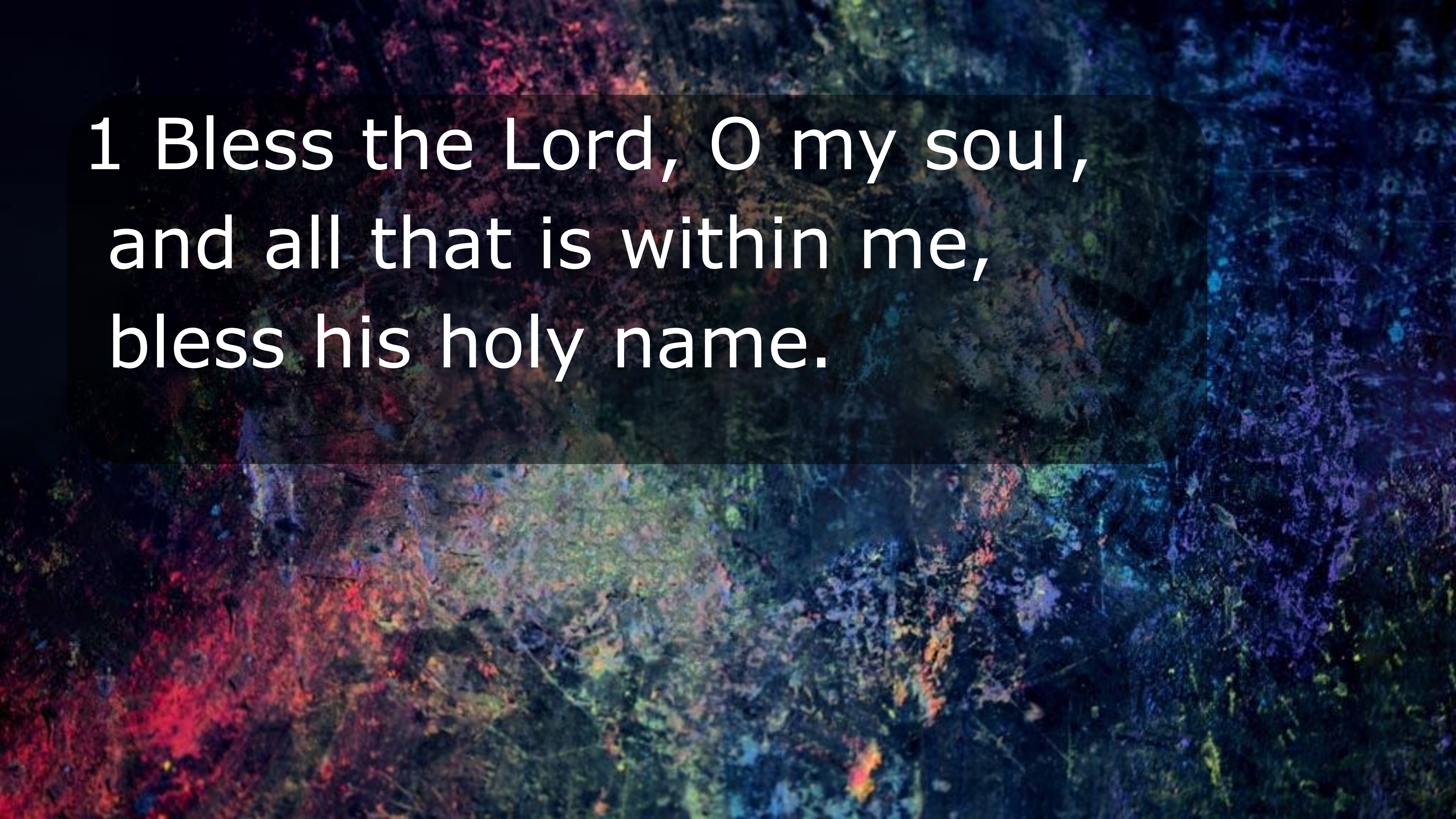




# Heart of Worship

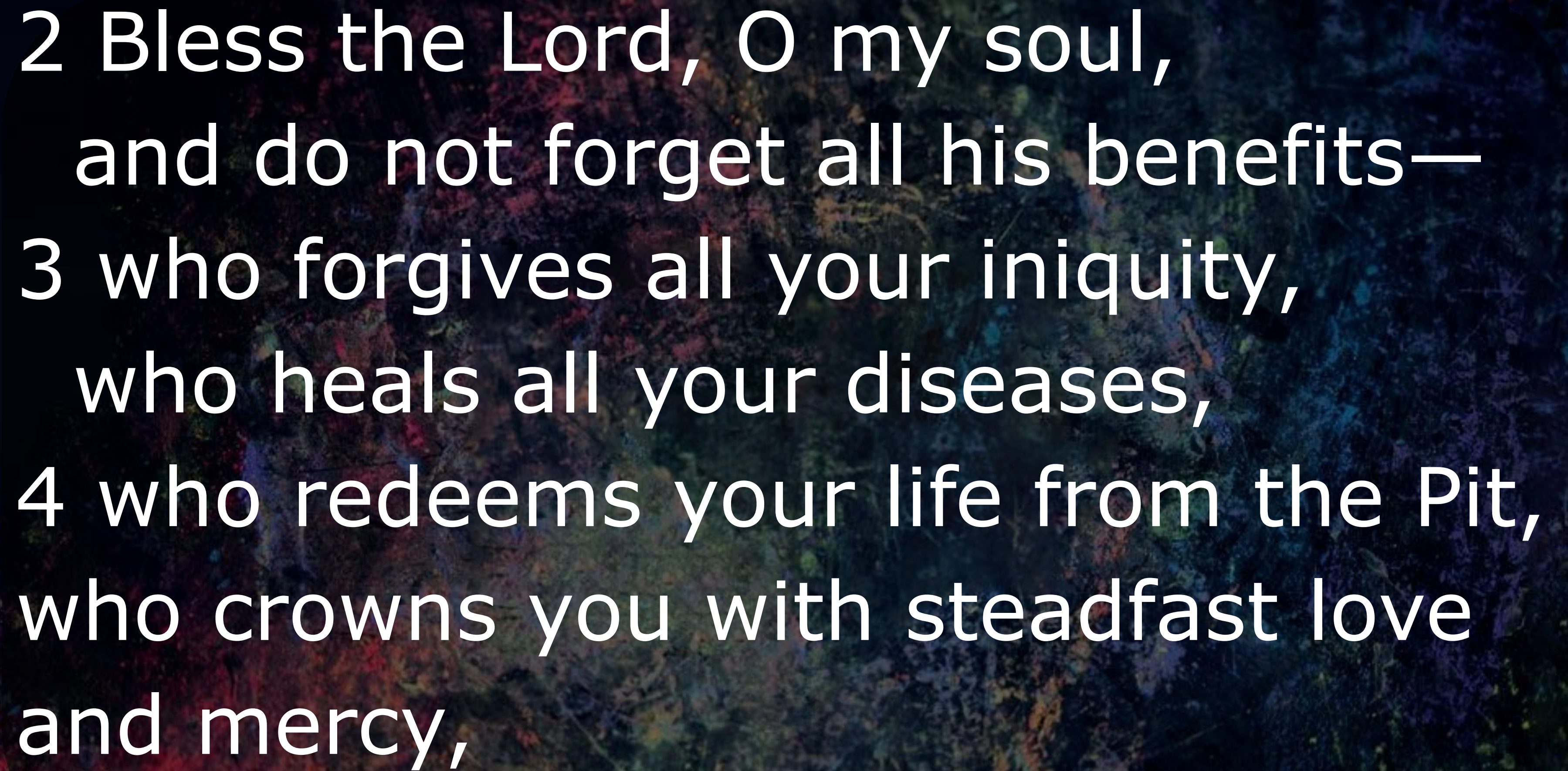






1 Bless the Lord, O my soul,  
and all that is within me,  
bless his holy name.





2 Bless the Lord, O my soul,  
and do not forget all his benefits—  
3 who forgives all your iniquity,  
who heals all your diseases,  
4 who redeems your life from the Pit,  
who crowns you with steadfast love  
