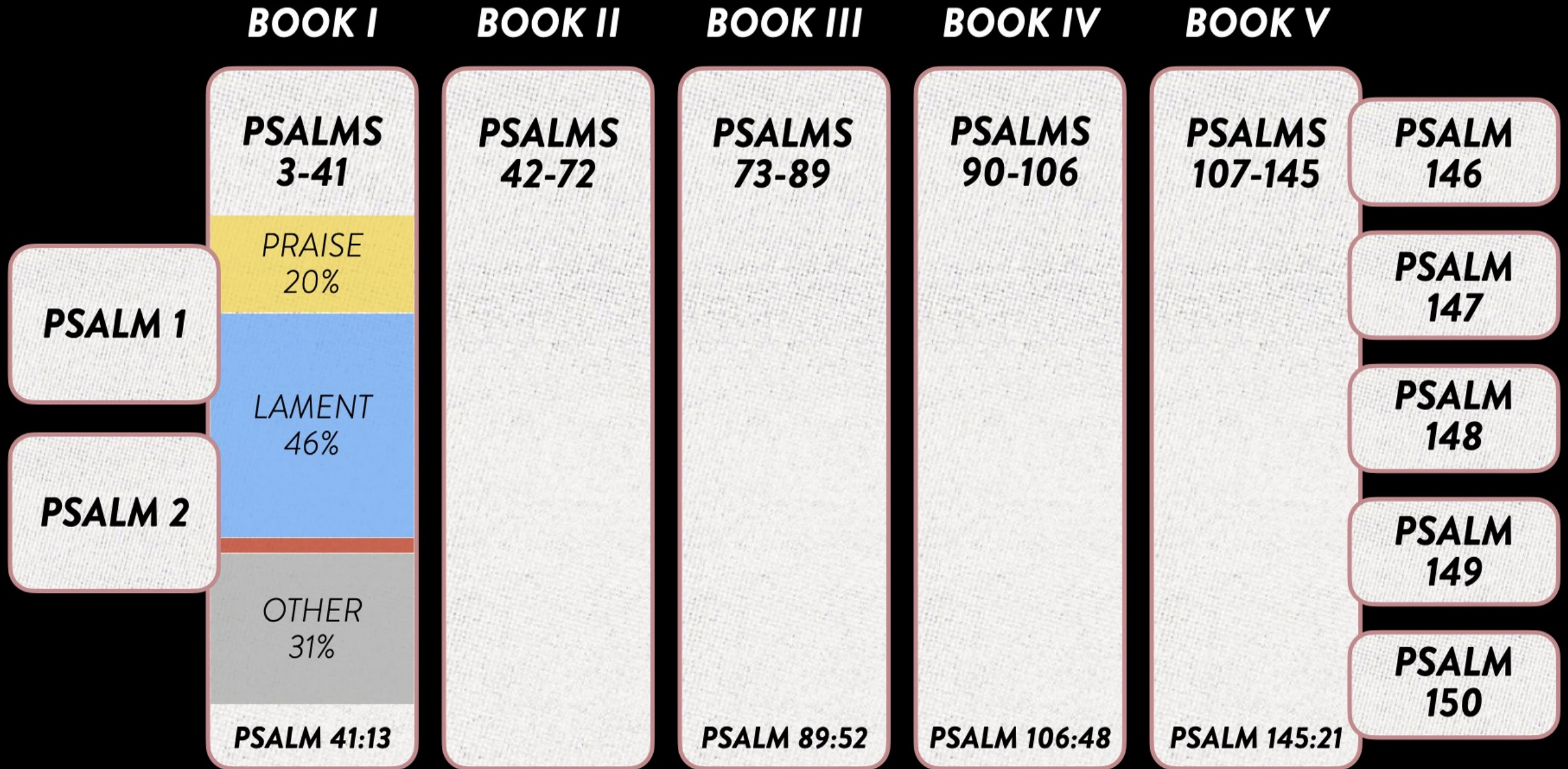
(1) My God, my God, why have you forsaken me? Why are you so far from saving me, so far from my cries of anguish? (2) My God, I cry out by day, but you do not answer, by night, but I find no rest... (11) Do not be far from me, for trouble is near and there is no one to help.

