

Worship at Home

June 2020

These acts of Worship have been prepared for use while we are physically unable to gather to worship.

If you are well enough, we invite you to spend a few moments with God, knowing that other people are also sharing this act of worship with you.

You can also join **Worship on the Phone**, 10am Sundays.

How to connect to Worship on the Phone

1. Call **0333 011 0616** from a mobile or landline.
2. Enter unique PIN: **9805080** and press **#** (it will ask for £, but press #!)
3. You will be invited to speak your name, then press **#** again.
4. You will be connected to the call.

You're Invited...



Worship on the Phone

Gather with us for a **live, reflective service of Christian Worship** during lockdown, lasting up to 30 minutes

Sundays at 10am

Call: **0333 011 0616** and Enter the unique PIN

Email: bogfelwest@gmail.com Tel: 01243 823895



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Bognor Regis
Methodist Church



Brought to you by
Methodists in Bognor Regis,
Felpham and Westergate.

As we come to worship, you may like to have a time of silence and light a candle. Let us remember that wherever we are, God is with us.



Gathering Words

O God, you are at the heart of creation, Your word brings life into being,
Your peace gives living its fulfilment, Your spirit unites us into your Son, we draw
near, seeking your love in our hearts, Your wisdom in our minds,
Your power in our lives. Receive us with grace in the name of your Son. Amen

A prayer of Adoration based on Psalm 8

O Lord, our sovereign

How majestic is your name in all the earth!

Your glory reaches beyond the highest heavens

O Lord, our sovereign, How majestic is your name in all the earth!

By the youngest to the eldest your praise is spoken forth

O Lord, our sovereign, How majestic is your name in all the earth!

In sky, on land and in water your creativity is seen

O Lord, our sovereign, How majestic is your name in all the earth! Amen

Be still for the presence of the Lord

Sing/ Read /pray /proclaim the words or listen: <https://youtu.be/ZugvUQ4m90U>

Be still, for the presence of the Lord, the holy One, is here
Come bow before him now with reverence and fear
In him no sin is found we stand on holy ground
Be still, for the presence of the Lord, the holy One, is here

Be still, for the glory of the Lord is shining all around
He burns with holy fire, with splendour he is crowned
How awesome is the sight our radiant king of light
Be still, for the glory of the Lord is shining all around

Be still, for the power of the Lord is moving in this place
He comes to cleanse and heal, to minister his grace
No work too hard for Him, in faith receive from him
Be still, for the power of the Lord is moving in this place

Reading: Matthew 28 16-20 | *Additional readings: Genesis 1 1-2, 4a; Psalm 8; 2 Corinthians 13 11-13*

¹⁶Now the eleven disciples went to Galilee, to the mountain to which Jesus had directed them. ¹⁷When they saw him, they worshipped him; but some doubted. ¹⁸And Jesus came and said to them, 'All authority in heaven and on earth has been given to me. ¹⁹Go therefore and make disciples of all nations, baptizing them in the name of the Father and of the Son and of the Holy Spirit, ²⁰and teaching them to obey everything that I have commanded you. And remember, I am with you always, to the end of the age.'

Reflect: Today we mark Trinity Sunday – in this reading Jesus commissions the disciples in the name of Father, Son and Holy Spirit. Jesus tells his followers to go and make disciples. We read that some worshipped and some doubted - maybe some people did both at the same time. Perhaps this is us at this strange time of pandemic. Some days we might be anxious, and some days we are feeling bold and ready to change the world. To give us encouragement, we have a promise that we have all persons of the Trinity supporting and guiding us.

Jesus tells the disciples to pass on what they have learned from him. Jesus passes on the baton to them, as we take it from those who helped bring us to faith. Is it significant that Jesus says 'go and make disciples'? The emphasis is on doing. It isn't a passive, once and done activity. Making disciples can take years and we may never know what seeds we have sown that eventually take root and grow.

Who are we thankful for?

What lessons can we take from those people to help bring others to faith?

Some of us were studying the Acts of the Apostles during May. In Acts chapter 8 – After the stoning of Stephen, there was great persecution. 'The believers were all scattered throughout Judea and Samaria.... Forced to leave home base, the Christians all became missionaries. Wherever they were scattered they preached the message about Jesus.' We are scattered from our home base of our church buildings to our homes finding different ways to worship and to share the good news of the Gospel. How do we make disciples in these circumstances?

