

A pair of white earbuds and a smartphone are lying on a dark wooden surface. The earbuds are positioned in the center, with one earbud slightly behind the other. The smartphone is lying horizontally behind the earbuds. The background is a dark, textured wooden surface.

**Rejoicing is how Jesus followers
respond to adversity.**

Jesus Salvation

Jesus Lifestyle

Jesus Identity

Jesus Thinking

Jesus Values

REINFORCING!

DISCIPLESHIP



**“To God’s elect, strangers
(pilgrims, sojourners, aliens)
in the world, scattered...”**

1 Peter 1:1
New International Version

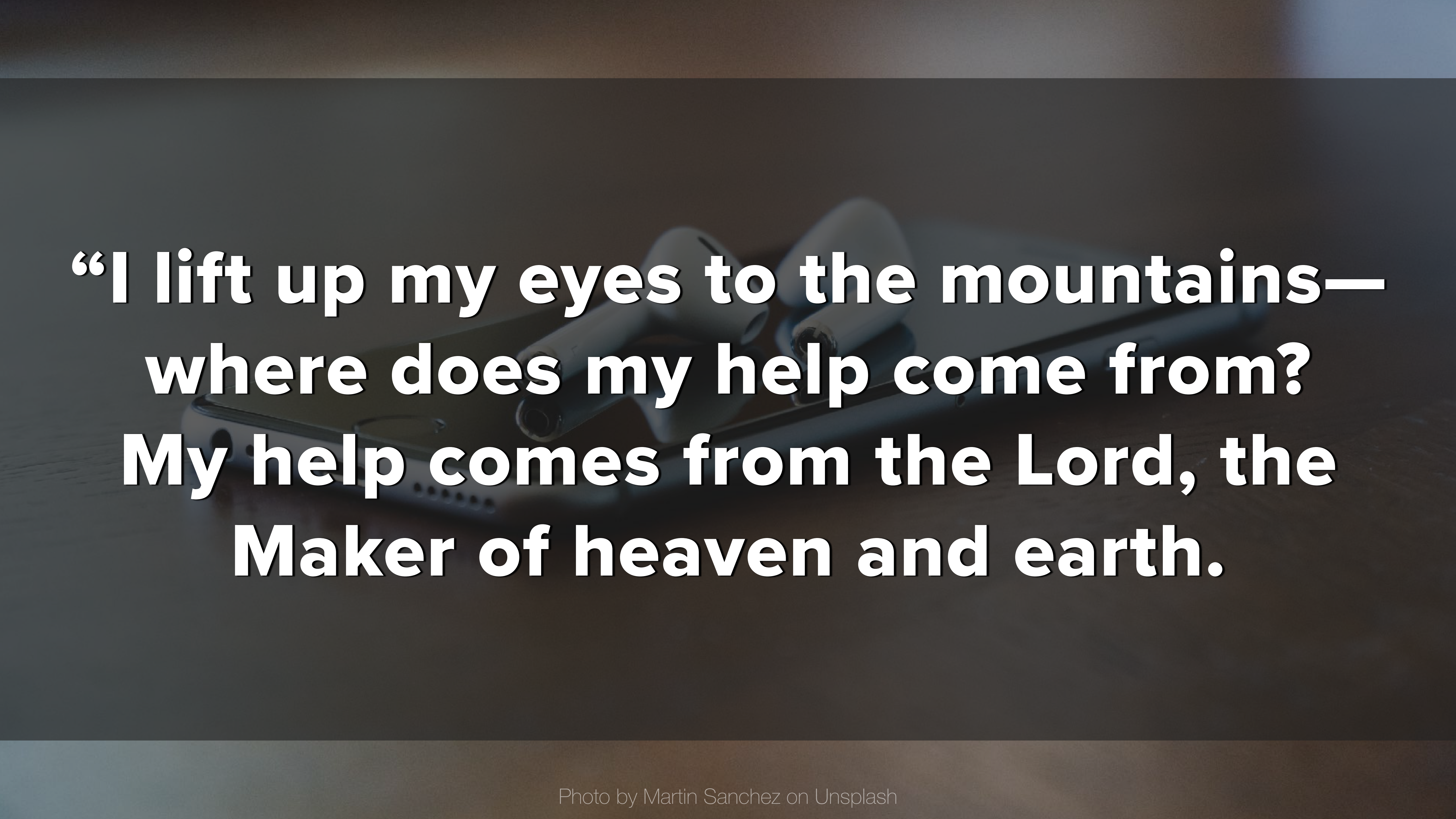
A pair of white earbuds and a smartphone are shown on a dark, reflective surface. The earbuds are positioned in the center, with one slightly behind the other. The smartphone is lying horizontally behind them. The background is a dark, blurred gradient. The text is overlaid in the center in a bold, white, sans-serif font.

How can we rejoice and remain faithful to Christ during adversity?

