



Be Still and Know
A Prayer for absolute faith

Opening Prayer

Be still, and know that I am God; I will be exalted among the nations, I will be exalted in the earth! - Psalm 46:10

Dear Lord, creator of all things, be present with us as we gather today to reflect on your Word. May we find in ourselves the solace that comes from knowing you and the comfort that comes from belonging to you. When we are worried, help us to seek you and find you in the stillness and understand your directions for us. May we always rest in the reassurance of your love. Amen

Opening

1 A mighty fortress is our God,
a bulwark never failing;
our helper he, amid the flood
of mortal ills prevailing.
For still our ancient foe
does seek to work us woe;
his craft and power are great,
and armed with cruel hate,
on earth is not his equal.

2 Did we in our own strength confide,
our striving would be losing,
were not the right Man on our side,
the Man of God's own choosing.
Dost ask who that may be?
Christ Jesus, it is he;
Lord Sabaoth his name,
from age to age the same;
and he must win the battle.

3 And though this world, with devils filled,
should threaten to undo us,
we will not fear, for God has willed
his truth to triumph through us.
Let goods and kindred go,
This mortal life also;
The body they may kill:
God's truth abideth still,
His kingdom is for ever!

Author: Martin Luther (1529); Translator: Frederic Henry Hedge (1852)

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 sing 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.*

(Cong. to be seated)

1st Lesson: Genesis 1:31, 2:1-3

2nd Lesson: Hebrews 4:1-11

L: Meditation- Be still and Know

Psalm 46 vs 10 Scripture scholars believe this Psalm was written when Judah was being invaded by the powerful Assyrians. That's important. The Psalm begins with: "God is our refuge and our strength, an ever-present help in distress." So, this Psalm was written not when everything was "hunky dory" for the People of God. It was written while they were undergoing severe "distress." This is significant for us. When things are going well for us, we sometimes begin to believe we don't need God. We might even be tempted to say to God, "Don't worry about me, Lord. I have everything under control." But when we're experiencing raging storms, darkness, uncertainty, and fears of all kinds, then this Psalm might be exactly what we need to pray.

Pastor John Miller of Menifee, California, wrote that someone has called Psalm 46 "a recipe for confidence." Miller calls this Psalm, "a Prescription to take when life falls apart." We reach out to God for help. And Miller reminds us, "When we call out to God, we never get God's voicemail. That's because God is with us." Always.

The phrase "Be still" means much more than simply, "Don't move" or "be quiet" or "settle down." Some scripture scholars say it can mean "take your hands off." In other words, "Let go of trying to be in charge of your life." "Be still" can also mean "stop messing things up." That's another way of saying we shouldn't assume it's our job to fix everything that's wrong. For example, we do not have to fix this person, this problem, this situation. Instead, we must trust in God more. After all, Psalm 46 says twice, "The Lord of Hosts is with us, our stronghold is the God of Jacob."

Another interpretation for the phrase "Be still" is this: "have leisure." This interpretation flows from the Jewish Sabbath tradition. On the Sabbath, the people were commanded to refrain from their work. Instead, they were to gather to worship God. Often this worship took the form of thanking God for all their blessings. Also, the people were to use the Sabbath to relax and have leisure with each other in order to strengthen family and community bonds.

Being still is a time to stop thinking of ourselves and feel God's presence within us.

L: Slow Me Down

Slow Me Down

Slow me down, Lord!

Ease the pounding of my heart

By the quieting of my mind.

Steady my harried pace

With a vision of the eternal reach of time.

Give me,

Amidst the confusions of my day,

The calmness of the everlasting hills.

Break the tensions of my nerves

With the soothing music

Of the singing streams

That live in my memory.

Help me to know

The magical power of sleep,

Teach me the art

Of taking minute vacations

Of slowing down

To look at a flower;

To chat with an old friend

Or make a new one;

To pet a dog;

To watch a spider build a web;

To smile at a child;

Or to read a few lines from a good book.

Remind me each day

That the race is not always won by the swift;

That there is more to life

Than increasing its speed.

Let me look upward

Into the branches of the towering trees

And know that it grew great and strong

Because it grew slowly and well.

Slow me down, Lord,

And inspire me to send my roots deep

Into the soil of life's enduring values

That I may grow toward the stars

Of our greater destiny.

Hymn

Be still, my soul! the Lord is on your side;
Bear patiently the cross of grief or pain;
Leave to your God to order and provide;
In every change he faithful will remain.
Be still, my soul! your best, your heav'nly friend
Thru' thorny ways leads to a joyful end.

Be still, my soul! your God does undertake
To guide the future as he has the past;
Your hope, your confidence, let nothing shake;
all now mysterious shall be bright at last.
Be still, my soul! the waves and winds still know
His voice who ruled them while he lived below.

Be still, my soul! when dearest friends depart
And all is darkened in the vale of tears,
Then shall you better know his love, his heart,
Who comes to soothe your sorrow and your fears.
Be still, my soul! your Jesus can repay
From his own fullness all he takes away.