All we can do is use what tools we have available, whether it is praying for others, keeping in touch with others by phone, email, letter, a smile in the street, perhaps recommending books and other resources to encourage others in their faith. Some of you may be aware of Father Ray Thomas who lives in Bognor Regis who puts a daily message on Facebook praying for local and national needs. He combines photos and chat about the weather with a Bible reading and some encouraging

thoughts for the day. Such small gestures can make a big difference to those feeling in need of support or direction. May we be alert for the opportunities to make disciples this week knowing we are surrounded by the love and grace of Father, Son and Holy Spirit.

Poem: Trinity Sunday

In the Beginning, not in time or space
But in the quick before both space and time,
In Life, in Love, in co-inherent Grace
In three in one and one in three, in rhyme
In music, in the whole creation story
In his own image, his imagination



The Triune Poet makes us for his glory, and makes us each the other's inspiration
He calls us out of darkness, chaos, chance
To improvise a music of our own, to sing the chord that calls us to the dance
Three notes resounding from a single tone
To sing the End in whom we all begin; Our God beyond, beside us, and within.

Prayers of Intercession

Blessed are you, eternal God

To be praised and glorified for ever

Hear us as we pray for your holy catholic Church

Make us all one, that the world may believe

Grant that every member of the Church may truly and humbly serve you

That the life of Christ may be revealed in us

Strengthen all who minister in Christ's name

Give them your courage to proclaim your Gospel

Inspire and lead those who hold authority in the nations of the world

Guide them and all people in the way of justice and peace

Make us alive to the needs of your community

Help us to share each other's joys and burdens

Look with kindness on our homes and families

Grant that your love may grow in our hearts

Inspire us to have compassion on those who suffer from sickness, grief or trouble

In your presence may they find their strength

We remember those who have died

Father into your hands we commend them

We praise you for all your saints who have entered your eternal glory

Bring us all to share in your heavenly kingdom.

Silence (or name out loud those you specially wish to pray for)

Heavenly Father,
You have promised to hear what we ask in the name of your Son
We pray you accept and answer our prayers
Not as we ask in our ignorance
Nor as we deserve in our sinfulness
But as you know and love us in your son
Jesus Christ our Lord. **Amen**

Lord's prayer....*Our Father, who art in Heaven.....*

Lord your church on earth is seeking

Sing/ Read /pray/proclaim the words or listen: <https://youtu.be/FZF5QIbyVXs>

1) Lord, your church on earth is seeking
power and wisdom from above:
teach us all the art of speaking
with the accents of your love.
We will heed your great commission
sending us to every place-
'Go, baptize, fulfil my mission;
serve with love and share my grace!'

3) In the streets of every city
where the bruised and lonely live,
we will show the saviour's pity
and his longing to forgive.
In all lands and with all races
we will serve, and seek to bring
all the world to render praises
Christ, to you, redeemer king.

2) You release us from our bondage,
lift the burdens caused by sin;
give new hope, new strength and
courage,
grant release from fears within.
Light for darkness, joy for sorrow,
love for hatred, peace for strife-
these and countless blessings follow
as the Spirit gives new life.



The Grace from 2 Corinthians 13 11-13 *from The Message*

Be cheerful. Keep things in good repair.

Keep your spirits up. Think in harmony. Be agreeable.

Do all that and the love and peace of God will be with you for sure.

The amazing grace of the Master, Jesus Christ, the extravagant love of God and the intimate friendship of the Holy Spirit be with all of you. Amen

As we come to worship, you may like to have a time of silence and light a candle. Let us remember that wherever we are, God is with us.



Gathering Words

Lord, we come before you this morning just as we are
We come with our weaknesses and our vulnerabilities
We come with our fears and apprehensions
We come with our doubts
But we also come with our faith that you are our Lord.
We have come to worship you
in the name of Your son, Jesus Christ.