PSALM 55:9-10, 15

(9) Lord, confuse the wicked, confound their words, for I see violence and strife in the city.

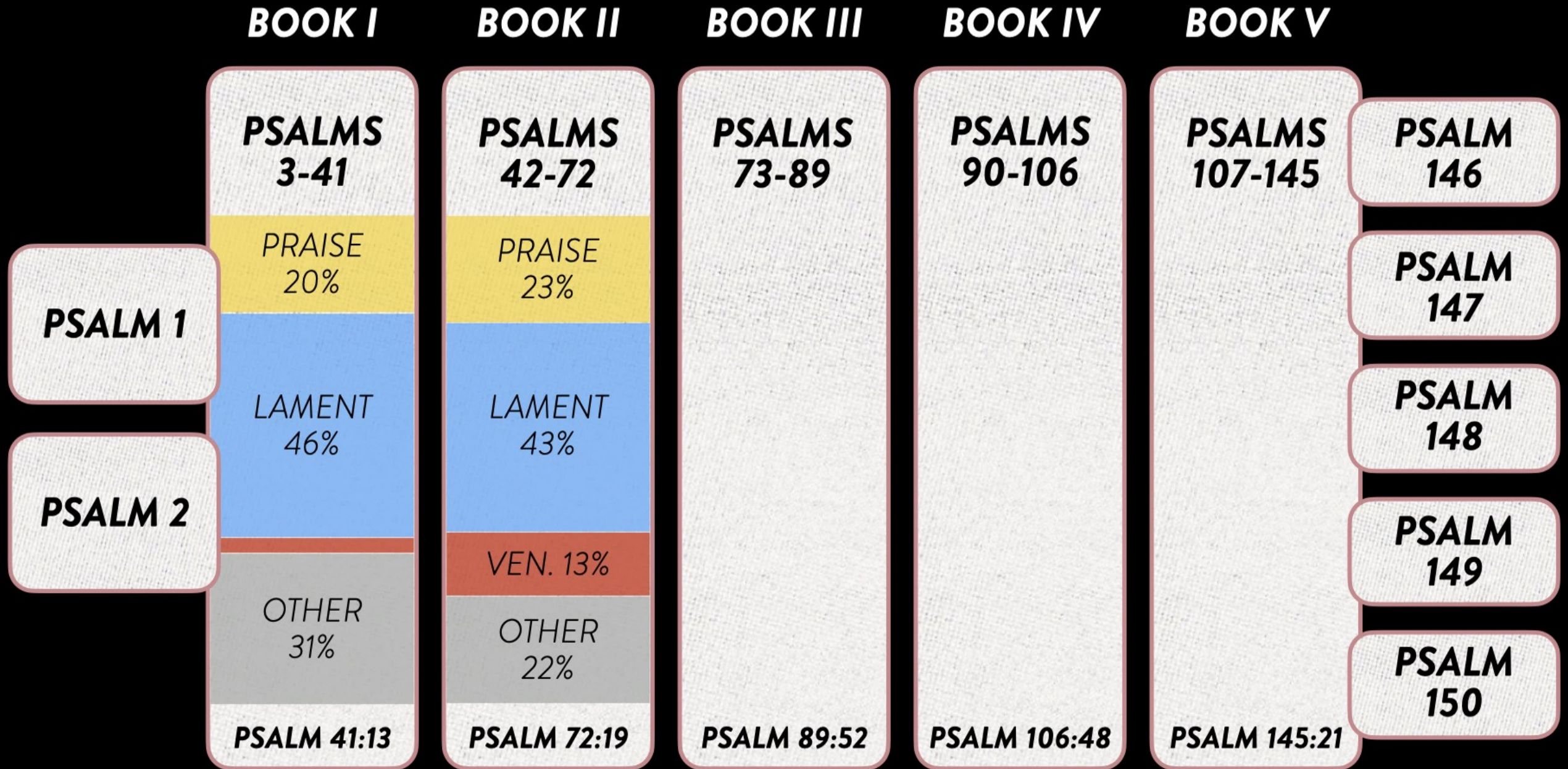
(10) Day and night they prowl about on its walls; malice and abuse are within it... (15) Let death take my enemies by surprise; let them go down alive to the realm of the dead, for evil finds lodging among them.

