

## **We are NOT alone**

A family service sheet by Linda Little

*This short act of worship has been prepared for you to use if you are unable to attend church. If you are well enough why not spend a few moments with God, knowing that other people are sharing this act of worship with you*

### **Introduction:**

Hello and welcome to this family service. Like me you will probably be sitting at home, but I hope, with this lovely weather, you will be able to get out for a walk later on after the service.

We will begin this service with a chant. It is

### **Hymn 624** in Singing the Faith

*Calm me, Lord, as you calmed the storm*

You can hear it hear it here

<https://www.youtube.com/watch?v=Fu6Z-P2y2WU>

and join in the singing or simply sing or speak the next verse at least three times until you feel calm and ready for worship.

**Calm me, Lord, as you calmed the storm;  
still me Lord, keep me from harm.  
Let the tumult within me cease;  
enfold me, Lord, in your peace.**

Let us pray:

Lord God, in the good times we forget to thank You and in the bad times we forget to ask for help.

We ask You, Lord, to forgive us when we become angry and blame You for the problems we are facing right now.

Forgive us when fear and anxiety makes us snappy and unsympathetic with family members who are feeling as fearful and anxious as we are.

Finally forgive us when we grumble and complain about the small inconveniences we now face, forgetting the pain and anguish of those who have lost friends and loved ones to this terrible disease.

**Amen.**

*...and now let us say the words that Jesus taught us.*

**Our Father, who art in heaven...**

In our reading today we hear Jesus talking to the disciples after he was resurrected and a few weeks before he returned to his Father in heaven.

## **JOHN 14:15-21**

### ***Jesus Promises the Holy Spirit***

“If you love me, keep my commands. And I will ask the Father, and he will give you another advocate to help you and be with you forever—the Spirit of truth. The world cannot accept him, because it neither sees him nor knows him. But you know him, for he lives with you and will be in you. I will not leave you as orphans; I will come to you. Before long, the world will not see me anymore, but you will see me. Because I live, you also will live. On that day you will realize that I am in my Father, and you are in me, and I am in you. Whoever has my commands and keeps them is the one who loves me. The one who loves me will be loved by my Father, and I too will love them and show myself to them.”

Like those disciples so long ago, we too need the Holy Spirit. So let us sing:

**Hymn 370** in *Singing the Faith*

*Breathe on me breath of God*

You can hear it here

<https://www.youtube.com/watch?v=M5keJHZdWYM>

and join in singing or simply sing or speak the next few verses.

**Breathe on me, Breath of God,  
fill me with life anew  
that I may love what Thou dost love,  
and do what Thou wouldst do.**

**Breathe on me, Breath of God,  
until my heart is pure,  
until with Thee I will one will,  
to do and to endure.**

**Breathe on me, Breath of God,  
‘til I am wholly Thine,  
Until this earthly part of me  
Glows with Thy fire divine.**

**Breathe on me, Breath of God,  
so shall I never die,  
but live with Thee the perfect life  
of Thine eternity.**

## **Reflection:**

Jesus knew that his presence with his disciples would be temporary and that they would struggle once he left them, so he does three things for them:

Firstly, he tells them what it means to be disciples. Then he tells them that he is going to ask God to send them the Holy Spirit to be a guide and comforter and finally he reminds them that he will always be with them, because he and the disciples are one, in the same way that he and God are one.

In order to remain Jesus' disciples they need to follow his commandments, and elsewhere Jesus has give a very succinct summary of those commandments: *Love the Lord your God with all your heart, mind, soul and spirit;* and *Love your neighbour as yourself.* The first duty of any disciple is to continue to love, throughout any crisis.

He assures them that the 'Spirit of truth' which we call the Holy Spirit will be sent down to them to remind them of all the things he taught them and of their duty to God.

Finally, he reminds them that they can never really lose him because he will always be with them and upon death they will be with him and God the Father for all eternity.

When Jesus is our Saviour we can never truly be alone.

We remind ourselves of that fact as we sing:

## **Hymn 531** in Singing the Faith

*What a friend we have in Jesus*

Sung here by the Celebration Choir:- here

<https://www.youtube.com/watch?v=Prthhmly0Gg>

Join in or simply sing or speak the following verses:

**What a friend we have in Jesus,  
all our sins and griefs to bear!  
What a privilege to carry  
everything to God in prayer!  
O what peace we often forfeit,  
O what needless pain we bear,  
all because we do not carry  
everything to God in prayer!**

**Have we trials and temptations,  
Is there trouble anywhere?  
We should never be discouraged:  
take it to the Lord in prayer!  
Can we find a friend so faithful**

**who will all our sorrows share?  
Jesus knows our every weakness:  
take it to the Lord in prayer.**

**Are we weak and heavy-laden  
cumbered with a load of care?  
Precious Saviour, still our refuge –  
take it to the Lord in prayer!  
Do your friends despise forsake you?  
Take it to the Lord in prayer;  
in his arms he'll take and shield you,  
you will find a solace there.**

Let us pray

*Lord, today we pray for all key workers: for doctors and nurses, care workers, support workers and all the people working in the NHS, residential, care and nursing homes, hospices and half way homes.*

*We pray for the check out staff, shelf stackers and delivery drivers in supermarkets, for the cooks and delivering staff in fast food outlet and the volunteers who shop for others.*

*We pray for the postmen and delivery drivers who keep us in touch the bus drivers, train drivers and taxi drivers who keep us on the move and the refuse collectors and sewage workers who deal with our waste.  
Lord bless them all.*

*We also pray for the decision makers who are guiding us through this pandemic. Lord be with them all and help them to make the right choices. Help us also to make the right choices in order to keep those we love safe.*

*We ask these things in the name of Our Lord, Jesus Christ.  
Amen.*

Wherever we are, we are still the disciples of Jesus, loved by God and guided by the Holy Spirit as the next hymn reminds us. It is:

**Hymn 476** in Singing the Faith

*One more step along the world I go*

<https://www.youtube.com/watch?v=b6czcGvXQcM>

.....and this is a great marching song for children, so do encourage them to sing along, either to the video clip or to the verses on the next page.

**One more step along the world I go,  
one more step along the world I go;  
from the old things to the new  
keep me travelling along with You;  
*and it's from the old I travel to the new;  
keep me travelling along with You.***

**Round the corners of the world I turn,  
more and more about the world I learn;  
all the new things that I see  
You'll be looking at along with me.**

**As I travel through the bad and good,  
keep me travelling the way I should;  
where I see no way to go  
You'll be telling me the way, I know:**

**Give me courage when the world is rough,  
keep me loving though the world is tough;  
leap and sing in all you do,  
keep me travelling along with you,**

**You are older than the world can be,  
You are younger than the life in me;  
ever old and ever new  
keep me travelling along with you.**

Until we can meet again in our own churches for communal worship,  
God be with you. Stay safe, and God bless you all.