

### ROCK OF RALLYING PSALMS 98

Sing to the LORD a new song,
for he has done marvelous things;
his right hand and his holy arm
have worked salvation for him.

The LORD has made his salvation known
and revealed his righteousness to the
nations.

3He has remembered his love and his faithfulness to the house of Israel:

all the ends of the earth have seen the salvation of our God.

Shout for joy to the LORD, all the earth, burst into jubilant song with music:

Smake: music to the LORD with the harp, with the harp and the sound of singing.

with trumpets and the blast of the ram's

shout for joy before the LORD, the King.

The the sea resound, and everything in it, the world, and all who live in it.

Let the rivers clap their hands, let the mountains sing together for joy; let them sing before the LORD, for he comes to judge the earth. He will judge the world in righteousness and the peoples with equity.

1 Cor 3:1-23

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#### SATURDAY ROCK OF READINESS PSALM 144

Of David.

Praise be to the LORD, my Rock, who trains my hands for war. my fingers for battle. <sup>2</sup>He is my loving God and my fortress. my stronghold and my deliverer. my shield, in whom I take refuge. who subdues peoplesa under me.

3O Lord, what is man that you care for him.

the son of man that you think of him? 4Man is like a breath: his days are like a fleeting shadow

<sup>5</sup>Part your heavens, O Lord, and come down; touch the mountains, so that they

smoke. Send forth lightning and scatter the

enemies; shoot your arrows and rout them. Reach down your hand from on high; deliver me and rescue me from the mighty waters, from the hands of foreigners

8whose mouths are full of lies, whose right hands are deceitful. 9I will sing a new song to you, O God; on the ten-stringed lyre I will make music to you.

10to the One who gives victory to kings. who delivers his servant David from the deadly sword.

11 Deliver me and rescue me from the hands of foreigners whose mouths are full of lies, whose right hands are deceitful.

12Then our sons in their youth will be like well-nurtured plants. and our daughters will be like pillars carved to adorn a palace.

13Our barns will be filled with every kind of provision. Our sheep will increase by thousands.

by tens of thousands in our fields: our oxen will draw heavy loads. There will be no breaching of walls. no going into captivity, no cry of distress in our streets.

15Blessed are the people of whom this is true:

blessed are the people whose God is the LORD.

John 8:1-11

Today I Learned...

I worked towards my goal by ...

#### SUNDAY ROCK OF REFUGE PSALM 18

For the director of music. Of David the servant of the LORD. He sang to the LORD the words of this song when the LORD delivered him from the hand of all his enemies and from the hand of Saul. He said:

1I love you, O Lord, my strength.
 2The Lord is my rock, my fortress and my deliverer;
 my God is my rock, in whom I take refuge.
 He is my shield and the horn of my salvation, my stronghold.
 3I call to the Lord, who is worthy of praise.
 and I am saved from my enemies.

30As for God, his way is perfect; the word of the Lord is flawless. He is a shield for all who take refuge in him.
31 For who is God besides the Lord? And who is the Rock except our God?
22It is God who arms me with strength and makes my way perfect.
33He makes my feet like the feet of a deer: he enables me to stand on the heights.
34He trains my hands for battle: my arms can bend a bow of bronze.
35 You give me your shield of victory, and your right hand sustains me; you stoop down to make me great.
36 You broaden the path beneath me, so that my ankles do not turn.

Matt. 7:24-29

In Worship I...

The Climb Today was...

I Worked on my Goal by...

# ROCK OF REDEMPTION PSALM 40

I waited patiently for the LORD; he turned to me and heard my cry. He lifted me out of the slimy pit, out of the mud and mire; he set my feet on a rock and gave me a firm place to stand. He put a new song in my mouth, a hymn of praise to our God. Many will see and fear and put their trust in the LORD.

\*Blessed is the man who makes the Lord his trust, who does not look to the proud, to those who turn aside to false gods. \*

5Many, O Lord my God, are the wonders you have done.

The things you planned for us no one can recount to you; were I to speak and tell of them, they would be too many to declare.

\*Sacrifice and offering you did not decise.

of sacrifice and offering you did not desire, but my ears you have pierced bet, burnt offerings and sin offerings you did not require.

Then I said, "Here I am, I have come it is written about me in the scroll.d I desire to do your will, O my God; your law is within my heart."

9I proclaim righteousness in the great assembly; I do not seal my lips,

as you know, O LORD.

10I do not hide your righteousness in my

heart;
I speak of your faithfulness and salvation.

I do not conceal your love and your truth from the great assembly.

<sup>11</sup>Do not withhold your mercy from me, O LORD; may your love and your truth always

protect me.

12For troubles without number surround me; my sins have overtaken me, and I

cannot see.

They are more than the hairs of my

head, and my heart fails within me.

<sup>13</sup>Be pleased, O LORD, to save me;
 O LORD, come quickly to help me.
 <sup>14</sup>May all who seek to take my life be put to shame and confusion;
 may all who desire my ruin
 be turned back in diseases.

be turned back in disgrace.

