



# Hymn

## If I Should Try To Run From You

A Hymn for the Mentor's Retreat 2017 - Jonah

PHL

Vikki Cook - hymn tune

Before the Throne of God

D            G            D                            D            Bm

If I should try to run from you, for - sake your call - ing, walk a -  
 When I am fright - ened by the storm, and fear my world has come un -  
 Help me co - mun - ni - ty to build, bring truth and love to ci - ty  
 No dis - like do - min - ate my heart: let go of an - ger and for -  
 If I should try to run from you, for - sake your call - ing, walk a -

4            F#m7                            G            D            A            Bm                            Em7            G

way.            Though I may start my life a - new, my run - ning leads my heart a -  
 done.            When o - thers turn to me in scorn, and ask, "What is it you have  
 street.            The well of God's good - will re - fill, and sin and suf - fer - ing de -  
 give.            Lord, lead me to a life a - part, by these in faith - ful - ness I  
 way.            Though I may start my life a - new, my run - ning leads my heart a -

8            D                            G            D            Bm            F#m7                            G            D            G

stray.            Lead me, Lord, by your gen - tle hand, your claim u - pon my life re -  
 done?"            Though I am thrown in crash - ing seas, and though the de - vils 'round me  
 feat.            With stri - dent warn - ing from my lips, my call - ing to speak out ful -  
 live.            When I am pout - ing send your grace. When rage a - bounds, soft - en my  
 stray.            Lead me, Lord, by your gen - tle hand, your claim u - pon my life re -

12            Bm                            G            D            A            Bm                            Em7            G

new.            Guide my feet to the Prom - ised Land. If I should try to run from  
 swarm,            your love will meet me on my knees, when I am fright - ened by the  
 filled,            Lord, stop this planned a - po - ca - lypse. Help me co - mun - it - ty to  
 heart.            With you may I come face to face. Host - il - i - ty my heart de -  
 new.            Guide my feet to your Prom - ised Land. If I should try to run from

16            Bm7                            Em7                            G            D

you.            If I should ev - er run from you.  
 storm,            so ve - ry fright - ened in the storm.  
 build.            A vi - brant ci - ty help me build.  
 part,            no dis - like do - min - ate my heart.  
 you.            If I should ev - er run from you.

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# Psalms

## Psalm 2

PHL

Hap - py are all who take re - fuge in God. \_\_\_\_\_

**R** <sup>1</sup>Why are the nations in | an uproar?  
Why do the peoples mutter emp- | ty threats?

<sup>2</sup>Why do the kings of the earth rise up in revolt, \*  
and the princes plot | together,  
against the LORD and against the LORD's | anointed? **R**

<sup>3</sup>"Let us break their yoke," | they say;  
"let us cast off their bonds | from us."

<sup>4</sup>God whose throne is in heaven | is laughing;  
the LORD holds them in | derision.

<sup>5</sup>Then in wrath God speaks | to them,  
and in rage fills them | with terror.

<sup>6</sup>"As for me, I have anointed | my king  
upon Zion, my ho- | ly mountain." **R**

<sup>7</sup>Let me announce the decree of | the LORD,  
who said to me, "You are my son; this day have I begot- | ten you.

<sup>8</sup>Ask of me, and I will give you the nations for | your inheritance  
and the ends of the earth for | your possession.

<sup>9</sup>You shall crush them with an ir- | on rod  
and shatter them like a piece | of pottery."

<sup>10</sup>And now, you kings, | be wise;  
be warned, you rulers of | the earth. **R**

<sup>11</sup>Submit to the LORD | with fear,  
and with trembling bow | in worship;

<sup>12</sup>lest the LORD be angry, \*  
and you perish in a sudden blaze of wrath.  
Happy are all who take refuge in God!

