# PRESS ON

## Philippians 3:14

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#### Scripture & Prayer: Praise & Thanksgiving

Psalm 145:1-14

I will extol you, my God and King, and bless your name forever and ever.<sup>2</sup> Every day I will bless you and praise your name forever and ever.<sup>3</sup> Great is the Lord, and greatly to be praised, and his greatness is unsearchable.<sup>4</sup> One generation shall commend your works to another, and shall declare your mighty acts. <sup>5</sup> On the glorious splendor of your majesty, and on your wondrous works, I will meditate. <sup>6</sup> They shall speak of the might of your awesome deeds, and I will declare your areatness. <sup>7</sup> They shall pour forth the fame of your abundant goodness and shall sing aloud of your righteousness.<sup>8</sup> The Lord is aracious and merciful, slow to anger and abounding in steadfast love. <sup>9</sup> The Lord is good to all, and his mercy is over all that he has made. <sup>10</sup> All your works shall give thanks to you, O Lord, and all your saints shall bless you! <sup>11</sup> They shall speak of the glory of your kingdom and tell of your power, <sup>12</sup> to make known to the children of man your mighty deeds, and the glorious splendor of your kingdom.<sup>13</sup> Your kingdom is an everlasting kingdom, and your dominion endures throughout all generations. [The Lord is faithful in all his words and kind in all his works.]<sup>14</sup> The Lord upholds all who are falling and raises up all who are bowed down.

#### Scripture & Prayer: People far from God

Luke 15:1-7

Now the tax collectors and sinners were all drawing near to hear him. <sup>2</sup> And the Pharisees and the scribes grumbled, saying, "This man receives sinners and eats with them." <sup>3</sup> So he told them this parable: <sup>4</sup> "What man of you, having a hundred sheep, if he has lost one of them, does not leave the ninety-nine in the open country, and go after the one that is lost, until he finds it? <sup>5</sup> And when he has found it, he lays it on his shoulders, rejoicing. <sup>6</sup> And when he comes home, he calls together his friends and his neighbors, saying to them, 'Rejoice with me, for I have found my sheep that was lost.' <sup>7</sup> Just so, I tell you, there will be more joy in heaven over one sinner who repents than over ninety-nine righteous persons who need no repentance.

### Scripture & Prayer: Confession of sins

#### Psalm 51:1-13

Have mercy on me, O God, according to your steadfast love; according to your abundant mercy blot out my transgressions.<sup>2</sup> Wash me thoroughly from my iniquity, and cleanse me from my sin!<sup>3</sup> For I know my transgressions, and my sin is ever before me.<sup>4</sup> Against you, you only, have I sinned and done what is evil in your sight, so that you may be justified in your words and blameless in your judgment. <sup>5</sup> Behold, I was brought forth in iniquity, and in sin did my mother conceive me. <sup>6</sup> Behold, you delight in truth in the inward being, and you teach me wisdom in the secret heart. <sup>7</sup> Purge me with hyssop, and I shall be clean; wash me, and I shall be whiter than snow. <sup>8</sup> Let me hear joy and gladness; let the bones that you have broken rejoice.<sup>9</sup> Hide your face from my sins, and blot out all my iniquities. <sup>10</sup> Create in me a clean heart. O God. and renew a right spirit within me. <sup>11</sup> Cast me not away from your presence, and take not your Holy Spirit from me. <sup>12</sup> Restore to me the joy of your salvation, and uphold me with a willing spirit. <sup>13</sup> Then I will teach transgressors your ways, and sinners will return to you.

#### Press on

#### Philippians 3:13-16

But one thing I do: forgetting what lies behind and straining forward to what lies ahead, <sup>14</sup> I press on toward the goal for the prize of the upward call of God in Christ Jesus. <sup>15</sup> Let those of us who are mature think this way, and if in anything you think otherwise, God will reveal that also to you. <sup>16</sup> Only let us hold true to what we have attained.

#### Prayer & Scripture: Marriages & Relationships

Ephesians 5:25-6:4

Husbands, love your wives, as Christ loved the church and gave himself up for her, <sup>26</sup> that he might sanctify her, having cleansed her by the washing of water with the word, <sup>27</sup> so that he might present the church to himself in splendor, without spot or wrinkle or any such thing, that she might be holy and without blemish. <sup>28</sup> In the same way husbands should love their wives as their own bodies. He who loves his wife loves himself. <sup>29</sup> For no one ever hated his own flesh, but nourishes and cherishes it, just as Christ does the church, <sup>30</sup> because we are members of his body. <sup>31</sup> "Therefore a man shall leave his father and mother and hold fast to his wife, and the two shall become one flesh." <sup>32</sup> This mystery is profound, and I am saying that it refers to Christ and the church. <sup>33</sup> However, let each one of you love his wife as himself, and let the wife see that she respects her husband. **6:1** Children, obey your parents in the Lord, for this is right. <sup>2</sup> "Honor your father and mother" (this is the first commandment with a promise), <sup>3</sup> "that it may go well with you and that you may live long in the land." <sup>4</sup> Fathers, do not provoke your children to anger, but bring them up in the discipline and instruction of the Lord.

### Prayer of expectancy

Ephesians 3:20-21

Now to him who is able to do far more abundantly than all that we ask or think, according to the power at work within us, <sup>21</sup> to him be glory in the church and in Christ Jesus throughout all generations, forever and ever. Amen.