and mercy,



5 who satisfies you with good as long  
as you live so that your youth is  
renewed like the eagle's.

6 The Lord works vindication  
and justice for all who are oppressed.



7 He made known his ways to Moses,  
his acts to the people of Israel.

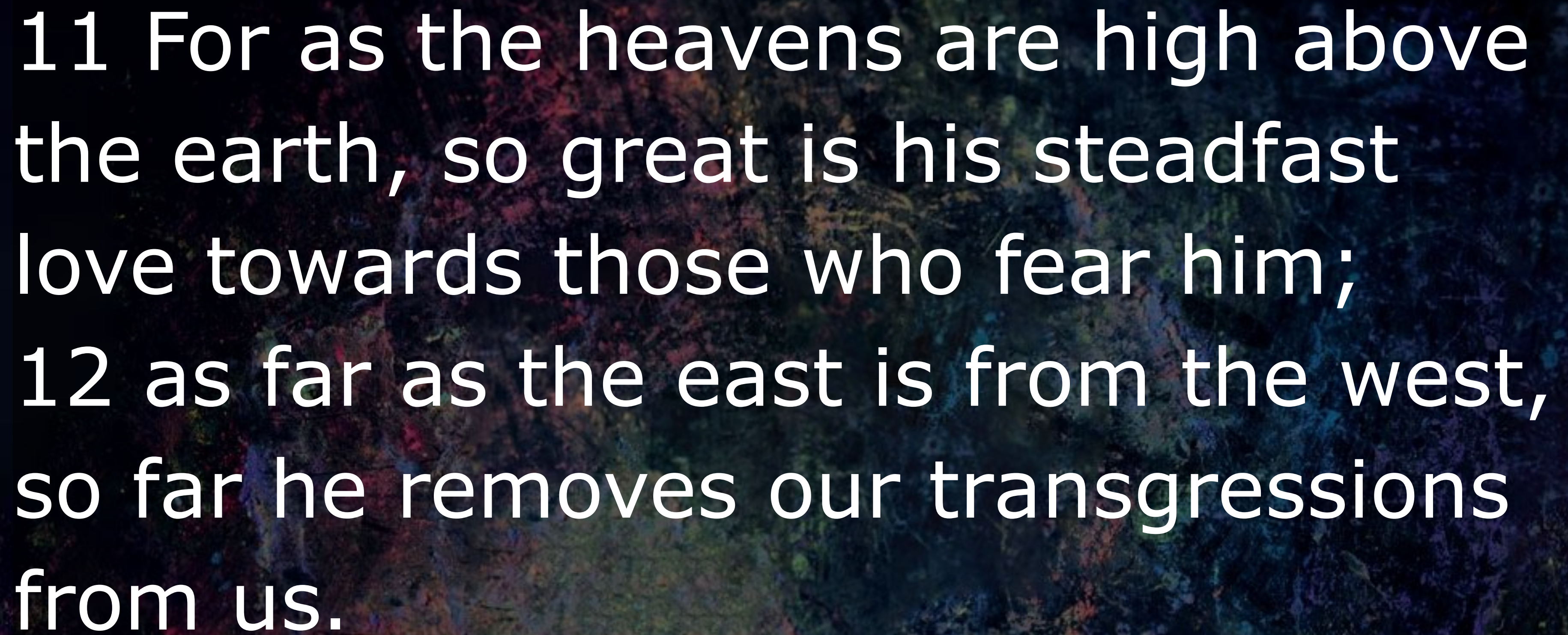
8 The Lord is merciful and gracious,  
slow to anger and abounding in  
steadfast love.

