



Chet Valley Churches
Last Sunday Praise
29 August 2021



Welcome

Welcome to Last Sunday Praise. In this file you will find links to the songs we have chosen for our worship. Click on the links to take you to each song.

Introduction

Last Sunday Praise is still operating online, and the expectation is that it will be online again next month and maybe 'live' in October. Our theme this time is 'Christian rest – physical, spiritual and eternal', prompted by the fact that this is Bank Holiday weekend. If you've been working hard or have just had a busy day, the idea of rest is particularly appealing. However, in both our busy times and our rest times we can focus on God and praise him for all that he is and does. So let's do that now. We're starting with an old favourite hymn that declares how great is the love of God for us through Jesus his son.

♪♪ *All the songs link to YouTube. Just click with your mouse on the link, which will take you to a song with on-screen words. You may have to skip a few YouTube adverts if we have chosen songs that are not currently on the Chet Valley Churches YouTube channel.*

♪♪ I stand amazed

<https://youtu.be/g3K28WUSTKc>

♪♪ Your love

<https://www.youtube.com/watch?v=tWOsA5Ba9LM>

♪ Holy holy

<https://www.youtube.com/watch?v=xbXjbUXcxRs&list=PL-Wo7lu6CksuTKdkFbx68JxCo0xmtG8IA&index=152>

Pause for thought, and prayer...

It's good to be busy – well, busy enough not to be bored with life. But sometimes being busy means we don't have any time to give space to God. People who choose to live their lives entirely dedicated to prayer have a special opportunity to draw close to God, to rest in him and to listen to him. However, we can all find moments in the day when we can be still rather than busy, and when we can listen rather than talk. When we make space for God to speak to our own situation, it's amazing how we find that he is walking with us, and when necessary is carrying us in his arms.

The Collect is a special prayer written for each day. Perhaps you might read the prayer aloud, line by line, stopping to think about each line as you do so.

The Collect—A Special Prayer for the Day.

Almighty God,
you search us and know us:
may we rely on you in strength
and rest on you in weakness,
now and in all our days;
through Jesus Christ our Lord.
Amen.

♪♪ Faithful One

<https://youtu.be/JqK-UnsRTFI>

♪♪ The Lord's my shepherd

<https://youtu.be/upRoR7ej9Ns>

♪♪ You give rest to the weary

https://www.youtube.com/watch?app=desktop&v=nz_wwrCh2ig

Pause for thought, and prayer...

It is always good to praise God, because however we ourselves may feel, he is always worthy of praise. He is also ready to listen, so we know we can bring our joys and our fears to him at whatever time of the day or night. We can also pray for ourselves, and we can pray for others – often people whose situation is far worse than our own. In particular this time, let's pray for people who feel they can't rest and must keep working even though they are becoming stressed and unhappy. Let's pray for healthy balance between work and rest, talking and silence and prayer and activity.

Perhaps you might like to ponder the following prayer.

A prayer for our lives

Heavenly Father,

Forgive us for the times when we grumble because we think we are over-burdened,

forgive us for the times when we are self centred and fail to notice the needs of others

forgive us for the times when we talk to you but don't listen to you talking to us,

forgive us for forgetting that you have been here before us.

Help us to worship you in our lives as well as our praises, and to know that if we ask, you will change us to become the people you want us to be,

♪♪ From the breaking of the dawn

<https://youtu.be/kMuq5zluaMo>

♪♪ Lord I come to you

<https://www.youtube.com/watch?v=Ga6Qtxzd6vk>

Bible Reading

Our Bible reading this time can be found at various points during the talk that follows here:

Talk

Paul Mizen has written this reflection.

This is a bank holiday weekend and it led me to think about the subject of holidays and rest.

Of course, the word ‘holiday’ originally comes from ‘Holy Day’. Some of our bank holidays reflect that – Christmas and Easter - others not so. I guess since retirement, whilst Christian Festivals still have great meaning for me, other bank holidays do not. For me it’s little different to any other day. Some would say that when you are retired, every day is a bank holiday, although I suspect my wife would say that’s not true in my case! However, I do still enjoy going on holiday and the chance to rest in a different environment.

So what does the bible teach us about rest? I want to look firstly at physical rest. Let’s look at Mark 6 vv 30-33:-

³⁰ The apostles gathered round Jesus and reported to him all they had done and taught.³¹ Then, because so many people were coming and going that they did not even have a chance to eat, he said to them, ‘Come with me by yourselves to a quiet place and get some rest.’

³² So they went away by themselves in a boat to a solitary place. ³³ But many who saw them leaving recognised them and ran on foot from all the towns and got there ahead of them.

