



(image Rena Peru)

'Come To Me All Who Are Weary And I Will Give You Rest'

We take a breath and come intentionally into God's presence

The Lord be with you: **And also with you.**

Holy Spirit draw us close and minister your grace to us. May our hearts and minds be open to all you have to say to us this day. **Amen.**

Bible Reading Matthew 11:28-30

"Come to me, all you that are weary and are carrying heavy burdens, and I will give you rest. 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. For my yoke is easy, and my burden is light."

Reflection

Although there are joys with reopening, this had been an unprecedented time in global history and I am not surprised it also gives rise to deep soul weariness. Many of us are anxious, uncertain, fearful even of what the future holds. Even where Covid cases are declining the possibility of them increasing again or a second wave coming in winter is a worry.

There appears an increase of tension and frustration, a movement away maybe from the greater solidarity and community building that we saw in the earlier days of lockdown. People are hurting, they have lost loved ones, jobs and financial security. Operations have been postponed, people are missing easy social contact and physical contact with loved ones. There is demonstrating and vocal expression calling for change or oppositely opposing change. The inroads made in reducing air pollution with less aircraft and car journeys is being offset by the increase in use of disposable plastic and PPE. The mountains of rubbish abandoned on beaches and green places is disappointing. Life feels tough at the moment.

Into all this mess Jesus calls to us "Come to me, all you that are weary and are carrying heavy burdens, and I will give you rest." For those of us not sleeping well this is especially poignant. It is all too much for us to carry, but thankfully not God.

Our souls can find some peace and hope in knowing that we are held by God. The alpha and omega, the beginning and end of all things, who is faithful and steadfast, who loves us and gives us hope.

So if you are weary, for whatever reason, however complex, Jesus invites you to 'come' for his arms are wide and the shadow of his wing comforting and safe. There we can stop, rest, sit awhile and begin to restore our soul. A burden shared is so much lighter and much less lonely. We have God and we have one another, let us share the burdens of this time together. Amen



(image by Nathan)

Footprints in the Sand

One night I dreamed a dream.

As I was walking along the beach with God.

Across the dark sky flashed scenes from my life.

For each scene, I noticed two sets of footprints in the sand,
One belonging to me and one to God.

After the last scene of my life flashed before me,
I looked back at the footprints in the sand.

I noticed that at many times along the path of my life,
especially at the very lowest and saddest times,
there was only one set of footprints.

This really troubled me, so I asked the God about it.

"God, you said once I decided to follow you,
You'd walk with me all the way.

But I noticed that during the saddest and most troublesome times of my life,
there was only one set of footprints.

I don't understand why, when I needed You the most, You would leave me."

God whispered, "My precious child, I love you and will never leave you
Never, ever.

During your trials and sufferings,
when you saw only one set of footprints,
It was then that I carried you."

Author unknown

Worship Music

Morning has broken - Lucy Gibson (attached)

Immortal Invisible God Only Wise with lyrics Halifax Minster:

<https://www.youtube.com/watch?v=spE-BE23qxA>

Faithful One Robin Mark with lyrics:

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

The Solid Rock – Unspoken with lyrics:

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

Prayers

Almighty God,

Thank-you for the security we find in you.

Lighten the burdens that weigh so heavy and breathe over us your peace.

We thank you for those who care and support us, and open our eyes to those you would have us support.

May we have eyes to see, ears to hear and hearts to feel for the burdens of poverty, injustice and inequality of this world.

Lord in your mercy: **Bring us peace**

We pray for those who have lost their jobs, and financial security.

We pray for all who are in or fearing debt, those who don't know where their next meal is coming from.

We thank you for charities, churches and schools who are providing food for those in need and for the generosity of people who donate to them.

Lord in your mercy: **Bring us peace**

We pray for our government and all in positions of authority that they may rule with wisdom and compassion.

For our schools, places of worship, pubs and other industries as they implement reopening.

For protection from infection and a decrease in transmission rates.

We pray for those countries with high rates of transmission and for those with limited medical resources to respond to them.

Lord in your mercy: **Bring us peace**

God of love,

We pray for all who are unwell, all who are struggling in body, mind or spirit. Touch them with your healing and give hope in uncertainty.

We lift before you those for whom we pray.... Those who have no one to pray for them.... For one another... For family and friends... For our own needs and frailties...

We commend to your safe keeping all those who have recently died... and all whom we have loved.....

Bring lasting comfort to those who grieve...
Lord in your mercy: **Bring us peace**

In this moment of stillness we lift before God the prayers of our own hearts

We commend ourselves and the whole of creation to your precious keeping.
Merciful Father,
**Accept these prayers
for the sake of your Son,
our Saviour Jesus Christ.
Amen.**

**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 them that 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.**

Blessing

The peace of God, which passes all understanding, keep your hearts and minds in the knowledge and love of God, and of his Son Jesus Christ our Lord: and the blessing of God almighty, the Father, the Son, and the Holy Ghost, be with you and those whom you love always. **Amen.**

Go in peace to love and serve the Lord: **In the name of Christ Amen.**