9 He will not always accuse,  
nor will he keep his anger for ever.



10 He does not deal with us according  
to our sins,  
nor repay us according to our  
iniquities.

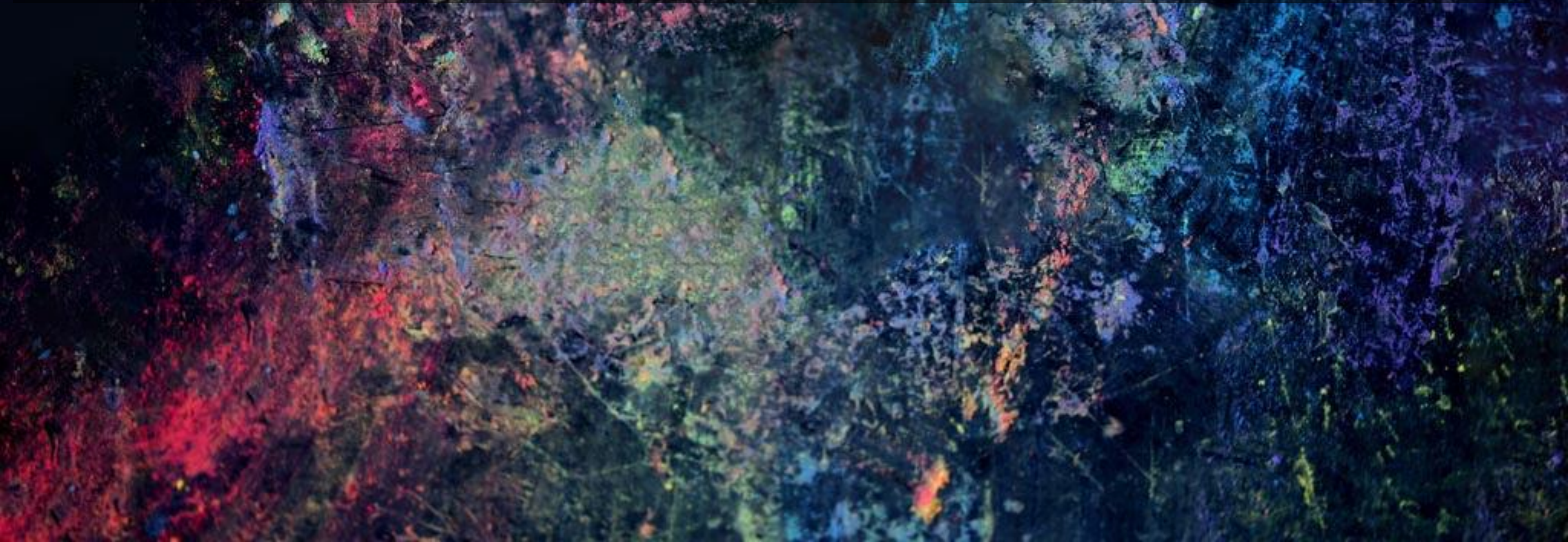




11 For as the heavens are high above  
the earth, so great is his steadfast  
love towards those who fear him;  
12 as far as the east is from the west,  
so far he removes our transgressions  
from us.



13 As a father has compassion for his children, so the Lord has compassion for those who fear him.





14 For he knows how we were made;  
he remembers that we are dust.

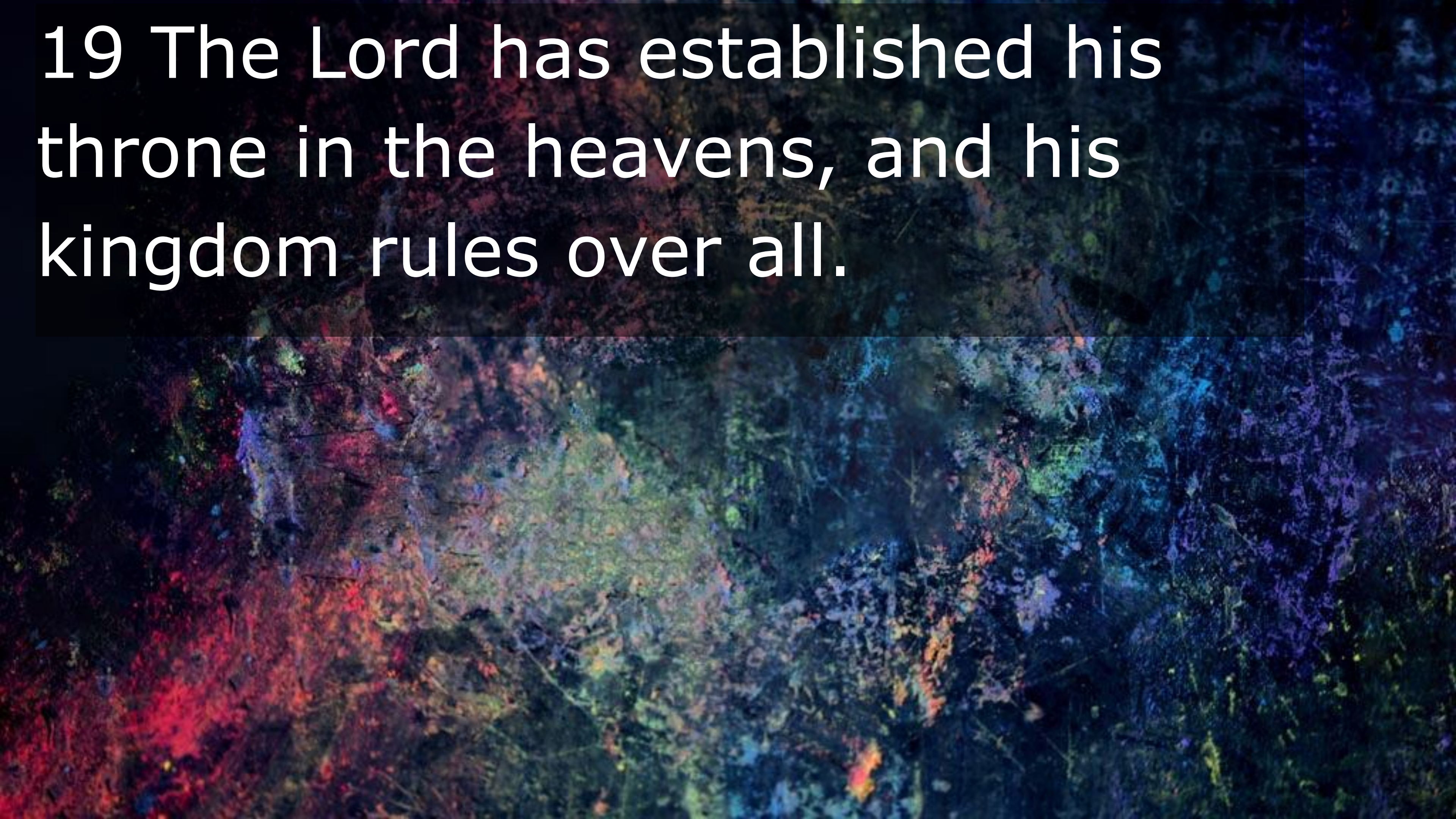
15 As for mortals, their days are like  
grass; they flourish like a flower of the  
field; 16 for the wind passes over it,  
and it is gone, and its place knows it  
no more.



