

# worship

Fixing our Eyes on Jesus and His Love



**Grab a booklet to guide you through this experience**, there are two activities to engage with: writing a Psalm & creating a beloved charter.



**Using the names of God found in the booklet, & inspired by the objects in front of you, create a Psalm of worship** declaring God's character, thanking Him for who He is & what He has done.



**Using the key verses from Scripture** that express the way God values our lives & loves us dearly, **create a beloved charter.**

When we put together a personal Beloved Charter, it helps us see ourselves through the eyes of our loving God & begin to feel about ourselves the way God feels. Write it as God speaking to you, and always begin with your name. See the booklet for examples & more info.



## **A little extra:**

- Take a booklet home to finish or to spend more time meditating on who God is & what He calls you.
- Try saying your Psalm & charter once a week for three months, see what it does to your heart and mind!

## **FATHER/YAHWEH**

My Father (Psalm 89:26)  
My Deliverer (Psalm 40:17)  
My Defence (Psalm 94:22)  
The Most High (Psalm 9:2)  
A Potter (Jeremiah 18)  
Judge (Genesis 18:25)  
A Husband (Isaiah 54:5)  
Lover (Song of Solomon)  
A Parent (Hosea 11:3-4)  
Sovereign (Isaiah 61:1)  
Creator (Genesis 14:19)  
Love (1 John 4:8,16)  
My Song (Isaiah 12:2)  
The Path of Life (Psalm 16:11)  
Gardener (John 15:1)  
A Place of Refuge (Isaiah 4:6)  
My glory (Psalm 3:3)  
Portion (Psalm 119:57)  
Fortress (Psalm 59:16)  
Mighty in battle (Psalm 24:8)  
Holy (Leviticus 11:44)  
A Shield (Psalm 18:2,30)  
Mother Bear (Hosea 13:8)  
Comforter (2 Corinthians 1:3)  
A Woman in labour (Isaiah 42:14)  
A Midwife (Psalm 22:9-10, Isaiah 66:7-11)  
A Woman giving birth (Deuteronomy 32:18)  
A nursing Mother (Isaiah 49:15, Numbers 11:12-13)  
Master (Malachi 1:6, Matthew 23:8, 10:24)  
A Mother Eagle (Deuteronomy 32:10-12)  
Water (Isaiah 55:1, John 7:38-39)  
The Strength of my life (Psalm 27:1)  
The First and Last (Isaiah 44:6)  
The Rock (Psalm 18:31, Isaiah 44:8, Genesis 49:24)  
Good (Psalm 34:8, 119:68, Mark 10:18)  
Faithful (Deuteronomy 7:9)  
Light (Psalm 27:1, 1 John 1:5)  
Strong Tower (Proverbs 18:10)

## **JESUS**

Counselor (Isaiah 9:6)

My helper (Hebrews 13:6)

King of Peace (Hebrews 7:2)

Physician (Luke 4:23)

King of Kings (Revelation 19:16)

Saviour (Titus 2:13)

A Man of Sorrows (Isaiah 53:3)

Friend (John 15:14)

Good Shepherd (John 10:11,14)

Brother (Mark 3:35)

The Way (John 14:6)

Word (John 1:1)

A Refiner's Fire (Malachi 3:2)

Gate (John 10:7)

Hen (Matthew 23:37)

Creator (John 1)

Our Hope (1 Timothy 1:1)

A Vine (John 15)

Lamb (John 1:29)

Lion (Revelation 5:5)

Living Bread (John 6:51)

The Door (John 10:7, 9)

The Life (John 14:6)

The Truth (John 14:6)

Faithful and True (Revelation 19:11)

The First and Last (Revelation 22:13)

Our Peace (Ephesians 2:14, Colossians 3:15)

Our Righteousness (1 Corinthians 1:30)

Chief Cornerstone (Ephesians 2:20)

Rising Sun (Luke 1:78, Isaiah 60:1-2)

