



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**

***Hebrews 4:12*** *For the word of God is living and active, sharper than any two-edged sword, piercing to the division of soul and of spirit, of joints and of marrow, and discerning the thoughts and intentions of the heart.*

**Psalm 34:1-22**

- <sup>1</sup> I will bless the Lord at all times; his praise shall continually be in my mouth.
- <sup>2</sup> My soul makes its boast in the Lord; let the humble hear and be glad.
- <sup>3</sup> Oh, magnify the Lord with me, and let us exalt his name together!
- <sup>4</sup> I sought the Lord, and he answered me and delivered me from all my fears.
- <sup>5</sup> Those who look to him are radiant, and their faces shall never be ashamed.
- <sup>6</sup> This poor man cried, and the Lord heard him and saved him out of all his troubles.
- <sup>7</sup> The angel of the Lord encamps around those who fear him, and delivers them.
- <sup>8</sup> Oh, taste and see that the Lord is good! Blessed is the man who takes refuge in him!
- <sup>9</sup> Oh, fear the Lord, you his saints, for those who fear him have no lack!
- <sup>10</sup> The young lions suffer want and hunger; but those who seek the Lord lack no good thing.
- <sup>11</sup> Come, O children, listen to me; I will teach you the fear of the Lord.
- <sup>12</sup> What man is there who desires life and loves many days, that he may see good?
- <sup>13</sup> Keep your tongue from evil and your lips from speaking deceit.
- <sup>14</sup> Turn away from evil and do good; seek peace and pursue it.
- <sup>15</sup> The eyes of the Lord are toward the righteous and his ears toward their cry.
- <sup>16</sup> The face of the Lord is against those who do evil, to cut off the memory of them from the earth.
- <sup>17</sup> When the righteous cry for help, the Lord hears and delivers them out of all their troubles.
- <sup>18</sup> The Lord is near to the brokenhearted and saves the crushed in spirit.
- <sup>19</sup> Many are the afflictions of the righteous, but the Lord delivers him out of them all.
- <sup>20</sup> He keeps all his bones; not one of them is broken.
- <sup>21</sup> Affliction will slay the wicked, and those who hate the righteous will be condemned.
- <sup>22</sup> The Lord redeems the life of his servants; none of those who take refuge in him will be condemned.

**Song**

***Psalm 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.]

**Day by Day**

Day by day, and with each passing moment,  
Strength I find to meet my trials here;  
Trusting in my Father's wise bestowment,  
I've no cause for worry or for fear.  
He, whose heart is kind beyond all measure,  
Gives unto each day what He deems best,  
Lovingly its part of pain and pleasure,  
Mingling toil with peace and rest.

Every day the Lord Himself is near me,  
With a special mercy for each hour;  
All my cares He fain would bear and cheer me,  
He whose name is Counsellor and Pow'r.  
The protection of His child and treasure  
Is a charge that on Himself He laid;  
"As thy days, thy strength shall be in measure,"  
This the pledge to me He made.

Help me then, in every tribulation,  
So to trust Thy promises, O Lord,  
That I lose not faith's sweet consolation,  
Offered me within Thy holy Word.  
Help me, Lord, when toil and trouble meeting,  
E'er to take, as from a father's hand,  
One by one, the days, the moments fleeting,  
Till with Christ the Lord I stand.

## **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.*

### **"Peril"**

A prayer from The Valley of Vision: A Collection of Puritan Prayers.

Sovereign Commander of the universe,  
I am sadly harassed by doubts, fears, unbelief,  
in a felt spiritual darkness.  
My heart is full of evil surmisings and disquietude,  
and I cannot act faith at all.  
My heavenly Pilot has disappeared,  
and I have lost my hold on the Rock of Ages;  
I sink in deep mire beneath storms and waves,  
in horror and distress unutterable.  
Help me, O Lord,  
to throw myself absolutely and wholly on thee,  
for better, for worse, without comfort,  
and all but hopeless.  
Give me peace of soul, confidence, enlargement  
of mind,  
morning joy that comes after night heaviness;  
Water my soul richly with divine blessings;  
Grant that I may welcome thy humbling in private  
so that I might enjoy thee in public;  
Give me a mountain top as high as the valley is low.  
Thy grace can melt the worst sinner, and I am  
as vile as he;  
Yet thou hast made me a monument of mercy,  
a trophy of redeeming power;  
In my distress let me not forget this.  
All-wise God,  
Thy never-failing providence orders every event,  
sweetens every fear,

reveals evil's presence lurking in seeming good,  
brings real good out of seeming evil,  
makes unsatisfactory what I set my heart upon,  
to show me what a short-sighted creature I am,  
and to teach me to live by faith upon  
thy blessed self.

Out of my sorrow and night  
give me the name Naphtali —  
'satisfied with favour' —  
help me to love thee as thy child,  
and to walk worthy of my heavenly pedigree.