

Sunday @ Seven July 2024
An Olympic Challenge

Welcome

Come now is the time to worship.
Come now is the time to give your heart.
Come just as you are to worship.
Come just as you are before your God.
Come.
One day every tongue will confess you are God.
One day every knee will bow.
Still the greatest treasure remains for those
who gladly choose you now.

Opening prayer

**Let us come into the stillness of the Presence
of God, leaving aside all our earthly
preoccupations.**

**Let us seek the Peace of God
in our hearts and lives;
the power of His Spirit to enable us;
the power of His Word to guide us;
His Love to comfort and encourage us. Amen.**

Father God I wonder
how I managed to exist
without the knowledge of your parenthood
and your loving care.
But now I am your child,
I am adopted in your family,
and I can never be alone
'cause, Father God, you're there beside me.
I will sing your praises,
I will sing your praises,
I will sing your praises for evermore.

Reading & reflection –

1 Corinthians 9: 24-27

Seeking a podium finish.

Fight the good fight with all thy might;
Christ is thy strength, and Christ thy right;
lay hold on life and it shall be
thy joy and crown eternally.

Run the straight race through God's good grace,
lift up thine eyes and seek his face;

life with its way before us lies;
Christ is the path and Christ the prize.

Cast care aside, lean on thy guide;
his boundless mercy will provide;
trust, and thy trusting soul shall prove
Christ is its life, and Christ its love.
Faint not nor fear, his arms are near;
he changeth not, and thou art dear;
only believe, and thou shalt see
that Christ is all in all to thee.

Reading & reflection –

Hebrews 12: 1-3

I get knocked down but I get up again.

*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.*

O soul are you weary and troubled?
No light in the darkness you see?
There's a light for a look at the Saviour
and life more abundant and free!
Turn your eyes upon Jesus....

Through death into life everlasting
He passed and we follow Him there;
Over us sin no more hath dominion
for more than conquerors we are!
Turn your eyes upon Jesus.....

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!
Turn your eyes upon Jesus.....

Reading & reflection – Isaiah 40: 28 - 31

Rest & recharge.

Give me oil in my lamp, keep me burning, give
me oil in my lamp, I pray;
give me oil in my lamp, keep me burning, keep
me burning till the break of day.

*Sing hosanna, sing hosanna,
sing hosanna to the King of kings!*

*Sing hosanna, sing hosanna,
sing hosanna to the King.*

Make me a fisher of men, keep me seeking,
make me a fisher of men, I pray;
make me a fisher of men, keep me seeking, keep
me seeking till the break of day.
Sing hosanna.....

Give me joy in my heart, keep me singing, give
me joy in my heart, I pray:
give me joy in my heart, keep me singing, keep
me singing till the break of day.
Sing hosanna.....

Give me love in my heart, keep me serving, give
me love in my heart, I pray;
give me love in my heart, keep me serving, keep
me serving till the break of day.
Sing hosanna.....

***Reading & reflection – 2 Timothy 4: 7 -8
A medal will be mine.***

Now when peace like a river attendeth my soul,
and when sorrows like sea billows roll;
then whatever my lot, you have taught me to say
it is well, it is well with my soul.
*It is well with my soul,
when the storms of winter blow,
and the cares of this world take their toll.
In the heat of the day
there is grace enough to say
it is well, it is well with my soul.*

And when Satan should tempt me,
and trials should come, let this blessed
assurance control;
for he sees every weakness
and knows every fear,
and has shed his own blood for my soul.
*It is well with my soul,
when the storms of winter blow,
and the cares of this world take their toll.
In the heat of the day*

*there is grace enough to say
it is well, it is well with my soul.*

Let's talk....

If God were giving out medals are there obvious recipients? Are there unsung heroes, the unseeded podium contenders? When life knocks us down what makes us get up again? What encouragement do we give to help others to get up again? When the energy levels fall what helps us recharge the batteries?

He who would valiant be
'gainst all disaster,
let him in constancy
follow the Master.
There's no discouragement
shall make him once relent,
his first avowed intent
to be a pilgrim.

Who so beset him round
with dismal stories,
do but themselves
confound
- his strength the more is.
No foes shall stay his might,
though he with giants fight:
he will make good his right
to be a pilgrim.

Since, Lord, thou dost defend
us with thy Spirit,
we know we at the end
shall life inherit.
Then fancies flee away!
I'll fear not what men say,
I'll labour night and day
to be a pilgrim.

A moment for our prayers.

A moment of grace –
I see God looking at me with love.
A moment of thanksgiving –
I count my blessings this day.
A moment of healing –
I receive God's forgiveness and strength.

A moment of mission – I look ahead to
tomorrow's opportunities and challenges.

Give me strength when I'm weary, O my Lord.
Lift me up when I fall, O my Lord.
Light a fire in my bones
that an ocean cannot drown;
give me hope, give me strength,
until my work is done.
*Oh Jesus be my vision;
Oh the passion and the fire in my soul
We'll keep the banner flying high,
the banner flying high.*

In the valley of shadow, O my Lord.
You will walk by our side, O my Lord.
If we love not our lives rather die than to deny;
there'll be crowns, there'll be glory, when the
morning comes.
Oh Jesus.....

Those who wait on you patiently, O my Lord.
Those who trust in your Word, O my Lord.
They will soar, they will glide,
like an eagle in the sky; they will walk,
not be weary till the work is done.
Oh Jesus.....

***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 forever. Amen.***

Stand up! stand up for Jesus!
ye soldiers of the cross.
Lift high His royal banner;
it must not suffer loss.
From victory unto victory
His army shall He lead.

Till every foe is vanquished
and Christ is Lord indeed.

Stand up! stand up for Jesus!
The trumpet-call obey;
forth to the mighty conflict
in this His glorious day.
Ye that are men, now serve Him
against unnumbered foes;
let courage rise with danger,
and strength to strength oppose.

Stand up! stand up for Jesus!
Stand in His strength alone;
the arm of flesh will fail you,
ye dare not trust your own.
Put on the gospel armour,
each piece put on with
prayer;
where duty calls, or danger,
be never wanting there.

Stand up! Stand up for Jesus!
The strife will not be long;
this day the noise of battle,
the next the victor's song.
To him that overcometh
a crown of life shall be;
he with the King of Glory
shall reign eternally.

We say the Grace

Next Sunday @ Seven

***August 25th The Barritt Room,
St John with St Mark Hall***

Fruits of the Spirit

Galatians 5: 22 –

***So many fruits on offer – can we accept
them all? Which is our favourite;
which do we find hardest to digest?***

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