

## **Morning Prayer**

In the name of Christ, who died and was raised by the glory of the Father, welcome: grace, mercy and peace be with you.

### **And also with you.**

We have come to the city of the living God to the heavenly Jerusalem, with thousands of angels in joyful assembly.

### **Alleluia!**

We have come to God the judge of all, to Jesus the mediator of the new covenant with thousands of angels in joyful assembly.

### **Alleluia.**

### **Pause**

Lord, direct our thoughts, teach us to pray, lift up our hearts to worship you in Spirit and in truth, through Jesus Christ. **Amen**

Christ our Passover lamb has been offered for us. Let us then rejoice by putting away all malice and evil and confessing our sins with a sincere and true heart.

### **Pause**

**O Jesus Christ, risen master and triumphant Lord, we come to you in sorrow for our sins, and confess to you our weakness and unbelief. We have lived by our own strength, and not by the power of your resurrection. We have lived by the light of our own eyes, as faithless and not believing. We have lived for this world alone, and doubted our home in heaven. In your mercy, forgive us. Hear us and help us.**

God who is both power and love, forgive us and free us from our sins, heal and strengthen us by his Spirit, and raise us to new life in Christ our Lord. **Amen.**

### **Collect**

Almighty and everlasting God, by whose Spirit the whole body of the Church is governed and sanctified: hear our prayer which we offer for all your faithful people, that in their vocation and ministry they may serve you in holiness and truth to the glory of your name; through our Lord and Saviour Jesus Christ, who is alive and reigns with you, in the unity of the Holy Spirit, one God, now and for ever Amen

### **Reading**

#### **Psalm 103 v1-8 - Of David.**

Praise the LORD, my soul! All my being, praise his holy name! Praise the LORD, my soul, and do not forget how kind he is. He forgives all my sins and heals all my diseases. He keeps me from the grave and blesses me with love and mercy. He fills my life with good things, so that I stay young and strong like an eagle.

The LORD judges in favour of the oppressed and gives them their rights. He revealed his plans to Moses and let the people of Israel see his mighty deeds. The LORD is merciful and loving, slow to become angry and full of constant love.

## Thought for Today

What a great psalm this is – it has been said that this is the best of the psalms of David, It's a psalm that sets out what following God should be like and the benefits of a God filled life.

Our lives are full of stresses and strains, moans and groans, good things, and bad things. But in this psalm, we are reminded to take a break from these things in our own lives and focus on what God has done for us. Its good to look at the blessings and the support that God provides for his family.

God is good all the time, all the time God is good and David encourages us to praise the Lord with our entire body and soul, to not leave anything behind in our worship of our loving heavenly father.

It's been interesting to see that the bible doesn't change how God does things over time, From Adam to King David to Paul the apostle - we have a constant God who forgives our wrongdoings, now, tomorrow and for ever. I wonder should we take time to realise this constant love and forgiveness that God has ready for us to accept. Our God cares for us and He saves us from our darkest places, he restores and enriches us and He also brings healing.

Our God fills our lives with His good things, so that we can stay young and strong in him like eagles. Throughout the bible eagles are seen as a symbol of strength, The Roman army had eagles as their standard when going in to battles, they were led by a symbol of strength that everyone knew and understood as a sign of their weakness in the face of Roman might.

But our God doesn't use His Strength to conquer nations like the Romans did. God works to provide justice to all that are oppressed. Today God works through churches, charities, and social agencies to secure freedom for all, regardless of sex, disability, and skin colour. Our God keeps reminding us to seek truth from the bible and serve our communities with the compassion of Jesus. One of God's promises is justice for all, yet with the same breath, reminds us to forgive and offer the same gift of life He has offered us.

How long has God been patient with us? How long has God waited for us to be ready to be transformed to the ways of Jesus. Verse 8 of this Psalm tells us that our Lord is merciful and loving, slow to become angry and full of constant love. This is such a difficult verse to understand. The nature of God is so different to our own. So often we react in an aggressive or authoritarian way. We demand that our way is right, and you will do as you are told. There is no other way than your way in these matters!!! And humankind deserves to see God deal with us in this way. And this leads into what we learnt last week we have a God that forgives and forgets about our wrong doings when we come to him to say sorry.

This is an amazing place to be and one that should make us want to praise our God. When we follow Jesus we are Children of a loving heavenly father, 2 Corinthians 5v17 and I'm using the Message translation that tells us... Because of this decision we don't evaluate people by what they have or how they look. We looked at the Messiah that way once and got it all wrong, as you know. We certainly don't look at him that way anymore. Now we look inside, and what we see is that anyone united with the Messiah gets a fresh start, is created new. The old life is gone; a new life burgeons! Look at it! All this comes from the God who settled the relationship between us and him, and then called us to settle our relationships with each other. God put the world square with himself through the Messiah, giving the world a fresh start by offering forgiveness of sins. God has given us the task of

telling everyone what he is doing. We're Christ's representatives. God uses us to persuade men and women to drop their differences and enter into God's work of making things right between them. We're speaking for Christ himself now: Become friends with God; he's already a friend with you.

This is something that should make us praise the Lord our God with a loud voice of praise filled song to our heavenly father.

Amen

Let declare our faith in God.

We believe in God the Father, from whom every family in heaven and on earth is named. We believe in God the Son, who lives in our hearts through faith, and fills us with his love. We believe in God the Holy Spirit, who strengthens us with power from on high. We believe in one God, Father, Son and Holy Spirit. Amen.

### **Intercessions**

Lord God, make your ways known upon the earth: your saving power among all the peoples.

Renew your Church in holiness: and help us to serve you with joy.

Guide the leaders of this and every nation: that justice may prevail throughout the world.

Let not the needy be forgotten: nor the hope of the poor be taken away.

Make us instruments of your peace: and let your glory be over all the world.

Pour your healing power upon us; and upon all those we love who are suffering at this time.

As you sent your Son into the world: so send us, to make your glory known. Amen.

### **Lord 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 forever. Amen.**

### **The Blessing**

And now may the Father, whose glory fills the heavens, cleanse us by his holiness and send us to proclaim

his word. The Son, who has ascended to the heights, pour upon us the riches of his grace.

The Holy Spirit, the Comforter, equip us and strengthen us in our walk with Jesus. Amen.

Go in Peace to love and serve the Lord In the name of Christ. Amen.

