

1. Welcome
2. Scripture
  - a. Lamentations 3:17-26
3. Prayer
  - a. Father God, some of us identify with the opening words of this passage: in light of the coronavirus pandemic, our peace is gone, and in light of the crashing stock market, we have lost our great expectations of prosperity. May these words remind us this morning that we are not alone. Throughout history, your people, whom you have loved, have faced difficult circumstances. Help us, like Jeremiah, the author of this book, turn our gaze ever more intently upon you during these days of pandemic, during this Lenten season of renewal, and say with him: “Our hope is not in our health, nor in our prosperity, but in our God, who is our portion forever.” You, O Lord, are our everything, our all-in-all, the true treasure of our hearts, and we worship you this morning. Truly, your mercies are new every morning. Great is your faithfulness. We put our hope in you, Lord. In Jesus’ name, amen.
4. Worship through Song
  - a. "Your Love O Lord"
5. Children’s Message
6. Worship through Song
  - a. "Tis So Sweet to Trust in Jesus"
7. Scripture
  - a. 1 Corinthians 11:23-34
8. Sermon
9. Worship through Self-Examination
  - a. "Sanctuary" (Trumpet Duet)
  - b. Consider these Scriptures for your meditation:
    - i. 2 Corinthians 13:5a, “Examine yourselves to see whether you are in the faith; test yourselves. Do you not realize that Christ Jesus is in you?”
    - ii. Lamentations 3:40, “Let us examine our ways and test them, and let us return to the LORD.”
10. Worship through Song
  - a. "Give Us Clean Hands"
11. Closing Prayer and Benediction
  - a. Father God, we pray that we might obey your Word this week, by setting aside time to examine ourselves. Let us not be people who merely hear the Word and do nothing about it. As we do examine ourselves, Lord, we pray that you would reveal our sins to us. We pray that you would give us a spirit of humility, that in seeing our sins, we might not proudly defend ourselves and our ways, but admit that we were wrong, and commit ourselves to you and your ways again. We pray, Lord, that you would protect us from self-loathing as we see the dark parts of our hearts. Instead, as we see the depths of our sin, help us marvel at the wonders of your grace and love for us, and rejoice that all our sins were nailed to the cross,

and that we bear them no more. Father, we pray, increasingly conform us to the image of Christ. Let us be more and more like him. Not because we need to be perfect to earn our way to heaven. Jesus already did that for us. Not because we need to be perfect for you to love us. You love us now. We simply want to be like Jesus, because we want to please you. We want our lives to be an offering of worship to you, our most Gracious God, our Eternal Father, our Savior and King, our Everything. Praise be to our God! Amen!

- b. [Rom. 15:5-6](#) - May the God of endurance and encouragement grant you to live in such harmony with one another, in accord with Christ Jesus, that together you may with one voice glorify the God and Father of our Lord Jesus Christ.

Additional Resource: Consider watching the following three-minute video from pastor/counselor/author Paul Tripp about self-examination (introspection). He cautions us to not to indulge in sinful introspection, where deeply looking at the dark parts of our hearts and lives moves us to excessive guilt, depression, and even self-loathing. What's the alternative? It is NOT ignoring the dark parts of our lives, pretending they're not there, or pretending they're not really that bad. The alternative, the right kind of introspection (self-examination), is when we remember that all our sins are already paid for by the blood of Jesus. Every sin we see in ourselves is another opportunity for worshipping God, thanking him for his grace to us, and worshipping him through our repentance. The right kind of introspection will NOT lead us to hate ourselves, but will lead us to increasingly love GOD more.

<https://www.thegospelcoalition.org/article/paul-tripp-right-kind-introspection/>