

6:30 – 6:40am: Praise Song

-During this time, we will learn a new praise song that invites us to open our hearts before God

I Lift My Hands - Chris Tomlin

<https://youtu.be/c24En0r-lXg>

Songwriters: Chris Tomlin / Louie Giglio / Matt Maher © Capitol CMG Publishing

Be still, there is a healer
His love is deeper than the sea
His mercy, it is unfailing
His arms are a fortress for the weak

I lift my hands to believe again
You are my refuge, You are my strength
As I pour out my heart, these things I remember
You are faithful, God, forever

Let faith arise
Let faith arise

Let faith arise, let faith arise
Open my eyes, open my eyes
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Be still, there is a river
That flows from Calvary's tree
A fountain for the thirsty
Your grace that washes over me

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Let's pause there (and add to the suspense).

When we think of winter, what do we think of? Endless snow, cold? Christmastime? Hot cocoa and cookies? But if we think about nature and the earth, the seasonal cycles – what happens to plants and crops during the winter?

I heard once that the produce to the sweetest carrots, the winters have to cold enough to force the carrot plant into a special mode of metabolism. In order for its cells not to freeze and burst (i.e. ice expands), then the carrot produce more sugars in its cell to lower its freezing point. Cold winter equals sweeter carrots.

So what does this have to with Jesus?

The winter season is already a season of waiting. And we have religious authorities complaining of waiting for Jesus to tell them the answer. But the irony is that Jesus already has. That winter is not just a season of barrenness and passive waiting. But the answer is already there – those who believe in Jesus will not die but have eternal life. Like a carrot that has produced enough sugar to make its cells don't freeze and burst, because it recognized the times and the season.

Do we recognize Jesus? Have we heard Jesus? Have we seen the miracles of Jesus? Do we believe Jesus?

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6:50 – 7:10am: Prayer

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