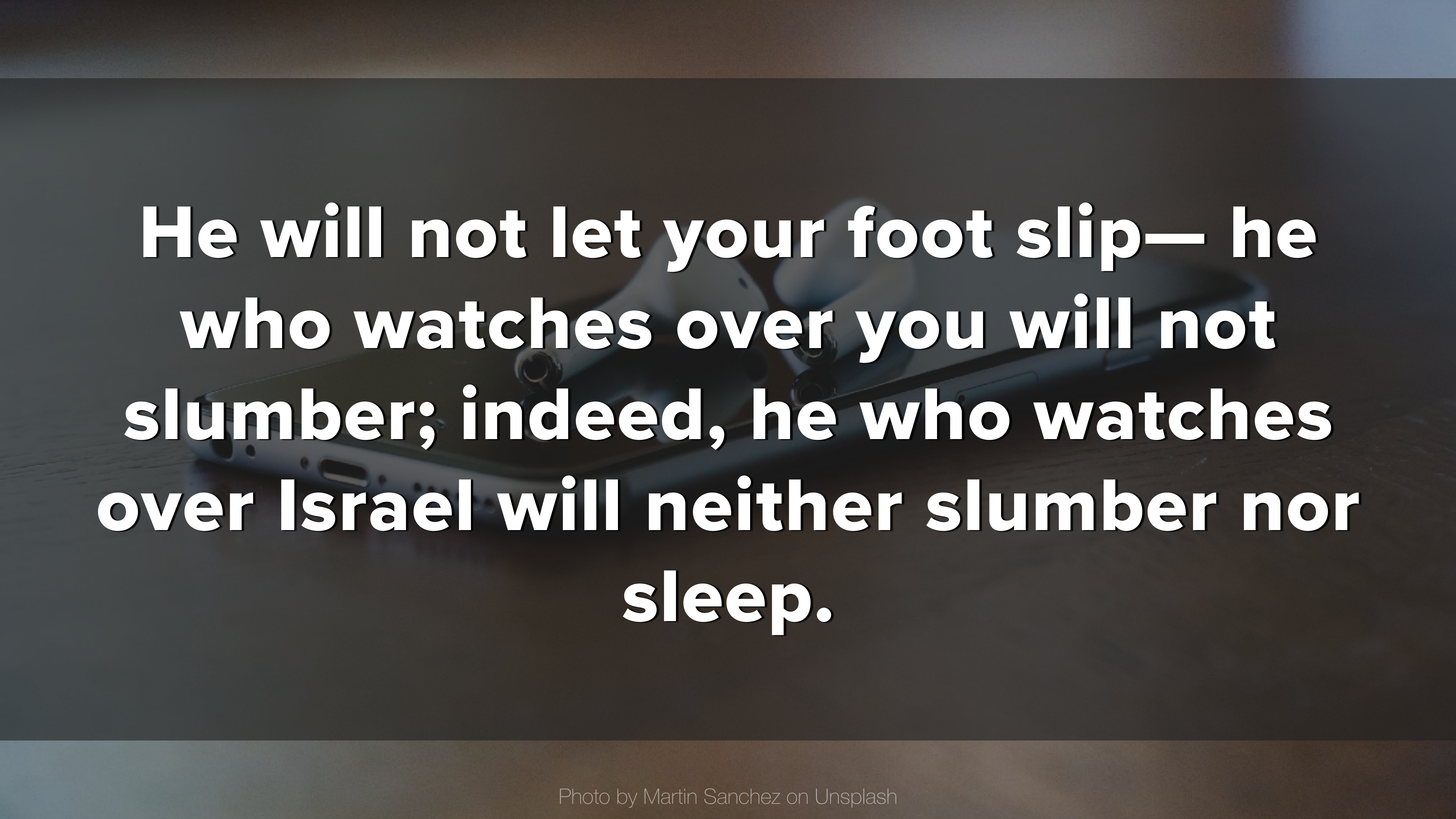


A PILGRIM'S PLAYLIST

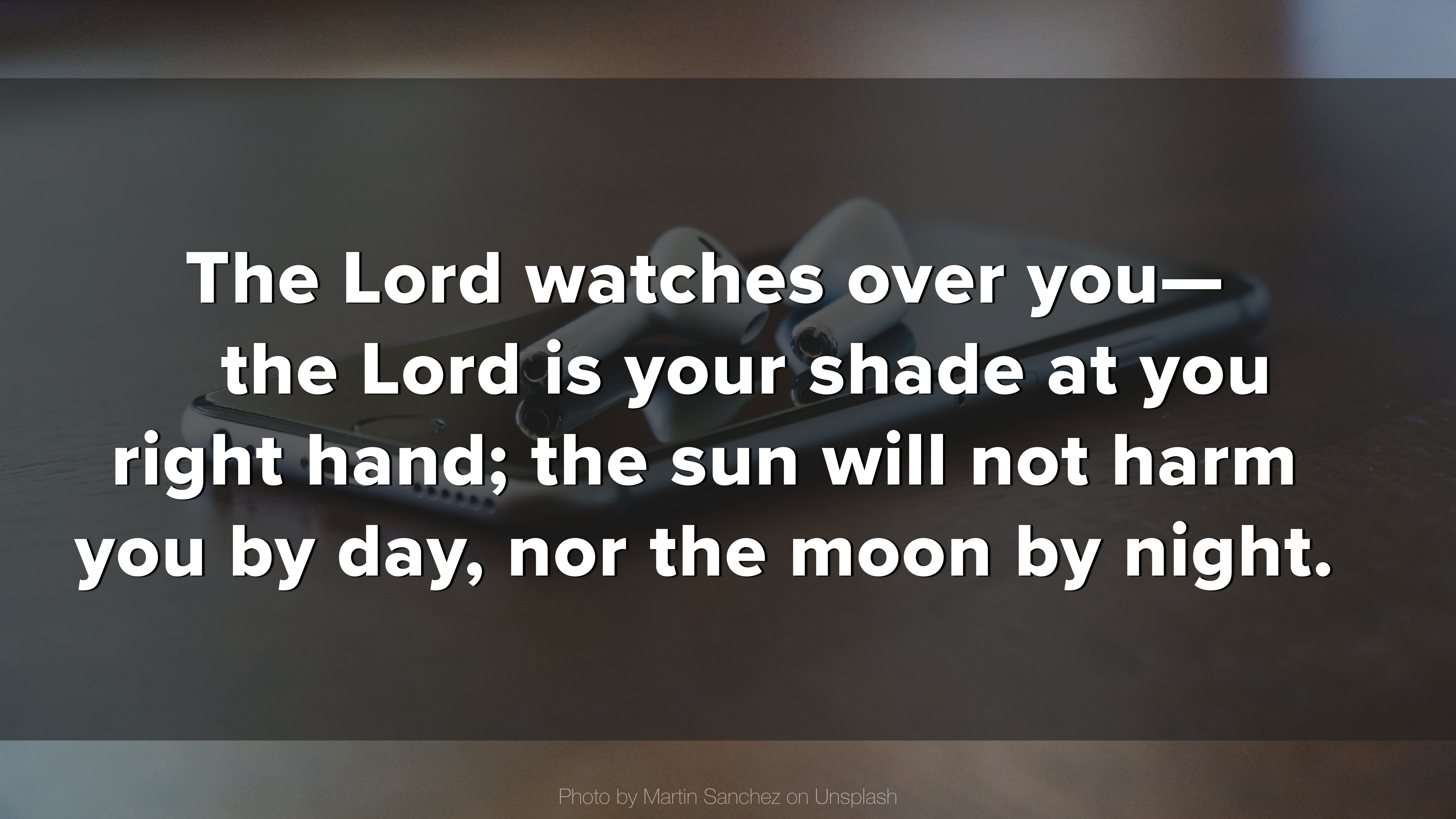
psalm 121




**“I lift up my eyes to the mountains—
where does my help come from?
My help comes from the Lord, the
Maker of heaven and earth.**



**He will not let your foot slip— he
who watches over you will not
slumber; indeed, he who watches
over Israel will neither slumber nor
sleep.**

A pair of white headphones is lying on a dark, reflective surface. The headphones are positioned diagonally across the frame, with the ear cups facing towards the top right. The background is a dark, moody gradient, and the overall lighting is soft, highlighting the texture of the headphones.

**The Lord watches over you—
the Lord is your shade at your
right hand; the sun will not harm
you by day, nor the moon by night.**



The Lord will keep you from all harm— he will watch over your life; the Lord will watch over your coming and going both now and forevermore.”

Psalm 121
New International Version

- Verse 1: Looking for help**
- Verse 2: Confidence in Almighty God**
- Verse 3-4: Certainty in God's presence**
- Verse 5: Proximity of God's presence**
- Verse 6: Preservation in God's presence**
- Verse 7: Protection in God's presence**
- Verse 8: Perseverance in God's presence**

“I lift up my eyes to the mountains, where does my help come from? My help comes from the Lord, the Maker of heaven and earth.”

