

The background features a textured, light-colored stone wall. A diagonal beam of light, transitioning from a bright yellow-orange at the top left to a soft white and then a pale blue at the bottom right, illuminates the scene. The text is centered in the middle of the image.

My Help Comes From the Lord!
Psalm 121

The Spiritual Discipline of Reflective Repetition of Biblical Truth

- Throughout church history Christians learned to repeat God's truth over and over.
- We do the same – repetition with a purpose
- Speaking the truth of the gospel to one another
- Fingernail Verses
- Praise songs and hymns

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- Deep, personal transformation takes place as the Spirit of God brings the Word of God to bear in the heart and soul of a child of God!

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