Hymn: StF 30 – Jesus stand amongst us

Sing/ Read /pray /proclaim the words or listen:

<https://youtu.be/HWt5z4G7F1A>



Jesus stand among us, at the meeting of our lives.
Be our sweet agreement, at the meeting of our eyes.
O Jesus, we love You, so we gather here.
Join our hearts in unity and take away our fear.

So to You we're gathering, out of each and every land;
Christ the love between us
At the joining of our hands.
O Jesus, we love You, so we gather here;
Join our hearts in unity and take away our fear.

Let us come together in prayer.

As we praise and give thanks for all that the Lord has given us, let us reflect on the words of Psalm 100:

Sing to the Lord, all the world!
Worship the Lord with joy;
Come before him with happy songs!
Acknowledge that the Lord is God.
He made us, and we belong to him;

We are his people, we are his flock.
Enter the Temple gates with thanksgiving;
Go into its courts with praise.
Give thanks to him and praise him.
The Lord is good; his love is eternal
And his faithfulness lasts forever.

But, Lord, we know that we have come having failed you.
We have failed to hear you calling us and we have failed to recognize you in our lives. We have turned away from your love.
Forgive us Lord, we ask today that, through your love for us, you will restore our focus on you. Amen

Scripture Readings | **Additional Readings:** *Psalm 100; Romans 5 1-8*

Exodus 19: 2-8a

from The Message Bible

Three months after leaving Egypt the Israelites entered the Wilderness of Sinai. They followed the route from Rephidim, arrived at the Wilderness of Sinai, and set up camp. Israel camped there facing the mountain.



As Moses went up to meet God, God called down to him from the mountain: “Speak to the House of Jacob, tell the People of Israel: ‘You have seen what I did to Egypt and how I carried you on eagles’ wings and brought you to me. If you will listen obediently to what I say and keep my covenant, out of all peoples you’ll be my special treasure. The whole Earth is mine to choose from, but you’re special: a kingdom of priests, a holy nation.’

“This is what I want you to tell the People of Israel.”

Moses came back and called the elders of Israel together and set before them all these words which God had commanded him. The people were unanimous in their response: “Everything God says, we will do.” Moses took the people’s answer back to God.

Matthew 10: 1-8

from *The Message Bible*

Jesus called twelve of his followers and sent them into the ripe fields. He gave them power to kick out the evil spirits and to tenderly care for the bruised and hurt lives. This is the list of the twelve he sent:



Simon (they called him Peter, or “Rock”), Andrew, his brother, James, Zebedee’s son, John, his brother, Philip, Bartholomew, Thomas, Matthew, the tax man, James, son of Alphaeus, Thaddaeus, Simon, the Canaanite, Judas Iscariot (who later turned on him).

Jesus sent his twelve harvest hands out with this charge:

“Don’t begin by traveling to some far-off place to convert unbelievers. And don’t try to be dramatic by tackling some public enemy. Go to the lost, confused people right here in the neighborhood. Tell them that the kingdom is here. Bring health to the sick. Raise the dead. Touch the untouchables. Kick out the demons. You have been treated generously, so live generously.”

Time to Reflect

Three months, after their escape from Egypt, the Israelites came to the foot of Mount Sinai. And there, after all the trials and tribulations of their journey, they paused, and they rested.

In the book of Exodus, we read that God chose that very moment to remind them that, however hard it had been, He had with them every step of the way. He reminded them that it was He who helped them escape from slavery. It was He who provided them with Manna, so they did not go hungry and it was He who gave them water to drink. In every step they had taken through that wilderness, He had been there.

It is approximately three months since we all have been affected by the Coronavirus epidemic and the Lockdown. It has been different, it has been hard, and we have all been affected in one way or another.

But, during that time, have you seen and felt the Love of God in your lives. He has been there, as he was for the Israelites?

May I suggest that today, tomorrow, or whenever, you look around you, perhaps when you go out for some exercise. Make a list of where you can see God around you. You will find Him in the most unexpected places. When I did that exercise, it showed me, reminded me, that God's kingdom is here. It is all around us, and we are part of it. We are God's loving agents in this world.

In the reading from Matthew, which we have just heard, Jesus gives his disciples instructions on how to be His loving agents. He said: *"Don't begin by travelling to some far-off place. Go to the lost, confused people right here in the neighbourhood"*. Those are words which echo the prophet Jeremiah, who also said that *"the people of God are called to be a blessing to those people where they live"*.