17 But the steadfast love of the Lord  
is from everlasting to everlasting on  
those who fear him, and his  
righteousness to children's children,  
18 to those who keep his covenant  
and remember to do his  
commandments.



19 The Lord has established his throne in the heavens, and his kingdom rules over all.





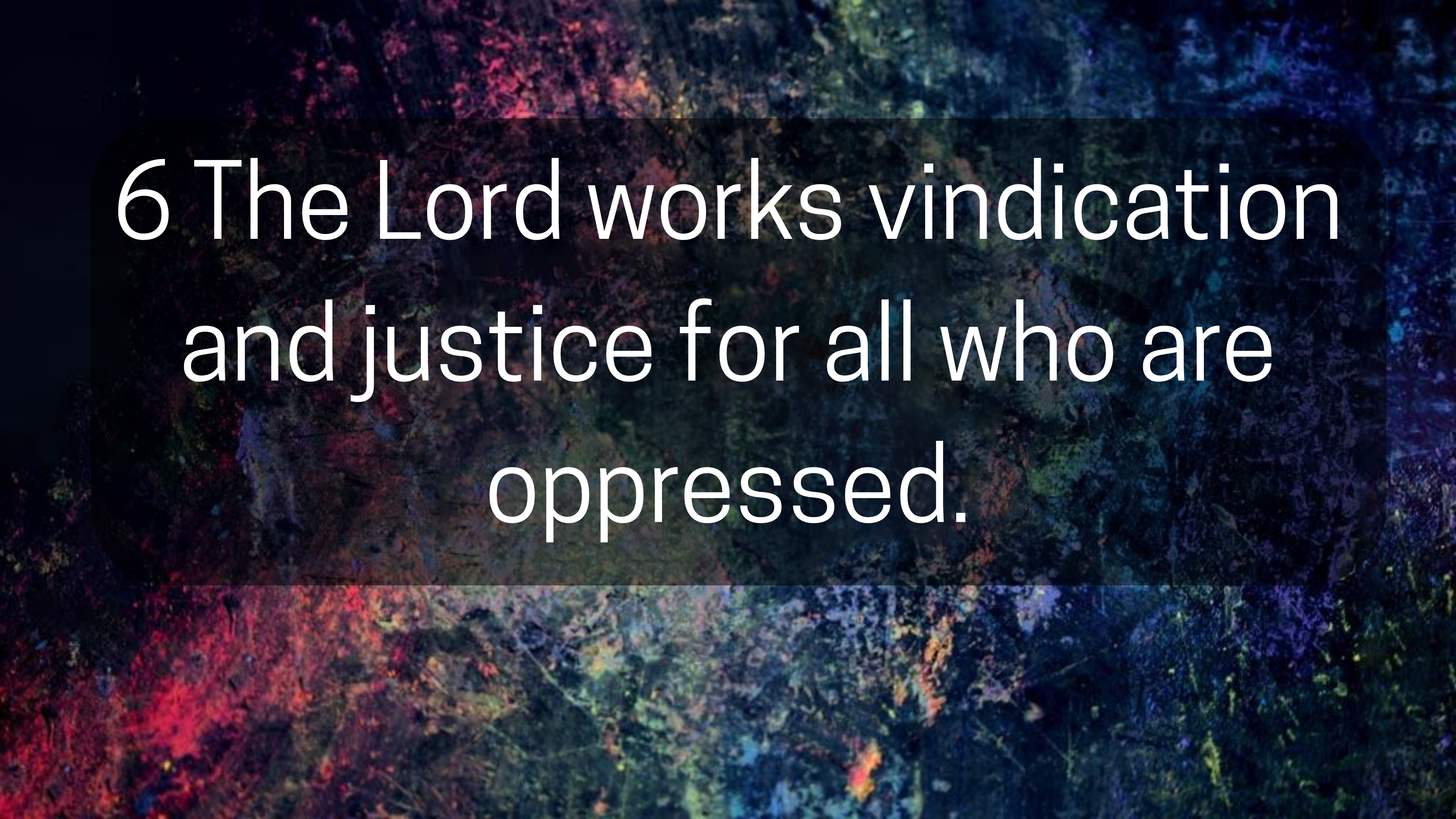
20 Bless the Lord, O you his angels,  
you mighty ones who do his bidding,  
obedient to his spoken word.