Sun of Righteousness (Malachi 4:2)

Bridegroom (Matthew 25:1-13, Revelation 19:7, 21:2)

Author and Perfector of our faith (Hebrews 12:2)

King of Righteousness (Hebrews 7:2)

Passover Lamb (1 Corinthians 5:7)

The Resurrection and Life (John 11:25)

The fulfillment of the law (Matthew 5:17, Romans 10:4)

## **HOLY SPIRIT**

Teacher (1 John 2:27)

My guide (John 16:13)

Counselor (John 14:16-17, 26)

Spirit of Truth (John 15:26, 16:13-14)

Spirit of Grace (Hebrews 10:29)

Spirit of Adoption (Romans 8:15)

Spirit of Wisdom and Revelation (Ephesians 1:17)

Spirit of Life (Romans 8:2)

Spirit of Glory (1 Peter 4:14)

Eternal Spirit (Hebrews 9:14)

Good Spirit (Nehemiah 9:20, Psalm 143:10)

Spirit of Wisdom and Understanding (Isaiah 11:2)

Spirit of Counsel and Power (Isaiah 11:2)

Spirit of Knowledge/ fear of the Lord (Isaiah 11:2)

Dove (Matthew 3:16)

Water (John 7:37-39, Isaiah 44:3)

Wind (John 3:8, Acts 2:2-4)

Anointing Oil (Luke 4:18, 1 John 2:20, 27, Acts 10:38)

Fire (Acts 2:3, Hebrews 12:29)

A Seal (Ephesians 1:13, 4:30, 2 Corinthians 1:22)

A Deposit (2 Corinthians 1:22, 5:5, Ephesians 1:14)

# BELOVEDNESS CHARTER

Taken from 'Seeking God' by Trevor Hudson

How can we come to know that we are God's beloved in a more personal way? One of the best ways is to spend some time regularly meditating on God's personal love in Scripture, and to ask the Holy Spirit to make it more real for us. Throughout the Bible there are many verses that underline the fact of our belovedness. When we put together what I like to call our personal Beloved Charter, it helps us see ourselves through the eyes of our loving God and begin to feel about ourselves the way God feels. With hearts and minds, we begin to see that God is recklessly in love with each one of us, that the divine Lover is interested in everything we do, and that God has unique purposes for our one life here on earth.

To give you some idea of what a Beloved Charter could look like, here is Sophie's:

*Sophie, my dear friend*

*I love you and cherish you*

*You are my delight.*

*You are mine and you have all that is mine*

*You have never been or will ever be forgotten. I see you.*

*I am always with you. Even on your darkest day when you feel unlovable, I love to embrace you and collect every tear.*

*I am the joyful giver and you are the beloved recipient.*

*You lack nothing and have all you need.*

*You are safe and protected in my love.*

*My grace is sufficient for you in every moment.*

*You are full of purpose and capable to carry my hope, love, strength and godliness*

*I am proud to call you my vessel, to be seen in and with you.*



Genesis 1:27

So God created man in his own image, in the image of God he created him; male and female he created

Psalms 139:13-16

For you formed my inward parts; you knitted me together in my mother's womb. I praise you, for I am fearfully and wonderfully made. Wonderful are your works; my soul knows it very well. My frame was not hidden from you, when I was being made in secret, intricately woven in the depths of the earth. Your eyes saw my unformed substance; in your book were written, every one of them, the days that were formed for me, when as yet there was none of them.

Ephesians 2:4-9

But God, being rich in mercy, because of the great love with which he loved us, even when we were dead in our trespasses, made us alive together with Christ—by grace you have been saved— and raised us up with him and seated us with him in the heavenly places in Christ Jesus, so that in the coming ages he might show the immeasurable riches of his grace in kindness toward us in Christ Jesus. For by grace you have been saved through faith. And this is not your own doing; it is the gift of God ...