THE SHAPE OF THE PSALTER



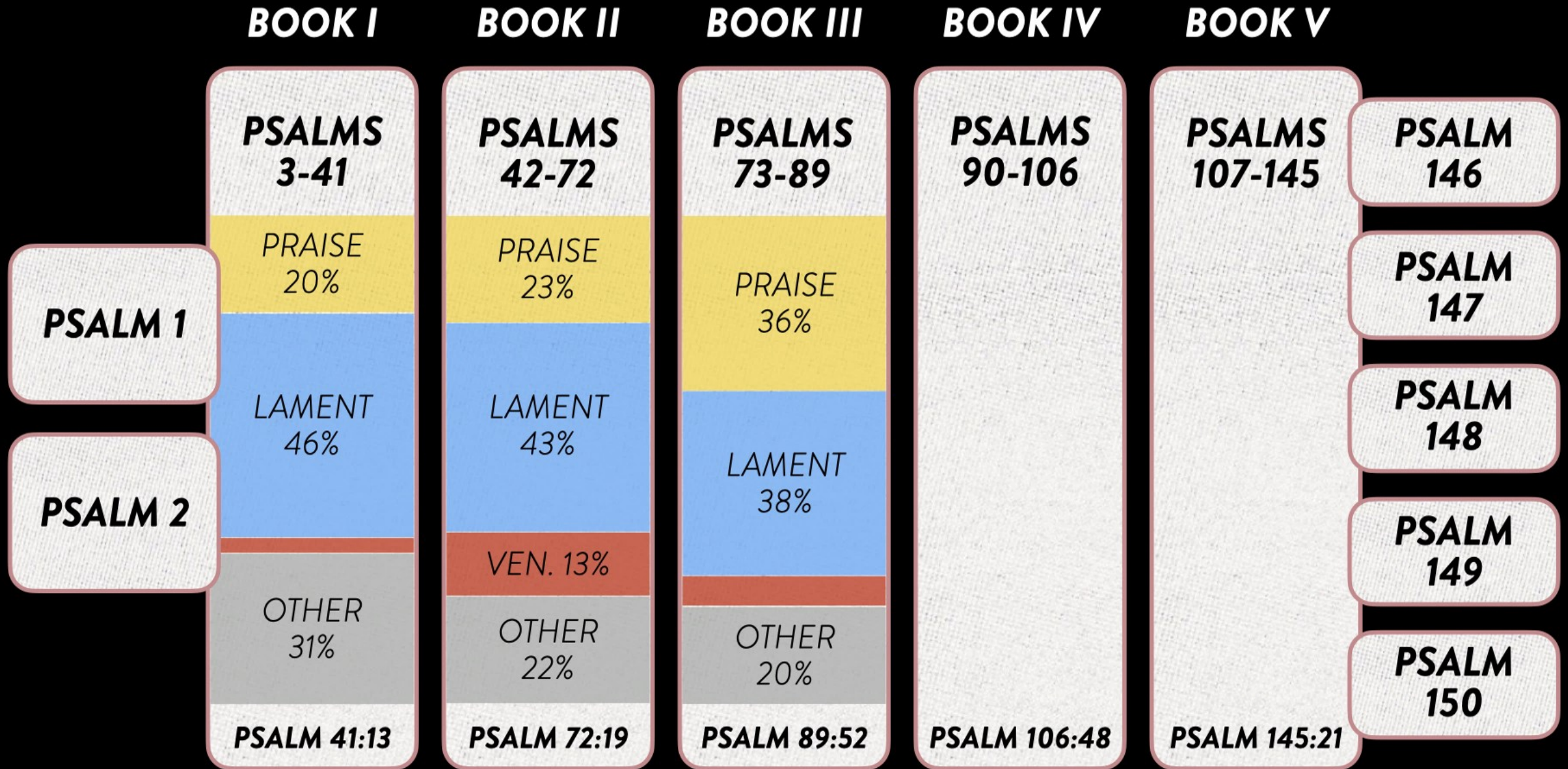
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