

Fear not

for I am with you

P: We are at times overwhelmed with anxiety and doubt. Most often unnecessary doubt, when all along we have the promise of our Saviour to carry us through. There are many verses in the Bible we can turn to when in fear and each gives us the promise that God is in charge.

'Trust in the LORD with all your heart and lean not on your own understanding; in all your ways acknowledge him, and he will make your paths straight'. (Prov 3:5-6)

We pray that this service reassures us to cast away every shadow of doubt and fully trust in God.

Opening Hymn

There's not a friend like the lowly Jesus,
No, not one! No, not one!
None else could heal all our soul's diseases,
No, not one! No, not one!

*Jesus knows all about our struggles;
He will guide till the day is done.
There's not a friend like the lowly
Jesus, No, not one! No, not one!*

No friend like Him is so high and holy,
No, not one! No, not one!
And yet no friend is so meek and lowly,
No, not one! No, not one!

There's not an hour that He is not near us,

No, not one! No, not one!
No night so dark but His love can cheer us,
No, not one! No, not one!

Johnson Oatman (1895)

Kauma

P. †Glory be to the Father our Creator, to the Son our Redeemer and to the Holy Spirit who sanctifies us.

C. As it was in the beginning, is now and ever shall be, world without end. Amen.

P. Holy, holy, holy, Lord God of power and might, heaven and earth are full of your glory, Hosanna in the highest.

C. Blessed is He that has come and is to come again in the name of the Lord. Hosanna in the highest.

P. Holy art thou, O God.

C. Holy art thou, Almighty Lord.

P. Holy art thou, Immortal Lord.

C. O Lord, the Messiah who was crucified for us † have mercy on us.

(To be repeated thrice)

P. O Lord, have mercy on us.

C. O Lord, have mercy on us and bless us.

P. O Lord, accept our prayers and worship and have mercy on us.

C. Glory be to you, O God.

P. Glory be to you, O Creator.

C. Glory be to you, O King the Messiah; who has mercy on us sinners. Bless us, O Lord. (Let us say together the prayer that Jesus taught us)

***All: Our Father who art in heaven, Hallowed be thy name,
Thy kingdom come, Thy will be done, On earth as it is done in heaven.
Give us this day our daily bread.
And forgive us our debts as we forgive our debtors.
And lead us not into temptation, but deliver us from evil.
For thine is the kingdom, the power, and the glory, Forever. Amen.***

Lesson 1 - Daniel 6:16-28

Lesson 2 - 1st Peter 5:1-11

Meditation

L: How to Overcome Fear, Anxiety and Worry

Historians will probably call our era “the age of anxiety.” Anxiety is the natural result when our hopes are centered in anything short of God and His will for us. —Billy Graham.

When Billy Graham wrote those words in 1965, no one knew how true they would be 55 years later.

At its best, anxiety distracts us from our relationship with God and the truth that He is “Lord of heaven and earth” (Matthew 11:25). At its worst, anxiety is a crippling disease, taking over our minds and plunging our thoughts into darkness.

But God wants so much more for us than to walk through life full of fear, worry and anxiety. “Do not be anxious about anything,” the Bible tells us in the book of Philippians, chapter 4, “but in everything by prayer and supplication with thanksgiving let your requests be made known to God. And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus.”

Our instructions don’t stop there. The chapter goes on to tell believers exactly what we should focus on. And it’s not fear, terrorism, illness, viruses, death or evil.

“Finally, brothers, whatever is true, whatever is honorable, whatever is just, whatever is pure, whatever is lovely, whatever is commendable, if there is any excellence, if there is anything worthy of praise, think about these things. What you have learned and received and heard and seen in me—practice these things, and the God of peace will be with you” (Philippians 4:8-9).

The first step to an anxiety-free mind is to give your life to Jesus Christ. Once you’ve taken that step, it’s important to fix your thoughts on Jesus and the promise that He is preparing a place for His followers in heaven (John 14:2-3).

Overcome fear and anxiety and live life the way Jesus teaches us—a life full of faith, truth, hope, peace and joy:

<https://billygraham.org/story/how-to-overcome-fear-anxiety-and-worry/>

Hymn

Will your anchor hold in the storms of life,
When the clouds unfold their wings of strife?
When the strong tides lift, and the cables strain,
Will your anchor drift or firm remain?

*We have an anchor that keeps the soul
Steadfast and sure while the billows roll,
Fastened to the Rock which cannot move,
Grounded firm and deep in the Savior’s love.*

Will your anchor hold in the straits of fear, when
the breakers roar and the reef is near? While the
surges rave, and the wild winds blow, Shall the
angry waves then your bark o’erflow?

Will your anchor hold in the floods of death,

When the waters cold chill your latest breath?
On the rising tide you can never fail,
While your anchor holds within the veil.

Will your eyes behold through the morning Light
the city of gold and the harbour bright? Will you
anchor safe by the heavenly shore, When life's
storms are past for evermore?

Lyrics: Priscilla Jane Owens (1829-1907) Music: William James Kirkpatrick (1838-1921)

L: Sea of doubt

On the sea of doubt,
I have learned to be
fearless as the waves
come crashing over me.