*Silence*

Psalm 7

PHL

God is a right - eous judge; God sits in judge - ment ev - ery day. \_\_\_\_\_

**R** <sup>1</sup>O LORD my God, I take refuge in you;  
save and deliver me from all who pursue me;

<sup>2</sup>lest like a lion they tear me in pieces  
and snatch me away with none to de- liver me. **R**

<sup>3</sup>O LORD my God, if I have done these things:  
if there is any wickedness in my hands,

<sup>4</sup>if I have repaid my friend with evil,  
or plundered my enemy without cause,

<sup>5</sup>then let my enemy pursue and ov- ertake me,  
trample my life into the ground, and lay my honor in the dust.

<sup>6</sup>Stand up, O LORD, in your wrath; \*  
rise up against the fury of my enemies.  
Awake, O my God, decree justice.

<sup>7</sup>Let the assembly of the peoples gath- er round you.  
Be seated on your lofty throne, O Most High.

<sup>8</sup>O LORD, judge the nations;  
give judgment for me according to my righteousness, O LORD, \*  
and according to my innocence, O Most High. **R**

<sup>9</sup>Let the malice of the wicked come to an end, \*  
but establish the righteous;  
for you test the mind and heart, O righteous God.

<sup>10</sup>God is my shield and defense,  
the savior of the true in heart.

<sup>11</sup> God is a right-eous judge;  
God sits in judgment every day. R

<sup>12</sup> If they will not repent, God will sharpen the sword,  
bend the bow and make it ready,

<sup>13</sup> prepare instruments of death,  
and make arrows into shafts of fire.

<sup>14</sup> Look at those who are in labor with wickedness,  
who conceive evil, and give birth to a lie.

<sup>15</sup> They dig a pit and make it deep  
and fall into the hole that they have made.

<sup>16</sup> Their malice turns back upon their own head;  
their violence falls on their own skull.

<sup>17</sup> I will bear witness that the LORD is righteous;  
I will praise the name of the LORD Most High. R

*Silence*

## Psalm 23

Sure - ly good-ness and mer - cy shall fol - low me all the days of my life.

**R** <sup>1</sup>The LORD is my shepherd;  
I shall not be in want.

<sup>2</sup>The LORD makes me lie down in green pastures  
and leads me beside still waters.

<sup>3</sup>You restore my soul, O LORD,  
and guide me along right pathways for your name's sake.

<sup>4</sup>Though I walk through the valley of the shadow of death, \*  
I shall fear no evil;  
for you are with me; your rod and your staff, they comfort me.

<sup>5</sup>You prepare a table before me in the presence of my enemies;  
you anoint my head with oil, and my cup is running over.

<sup>6</sup>Surely goodness and mercy shall follow me \*  
all the days of my life,  
and I will dwell in the house of the LORD forever.

**R**

*Silence*

## Short Reading

Phil. 4:4 Rejoice in the Lord always; again I will say, Rejoice. 5 Let your gentleness be known to everyone. The Lord is near. 6 Do not worry about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. 7 And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus.

8 Finally, beloved, whatever is true, whatever is honorable, whatever is just, whatever is pure, whatever is pleasing, whatever is commendable, if there is any excellence and if there is anything worthy of praise, think about these things. 9 Keep on doing the things that you have learned and received and heard and seen in me, and the God of peace will be with you.

## Midday Prayer

Rejoicing always in the love of God we pause at midday to give thanks for the fruits of our morning labors:

- † tasks completed
- † relationships strengthened
- † dreams envisioned
- † plans made

Now with the light of midday bringing clarity to all things, we seek forgiveness for moments when we failed to let our “gentleness be known to everyone.” May the remainder of this day be lived in peace and may we remain ever-focussed on whatever is true, just, pure, pleasing, excellent, and worthy of praise. † **In the name of the Father, and of the Son, and of the Holy Spirit. Amen.**

† = (sign of the cross may be made forehead to chest, left shoulder to right shoulder)

## Dismissal

Let us bless the Lord.  
**Thanks be to God.**