SMay those who say to me, "Aha! Aha!" be appalled at their own shame.

leBut may all who seek you rejoice and be glad in you; may those who love your salvation always say.

"The Lord be exalted!"

17Yet I am poor and needy; may the Lord think of me. You are my help and my deliverer; O my God, do not delay.

1 Cor 10:1-13

On the trail today, I learned...

I worked on my goal by...

#### TUESDAY ROCK OF RESTING PSALM 62

 My soul finds rest in God alone; my salvation comes from him.
 He alone is my rock and my salvation; he is my fortress, I will never be shaken.

Shaken.

3How long will you assault a man?
Would all of you throw him down—
this leaning wall, this tottering fence?

4They fully intend to topple him
from his lofty place;
they take delight in lies.
With their mouths they bless,
but in their hearts they curse.

5Find rest, O my soul, in God alone;
my hope comes from him.

6He alone is my rock and my salvation;

he is my fortress. I will not be shaken.

My salvation and my honor depend on

Godd:

9Lowborn men are but a breath, the highborn are but a lie; if weighed on a balance, they are nothing; together they are only a breath. 10Do not trust in extortion or take pride in stolen goods; though your riches increase, do not set your heart on them. 11One thing God has spoken, two things have I heard; that you, O God, are strong, 12 and that you, O Lord, are loving. Surely you will reward each person

according to what he has done.

he is my mighty rock, my refuge.

Selah

8Trust in him at all times. O people;

pour out your hearts to him, for God is our refuge.

Matt. 4:1-11

I saw patience today when...

Today Repelling was...

Iworked on my goal by...

# ROCK OF REACHING PSALM 61

Hear my cry, O God: listen to my prayer. From the ends of the earth I call to you, I call as my heart grows faint; lead me to the rock that is higher than I.

<sup>3</sup>For you have been my refuge.
a strong tower against the foe.
<sup>4</sup>I long to dwell in your tent forever
and take refuge in the shelter of your
wings.

Selah

For you have heard my vows, O God; you have given me the heritage of those who fear your name.

6Increase the days of the king's life, his years for many generations. 7May he be enthroned in God's presence forever: appoint your love and faithfulness to protect him.

8Then will I ever sing praise to your name and fulfill my vows day after day.

The peaks were...

I worked on my goal by...

# THURSDAY ROCK OF REJOICING PSALM 96

Sing to the Lord a new song; sing to the LORD, all the earth. <sup>2</sup>Sing to the LORD, praise his name; proclaim his salvation day after day. 3Declare his glory among the nations, his marvelous deeds among all peoples. <sup>4</sup>For great is the Lord and most worthy of praise: he is to be feared above all gods. For all the gods of the nations are idols, but the LORD made the heavens. Splendor and majesty are before him; strength and glory are in his sanctuary. 7Ascribe to the LORD, O families of nations. ascribe to the LORD glory and strength. 8Ascribe to the Lord the glory due his name: bring an offering and come into his

courts.

Worship the Lord in the spiendor of ins holiness; tremble before him, all the earth. 10Say among the nations, "The LORD reigns. The world is firmly established, it cannot be moved; he will judge the peoples with equity. "Let the heavens rejoice, let the earth be glad; let the sea resound, and all that is in it; let the fields be jubilant, and everything in them. Then all the trees of the forest will sing for joy; 13 they will sing before the LORD, for he comes. he comes to judge the earth. He will judge the world in righteousness

Matt. 16:13-20

and the peoples in his truth.

2

The hike down was...

The banquet was...

I worked on my goal by...

I Peter 2:4-12

The share session was...

# ROCK OF REMEMBERING PSALM 114

 When Israel came out of Egypt, the house of Jacob from a people of foreign tongue,
 Judah became God's sanctuary, Israel his dominion.

The sea looked and fled, the Jordan turned back;
the mountains skipped like rams, the hills like lambs.

5Why was it, O sea, that you fled, O Jordan, that you turned back, 6you mountains, that you skipped like rams,

you hills, like lambs?
Tremble, O earth, at the presence of the

Lord, at the presence of the God of Jacob, swho turned the rock into a pool, the hard rock into springs of water.

Ac:ts 6:8-7:60

The best part of Trek...

I accomplished my goal by...

O LORD I THOUGHT THE DAY WOULD NEVER COME

O lord I thought the day would never come, when I could lay my burden down and walk with you, But this morning as I greet the rising sun the fondest of my dreams have all come true.

The greatest friend you'll ever find

is on a lonely mountain,

The highest high you'll ever reach

is when you kneel to pray,

The brightest light you'll ever see

is when you close your eyes,

O Lord you are my first love at last I realize!

On Lord I need a mountain to climb on,
Just a quiet place to go and know you're there,
On Lord I need to spend some time with you,
Jesus spend the night with you in prayer.