For, I know to be strong,
even when I'm frightened
my grip on Jesus . . .
must remain tightened.

On the sea of worry,
I have learned to be
not so overwhelmed
by what I cannot see.

For, I know to be brave,
even when I'm terrified
my eyes on Jesus . . .
musn't be cast aside.

The lessons on the sea,
of worry and doubt . . .
have taught how to shut
fear and apprehension out!

Deborah Ann

Prayer of Confession –

***Kyrie Elieson, Kyrie Elieson, Kyrie Elieson
Lord have mercy, Christ have mercy, Lord have mercy***

L: Let us pray to overcome our fears.

C: Gracious God, In the midst of difficult and challenging times, You remain Lord of all creation. We acknowledge how often we choose to depend upon our resources rather than depend upon You. Through the Holy Spirit, You send us courage, Yet our fears continue to hold us. Through the Holy Spirit, You send us comfort, Yet our unease still controls us. Through the Holy Spirit, You send us truth, Yet our own wisdom still guides us. Forgive us and free us from our sin Grow our trust and dependence upon You. Strengthen, encourage, and teach us. We pray through Jesus Christ. Amen.

Kyrie Elieson, Kyrie Elieson, Kyrie Elieson

Lord have mercy, Christ have mercy, Lord have mercy

Psalm 91

L:¹ Whoever dwells in the shelter of the Most High
will rest in the shadow of the Almighty.

C:² I will say of the LORD, "He is my refuge and my
fortress, my God, in whom I trust."

L:³ Surely he will save you from the fowler's snare and
from the deadly pestilence. ⁴ He will cover you with his
feathers, and under his wings you will find refuge; his
faithfulness will be your shield and rampart.

C:⁵ You will not fear the terror of night, nor the arrow
that flies by day, ⁶ nor the pestilence that stalks in the
darkness, nor the plague that destroys at midday.

L:⁷ A thousand may fall at your side, ten thousand at
your right hand, but it will not come near you.

C:⁸ You will only observe with your eyes and see the
punishment of the wicked.

L:⁹ If you say, "The LORD is my refuge," and you make
the Most High your dwelling, ¹⁰ no harm will overtake
you, no disaster will come near your tent.

C:¹¹ For he will command his angels concerning you to
guard you in all your ways; ¹² they will lift you up in
their hands, so that you will not strike your foot against
a stone.

L:¹³ You will tread on the lion and the cobra; you will trample the great lion and the serpent.

C:¹⁴ "Because he loves me," says the LORD, "I will rescue him; I will protect him, for he acknowledges my name.

¹⁵ He will call on me, and I will answer him;

I will be with him in trouble,

I will deliver him and honor him.

¹⁶ With long life I will satisfy him and show him my salvation."

Intercessory Prayers

L: Let us spend a few moments in prayer.

We pray for the pandemic that has engulfed the world. We pray especially for those whose health is affected, for those who have lost loved ones, lost jobs, and lost faith; we pray for relief from their troubles and ask you to comfort them with your presence. We ask you to help us be compassionate to those around us and help in whatever way we can.

Fear not, for I am with you; be not dismayed, for I am your God; I will strengthen you, I will help you, I will uphold you with my righteous right hand. Isaiah 41:10

Dear Lord, my fear has trapped and consumed me. But I am tired of living under the weight of my fears. Reassure me of your presence and confirm that you are able to deliver me from my trouble. Because you are with me, I don't have to be afraid. I don't have to doubt. Amen.

C: To be sung
*All my doubts I give to Jesus!
I've His gracious promise
heard— I shall never be
confounded— I am trusting in
that word.*

*I am trusting, fully trusting,
Sweetly trusting in His Word;
I am trusting, fully trusting,
Sweetly trusting in His Word.*

L: We give thanks for the tireless contribution of those on the frontline- Doctors, nurses, ambulance drivers, the police, the pourakarmikas, delivery people and shopkeepers and pray that they lead each day with renewed strength from you. We pray for those separated from their families during this time, give them the faith to believe that you will always be with them.

Be strong and courageous. Do not fear or be in dread of them, for it is the Lord your God who goes with you. He will not leave you or forsake you." Deuteronomy 31:6

Lord Jesus, please forgive me for allowing worry and anxiety to take root in my life. By worrying, I have displayed an obvious lack of faith. And without faith it is impossible to please You Father. Please forgive me for living from a worldly perspective rather than your eternal perspective.

*C: All my sin I lay on Jesus!
He doth wash me in His blood;
He will keep me pure and holy, He
will bring me home to God.*

L: We pray for our church, our Bishops, our Archbishops and all those working to spread your love in the current situation of despair. We thank you for the blessing of being able to come together to worship you as a church, even through a computer screen.

I sought the Lord, and he answered me and delivered me from all my fears. Psalm 34:4

You are in complete control, and you are greater than any fear my mind can conceive. Teach me what it means to be persevering in prayer. Transform my worry into rock solid faith that cannot be moved. When my heart is overwhelmed; Lead me to the rock that is higher than I.

