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EASTER 4A 30th April 2023 A short act of worship and daily devotions

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Hymn:

548 STF – Blessed assurance, Jesus is mine - YouTube

Opening Prayers

Find a comfortable place to sit, and close your eyes.

Rest your hands on your lap, and allow your fingers to settle in place.

Take a deep breath in through your nose, and slowly let it out through your mouth.

Lock your fingers together.

Think of the people you share your life with...the connections you have...the networks you are a part of...your loved ones, friends, family, colleagues.

Allow your clasped fingers to tense slightly, then relax them. Consider the way our relationships can sometimes feel strained, uncomfortable and tense.

Hold all of your relationships in your heart and offer them to God.

Cup your hands in front of you. Think of all the precious gifts you have received from God, The strength to face difficult situations, Friends and family, An everlasting relationship with Jesus rooted in a love beyond all understanding.

Hold out your hands palms-up in front of you,

Allow God to challenge you,

To open your eyes and your heart,

Through this time of worship, may you hear God's voice, and feel called to serve, To love radically, give generously and stand for justice.

Relax your hands, and rest a moment in the silence.

Amen.

You may now wish to say the Lord's prayer in a version or translation with which you are most familiar

Readings: John 10:1-10 – Click for reading

Response to the reading

I have come. I have come that you might have life, and life in all its fullness. Life to the full. Life in all abundance.

These are some of my favourite words in the English language, never mind in the New Testament. These are words I live by. This invitation to abundance, to life in all its fullness. This invitation into betterness, richness, fulfilment.

All We Can, the Methodist Church's vision statement, has as it's vision statement: 'every person's potential fulfilled'.

This is my favourite translation of John 10:10 - 1 came that every person's potential is fulfilled'. Yes please, amen, this is the world I live for and I think this is the discipleship I feel part of and the world I want to help build.

What about you? Do you want to be part of this?

Are you being called? Are you being invited to be a part of building a better future?

What might God be saying to you, and to your community through this Bible reading today?

Three ideas for prayer, to help you listen to your call:

- 1. Every time you wash your hands you could say The Lord's Prayer
- 2. At the end of the day jot down 3 things you are grateful for,
- 4. Find yourself a prayer partner or prayer buddy who could pray with you, like they did in the early Church as we read in Acts.

The more we are able to discern God's voice the more we will be able to work out what is our unique path – our calling, our vocation.

Hymn:

513 STF – Take this moment, sign and space - YouTube

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Blessing

Know then that God is with you Even as the days look different

Ask what you can do to make God's kingdom real for someone Through what you do: prayer, chat, safe act of kindness

Know God is at work.

Amen.

Prayers and Prayer Pointers for the Week

Monday 1st May

- On this bank holiday Monday, try to change your routine a little bit, to make space to read a book or listen to a podcast, or watch a TV programme about prayer, or which includes some prayer suggestions.
- Think about what you learn as you read, listen or watch. How does this content relate to your own prayer life?

Tuesday 2nd May

- Place your hands flat against a wall and push. Pray thanksgivings that God has strength enough for our weakness.

Wednesday 3rd May

- Find a ribbon or a piece of string. Tie a knot in it, and think of a person you know who needs prayer.
- Tie two more knots praying for two more people. Put the string somewhere you'll notice it throughout the day where it'll remind you to pray for the three people.

Thursday 4th May

 Read this poem "blessing and rest" by Malcolm Guite. Consider the blessings you have received today. Give thanks for them. <u>https://</u> <u>malcolmguite.wordpress.com/tag/sabbath</u>

Friday 5th May

- Draw around the shape of your hand. Write on it the things that you're carrying that feel like burdens. Offer them to God in prayer, remembering that God carries your burdens with you.

Saturday 6th May

- Listen to 'make me a channel of your peace' https://youtu.be/5kD66ibmCOE and as you listen, ask God to show you how to bring peace in your life and community.