Life can be hectic, even church life. I heard a variation on a nursery rhyme:-

Mary had a little lamb, twas given to her to keep

And then it joined the local church and died from lack of sleep.

As with the disciples, there is a need for rest, to recharge our batteries and to be fed, physically and spiritually. That’s how

God designed us. In the story of creation, we even read that God rested on the 7th day. Sundays may have changed beyond recognition in many of our lifetimes, but that doesn't mean the principle of needing rest has changed.

Taking time for rest and to meet with the Lord are crucial if we want to serve Him. So often, as with Jesus and His disciples in this passage, there are soon further demands on our time, so we need to ensure we take the opportunities when we can.

Secondly, I want to look at spiritual rest. In Matthew 11 vv 28-30, Jesus says

²⁸ 'Come to me, all you who are weary and burdened, and I will give you rest. ²⁹ Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. ³⁰ For my yoke is easy and my burden is light.'

I'm sure many will have felt weary and burdened as a result of the pandemic. There have been understandable concerns about catching the virus, other health conditions where treatment may have been delayed or where that condition makes you more vulnerable to the virus. Also, there have been concerns for jobs and business, finances and even strains on relationships.

Jesus says come to me and give me your burdens. Sometimes He will take them away from us completely, but more often He will help us carry them; help us through the problem we are going through rather than taking it away. Some lines from the hymn 'What a friend we have in Jesus' say this:-

Are we weak and heavy laden, cumbered with a load of care;

Jesus only is our refuge, take it to the Lord in prayer.

Jesus cared for us by making the greatest sacrifice possible. He died on the cross for our sins, giving us forgiveness and peace with God. Have you ever come to the point of trusting Him

with your life, of asking Him to help you and guide you? All you have to do is ask. It's that simple.

However, trusting Him doesn't mean every problem magically disappears. We still need to ask His help on the situations we are facing. The best way of doing that is to take a few minutes at the start of each day to pray for whatever that day will hold and to ask God to go before you into each and every situation.

Finally, I want to think about eternal rest, an expression of the life to come. In John 14, Jesus says He is going to prepare a place for us, where we can dwell forever. Paul spoke of that hope in 2 Timothy chapter 4. This was probably the final letter that Paul wrote to Timothy, the son he never had, just before his death.

⁷ I have fought the good fight, I have finished the race, I have kept the faith. ⁸ Now there is in store for me the crown of righteousness, which the Lord, the righteous Judge, will award to me on that day – and not only to me, but also to all who have longed for his appearing. ¹⁸ The Lord will rescue me from every evil attack and will bring me safely to his heavenly kingdom. To him be glory for ever and ever. Amen.

This is the hope for all who have put their trust in the Lord Jesus Christ. Is that your hope? It can be. All you have to do is ask.

The next song we come to has a line which says 'I am safe in everlasting arms and they will lead me home.' I pray each one of us will be able to rest in the Lord who loves us so much, not just in this life but in the life to come.

♪♪ **There is a hope**

<https://youtu.be/FVUfNEwRPno>

Time for prayer...

Let's take time to pray for:

- The people we live amongst – family, neighbours, friends far or near, acquaintances
- People we may not know who are experiencing depression, sadness or hardship
- Those who are over-burdened, stressed or tired
- People who share the joy of a journey with Jesus
- Members of church congregations tackling their own decisions about life and faith, and those who have found church online to be their way forward
- People who are ill, or who feel isolated or afraid
- Those who are fearful of change and of the journey ahead
- Ourselves, that we might be willing to listen as well as to talk to God, and then allow him to lead us

And a simple, but comprehensive prayer which is attributed to St Richard of Chichester, also known as St Richard de Wyche:

Day by day, dear Lord
of thee three things I pray:
To know thee more clearly,
love thee more dearly
and follow thee more nearly
day by day.
Amen.

You might want to pray aloud the prayer that Jesus taught his first disciples. Use whatever version or language you wish!

Our Father in heaven, hallowed be your name.
Your kingdom come, your will be done,
on earth as it is 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.

♪♪ **As the deer pants for the water**

https://youtu.be/jv6Z8tITz_g

♪♪ **Lord I come before your throne of grace**

<https://www.youtube.com/watch?app=desktop&v=bekyy2PGICc>

♪♪ **Bless the Lord O my soul**

<https://youtu.be/rDQn9cWC4Yc>

A blessing

The Lord bless you and keep you;
the Lord make his face shine upon you
and be gracious to you;
the Lord turn his face toward you
and give you peace.
Amen