

**Monday October 19<sup>th</sup>**

**Psalm 98**

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

**<sup>2</sup> The Lord has made his salvation known  
and revealed his righteousness to the nations.**

<sup>3</sup> He has remembered his love  
and his faithfulness to Israel;  
all the ends of the earth have seen  
the salvation of our God.

**<sup>4</sup> Shout for joy to the Lord, all the earth,  
burst into jubilant song with music;**

<sup>5</sup> make music to the Lord with the harp,  
with the harp and the sound of singing,

**<sup>6</sup> with trumpets and the blast of the ram's horn—  
shout for joy before the Lord, the King.**

<sup>7</sup> Let the sea resound, and everything in it,  
the world, and all who live in it.

**<sup>8</sup> Let the rivers clap their hands,  
let the mountains sing together for joy;**

<sup>9</sup> 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.

**Philippians 1: 1-11**

<sup>1</sup> Paul and Timothy, servants of Christ Jesus,  
To all God's holy people in Christ Jesus at Philippi, together with the  
overseers and deacons:

<sup>2</sup> Grace and peace to you from God our Father and the Lord Jesus Christ.

<sup>3</sup> I thank my God every time I remember you. <sup>4</sup> In all my prayers for all of you, I  
always pray with joy <sup>5</sup> because of your partnership in the gospel from the first  
day until now, <sup>6</sup> being confident of this, that he who began a good work in you  
will carry it on to completion until the day of Christ Jesus.

<sup>7</sup> It is right for me to feel this way about all of you, since I have you in my  
heart and, whether I am in chains or defending and confirming the gospel, all of  
you share in God's grace with me. <sup>8</sup> God can testify how I long for all of you with  
the affection of Christ Jesus.

<sup>9</sup> And this is my prayer: that your love may abound more and more in knowledge  
and depth of insight, <sup>10</sup> so that you may be able to discern what is best and may  
be pure and blameless for the day of Christ, <sup>11</sup> filled with the fruit of  
righteousness that comes through Jesus Christ—to the glory and praise of God.

**Tuesday October 20<sup>th</sup>**

**Psalm 106: 1-12**

Praise the Lord.

Give thanks to the Lord, for he is good;  
his love endures forever.

**<sup>2</sup> Who can proclaim the mighty acts of the Lord  
or fully declare his praise?**

<sup>3</sup> Blessed are those who act justly,  
who always do what is right.

**<sup>4</sup> Remember me, Lord, when you show favor to your people,  
come to my aid when you save them,**

<sup>5</sup> that I may enjoy the prosperity of your chosen ones,  
that I may share in the joy of your nation  
and join your inheritance in giving praise.

**<sup>6</sup> We have sinned, even as our ancestors did;  
we have done wrong and acted wickedly.**

<sup>7</sup> When our ancestors were in Egypt,  
they gave no thought to your miracles;  
they did not remember your many kindnesses,  
and they rebelled by the sea, the Red Sea.

**<sup>8</sup> Yet he saved them for his name's sake,  
to make his mighty power known.**

<sup>9</sup> He rebuked the Red Sea, and it dried up;  
he led them through the depths as through a desert.

**<sup>10</sup> He saved them from the hand of the foe;  
from the hand of the enemy he redeemed them.**

<sup>11</sup> The waters covered their adversaries;  
not one of them survived.

**<sup>12</sup> Then they believed his promises  
and sang his praise.**

### Philippians 1:12- the end

<sup>12</sup> Now I want you to know, brothers <sup>1</sup> that what has happened to me has actually served to advance the gospel. <sup>13</sup> As a result, it has become clear throughout the whole palace guard<sup>1</sup> and to everyone else that I am in chains for Christ. <sup>14</sup> And because of my chains, most of the brothers and sisters have become confident in the Lord and dare all the more to proclaim the gospel without fear.

<sup>15</sup> It is true that some preach Christ out of envy and rivalry, but others out of goodwill. <sup>16</sup> The latter do so out of love, knowing that I am put here for the defence of the gospel. <sup>17</sup> The former preach Christ out of selfish ambition, not sincerely, supposing that they can stir up trouble for me while I am in chains. <sup>18</sup> But what does it matter? The important thing is that in every way, whether from false motives or true, Christ is preached. And because of this I rejoice.