Today, each of us are blessed by the love of God. We in turn should use that blessing and the talents which we have been given to love and care for each other.

A time of prayer

Loving God, we pray for all the places where there is discourse and conflict. Whether it be a nation, or simply individuals, pour out Your love so that people will listen to each other, will respect one another, and see the other side of the argument as their equal with a valid point of view.

Loving God, we pray for those who live in despair, for people who can see no purpose in their lives, for those who cannot see a way ahead, and for those who feel completely alone. Pour out your love on them so that they will know that they are not alone.

Loving God, we pray for our families, our friends, and for the members of our Churches. *(you might like to name names here)*

Lord, you have given us so many gifts, so many talents, and so many opportunities. So, we pray, that you will help us, individually and as your people together, to use what we have been given to be your witnesses in the world.

Bless us with the courage of your first disciples, so that your kingdom may come, and your will be done in Bognor, Felpham, Westergate and throughout the world.

The Lord's Prayer: Our Father

Hymn: StF 611 Brother, sister, let me serve you

*Sing/ Read /pray /proclaim the words or
listen: https://youtu.be/G_ufwqwquqY*

1) Brother, sister, let me serve you.
let me be as Christ to you;
pray that I may have the grace to
let you be my servant too.

2) We are pilgrims on a journey,
and companions on the road;
we are here to help each other
walk the mile and bear the load.

3) I will hold the Christ light for you
in the night time of your fear;
I will hold my hand out to you,
speak the peace you long to hear.

4) I will weep when you are weeping;
when you laugh, I'll laugh with you;
I will share your joy and sorrow,
till we've seen this journey through.

A prayer of blessing

As you have come to worship,
Go now with laughter in your eyes,
a smile on your lips,
a song in your heart,
a merriment in your soul
and share the joy
that Christ has given you.
Amen



5) When we sing to God in heaven,
we shall find such harmony,
born of all we've known together
of Christ's love and agony.

6) Brother, sister, let me serve you;
let me be as Christ to you;
pray that I may have the grace to
let you be my servant too



As we come to worship, you may like to have a time of silence and light a candle. Let us remember that wherever we are, God is with us.



Gathering Words: Psalm 33:21-22

‘Our heart is glad in the Lord, because we trust in his holy name. Let your steadfast love, O lord, be upon us, even as we hope in vain.’

Prayer of thanks

Creator God, we thank you for your many gifts to us:

For the world in all its beauty;

For food and drink, homes and clothes;

For people who love us and care for us.

Help us truly to enjoy your gifts. **Help us to share them with others.**

Saving God, we thank you for your many gifts to us:

For your unfailing, forgiving love;

For the Bread of Life and the True Vine;

For the Good News for all people.

Help us truly to enjoy your gifts. **Help us to share them with others.**

Sustaining God, we thank you for your many gifts to us:

For the peace and joy that fill our hearts;

For the impulse to love and serve and give;

For the love that binds your children together.

Help us truly to enjoy your gifts: **Help us to share them with others.**

**For the sake of Jesus Christ who gave all for the humanity He loves,
our Saviour and our Lord. Amen**

Father we Love You

Sing/ Read /pray /proclaim the words or listen: <https://youtu.be/QtVKW6wXdo>

Father, we love you, we worship and adore you;

Glorify your name in all the earth.

Glorify your name, glorify your name,

Glorify your name in all the earth.

Jesus, we love you ...etc..

Spirit, we love you Etc..

Reading 1. Psalm 31:9-10 & 14-16

Be gracious to me, O lord, for I am in distress;
My eye wastes away from grief, my body and soul also.
For my life is spent with sorrow and my years with sighing;
My strength fails because of my misery and my bones waste away.....

But I trust in you, O Lord: I say 'You are my God'.
My times are in your hand....
Let your face shine upon your servant:
Save me in your steadfast love.

Reading 2: 1 Corinthians 1: 1-10

¹Paul, called to be an apostle of Christ Jesus by the will of God, and our brother Sosthenes,

²To the church of God that is in Corinth, to those who are sanctified in Christ Jesus, called to be saints, together with all those who in every place call on the name of our Lord Jesus Christ, both their Lord and ours:

³Grace to you and peace from God our Father and the Lord Jesus Christ.

