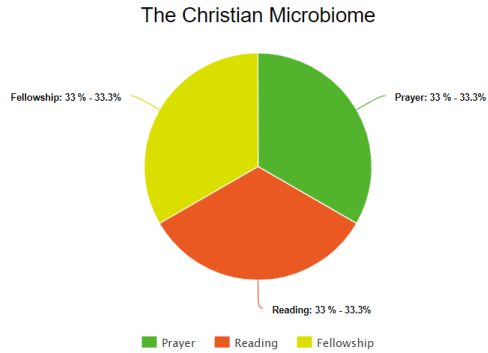


THE CHRISTIAN MICROBIOME



Praying to God:

1 Thessalonians 5:17-18

Rejoice always, 17 pray without ceasing, 18 give thanks in all circumstances; for this is the will of God in Christ Jesus for you.

Reading the Word of God:

2 Timothy 3:16

16 All Scripture is breathed out by God and profitable for teaching, for reproof, for correction, and for training in righteousness,

Fellowship with, in, and for God:

1 Peter 4:8 - 11

Above all, keep loving one another earnestly, since love covers a multitude of sins. 9 Show hospitality to one another without grumbling. 10 As each has received a gift, use it to serve one another, as good stewards of God's varied grace: 11 whoever speaks, as one who speaks oracles of God; whoever serves, as one who serves by the strength that God supplies—in order that in everything God may be glorified through Jesus Christ. To him belong glory and dominion forever and ever. Amen.

PRAYER:

ACTS 16: 20 - 39

22 The crowd joined in attacking them, and the magistrates tore the garments off them and gave orders to beat them with rods. **23** And when they had inflicted many blows upon them, they threw them into prison, ordering the jailer to keep them safely. **24** Having received this order, he put them into the inner prison and fastened their feet in the stocks.

The Philippian Jailer Converted

25 About midnight Paul and Silas were praying and singing hymns to God, and the prisoners were listening to them, **26** and suddenly there was a great earthquake, so that the foundations of the prison were shaken. And immediately all the doors were opened, and everyone's bonds were unfastened. **27** When the jailer woke and saw that the prison doors were open, he drew his sword and was about to kill himself, supposing that the prisoners had escaped. **28** But Paul cried with a loud voice, "Do not harm yourself, for we are all here." **29** And the jailer[a] called for lights and rushed in, and trembling with fear he fell down before Paul and Silas. **30** Then he brought them out and said, "Sirs, what must I do to be saved?" **31** And they said, "Believe in the Lord Jesus, and you will be saved, you and your household." **32** And they spoke the word of the Lord to him and to all who were in his house. **33** And he took them the same hour of the night and washed their wounds; and he was baptized at once, he and all his family. **34** Then he brought them up into his house and set food before them. And he rejoiced along with his entire household that he had believed in God.

1 SAM 22 vs PSALM 142

THE CHRISTIAN MICROBIOME

1sam

David departed from there and escaped to the cave of Adullam. And when his brothers and all his father's house heard it, they went down there to him. 2 And everyone who was in distress, and everyone who was in debt, and everyone who was bitter in soul,[a] gathered to him. And he became commander over them. And there were with him about four hundred men.

Psalms

I cry aloud to the Lord; I lift up my voice to the Lord for mercy. 2 I pour out before him my complaint; before him I tell my trouble. 3 When my spirit grows faint within me, it is you who watch over my way. In the path where I walk people have hidden a snare for me. 4 Look and see, there is no one at my right hand; no one is concerned for me. I have no refuge; no one cares for my life. 5 I cry to you, Lord; I say, "You are my refuge, my portion in the land of the living." 6 Listen to my cry, for I am in desperate need; rescue me from those who pursue me, for they are too strong for me. 7 Set me free from my prison, that I may praise your name. Then the righteous will gather about me because of your goodness to me.

READING

[James 1: 2 – 8](#)

Consider it pure joy, my brothers and sisters,[a] whenever you face trials of many kinds, 3 because you know that the testing of your faith produces perseverance. 4 Let perseverance finish its work so that you may be mature and complete, not lacking anything. 5 If any of you lacks wisdom, you should ask God, who gives generously to all without finding fault, and it will be given to you. 6 But when you ask, you must believe and not doubt, because the one who doubts is like a wave of the sea, blown and tossed by the wind. 7 That person should not expect to receive anything from the Lord. 8 Such a person is double-minded and unstable in all they do.

[James 4: 1 – 10](#)

Submit Yourselves to God

1 What causes fights and quarrels among you? Don't they come from your desires that battle within you? 2 You desire but do not have, so you kill. You covet but you cannot get what you want, so you quarrel and fight. You do not have because you do not ask God. 3 When you ask, you do not receive, because you ask with wrong motives, that you may spend what you get on your pleasures.

4 You adulterous people,[a] don't you know that friendship with the world means enmity against God? Therefore, anyone who chooses to be a friend of the world becomes an enemy of God. 5 Or do you think Scripture says without reason that he jealously longs for the spirit he has caused to dwell in us[b]? 6 But he gives us more grace. That is why Scripture says:

"God opposes the proud
but shows favor to the humble." [c]

7 Submit yourselves, then, to God. Resist the devil, and he will flee from you. 8 Come near to God and he will come near to you. Wash your hands, you sinners, and purify your hearts, you double-minded. 9

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Grieve, mourn and wail. Change your laughter to mourning and your joy to gloom. 10 Humble yourselves before the Lord, and he will lift you up.

ACTING ON THE WORD OF THE LORD

[Exodus 24: 1 – 3](#)

The Covenant Confirmed

24 Then the Lord said to Moses, “Come up to the Lord, you and Aaron, Nadab and Abihu, and seventy of the elders of Israel. You are to worship at a distance, **2** but Moses alone is to approach the Lord; the others must not come near. And the people may not come up with him.”

3 When Moses went and told the people all the Lord’s words and laws, they responded with one voice, “Everything the Lord has said we will do.” **4** Moses then wrote down everything the Lord had said.

FELLOWSHIP WITH EACH OTHER

[Ecclesiastes 4:9-12](#)

Two are better than one, because they have a good reward for their toil. For if they fall, one will lift up his fellow. But woe to him who is alone when he falls and has not another to lift him up! Again, if two lie together, they keep warm, but how can one keep warm alone? And though a man might prevail against one who is alone, two will withstand him—a threefold cord is not quickly broken.

FELLOWSHIP WITH THE WORLD

[Matthew 28:18 - 20](#)

18 And Jesus came and said to them, “All authority in heaven and on earth has been given to me. **19** Go therefore and make disciples of all nations, baptizing them in the name of the Father and of the Son and of the Holy Spirit **20** and teaching them to obey everything that I have commanded you. And remember, I am with you always, to the end of the age.”[a]

[Acts 20:35](#)

35 In everything I did, I showed you that by this kind of hard work we must help the weak, remembering the words the Lord Jesus himself **Acts 20:35**

35 In everything I did, I showed you that by this kind of hard work we must help the weak, remembering the words the Lord Jesus himself said: ‘It is more blessed to give than to receive.’ ”

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