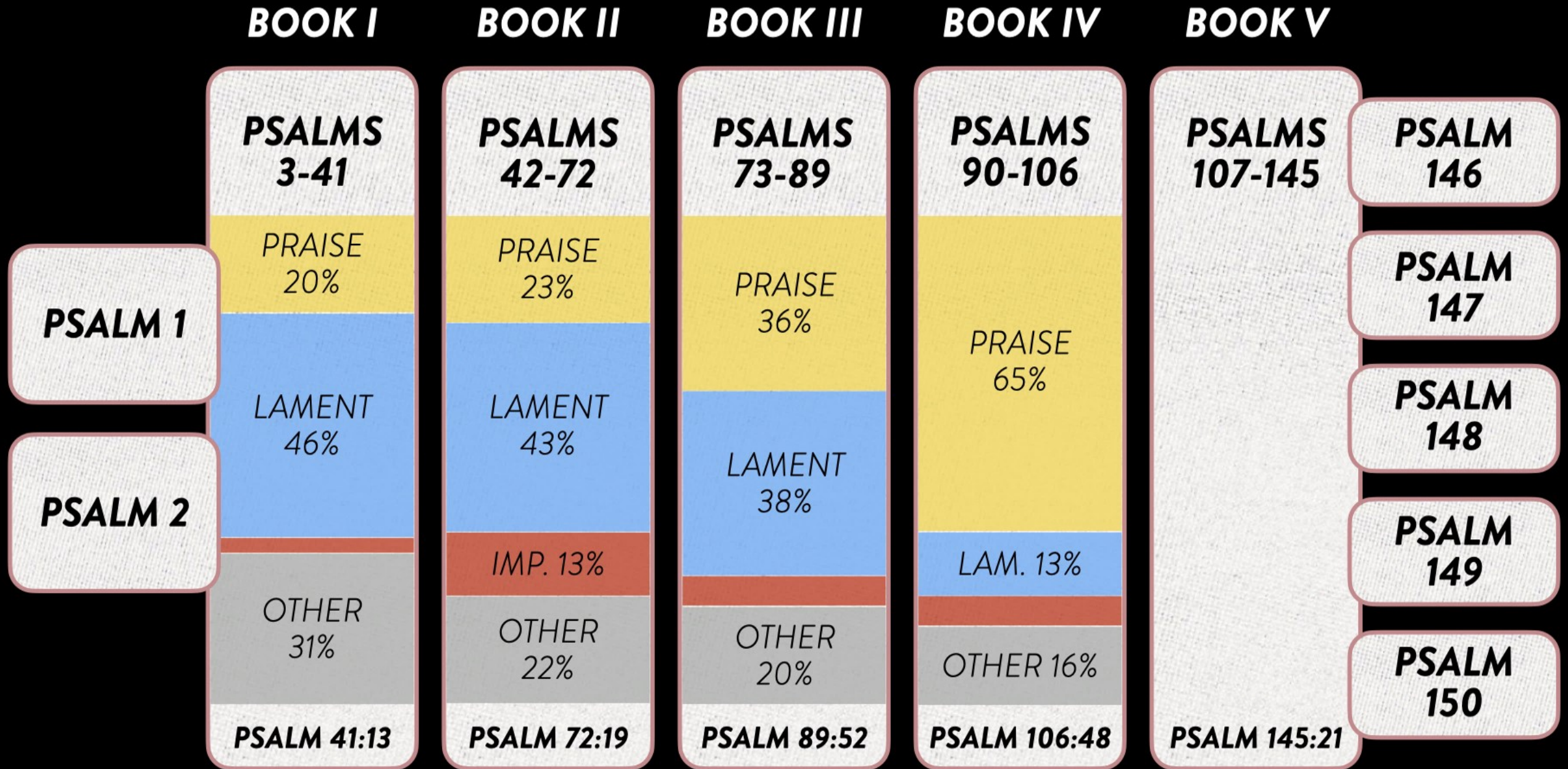
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