

Station 1 — Communal Worship

Psalm 100 (ESV)

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- ¹ Make a joyful noise to the Lord, all the earth!
- ² Serve the Lord with gladness! Come into his presence with singing!
- ³ Know that the Lord, he is God! It is he who made us, and we are his; we are his people, and the sheep of his pasture.
- ⁴ Enter his gates with thanksgiving, and his courts with praise! Give thanks to him; bless his name!
- ⁵ For the Lord is good; his steadfast love endures forever, and his faithfulness to all generations.

⌂ cut here

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Station 2 — Abiding in Jesus

John 15:4–5 (ESV)

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⁴ Abide in me, and I in you. As the branch cannot bear fruit by itself, unless it abides in the vine, neither can you, unless you abide in me.

⁵ I am the vine; you are the branches. Whoever abides in me and I in him, he it is that bears much fruit, for apart from me you can do nothing.

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Station 3 — Taste and See

Matthew 6:25–34 (ESV)

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- ²⁵ “Therefore I tell you, do not be anxious about your life, what you will eat or what you will drink, nor about your body, what you will put on. Is not life more than food, and the body more than clothing?”
- ²⁶ Look at the birds of the air: they neither sow nor reap nor gather into barns, and yet your heavenly Father feeds them. Are you not of more value than they?”
- ²⁷ And which of you by being anxious can add a single hour to his span of life?”
- ²⁸ And why are you anxious about clothing? Consider the lilies of the field, how they grow: they neither toil nor spin,
- ²⁹ yet I tell you, even Solomon in all his glory was not arrayed like one of these.
- ³⁰ But if God so clothes the grass of the field, which today is alive and tomorrow is thrown into the oven, will he not much more clothe you, O you of little faith?”
- ³¹ Therefore do not be anxious, saying, ‘What shall we eat?’ or ‘What shall we drink?’ or ‘What shall we wear?’”
- ³² For the Gentiles seek after all these things, and your heavenly Father knows that you need them all.
- ³³ But seek first the kingdom of God and his righteousness, and all these things will be added to you.
- ³⁴ “Therefore do not be anxious about tomorrow, for tomorrow will be anxious for itself. Sufficient for the day is its own trouble.”

Station 5 — Trust in the Lord

Philippians 4:6–8 (ESV)

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⁶ do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God.

⁷ And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus.

⁸ Finally, brothers, whatever is true, whatever is honorable, whatever is just, whatever is pure, whatever is lovely, whatever is commendable, if there is any excellence, if there is anything worthy of praise, think about these things.

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