21 Bless the Lord, all his hosts, his  
ministers that do his will.

22 Bless the Lord, all his works, in all  
places of his dominion.

Bless the Lord, O my soul.





6 The Lord works vindication  
and justice for all who are  
oppressed.



Whatever our lives are  
centred on points to  
that which we worship.



JONATHAN  
HAIDT

# The Anxious Generation



How the Great Rewiring  
of Childhood is Causing  
an Epidemic of Mental Illness

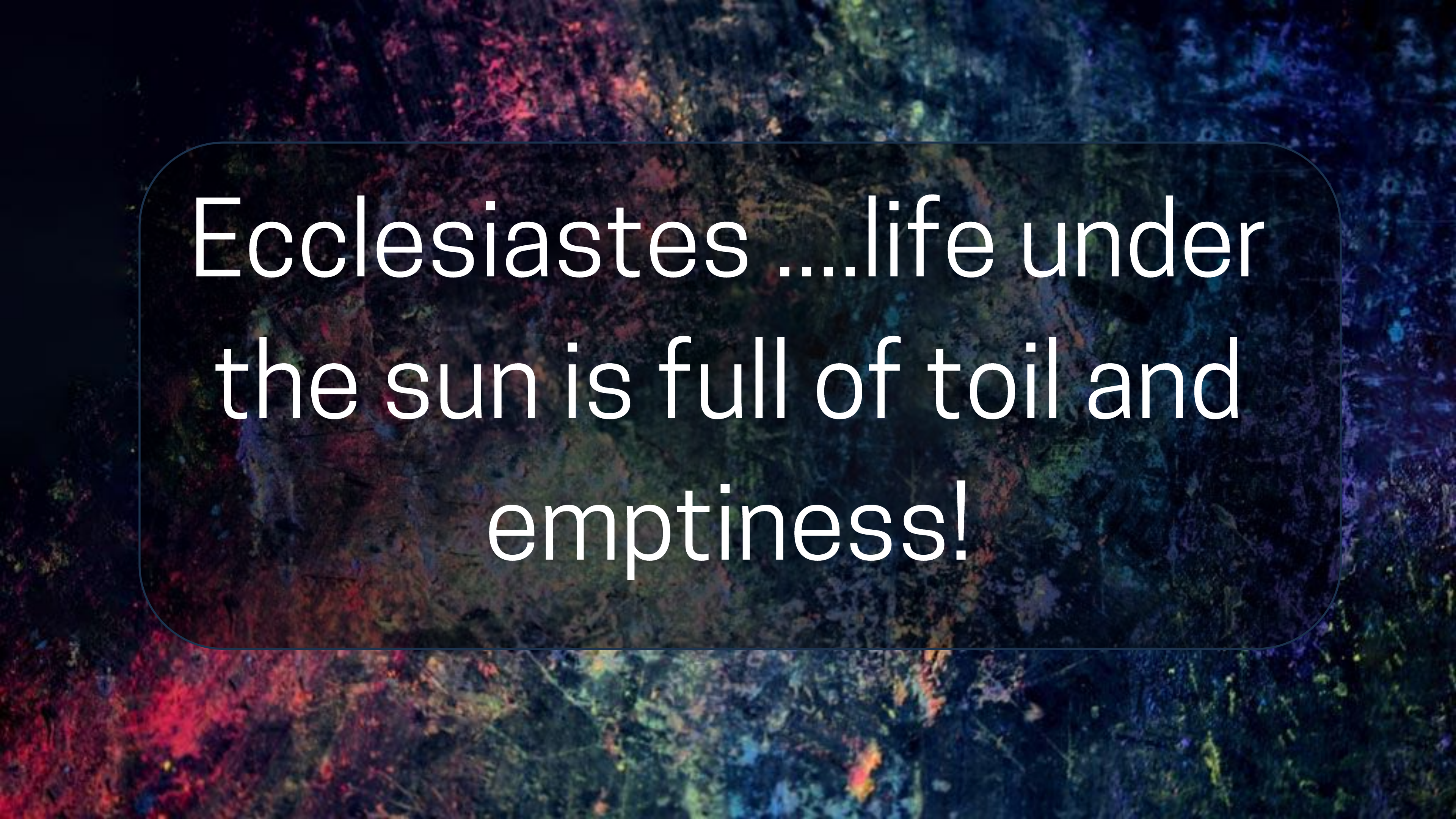




# Tantalus

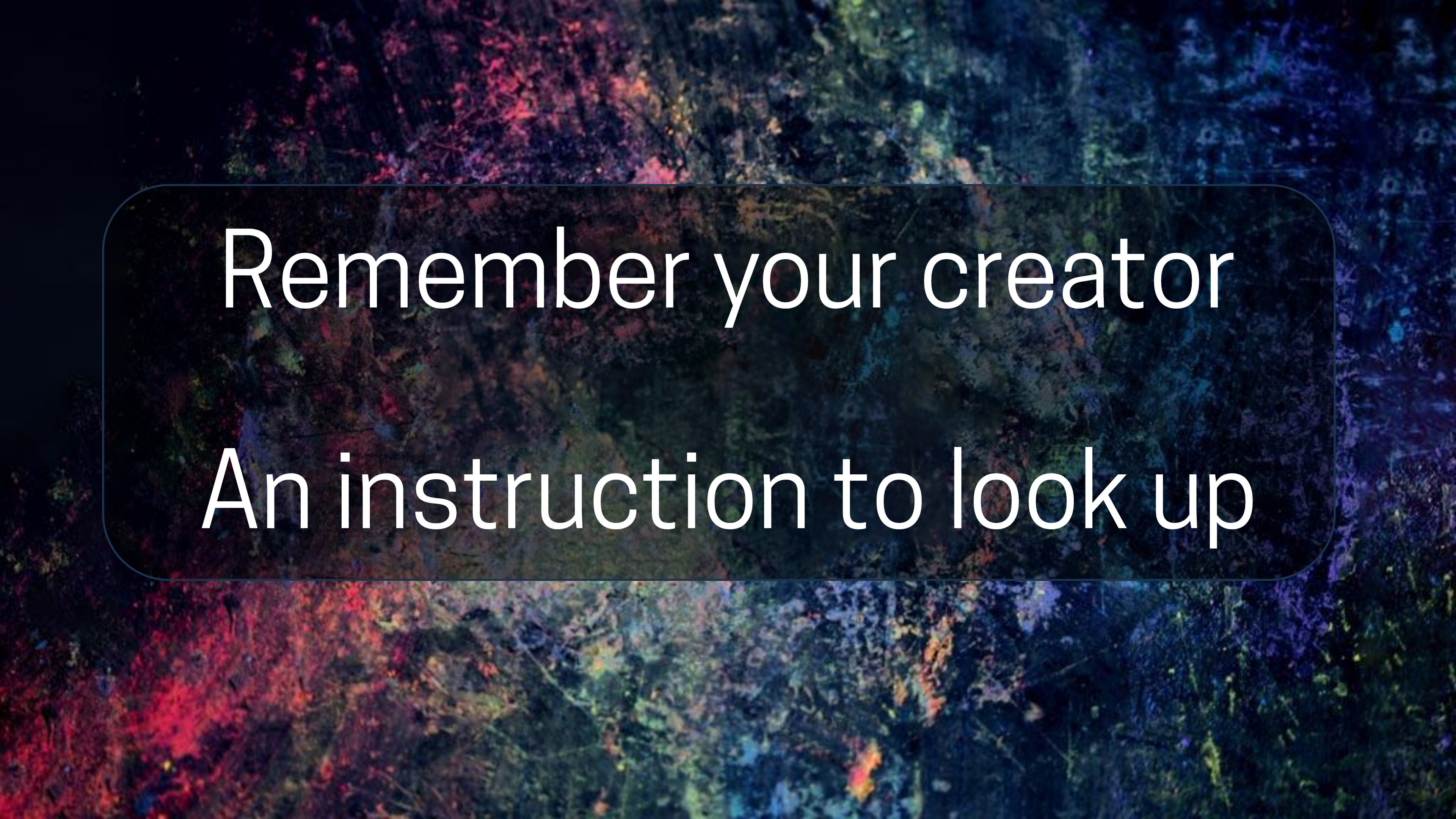






Ecclesiastes ....life under  
the sun is full of toil and  
emptiness!





Remember your creator  
An instruction to look up



The background is a complex, abstract texture. It features a dark blue base color, overlaid with numerous small, irregular patches of vibrant red, magenta, and purple. There are also some lighter, almost white, speckles scattered throughout. The overall effect is reminiscent of a microscopic view of a mineral surface or a close-up of a textured fabric under dramatic lighting.

bless his holy name

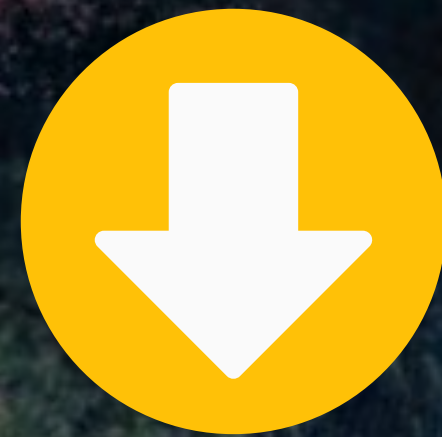




# Bernard of Clairvaux



Loving God for our own blessings



Loving God for God's own sake.



If trials and tribulations continue to come upon us, every time God brings us through, even if our hearts were made of stone, we will begin to be softened because of the grace of the Rescuer. Thus, we begin to love God not merely for our own sakes, but for himself.