Yes, and I will continue to rejoice, <sup>19</sup> for I know that through your prayers and God's provision of the Spirit of Jesus Christ what has happened to me will turn out for my deliverance.<sup>1</sup> <sup>20</sup> I eagerly expect and hope that I will in no way be ashamed, but will have sufficient courage so that now as always Christ will be exalted in my body, whether by life or by death. <sup>21</sup> For to me, to live is Christ and to die is gain. <sup>22</sup> If I am to go on living in the body, this will mean fruitful labour for me. Yet what shall I choose? I do not know! <sup>23</sup> I am torn between the two: I desire to depart and be with Christ, which is better by far; <sup>24</sup> but it is more necessary for you that I remain in the body. <sup>25</sup> Convinced of this, I know that I will remain, and I will continue with all of you for your progress and joy in the faith, <sup>26</sup> so that through my being with you again your boasting in Christ Jesus will abound on account of me.

<sup>27</sup> Whatever happens, conduct yourselves in a manner worthy of the gospel of Christ. Then, whether I come and see you or only hear about you in my absence, I will know that you stand firm in the one Spirit, striving together as one for the

faith of the gospel <sup>28</sup> without being frightened in any way by those who oppose you. This is a sign to them that they will be destroyed, but that you will be saved—and that by God. <sup>29</sup> For it has been granted to you on behalf of Christ not only to believe in him, but also to suffer for him, <sup>30</sup> since you are going through the same struggle you saw I had, and now hear that I still have.

### Wednesday 21<sup>st</sup> October

#### Psalm 111

Praise the Lord.

I will extol the Lord with all my heart  
in the council of the upright and in the assembly.

**<sup>2</sup> Great are the works of the Lord;  
they are pondered by all who delight in them.**

<sup>3</sup> Glorious and majestic are his deeds,  
and his righteousness endures forever.

**<sup>4</sup> He has caused his wonders to be remembered;  
the Lord is gracious and compassionate.**

<sup>5</sup> He provides food for those who fear him;  
he remembers his covenant forever.

**<sup>6</sup> He has shown his people the power of his works,  
giving them the lands of other nations.**

<sup>7</sup> The works of his hands are faithful and just;  
all his precepts are trustworthy.

**<sup>8</sup> They are established for ever and ever,  
enacted in faithfulness and uprightness.**

<sup>9</sup> He provided redemption for his people;  
he ordained his covenant forever—  
holy and awesome is his name.

**<sup>10</sup> The fear of the Lord is the beginning of wisdom;  
all who follow his precepts have good understanding.  
To him belongs eternal praise.**

### Philippians 2: 1-13

2 Therefore if you have any encouragement from being united with Christ, if any comfort from his love, if any common sharing in the Spirit, if any tenderness and compassion, 2 then make my joy complete by being like-minded, having the same love, being one in spirit and of one mind. 3 Do nothing out of selfish ambition or vain conceit. Rather, in humility value others above yourselves, 4 not looking to your own interests but each of you to the interests of the others. 5 In your relationships with one another, have the same mindset as Christ Jesus: 6 Who, being in very nature[a] God, did not consider equality with God something to be used to his own advantage; 7 rather, he made himself nothing by taking the very nature[b] of a servant, being made in human likeness. 8 And being found in appearance as a man, he humbled himself by becoming obedient to death—even death on a cross! 9 Therefore God exalted him to the highest place and gave him the name that is above every name, 10 that at the name of Jesus every knee should bow, in heaven and on earth and under the earth, 11 and every tongue acknowledge that Jesus Christ is Lord, to the glory of God the Father.

Do Everything Without Grumbling

12 Therefore, my dear friends, as you have always obeyed—not only in my presence, but now much more in my absence—continue to work out your salvation with fear and trembling, 13 for it is God who works in you to will and to act in order to fulfil his good purpose.

**Thursday 22<sup>nd</sup> October**  
**Psalms 115: 1-9**

Not to us, Lord, not to us  
but to your name be the glory,  
because of your love and faithfulness.

**<sup>2</sup> Why do the nations say,  
“Where is their God?”**

<sup>3</sup> Our God is in heaven;

he does whatever pleases him.

**<sup>4</sup> But their idols are silver and gold,  
made by human hands.**

<sup>5</sup> They have mouths, but cannot speak,  
eyes, but cannot see.

**<sup>6</sup> They have ears, but cannot hear,  
noses, but cannot smell.**

<sup>7</sup> They have hands, but cannot feel,  
feet, but cannot walk,

nor can they utter a sound with their throats.

**<sup>8</sup> Those who make them will be like them,  
and so will all who trust in them.**

<sup>9</sup> All you Israelites, trust in the Lord—  
he is their help and shield.

