

**Songs of
Jesus**

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ADORE: What does this psalm teach me about God?

ADMIT: What does this psalm teach me about myself?

ASPIRE: How does this psalm compel me to respond?

For the director of music. A maskil of the Sons of Korah.

¹ As the deer pants for streams of water, so my soul pants for you, my God.

² My soul thirsts for God, for the living God. When can I go and meet with God?

³ My tears have been my food day and night, while people say to me all day long, “Where is your God?”

⁴ These things I remember as I pour out my soul:

how I used to go to the house of God under the protection of the Mighty One with shouts of joy and praise among the festive throng.

ADMIT: We are all longing for something

- What am I thirsting for?

“Blessed are those who hunger and thirst for righteousness, for they shall be satisfied.”

MATTHEW 5:6 ESV

³⁷ On the last day of the feast, the great day, Jesus stood up and cried out, “If anyone thirsts, let him come to me and drink.

³⁸ Whoever believes in me, as the Scripture has said, ‘Out of his heart will flow rivers of living water.’”

“My people have committed two sins: They have forsaken me, the spring of living water, and have dug their own cisterns, broken cisterns that cannot hold water.”

JEREMIAH 2:13 NIV

ADMIT: We are all longing for something

- What am I thirsting for?

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- What am I thirsting for?

ASPIRE: Self reflect and redirect my hope in God

- What keeps me from reflecting & hoping in God?

5 Why, my soul, are you downcast? Why so disturbed within me? Put your hope in God, for I will yet praise him, my Savior and my God.

⁴ But when the kindness and love of God our Savior appeared, ⁵ he saved us, not because of righteous things we had done, but because of his mercy. He saved us through the washing of rebirth and renewal by the Holy Spirit, ⁶ whom he poured out on us generously through Jesus Christ our Savior, ⁷ so that, having been justified by his grace, we might become heirs having the hope of eternal life.

TITUS 3:4-47 NIV

- 6 My soul is downcast within me; therefore I will remember you from the land of the Jordan, the heights of Hermon—from Mount Mizar.
- 7 Deep calls to deep in the roar of your waterfalls; all your waves and breakers have swept over me.
- 8 By day the LORD directs his love, at night his song is with me—a prayer to the God of my life.