⁴I give thanks to my God always for you because of the grace of God that has been given you in Christ Jesus, ⁵for in every way you have been enriched in him, in speech and knowledge of every kind— ⁶just as the testimony of Christ has been strengthened among you— ⁷so that you are not lacking in any spiritual gift as you wait for the revealing of our Lord Jesus Christ. ⁸He will also strengthen you to the end, so that you may be blameless on the day of our Lord Jesus Christ. ⁹God is faithful; by him you were called into the fellowship of his Son, Jesus Christ our Lord.

¹⁰Now I appeal to you, brothers and sisters, by the name of our Lord Jesus Christ, that all of you should be in agreement and that there should be no divisions among you, but that you should be united in the same mind and the same purpose.

Reflect:

When Paul wrote to the new church in Corinth, they were in trouble. Corinth was a busy centre of trade in the Greek world and there were quite a few temples to the Greek gods. The most popular was the Temple of Aphrodite, probably because of the sexual nature of worship and the prostitution of the priestesses. There was also a popular Temple to Adonis. So the inhabitants were used to choosing between one style of 'god' or 'goddess' and another. That made it harder still for the new Christians to agree on any one style of worship and there were different centres

based around different prominent figures in the town. This led to Paul asking 'Has Christ been divided? Was Paul crucified for you?' (v.13) This lack of one central creed didn't help the church to establish itself. In fact Corinth was rather like any large city in our own times. There are always other religions, other denominations, lots of choice. A rejection of all religions is also not seen as anything unusual or wrong. So how, in times of trouble, do people find somewhere to turn to?

Paul's answer was to remind the divided sects that they have all been given the same gifts in the grace of Christ, and to encourage their unity around that important truth. He reminds them that they will be strengthened to the end. 'God is faithful; by him you were called into the fellowship of his son.'

So, in this strange time of trouble, where do we turn to for our strength? The church buildings have been closed since the start of the pandemic. But does that really make a difference? God is still faithful and his church still exists. It is perhaps not as united as Paul would have liked, but across the world it is strong in its central creed and in its worship of the one true God through his son Jesus Christ. So we have no reason to doubt that in the end God's will **WILL** still be done and he will triumph. After so many weeks, there may be many reasonable doubts, but we should not waver in our strength and unity as believers.

A young friend of mine, Ellie, was concerned at the start of lockdown because she has two young children under 6. She was worried about how she would feed them. They usually took several meals each week with their grandparents who live just next door. So she got out the recipe book and tried to find some tasty meals on lockdown rations. In the end she turned to her store cupboard. Here she found a load of things she had forgotten about but which were all still edible and which saw her through until supplies were more freely available. She quite enjoyed the challenge. She told me it was like that with her faith. She went into her mental 'store cupboard' and drew strength from all she found there. Yes, the church buildings were closed, but the church was far from missing in her life.

So, as the weeks drag on, may we all find strength in our mental store cupboard and be reassured that the message of Paul to Corinth still applies to our churches today. God is always faithful. Amen.

Song: Beauty for Brokenness

Sing/ Read /pray /proclaim the words or listen: <https://youtu.be/08utbDFP9AE>

Beauty for brokenness, hope for despair,
Lord, in your suffering world this is our prayer:
Bread for the children, justice, joy, peace;
Sunrise to sunset, your kingdom increase.

Shelter for fragile lives, cures for their ills,
Work for the craftsman, trade for their skills;
Land for the dispossessed, rights for the weak,
Voices to plead the cause of those who can't speak.

*God of the poor, friend of the weak,
Give us compassion we pray:
Melt our cold hearts, let tears fall like rain;
Come, change our love from a spark to a flame.*

Refuge from cruel wars, havens from fear,
Cities for sanctuary, freedoms to share;
Peace to the killing fields, scorched earth to green,
Christ for the bitterness, his cross for the pain.

Rest for the ravaged earth, oceans and streams,
Plundered and poisoned-our future, our dreams.
Lord, end our madness, carelessness, greed;
Make us content with the things that we need.

