

## You Have Known Me ..



(image: crosswalk)

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.**

Almighty God, you wonderfully created us in your image and yet more wonderfully restored us through your Son Jesus Christ: grant that, as Jesus came to share in our humanity, so we may share the life of Christ's divinity. **Amen.**

### **Bible Reading: Psalm 139:1-5, 12-17**

Lord, you have searched me out and known me;  
you know my sitting down and my rising up;  
you discern my thoughts from afar.

You trace my journeys and my resting-places  
and are acquainted with all my ways.

Indeed, there is not a word on my lips,  
but you, O Lord, know it altogether.

You press upon me behind and before  
and lay your hand upon me.

Such knowledge is too wonderful for me;  
it is so high that I cannot attain to it.

For you yourself created my inmost parts;  
you knit me together in my mother's womb.

I will thank you because I am marvellously made;  
your works are wonderful, and I know it well.

My body was not hidden from you,  
while I was being made in secret  
and woven in the depths of the earth.

Your eyes beheld my limbs, yet unfinished in the womb;  
all of them were written in your book;  
they were fashioned day by day,  
when as yet there was none of them.

How deep I find your thoughts, O God!  
how great is the sum of them!

If I were to count them, they would be more in number than the sand;  
to count them all, my life span would need to be like yours.

## Reflection

This Psalm alongside Psalm 23 The Lord's My Shepherd are my favourite Psalms. They both spark awe and solace in the knowledge that God is always with me. The knowledge that God knows and holds me eternally is almost too wonderful to perceive!

But this can also feel too much. Am I always ready for God to know my innermost thoughts – urghh not really! Do I really want to open myself fully up to God? How can any of us even begin to stand before God? Am I open and ready to be that vulnerable?

But the next wonderful thing is that we know because Jesus came and saw and felt and took that understanding of what it is to be human back to God. God understands how we feel. And God made human in Jesus showed us that vulnerability is OK and is safe in God's hands. Becoming aware of our imperfections in God's presence is not for chastisement rather it is for freedom from them as we lay them down and allow them to be touched by God. Trusting the everyday and the painful fears we carry. The spoken and the unspoken – find understanding and a safe home with God and can point us to possibilities beyond this world.

Learning that we – insignificant human beings are actually not insignificant beings to God, who desires us to draw close to learn more about and from each other. That it is two way brings us back to awe! So why do we miss it so much?

The term 'wonderfully' in verse 4 comes biblical scholar Nancy de Claissé-Walford explains "from the verbal root *pala'*, which means to be different, striking, remarkable – outside of the power of human comprehension. The word is used repeatedly in the Psalter (the book of Psalms) to describe the acts of God on behalf of humanity (cf. Psalms 9:2; 40:5). She goes on to say 'Each of us was formed and framed by God. God's eyes beheld our unformed substances. Each of us was reverently, wondrously, strikingly, remarkably, differently made – in ways that are beyond human explanation. In any time, in any place where the faithful face wickedness, bloodshed, and deceit, the words of Psalm 139 provide comforting assurance of God's sovereign creation of, and care for, each person.'

In good times, in anguished times it is here in these verses that we can find our true identity as a beloved child of God. A God who holds time. Holds us for all time.

Blessed be God's name. Amen.

## Worship Music

There is a thing most wonderful:

[https://www.youtube.com/watch?v=C8ImUe\\_UxHQ&ab\\_channel=AlbertGeorge](https://www.youtube.com/watch?v=C8ImUe_UxHQ&ab_channel=AlbertGeorge)

Lord Jesus Christ you have come to us:

[https://www.youtube.com/watch?v=QA\\_g98042Q4&ab\\_channel=mkariobangi](https://www.youtube.com/watch?v=QA_g98042Q4&ab_channel=mkariobangi)

Thou Whose Almighty Word Chaos and Darkness Heard:

[https://www.youtube.com/watch?v=aJuqdIVH8VY&ab\\_channel=fabioramsay](https://www.youtube.com/watch?v=aJuqdIVH8VY&ab_channel=fabioramsay)

Whom Shall I fear (God of Angel Armies) Chris Tomlin:

[https://www.youtube.com/watch?v=F47U1aWRjFM&ab\\_channel=mathbug2012](https://www.youtube.com/watch?v=F47U1aWRjFM&ab_channel=mathbug2012)

Holy, Holy, Holy - Lucy Gibson attached

## **Prayers of Intercession**

Almighty God, Creator of all, we praise you.

We thank you for all your seen and unseen blessings to us.

Your faithfulness and care through-out all generations, times and seasons. Amen.

We come before you now to pray for the needs of the world:

For healing from the pandemic.

For all hospitalised with Covid.

For medical teams, hospital staff, emergency workers, chaplains and funeral directors.

For care homes and carers.

For school staff and all frontline workers.

Give wisdom to our government and all leaders as difficult decisions are made.

We give thanks for the development of vaccines and pray for the logistics and generosity of their local and international distribution.

We pray for America and the new presidential team.

For Yemen, South Sudan and Somalia that famine may be averted.

Lord hear us: **Lord graciously hear us.**

We pray for those who have lost their jobs and livelihoods.

For those fearful of the future.

For families, children and young people in all the uncertainty.

For the vulnerable, the homeless and hungry.

For those whose homes are not safe places to be.

Lord hear us: **Lord graciously hear us.**

We pray for one another and those we hold dear.

For those who await treatment.

For those in recovery.

For those who are unwell.

For those who are depressed.

For those who are anxious.

For those who feel alone.

Breathe upon them your healing, hope and peace.

Lord hear us: **Lord graciously hear us.**

We commend to your eternal keeping those who have recently died.

And all whom we have loved ...

Hold and comfort all who grieve.

And reassure us all of your eternal care, outside of time for us all.

Lord hear us: **Lord graciously hear us.**

*We take a moment to lift the prayers of our own hearts before God ....*

We commend ourselves and the whole of creation to your unending love. **Amen.**

Joining all our prayers together we say the prayer our saviour taught us:

**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**

May Christ, who by being born to us,  
gathered into one all things earthly and heavenly,  
fill you with hope, joy and 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.**