Be still, my soul! the hour is hast'ning on
When we shall be forever with the Lord,
When disappointment, grief, and fear are gone,
Sorrow forgot, love's purest joys restored.
Be still my soul! when change and tears are past,
All safe and blessed we shall meet at last.

Author: Kathrina von Schlegel (1752); Translator: Jane Borthwick (1855)
Tune: FINLANDIA

Congregation to stand

Psalm 46

P: ¹God is our refuge and strength,
an ever-present help in trouble.

C: ²Therefore we will not fear, though the earth give way
and the mountains fall into the heart of the sea,
though its waters roar and foam
and the mountains quake with their surging.

P: ⁴ There is a river whose streams make glad the city of God,
the holy place where the Most High dwells.

C: God is within her, she will not fall;
God will help her at break of day.

P: ⁶ Nations are in uproar, kingdoms fall;
he lifts his voice, the earth melts.

C: ⁷The Lord Almighty is with us;
the God of Jacob is our fortress.

P: ⁸Come and see what the Lord has done,
the desolations he has brought on the earth.

C: ⁹He makes wars cease
to the ends of the earth.
He breaks the bow and shatters the spear;
he burns the shields with fire.

P: ¹⁰He says, "Be still, and know that I am God;
I will be exalted among the nations,
I will be exalted in the earth."

C: ¹¹The Lord Almighty is with us;
the God of Jacob is our fortress.

Prayer of Thanksgiving

Kyrie Elieson, Kyrie Elieson, Kyrie Elieson

Lord have mercy, Christ have mercy, Lord have mercy

P: Let us remember that we are in the holy presence of God.
Loving Creator, We asked for strength, and you gave us difficulties to make us strong.
We asked for wisdom, and you gave us problems to solve.

C: We asked for prosperity, and you gave us purpose and brains to use.
We asked for courage, and you gave us fears to overcome.
We asked for patience, and you gave us situations where we were forced to wait.
We asked for love, and you gave us troubled people to help.
We asked for justice, and you called us to be just and to lead with integrity.
Thank you for giving us everything that we needed.

P: Patient God, help us wait well. Help us know what to do and when to do it. Then, help us do the holy work of rest, even when we would rather work and worry. Give us peace, and teach us to trust You as we wait for You to answer our prayers.

C: Lord, when our hearts are overwhelmed, overwhelm us with Your peace.
Lead us to You, our rock.

Guide us to Your Word which gives us strength and refuge. Draw us to run to You first. Help us get into the habit of taking our "overwhelmed" and placing it under your will. Amen

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

Intercessory Prayers

L: O most loving Father, we live in a world where patience is scarce and worry is plenty. Most times, a pause for a moment or two is the answer to our struggles. When we pause, help us to reflect on being still and waiting with certainty. Our days can get dark and gloomy, uncertainty taking control over our lives. We ask you to preserve us from faithless fears and worldly anxieties and grant that no clouds of this mortal life may hide from us the sunshine of your love. Amen.

C: *To be sung*

**Only a beam of sunshine,
But oh, it was warm and bright;
The heart of a weary trav'ler
Was cheered by its welcome sight.
Only a beam of sunshine
That fell from the arch above,
And tenderly, softly whispered
A message of peace and love.**

Chorus:

**Only a word for Jesus,
Only a whispered prayer
Over some grief-worn spirit
May rest like a sunbeam fair.**

L: Dear God, when we pray against our anxieties, help us remember always *to Whom* we are praying. Your eternal character and Your future promises are our cornerstone for our hearts and minds to finally be free from the worries that seem insurmountable in our own power and knowledge. May we take pride in rest and not feel ashamed by it. In a world that glorifies overworking and under resting, help us to find assurance in the rest that you took on the seventh day. Help us to replenish ourselves and those around us through our rest and resume our work in whatever field with refreshed and renewed energy. Be it body, mind, or soul, help us to care for all three. In moments of fear, worry and sorrow, may your voice be a beam of sunshine and a promise for better times. Amen.

C: *To be sung*

**Only a beam of sunshine,
That into a dwelling crept,
Where, over a fading rosebud,
A mother her vigil kept.
Only a beam of sunshine
That smiled through her falling tears,**

**And showed her the bow of promise,
Forgotten perhaps for years. [Chorus]**

L: We thank God for the life of our former Vicar Rev K Y Jacob. We remember with thanks Achen, who initiated our Matin services and also during his term the Eco-Christmas trees. We pray that God will strengthen and comfort his family during this time. We pray for all our Vicars and their families, as they continue to lead and guide us. We pray for those in positions of power in our country and the world. Help them to pause for moments of contemplation before making big decisions that decide the fate of many lives. May we take accountability in making the world around us more habitable and preservable. Help us to use our energy for good and pour love into the cups of those that are dry and empty. May we, as a community, proclaim your message of love and always be the ones that uplift and inspire, providing people with a place of solace and rest as we continue the good work that was started so many years ago. Amen.