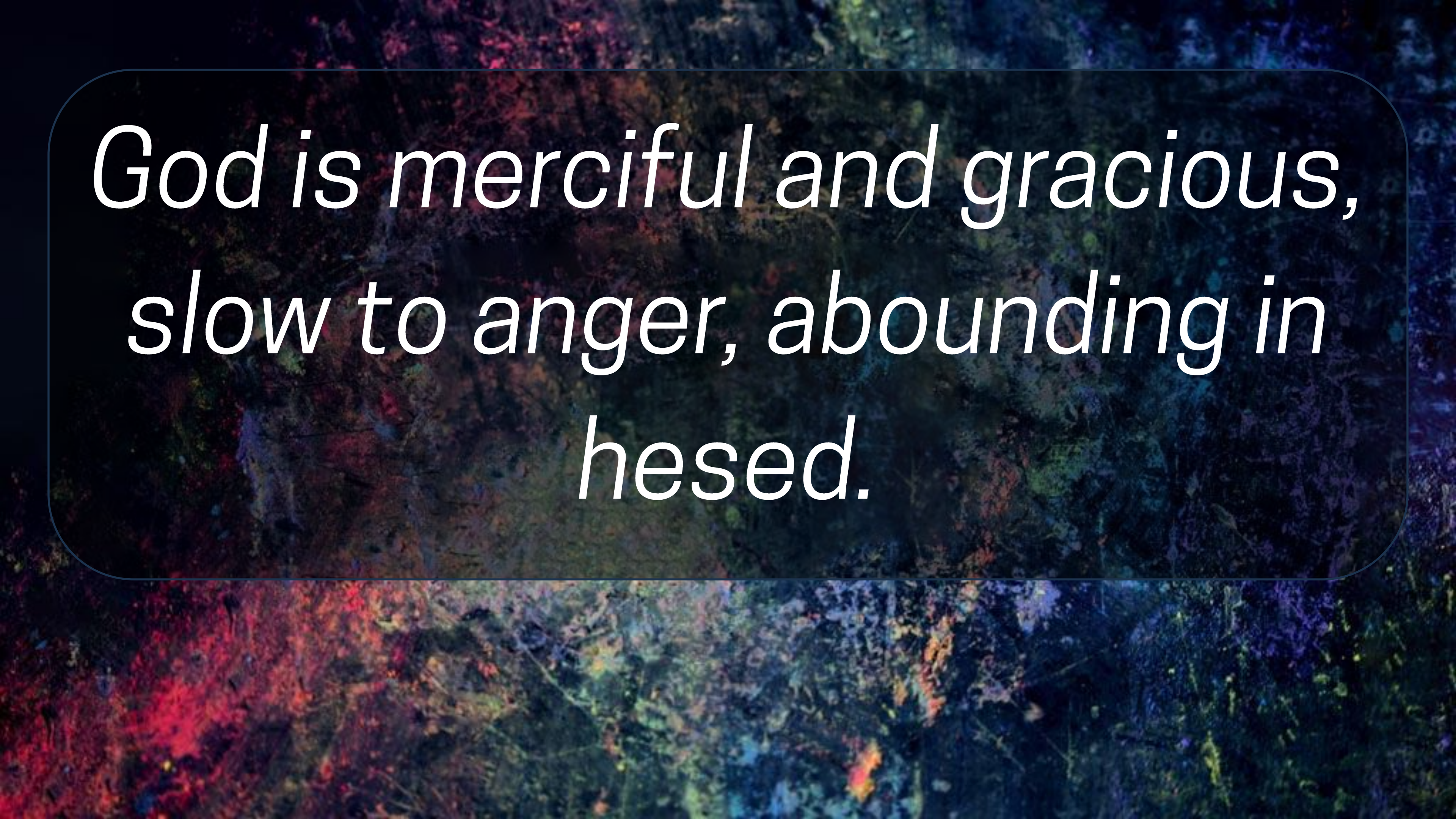
3 who forgives all your iniquity,  
who heals all your diseases,  
4 who redeems your life from the Pit,  
who crowns you with *hesed* and  
mercy,





