

“You Turned My Mourning into Dancing”

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□ The Story—1 Chronicles 21

□ The Song—Psalm 30

- Jean Twenge: *iGen: Why Today’s Super-Connected Kids Are Growing Up Less Rebellious, More Tolerant, Less Happy—and Completely Unprepared for Adulthood (and What That Means for the Rest of Us)*: “In 2016, for the first time, the majority of entering college students described their mental health as below average. . . . The sudden, sharp rise in depressive symptoms occurred at almost exactly the same time that smartphones became ubiquitous and in-person interaction plummeted.” (104)
- Tommy Walker/Ron Kenoly: “You’ve turned my mourning Into dancing again/You’ve lifted my sorrows/I can’t stay silent/I must sing for Your joy has come . . .”
- Ellen White, *Ministry of Healing*:
 - “Nothing tends more to promote health of body and of soul than does a spirit of _____ and _____. It is a positive duty to resist melancholy, discontented thoughts and feelings—as much a duty as it is to _____. If we are heaven-bound, how can we go as a band of mourners, groaning and complaining all along the way to our Father’s house?” (251)
 - “_____ is a weapon we can always use against discouragement. As we thus open the heart to the sunlight of the Saviour’s presence, we shall have health and His blessing.” (254)
 - “It is a law of nature that our thoughts and feelings are encouraged and strengthened as we give them utterance. While words express thoughts, it is also true that thoughts follow words [feelings follow _____]. If we would give more expression to our faith, rejoice more in the blessings that we know we have—the great mercy and love of God—we should have more faith and greater joy [talk faith until you have faith].” (251-253)
- Miroslav Volf: “There can be no redemption unless the truth about the world is told and justice is done. To treat sin as if it were not there, when in fact it is there, amounts to living as if the world were redeemed when in fact it is not.” (Alberto Garcia, John Nunes *Wittenberg Meets the World: Reimagining the Reformation at the Margins* 75)

“You turned my mourning into morning!”

gratitude, praise, pray, Song, behavior

FOR THE COMMON GOOD

7 DAYS OF PRAYER

1 Corinthians 12:7 NIV

We plead for the Holy Spirit's manifestations in each of our lives as we desire the common good for all on our campus. The common good is about the greater gifts for our campus, our church, and as a testimony to the world.

Spiritual Exercise

Three times daily we will pray for the Spirit to manifest to us individually/collectively what is the common good for our campus, church, and as a testimony to the world.

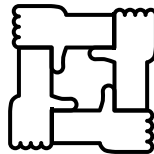
For seven days you can choose one of several fasting options:

- Food Fast (cut out a food - sweets, dairy, meat, bread, Daniel Fast, Partial fast, something you normally have every day)
- Social Media fast (no FB, Instagram, snapchat, etc)
- Media-tainment fast (sports, video games, movies, tv shows, internet tv)
- Sedentary Fast (a five minute movement break every hour of the work day, walking/jogging around campus at least once a day)

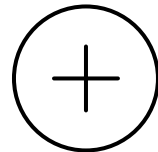
Read a chapter each day. Pray for the Holy Spirit to act according to that day's prayer focus.



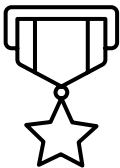
Acts 1
Prayer for Holy Spirit



Acts 2
Prayer for Oneness



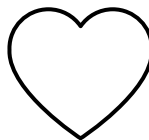
Acts 3
Prayer for Healing



Acts 4
Prayer for Courage



Acts 5
Prayer for Faithfulness



Acts 6
Prayer for Benevolence



Acts 7
Prayer for Commitment