*C: All my fears I give to Jesus!
Rests my weary soul on Him;
Tho' my way be hid in darkness,
Never can His light grow dim.*

L: We pray for those who worry about the uncertainty of the future and ask you to give them hope. Give them peace and let them know that you are the light that dispels the shadows of doubt.

Have I not commanded you? Be strong and courageous. Do not be frightened, and do not be dismayed, for the Lord your God is with you wherever you go." Joshua 1:9

Thank You Father, for delivering me from worry. I thank you for allowing me to rest in this confidence knowing that you are for me and with me. I know that there is nothing that I will face today that you can't see me through. I know that no power is greater than you. I can rest in your arms because nothing is strong enough to come against me and succeed. I praise you for this victory, and for complete salvation and safety, and for your divine peace that floods my soul. *In Jesus name we pray, Amen.*

*C: All I am I give to Jesus!
All my body, all my soul,
All I have, and all I hope for,
While eternal ages roll.*

Words: J. C. Morgan, Music: George C. Stebbins

Gospel Reading

P: †Peace be with you all.

C: May the Lord make us all worthy to listen to His Word.

P: The Holy Gospel of our Lord Jesus Christ, which proclaims life and salvation to the world as recorded by **Mathew 6:25-34**

C: Blessed is He that has come and will come again. Praise to the Father who sent him for our Salvation. May His blessings be ever upon us.

P: In the days of Jesus Christ, our Lord and Saviour, the Word of life, God incarnate of the blessed Virgin Mary, it happened in this way.

C: So we believe and affirm.

(After reading the Gospel, the priest says, †'Peace be with you all')

C: We thank you, Lord, that you have given us your gospel which is indeed the light of the world, that we may be drawn closer to you through the living words from your gospel which we have now heard.

The Nicene Creed

We believe in the one true God, the Father Almighty, Maker of heaven and earth, and of all things visible and invisible.

We believe in one Lord Jesus Christ, the only-begotten Son of God, begotten of the Father before all world; Light of Light, very God of very God; begotten, not made, being of one substance with the Father, by whom all things were made, who, for us men and for our salvation, came down from heaven, and was incarnate by the Holy Spirit of the Virgin Mary, and was made man. He was crucified † also for us in the days of Pontius Pilate; suffered and died and was buried. The third day He rose again, by His Father's holy will, ascended into heaven, and sits at the right hand of the Father. He will come again, with glory, to judge both the living and the dead and of His kingdom there will be no end.

We believe in the Holy Spirit, the Lord and Giver of Life; who proceeds from the Father; who with the Father and the Son together is worshipped and glorified; who spoke by the prophets and the apostles. We believe in one Holy Catholic and apostolic Church. We acknowledge one baptism for the remission of sins; and look forward to the resurrection of the dead, and the new life of the world to come. Amen.

Birthday & Wedding Anniversary & Thanksgiving

Blessed assurance, Jesus is mine!
Oh, what a foretaste of glory divine!
Heir of salvation, purchase of God,
Born of His Spirit, washed in His blood.

*This is my story, this is my song,
Praising my Savior all the day long;
This is my story, this is my song,
Praising my Savior all the day long.*

Perfect submission, perfect delight,
Visions of rapture now burst on my sight; Angels,
descending, bring from above
Echoes of mercy, whispers of love.

Perfect submission, all is at rest,
I in my Savior am happy and blest,
Watching and waiting, looking above,
Filled with His goodness, lost in His love.

Frances J. Crosby

MESSAGE

Closing Prayer

P: Dear Lord, You are our creator, protector, comforter and advocate; you are bigger than our circumstances. We know that you are on our side. Help us to submit all our fears and worries, which creep into our minds. When news becomes overwhelming, draw us to the beauty of your creation. We want to trust you in all situations. Help us God, to have the courage to share your care, your love and promises with others. Lord, you are our strength as we deal with this virus and pandemic.

We thank you for your guidance and your wisdom in our lives so that we need not be afraid. We pray for those who fear because of illness, finances, racism, feelings of abandonments. We pray for strength for our frontline workers. God heal us, heal our nation. Intervene by your Holy Spirit. As the brokenness of the world is vividly displayed before us, may we seek your face with increased willingness. Help us to be humble and prayerful. Set our hearts right with you. In Jesus name we pray. Amen.

Benediction

P: Have no anxiety about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God.

And the peace of God, which passes all understanding, will keep your hearts and your minds in Christ Jesus. Philippians 4:6-7

Closing Hymn and Kiss of peace

*The Lord's my Shepherd, I'll not want;
He makes me down to lie
In pastures green; He leadeth me
The quiet waters by.*

*My soul He doth restore again,
And me to walk doth make
Within the paths of righteousness,
E'en for His own name's sake.*

*Yea, though I walk in death's dark vale,
Yet will I fear no ill;
For Thou art with me, and Thy rod
And staff me comfort still.*

*My table Thou hast furnished
In presence of my foes;
My head Thou dost with oil anoint,
And my cup overflows.*

*Goodness and mercy all my life
Shall surely follow me,
And in God's house forevermore
My dwelling-place shall be.*

Lyrics: W. Whittingham; F. Rous; Music: Jessie Seymour Irvine (1836-1887)

Amen