Chorus

Lighten our darkness, breathe on this flame
Until your justice burns brightly again;
Until the nations learn of your ways,
Seek your salvation and bring you their praise.

Chorus.

Prayers of intercession:

Creator God, we bring before you the problems that we have created on your world. Forgive us for our selfish greed which has destroyed so much of your

beautiful creation. Protect the weak and innocent at this difficult time, especially those who have nowhere to live and nowhere to run to for help. Make your comforting presence known to those who are afraid and hungry with little hope of a better future. Help those who would help the people and the wildlife of your planet to survive.

Saving God, save those who fear and doubt. Help them to find their faith and to believe truly that you are faithful and will always love and care for your people. We pause a moment as we think of those near to us who are most in need of your strength at this time.....

Sustaining God, we pray that your churches will be reopened in renewed strength of Spirit with a message available to all. May your word be spread throughout this hurting world, that all may know you are God and that you will always love your creation. Sustain us in our times of trouble Lord and show us how we may be your messengers to help others in need.

We ask all in the name of our Lord and Saviour, Jesus Christ. Amen.

The Lord's Prayer: *Our Father*

The Grace

May the grace of our Lord Jesus Christ,
The Love of God,
and the Fellowship of the Holy Spirit,
Be with us all, forever more, Amen.



As we come to worship, you may like to have a time of silence and light a candle. Let us remember that wherever we are, God is with us.



Gathering Prayer

Father God, we thank you that you are waiting for us as we enter your presence. You are ready to receive us with open arms, and accept us just as we are. We thank you and bring ourselves before you to worship and adore you. Loving Father, here we are, to rest at your feet. Amen.

Turn your eyes upon Jesus

Sing/ Read /pray /proclaim the words or listen: <https://youtu.be/j5qc0EcNgqw>

Chorus: Turn your eyes upon Jesus
Look full in His wonderful face
And the things of earth will grow
strangely dim
In the light of His glory and grace

2) Through death into life everlasting
He passed and we follow Him there
O'er us sin no more hath dominion
For more than conquerors we are

Chorus

1) Oh soul are you weary and troubled?
No light in the darkness you see?
There's light for a look at the Saviour
And life more abundant and free

Chorus

3) His word shall not fail you, He
promised
Believe Him and all will be well
Then go to a world that is dying
His perfect salvation to tell

Chorus

Prayer of Intercession:

Listening, healing Lord, we bring you our prayers for our world.
A world fighting to recover from the coronavirus.

Healing God, we pray for your healing power to rain down on every country, every town and street to soak the human race with your forgiving healing, to wash away our sins and to cleanse the world of this virus.

Lord, so many are grieving for loved ones who have lost the fight against this sickness and we ask you to lift them into your arms and comfort them.....

Breathe on them breath of God.

We pray for Governments & leaders across the world that they will put the people before figures & money and be filled with compassion and conviction to do the right thing..... ***Breathe on our leaders breath of God.***

We pray for countries still arguing between themselves, causing pain to their people, by means of hunger, poverty & homelessness.....

Breathe on your people breath of God.

We lift those known to us and ourselves who are struggling with the effects of lockdown and isolation.....

Breathe on us breath of God.

We ask these things in Jesus' precious Name.

Lord's prayer....*Our Father, who art in Heaven.....*

Reading – Hebrews 12:1-13 from *The Message Bible*

Discipline in a Long-Distance Race

Keep your eyes on *Jesus*, who both began and finished this race we're in. Study how he did it. Because he never lost sight of where he was headed—that exhilarating finish in and with God—he could put up with anything along the way: Cross, shame, whatever.



And now he's *there*, in the place of honour, right alongside God. When you find yourselves flagging in your faith, go over that story again, item by item, that long litany of hostility he plowed through. *That* will shoot adrenaline into your souls! ⁴⁻
¹¹ In this all-out match against sin, others have suffered far worse than you, to say nothing of what Jesus went through—all that bloodshed! So don't feel sorry for yourselves. Or have you forgotten how good parents treat children, and that God regards you as *his* children?

My dear child, don't shrug off God's discipline,
but don't be crushed by it either.

It's the child he loves that he disciplines;
the child he embraces, he also corrects.

