



First Christian Reformed Church of Lynden

From Generation to Generation for the Glory of God

God's precious and exceedingly great promises in hard times

Colossians 3:16 *Let the word of Christ dwell in you richly, teaching and admonishing one another in all wisdom, singing psalms and hymns and spiritual songs, with thankfulness in your hearts to God.*

Scripture

1 Peter 1:24–25 *The grass withers, and the flower falls, but the word of the Lord remains forever.*

Lamentations 3:21-27

- ²¹ But this I call to mind, and therefore I have hope:
²² The steadfast love of the Lord never ceases; his mercies never come to an end;
²³ they are new every morning; great is your faithfulness.
²⁴ “The Lord is my portion,” says my soul, “therefore I will hope in him.”
²⁵ The Lord is good to those who wait for him, to the soul who seeks him.
²⁶ It is good that one should wait quietly for the salvation of the Lord.
²⁷ It is good for a man that he bear the yoke in his youth.

Song

Psalms 59:16 *But I will sing of your strength; I will sing aloud of your steadfast love in the morning. For you have been to me a fortress and a refuge in the day of my distress.*

[You can Google the hymn to hear it if you would like to sing along.]

My Help Comes from You

(Song Ken Quehrn sang last Sunday morning during prelude.)

I look up to the mountains
Does my strength come from the mountains?
No, my strength comes from God
Who made heaven, and earth, and the mountains

When confusion's my companion
And despair holds me for ransom
I will feel no fear
I know that You are near

When I'm caught deep in the valley
With chaos for my company
I'll find my comfort here
'Cause I know that You are near

My help comes from You, You're right here, pulling me through
You carry my weakness, my sickness, my brokenness all on Your shoulders, Your shoulders
My help comes from You, You are my rest, my rescue
I don't have to see to believe that You're lifting me up on Your shoulders, Your shoulders

You mend what once was shattered
And You turn my tears to laughter
Your forgiveness is my fortress
Oh Your mercy is relentless

My help comes from You, You're right here, pulling me through
You carry my weakness, my sickness, my brokenness all on Your shoulders, Your shoulders

My help comes from You, You are my rest, my rescue
I don't have to see to believe that You're lifting me up on Your shoulders, Your shoulders
My help is from You, don't have to see it to believe it
My help is from you, don't have to see it, 'cause I know, 'cause I know it's true
My help is from You, don't have to see it to believe it
My help is from you, don't have to see it, 'cause I know, 'cause I know it's true

My help comes from You, You're right here, pulling me through
You carry my weakness, my sickness, my brokenness all on Your shoulders, Your shoulders

My help comes from You, You are my rest, my rescue
I don't have to see to believe that You're lifting me up on Your shoulders, Your shoulders

My help is from You, don't have to see it to believe it
My help is from you, don't have to see it, 'cause I know, 'cause I know it's true

Prayer

Hebrews 4:16 Let us then with confidence draw near to the throne of grace, that we may receive mercy and find grace to help in time of need.

Pray for frontline health care workers:

- God, keep them safe and healthy. Keep their families safe and healthy.
- God, help them to be knowledgeable about the diagnosis and treatment of this disease, as well as the changing protocols.
- God, help them to stay clear-minded in the midst of the surrounding panic.
- God, deliver them from anxiety for their own loved ones (aging parents, children, spouses, roommates).
- God, give them compassion for every patient in their care.
- God, provide for them financially, especially if they fall ill and are unable to work.
- God, help Christians in health care to exhibit extraordinary peace, so that many would ask about the reason for their hope. Give them opportunities to proclaim the gospel.

God, we trust that you are good and do good. Teach us to be your faithful people in this time of global crisis. Help us to follow in the footsteps of our faithful shepherd, Jesus, who laid down his life for the sake of love. Glorify his name as you equip us with everything needed for doing your will. Amen. (from Christianity Today)