Matthew 6:25-34

"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? 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? And which of you by being anxious can add a single hour to his span of life? And why are you anxious about clothing? Consider the lilies of the field, how they grow: they neither toil nor spin, yet I tell you, even Solomon in all his glory was not arrayed like one of these...

Luke 12:6-7

Are not five sparrows sold for two pennies? And not one of them is forgotten before God. Why, even the hairs of your head are all numbered. Fear not; you are of more value than many sparrows.

Romans 5:8

But God shows his love for us in that while we were still sinners, Christ died for us.

Isaiah 49:15-16

"Can a woman forget her nursing child, that she should have no compassion on the son of her womb? Even these may forget, yet I will not forget you. Behold, I have engraved you on the palms of my hands; your walls are continually before me.

Psalms 62:5

For God alone, O my soul, wait in silence, for my hope is from him.

2 Corinthians 12:9

But he said to me, "My grace is sufficient for you, for my power is made perfect in weakness." Therefore, I will boast all the more gladly of my weaknesses, so that the power of Christ may rest upon me.

John 3:16

"For God so loved the world, that he gave his only Son, that whoever believes in him should not perish but have eternal life.

Romans 8:28

And we know that for those who love God all things work together for good, for those who are called according to his purpose.

Titus 3:4-7

But when the goodness and loving kindness of God our Savior appeared, he saved us, not because of works done by us in righteousness, but according to his own mercy, by the washing of regeneration and renewal of the Holy Spirit, whom he poured out on us richly through Jesus Christ our Savior, so that being justified by his grace we might become heirs according to the hope of eternal life.

Hebrews 4:16

Let us then with confidence draw near to the throne of grace, that we may receive mercy and find grace to help in time of need.

Romans 5:6-8

For while we were still weak, at the right time Christ died for the ungodly. For one will scarcely die for a righteous person—though perhaps for a good person one would dare even to die— but God shows his love for us in that while we were still sinners, Christ died for us.

Romans 8:1-39

There is therefore now no condemnation for those who are in Christ Jesus. For the law of the Spirit of life has set you free in Christ Jesus from the law of sin and death.

John 1:12

But to all who did receive him, who believed in his name, he gave the right to become children of God...

2 Peter 1:3

His divine power has granted to us all things that pertain to life and godliness, through the knowledge of him who called us to his own glory and excellence ....

John 15:15

No longer do I call you servants, for the servant does not know what his master is doing; but I have called you friends, for all that I have heard from my Father I have made known to you.

John 1:9

If we confess our sins, he is faithful and just to forgive us our sins and to cleanse us from all unrighteousness.

Romans 8:32

He who did not spare his own Son but gave him up for us all, how will he not also with him graciously give us all things?

2 Corinthians 5:17

Therefore, if anyone is in Christ, he is a new creation. The old has passed away; behold, the new has come.

Ephesians 2:10

For we are his workmanship, created in Christ Jesus for good works, which God prepared beforehand, that we should walk in them.

Zephaniah 3:17

The Lord your God is in your midst, a mighty one who will save; he will rejoice over you with gladness; he will quiet you by his love; he will exult over you with loud singing.

Isaiah 41:10-24

Fear not, for I am with you; be not dismayed, for I am your God; I will strengthen you, I will help you, I will uphold you with my righteous right hand.

Psalms 8:1-9

When I look at your heavens, the work of your fingers, the moon and the stars, which you have set in place, what is man that you are mindful of him, and the son of man that you care for him? Yet you have made him a little lower than the heavenly beings and crowned him with glory and honor.

Ephesians 3:20

Now to him who is able to do far more abundantly than all that we ask or think, according to the power at work within us ...

Romans 8:35

Who shall separate us from the love of Christ? Shall tribulation, or distress, or persecution, or famine, or nakedness, or danger, or sword?

Song of Solomon 2:4

He brought me to the banqueting house, and his banner over me was love.

*Or you any other verses that have been significant for you.*



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**MY PSALM:**

# worship

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**MY BELOVED CHARTER:**