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A pair of white earbuds and a smartphone lying on a dark surface. The earbuds are positioned in the center, with one earbud slightly behind the other. The smartphone is lying horizontally behind the earbuds. The background is a dark, textured surface, possibly a wooden table or desk, with a subtle gradient from dark brown to a slightly lighter brown at the top.

**Our eyes are lifted to the Lord and
the Lord's eyes are watching over us.**



A pair of white earbuds and a smartphone lying on a dark surface. The earbuds are positioned in the center, with one earbud slightly behind the other. The smartphone is lying horizontally behind the earbuds. The background is a dark, textured surface, possibly a desk or table, with a subtle gradient from dark blue to black.

**Our eyes are lifted to the Lord and
the Lord's eyes are watching over us.**

DAVID BROWN

THE WORLD'S FASTEST BLIND SPRINTER



“Run in such a way as to get the prize [1] and let us run with perseverance the race marked out for us [2]. I have finished the race. I have kept the faith [3].”

1 Corinthians 9:24; Hebrews 12:1;

2 Timothy 4:7 - NIV

Application:

- 1. Commit to keep running your race.**
- 2. Answer, “How will I demonstrate trust this week?”**
- 3. This week, schedule a time to remember and meditate on God’s promises.**

Application:

4. At the start and end of the day spend 60 seconds to celebrate and rejoice.

5. Repeat this short prayer, “*Jesus, I look to you and listen. As you watch over me, I will watch for you.*”