

Sunday 16th August 2020

The paper-version Service



*The church is meeting
on paper, online and on Sunday at 9.30am in the Building*

All of our services are online www.goodshepherdfourmarks.org.uk but this weekly sheet captures our Sunday service for those without internet.

To Begin: Find a Bible. If safe, perhaps light a candle. Find a comfortable place and read prayerfully through the service. If you have access to worship music, choose a song and listen to it as you begin or read; or even sing, the modern song from this Sunday's Service set out below.



Opening Prayer: Father God, thank you that you are trustworthy. We bring ourselves to you, our whole selves, honestly and openly. We thank you that you receive us with the mercy and grace shown to us in Jesus. We ask and receive your forgiveness and ask that you would fill us with your Holy Spirit, sustaining and equipping us for the days ahead. **Amen**

Songs:

Faithful one, so unchanging
Ageless one, You're my rock of peace
Lord of all I depend on You
I call out to You, again and again
I call out to You, again and again

*You are my rock in times of trouble
You lift me up when I fall down
All through the storm, Your love is
The anchor, My hope is in You alone*

The Lord is my shepherd
He leads me on
Beside the still waters
He restores my soul
Though I walk through the valleys,
I will not fear
I know You are with me,
I feel You here

The Lord is my shepherd
Through darkest night
Though evil surrounds me
You defend my life
Goodness and mercy
for all my days
In the house of my God
my heart will stay

I am safe in Your arms, in Your arms

I am safe in Your arms, in Your arms

3. Cast your Cares on the Lord

'Cares', for each of us are different. For me, it is that sinking feeling in the pit of our stomach. It is the anxiety, bypassing my reason and freezing my heart. For some of us it is an enveloping cloud of gloom. Churchill called depression a black dog that followed him.

David expresses a desire to fly – 'Oh that I had the wings of a dove...' For many of us, perhaps all of us, there are moments when running away seems a really good option.

There is plenty to be stressful about today, lockdown, uncertain futures, we are not secure even in Four Marks – though without doubt, we are mostly very blessed indeed. Do we find ourselves running away? We seek escape from the mental stress and weariness.

God created many good things. He created them to be joys which we can enjoy with him. However, many abuse these things, looking to them be a place of escape for us. We might abuse chocolate, caffeine, alcohol, or more dangerous drugs, or escape into movies/books the internet, pornography. These things and other like them offer escape but simply entangle us. If you find yourself trapped, seek help today!

God is the first place to run, and keep running, with our prayers, laments,

our sighs, and tears – and we can invite others to pray for us when we have no strength to pray for ourselves. David tells us in verse 17 that he cried out evening, morning, and noon.

And run into God's Word, read it out loud, sing those spiritual songs mentioned in Ephesians.

Jesus sends not the 'wings of a dove' but *the Dove*, the Holy Spirit, who comforts us and who, '*...helps us in our weakness. We do not know what we ought to pray for, but the Spirit himself intercedes for us through wordless groans.*' (Romans 8:26-27)

We may need to seek counselling or other medical help. We have a sign saying 'paracetamol and prayer' on the inside of our medicine cabinet. Doctors are as much God's response to health struggles as a supernatural miracle.



Conclusion: David complains to God, but the Psalm ends with an appeal to us all to lean on God and a commitment that regardless of our response, David himself, will trust God. Read vs. 22-23 again.

Prayers: Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. (Philippians 4:6)

- Pray for the day ahead and its tasks
- Pray for the nations
- Pray for organisations
- Pray for individuals, for neighbours, for family and friends
- Pray for the Church



Collect for 10th after Trinity: Let your merciful ears, O Lord, be open to the prayers of your humble servants; and that they may obtain their petitions, make them to ask such things as shall please you; through Jesus Christ your Son our Lord, who is alive and reigns with you, in the unity of the Holy Spirit, one God, now and for ever. Amen

The Lord's Prayer: Our Father in heaven, hallowed be your name, your kingdom come, your will be done, on earth as in heaven. Give us today our daily bread. Forgive us our sins as we forgive those who sin against us. Lead us not into temptation but deliver us from evil. For the kingdom, the power, and the glory are yours now and for ever. Amen.

Blessing to be declared over yourselves, COGS, the communities around us and our whole nation. The Lord bless you and keep you; the Lord make his face shine on you and be gracious to you; the Lord turn his face towards you and give you peace. (Numbers 6:24-26 NIV)

The Notices: If you know of others who'd like to receive this, or you'd rather not receive it; or if you find yourself isolated and not able to get neighbours, friends or family to help, then ring Howard, 01420 563344.

Church Services: On Sundays at 9.30 we are holding a service in the church building. For those of us able to attend it is an opportunity to experience God together. We need to wear face coverings and maintain social distance - this limits numbers to around 50, but people can sit in household groups and we are not yet allowed to sing. We are using video from our online church and where available live presentations. We are not yet offering communion until we have assessed the building for being able to manage this safely, and we cannot yet offer Kids Church or creche, or serve tea and coffee.

0800 804 8044
DailyHOPE
A free phone line of hymns,
reflections and prayers