*Hesed* = steadfast love



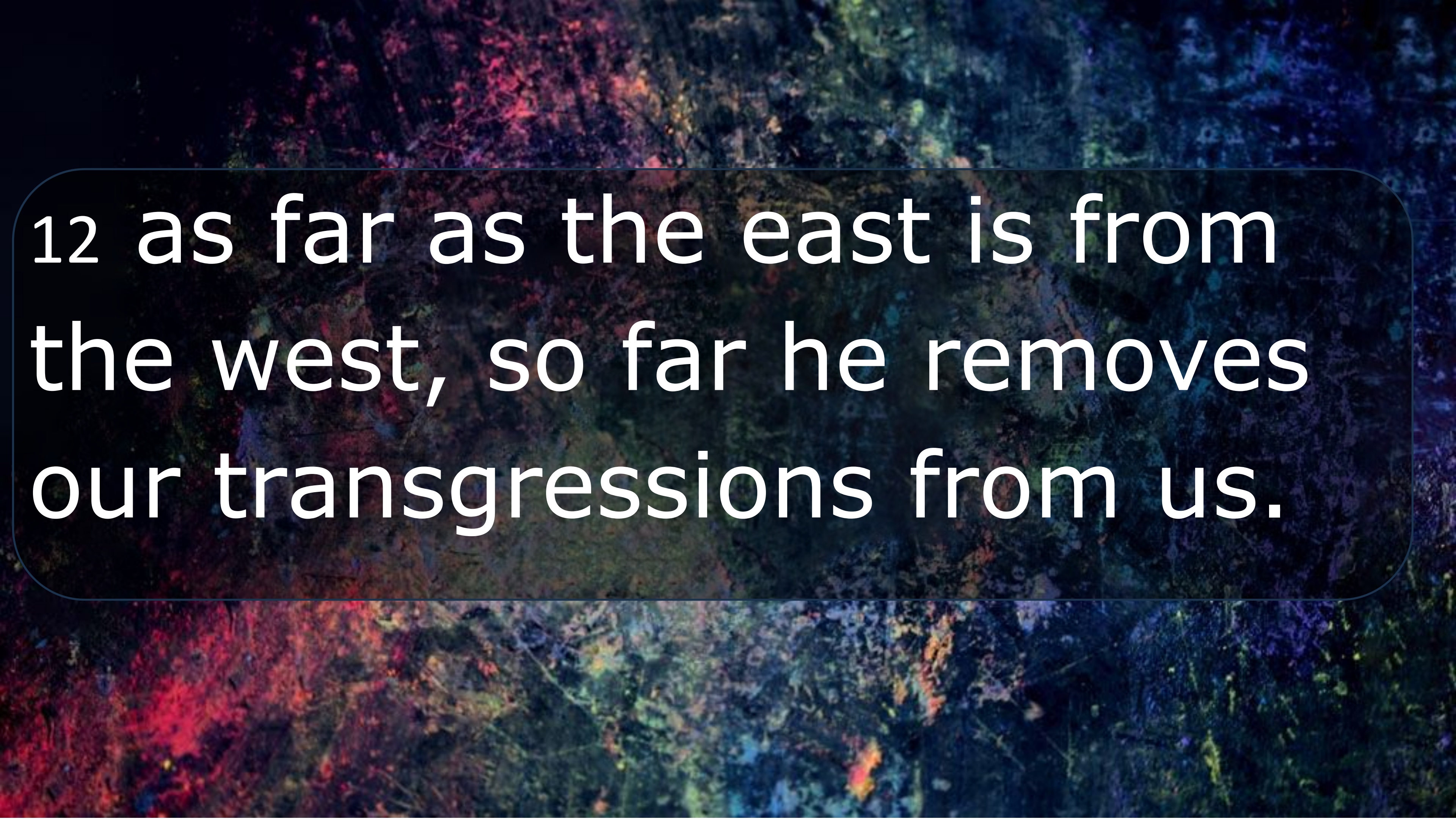


*God is merciful and gracious,  
slow to anger, abounding in  
hesed.*



10 He does not deal with us  
according to our sins, nor  
repay us according to our  
iniquities.





12 as far as the east is from  
the west, so far he removes  
our transgressions from us.

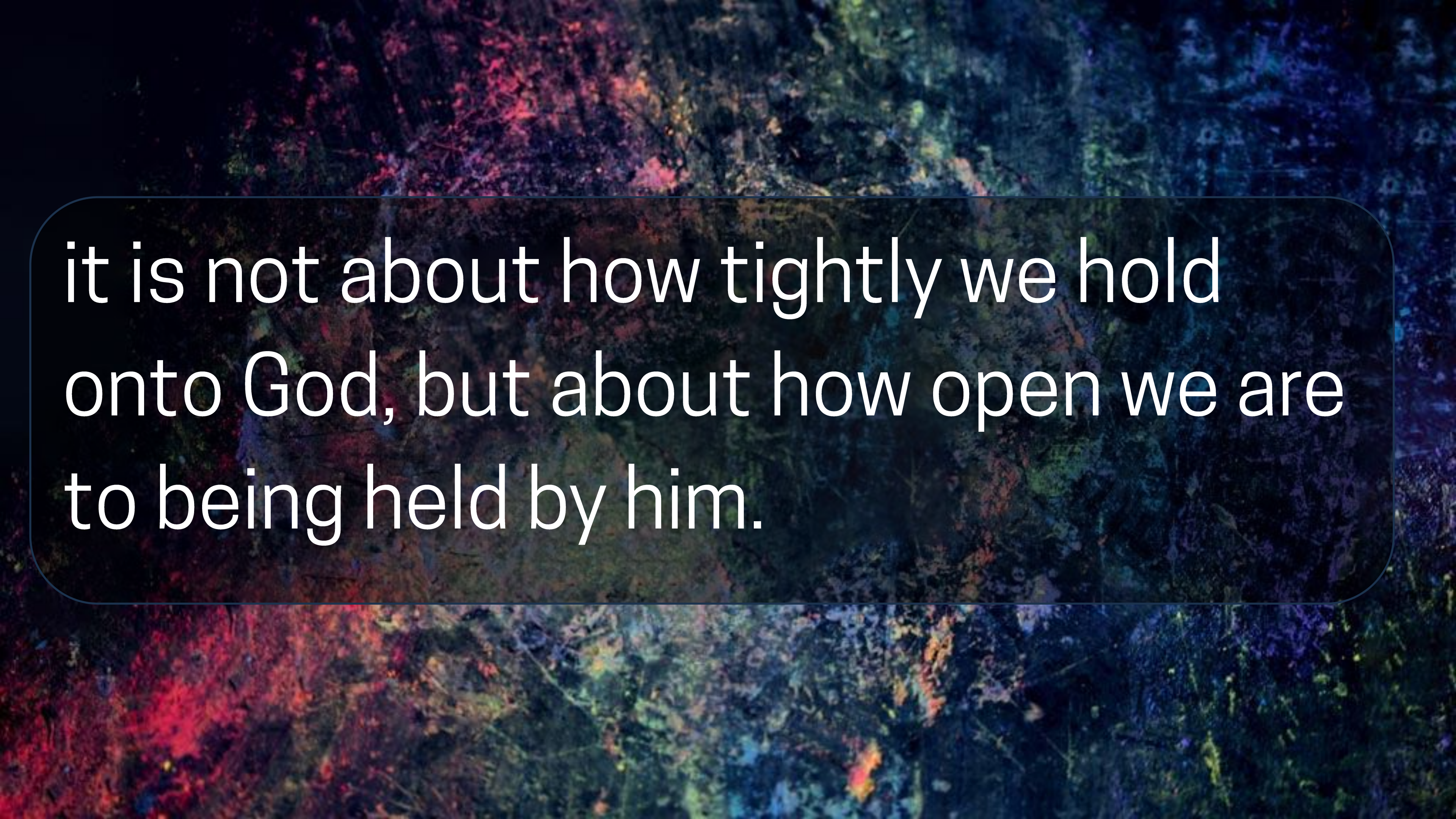


11 For as the heavens are  
high above the earth, so  
great is his steadfast love  
towards those who fear him;



13 As a father has compassion  
for his children, so the Lord has  
compassion for those who fear  
him.





it is not about how tightly we hold  
onto God, but about how open we are  
to being held by him.