ADMIT: We are all longing for something

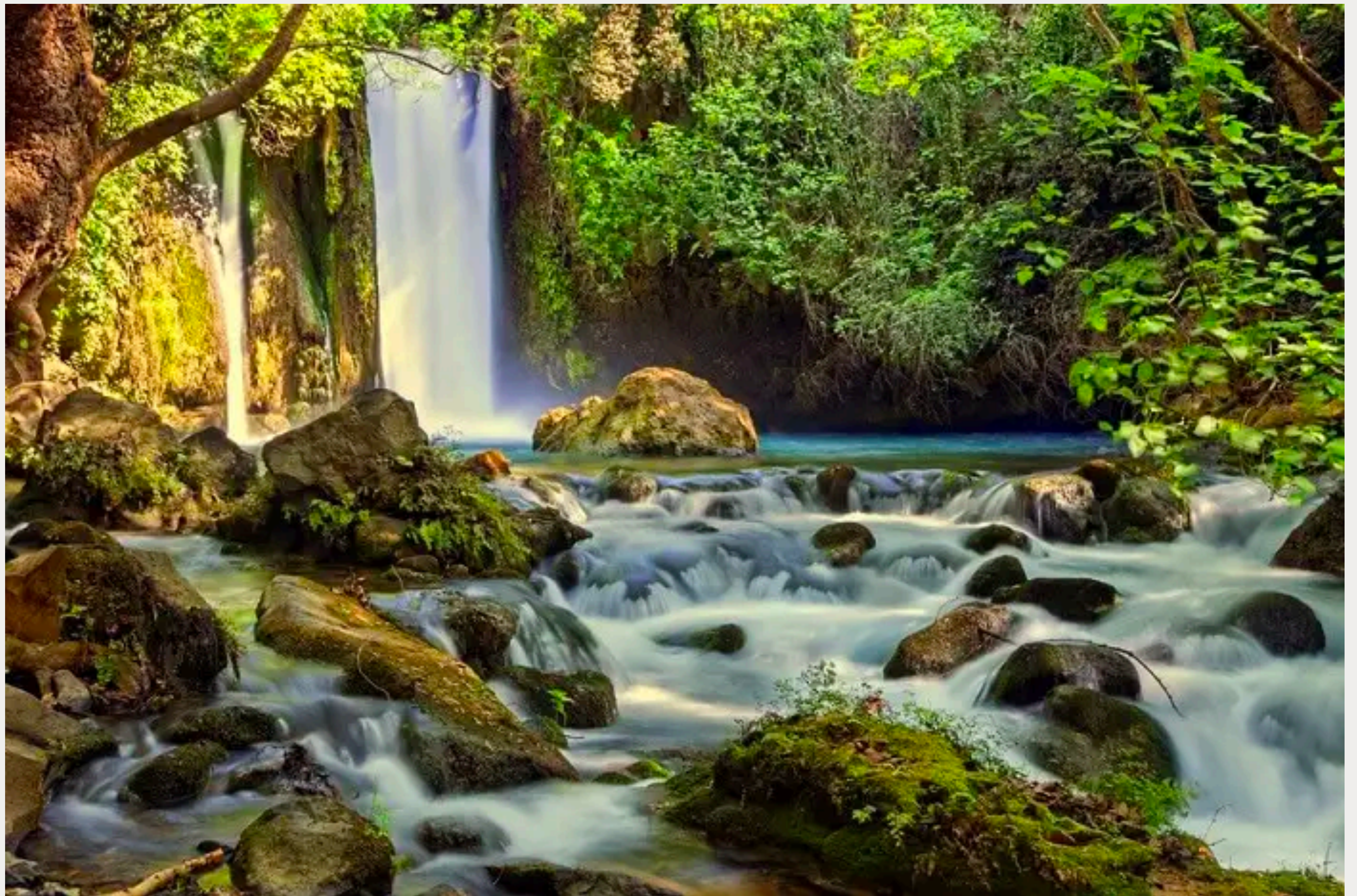
- What am I thirsting for?

ASPIRE: Self reflect and redirect my hope in God

- What keeps me from reflecting & hoping in God?

ADORE: God's lovingkindness is overwhelming

- Have I freely received God's love for me today?





“Long ago the Lord said to Israel: “I have loved you, my people, with an everlasting love. With unfailing love I have drawn you to myself.”

JEREMIAH 31:3 NLT

⁹ I say to God my Rock, “Why have you forgotten me? Why must I go about mourning, oppressed by the enemy?” ¹⁰ My bones suffer mortal agony as my foes taunt me, saying to me all day long, “Where is your God?” ¹¹ Why, my soul, are you downcast? Why so disturbed within me? Put your hope in God, for I will yet praise him, my Savior and my God.

³⁹ Then, accompanied by the disciples, Jesus left the upstairs room and went as usual to the Mount of Olives. ⁴⁰ There he told them, “Pray that you will not give in to temptation.” ⁴¹ He withdrew about a stone’s throw beyond them, knelt down and prayed, ⁴² “Father, if you are willing, take this cup from me; yet not my will, but yours be done.” ⁴³ An angel from heaven appeared to him and strengthened him.

LUKE 22:39-43 NIV

⁴⁴ And being in anguish, he prayed more earnestly, and his sweat was like drops of blood falling to the ground. ⁴⁵ At last he stood up again and returned to the disciples, only to find them asleep, exhausted from grief. ⁴⁶ “Why are you sleeping?” he asked them. “Get up and pray, so that you will not give in to temptation.” ⁴⁷ But even as Jesus said this, a crowd approached led by Judas, one of the twelve disciples.

LUKE 22:44-47 NIV

¹³ Jesus answered, “Everyone who drinks this water will be thirsty again, ¹⁴ but whoever drinks the water I give them will never thirst. Indeed, the water I give them will become in them a spring of water welling up to eternal life.”

JOHN 4:13-14 NIV

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