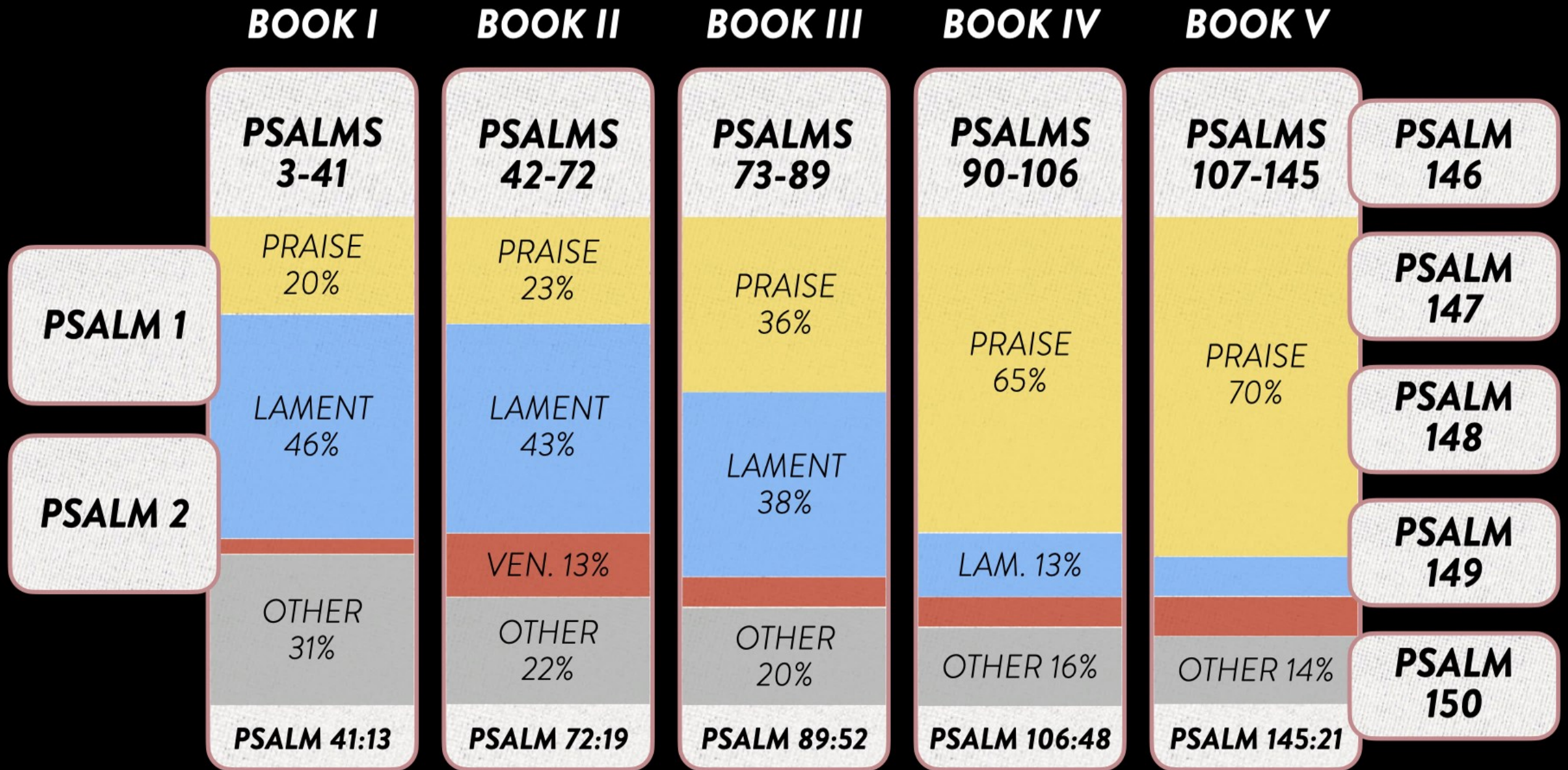
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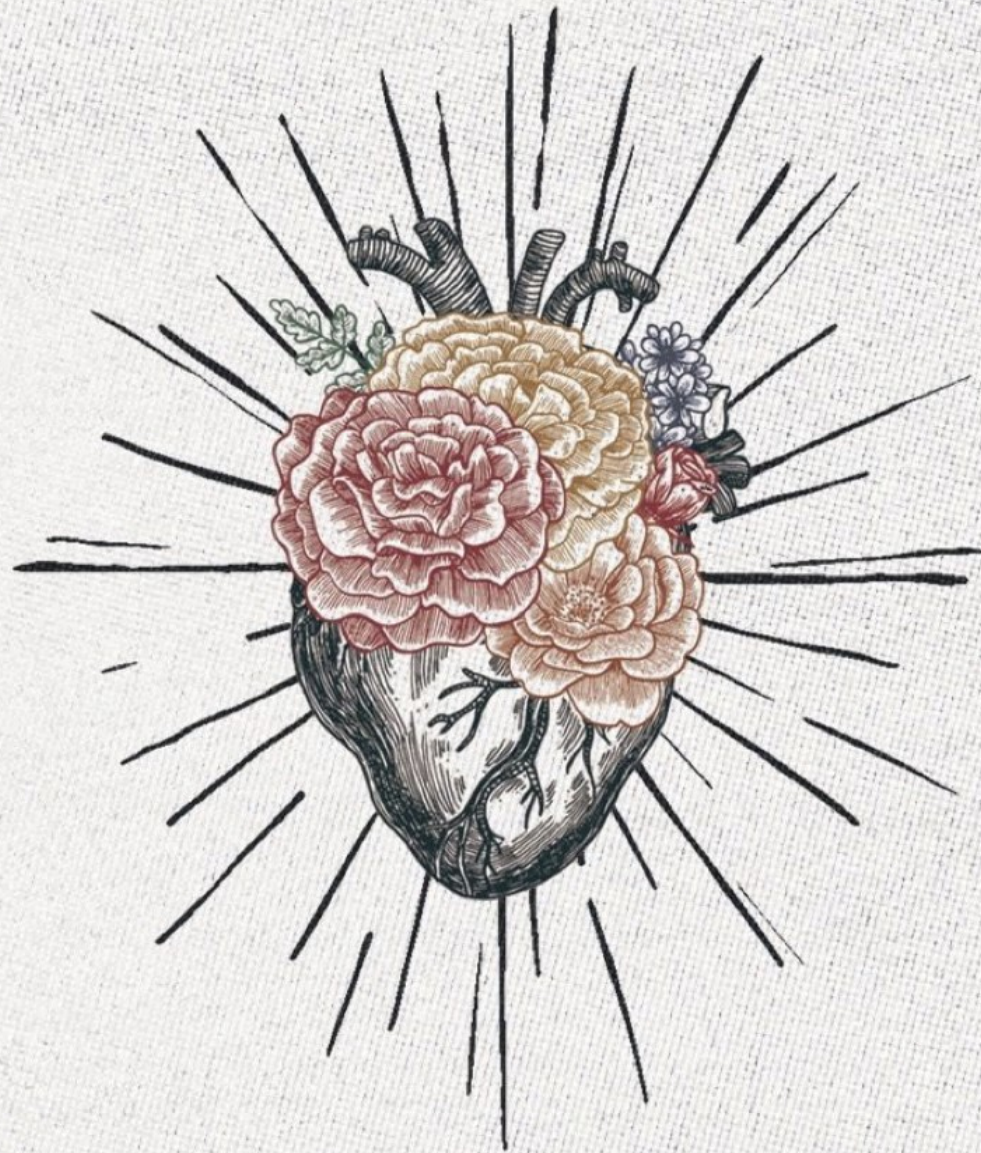


