



{Image:Churchsupplier}

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

Holy Spirit draw us close and minister your grace to us. May we recognise your presence in our midst. **Amen.**

God of all, through all time and in all places, in each circumstance and season, You call us together in this place and welcome us with open arms as your beloved children. Each one of us is precious to you and called by you. In this time of great change and uncertainty, you are unchanging and ever faithful. Through this time together, let us feel you speaking to us, leading us, teaching us, Filling us with your spirit and strengthening us for the journey ahead. **Amen.**

Bible Reading: Exodus 20:1-4, 7-9, 12-20

Then God spoke these words:

I am the Lord your God, who brought you out of the land of Egypt, out of the house of slavery; you shall have no other gods before me.

You shall not make for yourself an idol, whether in the form of anything that is in heaven above, or that is on the earth beneath, or that is in the water under the earth.

You shall not make wrongful use of the name of the Lord your God, for the Lord will not acquit anyone who misuses his name.

Remember the sabbath day, and keep it holy. For six days you shall labour and do all your work.

Honour your father and your mother, so that your days may be long in the land that the Lord your God is giving you.

You shall not murder.

You shall not commit adultery.

You shall not steal.

You shall not bear false witness against your neighbour.

You shall not covet your neighbour's house; you shall not covet your neighbour's wife, or male or female slave, or ox, or donkey, or anything that belongs to your neighbour.

When all the people witnessed the thunder and lightning, the sound of the trumpet, and the mountain smoking, they were afraid and trembled and stood at a distance, and said to Moses, "You speak to us, and we will listen; but do not let God speak to us, or we will die." Moses said to the people, "Do not be afraid; for God has come only to test you and to put the fear of him upon you so that you do not sin."

Reflection

The ten commandments are rather like God's list of rules and regulations for living well in community together; and gosh aren't we more alert to this than ever this year. Where following the rules matters individually, but mostly it is in the interest of what's best for the collective, especially the vulnerable, even if it inhibits our individual desires and choices.

Our countries laws seek to protect people and property- although not always in that order. There are some very strange laws; I've used these before but I'm going to again because they make me smile!

Did you know that:

It is illegal to die in the Houses of Parliament

It is an act of treason to place a postage stamp bearing the British monarch upside-down

It is illegal to handle a salmon in suspicious circumstances – goodness knows what this law referred to!

In Arizona it is it is against the law to have a sleeping donkey in your bathtub after 7 pm

In Samoa it is illegal to forget your wife's birthday

UK Parliament papers show over 4,000 Acts of parliament were passed between 1950 to 2019; including the Equality Act, Human Rights Act and Data Protection Act. This is all pre- final Brexit too; suddenly 10 doesn't seem so bad!

It is interesting that the first commandment as given to Moses encourages us to spend regular time in God's company, which sets the foundation from where everything else in our life should flow. In the presence of God we can rewrite our lives, we can recentre ourselves and from that live out the two summary of the law commandments: 'Love the Lord your God with all your heart, soul, mind and strength and love your neighbour as yourself'; where neighbour includes not just those in your road, but a global inclusive neighbourhood.

The commandments ask that we remember a Sabbath; a day, or time within each day, to do just this. To centre ourselves, to restore and be renewed in spirit and

purpose in the presence of God. Without this time we can too easily become self-centred and physically and emotionally depleted.

We are asked not to murder, not to commit adultery - two acts which betray love and respect for one another.

Not to steal or tell lies (or hold prejudices) against our neighbour – so no fake news! The strong sense of justice we have embedded spiritually within us is why we are rightly outraged at untruths and injustices.

Not to be envious and desire what someone else has – thereby practising gratefulness and contentment.

The Commandments are there for us all. They serve as a reminder that we all share a common humanity. They remind us that God cares for us, and cares for those we are in relationship with globally too.

By following the 'rules' we and all our relationships flourish.

The writer Mark Twain tells of a wealthy man whose fortune had been gained through the mistreatment of others. Piously he told Mark Twain "Before I die I intend to make a pilgrimage to the Holy Land. I want to climb to the top of Mount Sinai and read the Ten Commandments aloud."

"I have a better idea," suggested Twain. "Why don't you stay right at home and keep them?!" *(Goodreads.com)*

May we regularly draw close to God; and grow in grace in the beauty of God's presence. **Amen.**

Worship Music

Morning has broken- Lucy Gibson (attached)

O Worship the King- with lyrics Tenba:

https://www.youtube.com/watch?v=RAyKmYD2Zg8&ab_channel=THENBA

Living under the shadow of his wing -with lyrics Divine Hymns

https://www.youtube.com/watch?v=VB17ibKf3XU&ab_channel=DivineHymns

Tell out my soul – with lyrics Philipstopford:

https://www.youtube.com/watch?v=s6ji4y9Q-K0&ab_channel=philipstopford

Intercession Prayers

Almighty God, we thank-you for your love and guidance; help us to follow wisely and kindly in your footsteps.

Loving God, you see the pain of our world and we ask for your healing. For the destruction and limitation of spread of the virus.

We pray for those on the frontlines who are exhausted. Those who have to make difficult decisions.

We thank you for those who have sacrificed so much in their care of others.

For those living in, or fearing, financial ruin and loss of security.

For the hungry and homeless.

Lord in your mercy: **Hear our prayer.**

We pray for our schools, colleges and universities.

For the heads and all staff.

For all students, especially those far from home in these uncertain times.

We pray for wisdom for world leaders, scientists and all in positions of power.

For the USA and their President.

For Syria, India and Lebanon.

Lord in your mercy: **Hear our prayer.**

We pray for one another.

For all who are struggling in body, mind and spirit.

For our own needs and frailties.

We name before you those on our prayer lists and all for whom we pray ...

Help us with the uncertainty and fear, and speak peace into our hearts.

Lord in your mercy: **Hear our prayer.**

We commend to your safe keeping all those who have recently died.

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 God's precious keeping.

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.

Blessing

The Lord bless you and keep you.

The Lord shine his face upon you and give you peace.

And the blessing of God Almighty,
The Father, the Son and the Holy Spirit
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.**