**Philippians 2: 14- 28**

<sup>14</sup> Do everything without grumbling or arguing, <sup>15</sup> so that you may become blameless and pure, “children of God without fault in a warped and crooked generation.” Then you will shine among them like stars in the sky <sup>16</sup> as you hold firmly to the word of life. And then I will be able to boast on the day of Christ that I did not run or labour in vain. <sup>17</sup> But even if I am being poured out like a drink offering on the sacrifice and service coming from your faith, I am glad and rejoice with all of you. <sup>18</sup> So you too should be glad and rejoice with me.

Timothy and Epaphroditus

<sup>19</sup> I hope in the Lord Jesus to send Timothy to you soon, that I also may be cheered when I receive news about you. <sup>20</sup> I have no one else like him, who will show genuine concern for your welfare. <sup>21</sup> For everyone looks out for their own interests, not those of Jesus Christ. <sup>22</sup> But you know that Timothy has proved himself, because as a son with his father he has served with me in the work of the gospel. <sup>23</sup> I hope, therefore, to send him as soon as I see how things go with me. <sup>24</sup> And I am confident in the Lord that I myself will come soon.

<sup>25</sup> But I think it is necessary to send back to you Epaphroditus, my brother, co-worker and fellow soldier, who is also your messenger, whom you sent to take care of my needs. <sup>26</sup> For he longs for all of you and is distressed because you

heard he was ill. <sup>27</sup> Indeed he was ill, and almost died. But God had mercy on him, and not on him only but also on me, to spare me sorrow upon sorrow. <sup>28</sup> Therefore I am all the more eager to send him, so that when you see him again you may be glad and I may have less anxiety.

### **Friday 23<sup>rd</sup> October** **Psalm 139: 1-10**

You have searched me, Lord,  
and you know me.

<sup>2</sup> **You know when I sit and when I rise;**  
**you perceive my thoughts from afar.**

<sup>3</sup> You discern my going out and my lying down;  
you are familiar with all my ways.

<sup>4</sup> **Before a word is on my tongue**  
**you, Lord, know it completely.**

<sup>5</sup> You hem me in behind and before,  
and you lay your hand upon me.

<sup>6</sup> **Such knowledge is too wonderful for me,**  
**too lofty for me to attain.**

<sup>7</sup> Where can I go from your Spirit?  
Where can I flee from your presence?

<sup>8</sup> **If I go up to the heavens, you are there;**  
**if I make my bed in the depths, you are there.**

<sup>9</sup> If I rise on the wings of the dawn,  
if I settle on the far side of the sea,

<sup>10</sup> **even there your hand will guide me,**  
**your right hand will hold me fast.**

### **Philippians 3: 1-14**

Further, my brothers and sisters, rejoice in the Lord! It is no trouble for me to write the same things to you again, and it is a safeguard for you. <sup>2</sup> Watch out for those dogs, those evildoers, those mutilators of the flesh. <sup>3</sup> For it is we who are the circumcision, we who serve God by his Spirit, who boast in Christ Jesus, and who put no confidence in the flesh— <sup>4</sup> though I myself have reasons for such confidence.

If someone else thinks they have reasons to put confidence in the flesh, I have more: <sup>5</sup> circumcised on the eighth day, of the people of Israel, of the tribe of Benjamin, a Hebrew of Hebrews; in regard to the law, a Pharisee; <sup>6</sup> as for zeal, persecuting the church; as for righteousness based on the law, faultless. <sup>7</sup> But whatever were gains to me I now consider loss for the sake of Christ. <sup>8</sup> What is more, I consider everything a loss because of the surpassing worth of knowing Christ Jesus my Lord, for whose sake I have lost all things. I consider them garbage, that I may gain Christ <sup>9</sup> and be found in him, not having a righteousness of my own that comes from the law, but that which is through faith in <sup>10</sup> Christ—the righteousness that comes from God on the basis of faith. <sup>10</sup> I want to know Christ—yes, to know the power of his resurrection and participation in his sufferings, becoming like him in his death, <sup>11</sup> and so, somehow, attaining to the resurrection from the dead.

<sup>12</sup> Not that I have already obtained all this, or have already arrived at my goal, but I press on to take hold of that for which Christ Jesus took hold of me. <sup>13</sup> Brothers and sisters, I do not consider myself yet to have taken hold of it. But one thing I do: Forgetting what is behind and straining toward what is ahead, <sup>14</sup> I press on toward the goal to win the prize for which God has called me heavenward in Christ Jesus.