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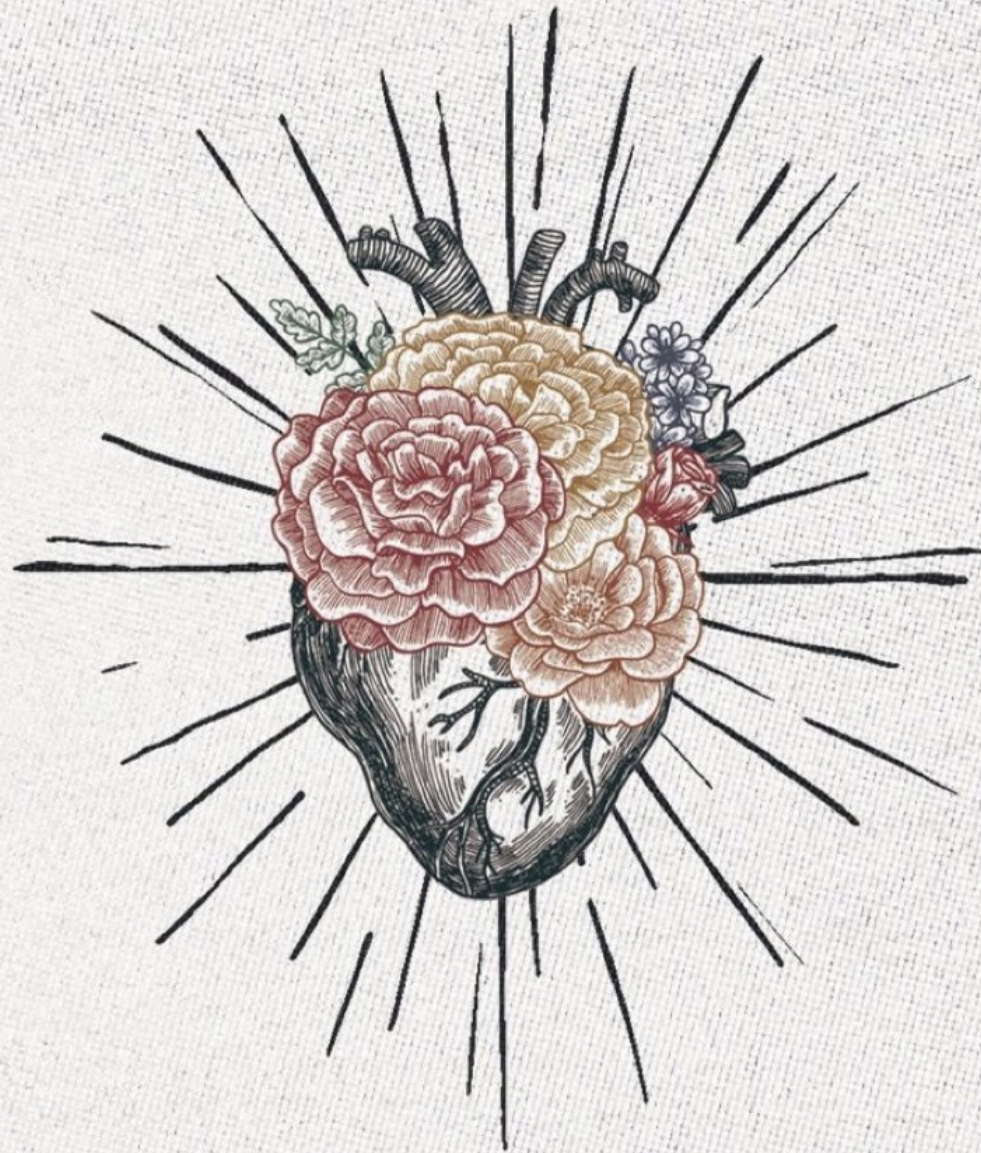
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HABITS OF THE HEART

