

*Quiet Moments with God*  
*Allow these Quiet Moments to draw you into a time of refreshing,*  
*reflection and rest with the Lord.*

## **Living Well**

### **Reading: Dealing with God**

*How can a young person live a clean life?  
By carefully reading the map of your Word.  
I'm single-minded in pursuit of you;  
don't let me miss the road signs you've posted.  
I've banked your promises in the vault of my heart  
so I won't sin myself bankrupt.  
Be blessed, God;  
train me in your ways of wise living.  
I'll transfer to my lips  
all the counsel that comes from your mouth;  
I delight far more in what you tell me about living  
than in gathering a pile of riches.  
I ponder every morsel of wisdom from you,  
I attentively watch how you've done it.  
I relish everything you've told me of life,  
I won't forget a word of it.  
Help me understand these things inside and out  
so I can ponder your miracle-wonders.  
Psalm 119:9-16, 27 MSG*

### **Song: O Lord, My Rock and My Redeemer. Sovereign Grace Music**

*(Lyrics on page 2&3)*

O Lord, My Rock and My Redeemer  
Sovereign Grace Music

O Lord, my Rock and my Redeemer  
Greatest treasure of my longing soul  
My God, like You there is no other  
True delight is found in You alone

Your grace, a well too deep to fathom  
Your love exceeds the heaven's reach  
Your truth, a fount of perfect wisdom  
My highest good and my unending need

O Lord, my Rock and my Redeemer  
Strong defender of my weary heart

My sword to fight the cruel deceiver  
And my shield against his hateful darts

My song, when enemies surround me  
My hope, when tides of sorrow rise  
My joy, when trials are abounding  
Your faithfulness, my refuge in the night

O Lord, my Rock and my Redeemer  
Gracious Savior of my ruined life  
My guilt and cross laid on Your shoulders  
In my place You suffered bled and died

You rose, the grave and death are conquered  
You broke my bonds of sin and shame  
You rose, the grave and death are conquered  
You broke my bonds of sin and shame

O Lord, my Rock and my Redeemer  
May all my days bring glory to Your Name  
May all my days bring glory to Your Name

Songwriter: Nathan Stiff

*21 January 2026*