God is educating you; that's why you must never drop out. He's treating you as dear children. ⁸This trouble you're in isn't punishment; it's *training*, the normal experience of children. Only irresponsible parents leave children to fend for themselves. Would you prefer an irresponsible God? We respect our own parents for training and not spoiling us, so why not embrace God's training so we can truly *live*? While we were children, our parents did what *seemed* best to them. But God is doing what *is* best for us, training us to live God's holy best. At the time, discipline isn't much fun. It always feels like it's going against the grain. Later, of

course, it pays off handsomely, for it's the well-trained who find themselves mature in their relationship with God. ¹²⁻¹³ So don't sit around on your hands! No more dragging your feet! Clear the path for long-distance runners so no one will trip and fall, so no one will step in a hole and sprain an ankle. Help each other out. And run for it!

Reflection: I chose this reading, because it's today's daily reading, in the book I'm using and also because it seemed very appropriate given the situation we all find ourselves in. We are entering week 15, since the Government announced lockdown on that Monday back in March. Has it been a long-distance, painful race for you, hurtling towards the coronavirus finish line, hoping it's only a few more steps away? Or maybe it's been a stroll through lovely sunny days, glad of peace and relaxation and a chance to return to 'factory settings' for a few months? I suspect it's been a mixture of both at times.

Despite our disposition, these are extraordinary times and we have all missed the human touch and face to face contact and for some that has been really tough. In tough times, it is sometimes our reaction to ask God to take it away, but the situation we're in cannot be taken from us, only endured. Whatever our circumstances, whether lonely, content, peaceful or frustrated, we can all be sure of one thing - that God has journeyed every step with us and has heard every word we have uttered to him, whether through joy & peacefulness or pain & tears.

In the past 14 weeks, I'm sure we have all seen God's immense love permeate neighbours and strangers as God has steered them to offer help to one another, and His immense strength and courage showing in all frontline workers. In our own Churches, we are growing closer through phone calls that enable us to talk for a little longer than the *"how are you's"* on a Sunday morning. Friendships are forming and growing on this long distance road. We are perhaps receiving phone calls, emails and texts from people we wouldn't hear from, in the normal run of life.

Hebrews 12: says: This trouble you're in isn't punishment; it's *training*.

- *Are we letting God use this time to train us/teach us something in our lives/our Churches/our families?*
- *Is He showing us a better way, a kinder way, a gentler heart?*
- *Is he urging us to share more, help more, care more, pray more, read more?*

For each of us, it will probably be different. But He will not be wasting a minute of lockdown in his beautiful world. Keep your eyes on Jesus!

Will you come and follow me?

Sing/ Read /pray /proclaim the words or listen: <https://youtu.be/GiXnbOORTAU>

1. Will you come and follow me
if I but call your name?
Will you go where you don't know
and never be the same?
Will you let my love be shown,
will you let my name be known,
will you let my life be grown
in you and you in me?

2. Will you leave yourself behind
if I but call your name?
Will you care for cruel and kind
and never be the same?
Will you risk the hostile stare
should your life attract or scare?
Will you let me answer prayer
in you and you in me?

3. Will you let the blinded see
if I but call your name?
Will you set the prisoners free
and never be the same?
Will you kiss the leper clean
and do such as this unseen,
and admit to what I mean
in you and you in me?

4. Will you love the 'you' you hide
if I but call your name?
Will you quell the fear inside
and never be the same?
Will you use the faith you've found
to reshape the world around
through my sight and touch and sound
in you and you in me?

5. Lord, your summons echoes true
when you but call my name.
Let me turn and follow you
and never be the same.
In your company I'll go
where your love and footsteps show.
Thus I'll move and live and grow
in you and you in me.



Blessing

Gracious Lord Jesus, thank you for being on our road with us today and every day.
And may the grace of our Lord Jesus Christ and the love of God, and the fellowship
of the Holy Spirit, be with us all, evermore. Amen.

Acknowledgements

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Connect & Invite

Please invite others to worship in this way, either through Worship on the Phone, or in their own way using these Worship at Home Resources. Anyone can be added to the mailing list, please contact Rev Dan Balsdon.

These and other Worship at Home resources can also be downloaded from www.revdanbalsdon.com if you have internet access.

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