“You need to resurrect the deep pain within you and give it a place to live that’s not within your body. Let it live in art. Let it live in writing. Let it live in music. Let it be devoured by building brighter connections. Your body is not a coffin for pain to be buried in. Put it somewhere else.”

– *Ehime Ora, Nigerian Author*



HABITS OF THE HEART

MARK 14:22-26

(22) While they were eating, Jesus took bread, and when he had given thanks, he broke it and gave it to his disciples, saying, "Take it; this is my body." (23) Then he took a cup, and when he had given thanks, he gave it to them, and they all drank from it.

MARK 14:22-26

(24) "This is my blood of the covenant, which is poured out for many," he said to them.

(25) "Truly I tell you, I will not drink again from the fruit of the vine until that day when I drink it new in the kingdom of God." (26) ***When they had sung a hymn,*** they went out to the Mount of Olives.

PSALM 118:22-29

(22) The stone the builders rejected has become the cornerstone; (23) the Lord has done this, and it is marvelous in our eyes. (24) The Lord has done it this very day; let us rejoice today and be glad. (25) Lord, save us! Lord, grant us success! (26) Blessed is he who comes in the name of the Lord. From the house of the Lord we bless you.

PSALM 118:22-29

(27) The Lord is God, and he has made his light shine on us. With boughs in hand, join in the festal procession up to the horns of the altar. (28) You are my God, and I will praise you; you are my God, and I will exalt you. (29) Give thanks to the Lord, for he is good; his love endures forever.

*"Do this in
remembrance of me."*

Luke 22:19

After a time of personal reflection & repentance, come forward to partake in the bread and cup.

(Bread is gluten free.)



**If you would like personal prayer today,
please meet with a Prayer Team member to
the right of the stage at the end of the service.**

