

# Welshpool & Bro Hafren Methodist Circuit

Home Worship Sheet – 2<sup>nd</sup> August

This short act of worship has been prepared and written for you by Mrs Andrea Davies.

## Call to Worship

“I call on you my God, for you will answer me, turn your ear to me and hear my prayer.

Show me the wonders of your great love, you who save by your right hand those who take refuge in you from their foes.”

*Psalm 17: 6 & 7*

## Hymn: Be still and know that I am God

To listen to this hymn in a new tab: press Shift and Ctrl together and click [here](#). Close the tab after the hymn.

- 1      **Be still and know that I am God.  
Be still and know that I am God.  
Be still and know that I am God.**
  
- 2      **I am the Lord that health thee.  
I am the Lord that health thee.  
I am the Lord that health thee.**
  
- 3      **In thee, O Lord, I put my trust.  
In thee, O Lord, I put my trust.  
In thee, O Lord, I put my trust.**

Anonymous  
Based on Psalm 46:10-11

## Psalm 145:8-9, 14-21

To listen to this reading, by Kelly Ryan Roland from BibleGateway in a new tab press Shift and Ctrl together and click [here](#). Close the tab after the reading.

**God is all mercy and grace — not quick to anger, is rich in love.**

**God is good to one and all; everything he does is suffused with grace.**

**God gives a hand to those down on their luck, gives a fresh start to those ready to quit.**

**All eyes are on you, expectant; you give them their meals on time.**

**Generous to a fault, you lavish your favour on all creatures.**

**Everything God does is right — the trademark on all his works is love.**

**God's there, listening for all who pray, for all who pray and mean it.**

**He does what's best for those who fear him — hears them call out, and saves them.**

**God sticks by all who love him, but it's all over for those who don't.**

**My mouth is filled with God's praise. Let everything living bless him, bless his holy name from now to eternity!**

The Message

### Let us pray:

**Lord God of compassion and boundless blessings, we are full of amazement that you care so greatly for the needs of your people. We worship and adore you for your generosity, your love and your power.  
Amen**

**Loving God, forgive us when we do not recognise your presence in our lives.**

**So often we do not listen for your guidance, or we do listen but choose to go our own way.**

**There are many times when we fail to trust you, when we feel deserted and unloved, when we forget that you are always there for us.**

**Sometimes when we do seek you out in our prayers it seems that we are continually asking for something and we have forgotten to thank you for everything we already have.**

**In the present situation we have the time and space to listen to you, to learn what you want us to do, to love others as you love us. If we are struggling to cope with the everyday, forgive us if our spiritual strength is very low.**

**We ask all of these things, knowing your compassion and that in your forgiveness we shall be restored.**

**Amen.**

### **Matthew 14:13-21:**

To listen to this reading, by Kelly Ryan Roland from BibleGateway in a new tab press Shift and Ctrl together and click [here](#). Close the tab after the reading.

**When Jesus got the news, he slipped away by boat to an out-of-the-way place by himself. But unsuccessfully—someone saw him and the word got around. Soon a lot of people from the nearby villages walked around the lake to where he was. When he saw them coming, he was overcome with pity and healed their sick.**

**Toward evening the disciples approached him. “We’re out in the country and it’s getting late. Dismiss the people so they can go to the villages and get some supper.”**

**But Jesus said, “There is no need to dismiss them. You give them supper.”**

**“All we have are five loaves of bread and two fish,” they said.**

**Jesus said, “Bring them here.” Then he had the people sit on the grass. He took the five loaves and two fish, lifted his face to heaven in prayer, blessed, broke, and gave the bread to the disciples. The disciples then gave the food to the congregation. They all ate their fill. They gathered twelve baskets of leftovers. About five thousand were fed.**

The Message

## Reflection

**“Be still and know that I am God....”, never have the words of our first hymn been so true as they have been for me during Lock Down.**

**Knowing how some people have, and indeed are still struggling, I feel very fortunate that this time has been almost liberating for me. With no rush or pressure to be somewhere/everywhere, there has been a new peace in my life. Lock Down has meant an opportunity to Look Deeper.**

**We may be locked down socially but our spirits, our minds and our thoughts are still free. I have spent a lot of time in my back yard, surrounded by my new “pot-garden” and felt very, very close to God. My Looking Deeper has taken me down many paths. I have been happy and sad, angry and forgiving, I have felt despair and I have felt empowered. Through it all I have been so aware of God and his sustaining presence in my life, no matter what happens.**

**It was with this in mind that I began today’s worship with words from Psalm 17. There is such assurance in the psalmist’s voice, a certainty that his prayer will be heard. He knows that his God is a loving God, prepared to put out his hand to all those who put their trust in him. There is so much here that is positive.**

**My sister has been posting positivity images everyday on Facebook, the majority of these seem to be from the natural world where trees, plants and flowers continue to grow and flourish. Recently she “borrowed” one of my pictures taken in the Redwood Glen just outside Welshpool. It shows tree structures, three or four of them, growing tall and strong from the trunk of a fallen tree. The tree was felled by a storm in 1963 but its root system remained intact allowing the branches on its topside to continue to grow towards the light. I wonder if now is the time to draw on the roots of our faith to be stronger spiritually and grow closer to God?**



