

Welshpool & Bro Hafren Methodist Circuit

Home Worship Sheet – 19th July

This short act of worship has been prepared and written for you by Eileen and Terry Jobling

Let us come before God in praise and in worship. Though we are scattered, yet in you, in Christ, we are one.

Hymn: I sing the almighty power of 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 I sing the mighty pow'r of God,
that made the mountains rise,
that spread the flowing seas abroad,
and built the lofty skies.
I sing the wisdom that ordained
the sun to rule the day;
the moon shines full at His command,
and all the stars obey.

- 2 I sing the goodness of the Lord,
that filled the earth with food;
He formed the creatures with His word,
and then pronounced them good.
Lord, how Thy wonders are displayed
where'er I turn my eye,
if I survey the ground I tread,
or gaze upon the sky!

- 3 There's not a plant or flow'r below
but makes Thy glories known,
and clouds arise and tempests blow
by order from Thy throne;

while all that borrows life from Thee
is ever in Thy care,
and ev'rywhere that we can be,
Thou, God, are present there.

Isaac Watts (1674–1748)

Let us pray

Can we pray better than with the words of St Peter in his first epistle:

“Praise be to the God and Father of our Lord Jesus Christ!
In his great mercy he has given us new birth into a living
hope through the resurrection of our Lord Jesus from the
dead.”

But . . . (from the poem 'Forgive Us' by Kate Mellhagga)

“How can we seek the warm safety of worship
when so many are lonely and afraid?

O loving God,
help us to find worship to be
a sending and strengthening,
not to seek it
as an escape from reality.

For expecting too much,
for expecting too little,

GOOD LORD, FORGIVE US.

For making easy promises
and failing to keep them,

GOOD LORD, FORGIVE US.

For hasty words, and thoughtless actions,
for easy answers and careless thinking,

GOOD LORD, FORGIVE US.

For avoiding the hurt of the world
and ignoring the needs of others,
GOOD LORD, FORGIVE US.

Those who seek shall find.

Those who ask for forgiveness
are forgiven”

Amen

Psalm 139:1-12, 23-24

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

You have searched me, Lord,
and you know me.

You know when I sit and when I rise;
you perceive my thoughts from afar.

You discern my going out and my lying down;
you are familiar with all my ways.

Before a word is on my tongue
you, Lord, know it completely.

You hem me in behind and before,
and you lay your hand upon me.

Such knowledge is too wonderful for me,
too lofty for me to attain.

Where can I go from your Spirit?
Where can I flee from your presence?

If I go up to the heavens, you are there;
if I make my bed in the depths, you are there.

If I rise on the wings of the dawn,
if I settle on the far side of the sea,

even there your hand will guide me,
your right hand will hold me fast.

**If I say, 'Surely the darkness will hide me
and the light become night around me,'**

**even the darkness will not be dark to you;
the night will shine like the day, for darkness is as light to you.**

**Search me, God, and know my heart;
test me and know my anxious thoughts.**

**See if there is any offensive way in me,
and lead me in the way everlasting.**

New International Version

Romans 8:12-25

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

Therefore, brothers and sisters, we have an obligation – but it is not to the flesh, to live according to it. For if you live according to the flesh, you will die; but if by the Spirit you put to death the misdeeds of the body, you will live.

For those who are led by the Spirit of God are the children of God. The Spirit you received does not make you slaves, so that you live in fear again; rather, the Spirit you received brought about your adoption to sonship. And by him we cry, 'Abba, Father.' The Spirit himself testifies with our spirit that we are God's children. Now if we are children, then we are heirs – heirs of God and co-heirs with Christ, if indeed we share in his sufferings in order that we may also share in his glory.

I consider that our present sufferings are not worth comparing with the glory that will be revealed in us. For the creation waits in eager expectation for the children of God to be revealed. For the creation was subjected to frustration, not by its own choice, but by the will of the one who subjected it, in hope that the creation itself will be liberated from its

bondage to decay and brought into the freedom and glory of the children of God.

We know that the whole creation has been groaning as in the pains of childbirth right up to the present time. Not only so, but we ourselves, who have the firstfruits of the Spirit, groan inwardly as we wait eagerly for our adoption to sonship, the redemption of our bodies. For in this hope we were saved. But hope that is seen is no hope at all. Who hopes for what they already have? But if we hope for what we do not yet have, we wait for it patiently.”

New International Version

Reflection

I have very recently enjoyed doing a jigsaw puzzle called ‘The Celebration’ by Tom DuBois.

The chief character is Noah, he has a few other humans and endless animals in pairs, some with young beside them.

Dominating the picture is a very large ark, caught on a rock (Mount Ararat?) as the water subsided and also, of course, a rainbow. This is shown above Noah. The scene is teeming with life of many kinds. It was awash with torrents of water overflowing and plenty of birds in many places.

Despite the fact that some of the creatures are capable of killing and eating smaller creatures there is an overall sense of peace.

Apart from Noah himself only Shem. Ham and Japhet, Noah’s sons, were named in the story.

God spoke to Noah and his sons and said, “I set my bow in the clouds”

After the flood Noah lived for 350 years and in total Noah lived for 950m years! “Was the length of a year in those days much shorter than it is now?”

What a wonderful world God has given us.



'The Celebration' by Tom duBois

Let us pray

As we are thankful for our own Health Service let us remember folk in the more impoverished parts of the world. It is our prayer that resources are available of medicines, vaccines and equipment. Bless Lord those working in stressful and indeed dangerous conditions to bring relief and bless Lord those who govern the war-torn lands that peace can enable healing.

Thank you Lord for hearing us.

We pray for the Health Service of our own country. May those who work on the front line receive all the resources and protection they need. We remember, with thankfulness, those who, in recent months, have lost their lives through their work.

Thank you Lord for hearing us.

Let us remember, thankfully, our own local communities. Bless our neighbours, our friends and our enemies (though we pray that we have none of the latter) and bless those who serve us day by day that life can keep going.

Thank you Lord for hearing us.

Please bless any in our community who are in distress. May those ill in mind or body find healing.

We think of the lonely, the sad, the distressed and the grieving. May they find your joy in life.

Thank you Lord for hearing us.

Bless Rev Bob and Jenny who are now leaving us for their new work. Thank you for all they have given us. Bless Rev Jacquie and Jon as they make their plans to join us and bid their own farewells to those where they are now.

Thank you Lord for hearing us.

We offer these prayers in Jesus' name.

Amen

Shall we say the Lord's Prayer together.

*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: Thank you, O God, for the time that is now

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

- 1 Thank you, O God, for the time that is now,
for all the newness your minutes allow,
make us alert with your presence of mind
to fears and longings that move humankind.

- 2 Thank you, O God, for the time that is past,
for all the values and thoughts that will last.
May we all stagnant tradition ignore,
leaving behind things that matter no more.

- 3 Thank you for hopes of the day that will come,
for all the change that will happen in time;
God, for the future our spirits prepare,
hallow our doubts and redeem us from fear.

- 4 Make us afraid of the thoughts that delay,
faithful in all the affairs of today;
keep us, Creator, from playing it safe,
thank you that now is the time of our life!.

Fred Kaan (1929–2009)

Blessing

May God be with you this day and every day.

The faithfulness of God keep you safe.

The friendship of Jesus bring laughter on your way.

The fragrance of the Holy Spirit be your refreshing.

May God be with you this and every day.