

John Knight  
Joni & Friends Family Retreat  
June 6, 2024  
Session Two: APTAT

APTAT - by John Piper: <https://www.desiringgod.org/a-p-t-a-t>

- Admit you can do nothing without God; acknowledge your deepest emotions

John 15:5 I am the vine; you are the branches. Whoever abides in me and I in him, he it is that bears much fruit, for apart from me you can do nothing.

1 Peter 5:6–7 Humble yourselves, therefore, under the mighty hand of God so that at the proper time he may exalt you, casting all your anxieties on him, because he cares for you.

- Pray for help

Psalm 50:15 Call upon me in the day of trouble; I will deliver you, and you shall glorify me.

- Trust a specific promise

Isaiah 41:10 Fear not, for I am with you; be not dismayed, for I am your God; I will strengthen you, I will help you, I will uphold you with my righteous right hand.

- Act

Psalm 90:17 Let the favor of the Lord our God be upon us, and establish the work of our hands upon us; yes, establish the work of our hands!

- Thank God for his provision and goodness

Psalm 106:1 Praise the LORD! Oh give thanks to the LORD, for he is good, for his steadfast love endures forever!

All Scripture references taken from the English Standard Version Bible:

English Standard Version Bible. (2001). ESV Online. <https://esv.org/>