**I love the Psalms, they are definitely written to be heard and understood by all people. Whether they are laments, poems of rousing encouragement or songs of praise and thanksgiving they have their own special energy which still speaks to the reader today, just as they spoke to the Israelites. What could be more positive than**

**“Everything God does is right –**

**The trademark on all his works is love.”**

**Whatever is happening in life, whatever situation or frame of mind we find ourselves in, if we love God he is always there for us.**

**During my Looking Deeper I have been wondering why I always favour the “tried and trusted”, why do I content myself with the same old, well-used methods of doing things? Why am I not more adventurous, more ground-breaking, more innovative? Maybe I should update my thinking! It is only a small step but a very positive one for me to have used the Message Bible for our readings today.**

**Both of the readings, although very different show the overwhelming love and generosity of God.**

**Jesus needed more than social distancing when he heard of the death of John the Baptist. He actively sought to be alone, to find the peace and quiet in which perhaps to reflect on what had happened;**



to be sad, perhaps even to consider his own future. He did not find the space he needed but he put his own worries and concerns to one side in order to help those who needed him. He healed many people that day under difficult personal circumstances. Recently, many, many people have done just what Jesus did. They have put their own fears and sorrows on hold in order to help those who need them. They continue to do so, despite the toll it is taking on their own physical and mental health, and we remember them in our prayers.

Perhaps the disciples were worried about the strain the day had put on Jesus or perhaps they just wanted him to themselves for a little while. Jesus had other ideas, the crowd must be fed. Despite the apparently meagre rations available, after Jesus had prayed and broken the bread, the food was shared out and five thousand were fed with plenty left over. These actions of Jesus, praying and breaking the bread look forward to the Last Supper and to our own Communion Service. We are reminded that God's love and generosity are always there when they are most needed.

In the future months I hope that Looking Deeper will continue to be a source of positivity, come what may, because,

“God sticks by all who love him.”

### **Let us pray:**

Loving, open-handed God, we thank you for all your goodness to us. Even when life is disturbed from its normal routine we only have to look around to see the wonders of the natural world flourishing. There are trees and plants, birds and animals all completing their cycle of life, giving us hope for the future.

In the present circumstances we can make good use of our modern technology which helps us keep in touch with friends and family, temporarily out of reach. We thank you for the experimentation and innovation which has made this possible.

We thank you for all those people who have been working to help others in every walk of life.

We thank you for the greater sense of caring and consideration being shown by the majority of people during this difficult time.

Above all we thank you for listening to us and for being there for us, all of the time.

**Amen.**

And now we pray for all those who do not have a sense of your presence.

**Show them your love.**

For all those who have very little and feel there is no future for them.

**Show them your love.**

For all those throughout the world for whom this pandemic has made life even harder.

**Show them your love.**

For politicians and world leaders who have difficult decisions to make and are faced with some hard choices.

**Show them your love.**

For everyone who has put themselves on the front line and dedicated themselves to making a difference.

**Show them your love.**

For all church communities here and abroad who are working and praying for each and everyone inside and outside their fellowship.

**Show them your love.**

And finally we pray for each other and ourselves, within our own faith community; **we pray that you will continue to show us your love.**

Through Jesus Christ our Lord,

**Amen.**

In love and fellowship let us share the prayer that Jesus taught his disciples –

**The Lord's Prayer:**

Our Father, who art in heaven,  
hallowed be thy Name,  
thy kingdom come,  
thy will be done,  
on earth as it is in heaven.  
Give us this day our daily bread.  
And forgive us our trespasses  
as we forgive those who trespass against us.  
And lead us not into temptation,  
but deliver us from evil.  
For thine is the kingdom,  
the power and the glory,  
for ever and ever.  
Amen.

**Hymn: Best of all that God is with us**

To listen to the tune in a new tab: press Shift and Ctrl together and click [here](#). Close the tab after the hymn.

- 1      **Best of all is God is with us,  
God will hold and never fail.  
Keep that truth when storms are raging,  
God remains though faith is frail.**
  
- 2      **Best of all is God is with us,  
life goes on and needs are met,  
God is strongest in our weakness.  
Love renews, will not forget.**



**3 Best of all is God is with us,  
hearts are challenged, strangely warmed,  
faith is deepened, courage strengthened,  
grace received and hope reformed.**

**4 Best of all is God is with us,  
in our joy and through our pain,  
till that final acclamation:  
'life is Christ, and death is gain.'**

**5 Best of all is God is with us  
as we scale eternal heights,  
love grows stronger, undiminished;  
earth grows dim by heaven's lights.**

Andrew Pratt (b. 1948)  
Based on John Wesley's final words.  
Reproduced from Singing the Faith Electronic Words Edition, number 610

**Let us pray:**

**Lord, thank you that we have been able to spend time with you today.  
We have felt ourselves grow stronger as we have been blessed with  
your presence. Let us spread your unending love in the precious name  
of Jesus Christ our Lord, Amen.**