C: To be sung

Only a word for Jesus!

Oh, speak it in his dear name;

To perishing souls around you

The message of love proclaim.

Go, like the faithful sunbeam,

Your mission of joy fulfill;

Remember the Saviour's promise,

That he will be with you still. [Chorus]

Author: Fanny J. Crosby Tune: R Sweney

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 **Evangelist Mark**.

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.

Mark 3:1-6

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

C: With you also. 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 – To be sung

We believe in the one true God, the Father Almighty,
Maker of heaven, Maker of earth,

We believe in our Lord Jesus Christ, the only Son of God,
begotten of the Father before all world;

God of God, Light of Light, Of all things invisible, and all in light.
God of God, Light of Light, of all things invisible and all things right.

Being one with the Father, by whom all things were made,
who for our salvation, came down from heaven,
Incarnate by the Holy Spirit of the Virgin and was made man.

In the days of Pilate, He was crucified,
He suffered and died and was buried.
The third day He rose again, ascended into heaven,

He will come again for 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;
together with the Father and the Son is worshipped and glorified;
God of God, Light of Light,
who spoke through the prophets and the apostles.

We believe in one Holy Church,
One baptism for the remission of sins;
We look forward to the resurrection of the dead,
and the new life to come.
Amen

(Cong to be seated)

Birthday, Wedding Anniversary & Thanksgiving

When peace like a river attendeth my way,
when sorrows like sea billows roll;
whatever my lot, thou hast taught me to say,
"It is well, it is well with my soul."

*It is well with my soul;
it is well, it is well with my soul.*

Though Satan should buffet, though trials should come,
Let this blest assurance control:
That Christ has regarded my helpless estate,
And has shed his own blood for my soul.

My sin oh, the bliss of this glorious thought!
My sin, not in part, but the whole,

Is nailed to the cross, and I bear it no more;
Praise the Lord, praise the Lord, O my soul!

For me be it Christ, be it Christ hence to live!
If Jordan above me shall roll,
No pang shall be mine, for in death as in life
Thou wilt whisper Thy peace to my soul.

But, Lord, tis for thee, for Thy coming, we wait
The sky, not the grave, is our goal;
The trump of the angel! oh, voice of the Lord!
Blessed hope! blessed rest of my soul!

Lyrics: Horatio Gates Spafford (1828-1888)
Music: Philip Paul Bliss (1838-1876)

Announcements

Offertory

Master, the tempest is raging!
The billows are tossing high!
The sky is o'ershadow'd with blackness,
No shelter or help is nigh;
"Carest thou not that we perish?"
How canst thou lie asleep,
When each moment so madly is threat'ning,
A grave in the angry deep?

*The winds and the waves shall obey my will,
Peace, be still!
Whether the wrath of the storm-tossed sea,
Or demons, or men, or whatever it be,
No waters can swallow the ship where lies
The Master of ocean, and earth and skies;
They all shall sweetly obey my will,
Peace, be still!
They all shall sweetly obey my will,
Peace, peace, be still!*

Master, with anguish of spirit
I bow in my grief today;
The depths of my sad heart are troubled,
Oh, waken and save, I pray!
Torrents of sin and of anguish
Sweep o'er my sinking soul;
And I perish! I perish, dear Master,
O, hasten, and take control.

Master, the terror is over,
The elements sweetly rest;

Earth's sun in the calm lake is mirror'd,
And heaven's within my breast;
Linger, O blessed Redeemer,
Leave me alone no more;
And with joy I shall make the blest harbor,
And rest on the blissful shore.
Author: Mary Ann Baker (1874)
Tune: PEACE BE STILL (Palmer)

Message

Congregation to stand

Closing Prayer

P: Dear Lord, You are our creator, protector, comforter and guide; You are bigger than our circumstances. We know that You are on our side.

C: Help us to submit to you all the fears, worries and doubts 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 rest and rejuvenate. Through that, may we share your care, your love and promises with others. We thank you for your guidance and your wisdom in our lives so that we need not be afraid. 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

May the love of our Lord Jesus Christ, the peace of God, and the presence of the Holy Spirit be with all of you. Amen

Doxology

Holy Spirit, faithful Guide,
Ever near the Christian's side,
Gently lead us by the hand,
Pilgrims in a desert land;
Weary souls for aye rejoice,
While they hear that sweetest voice,
Whispering softly, "Wanderer, come!
Follow Me, I'll guide thee home."

Ever present, truest Friend,
Ever near Thine aid to lend,
Leave us not to doubt and fear,
Groping on in darkness drear.
When the storms are raging sore,
Hearts grow faint, and hopes give o'er-
Whisper softly, "Wanderer, come!
Follow Me, I'll guide thee home."

When our days of toil shall cease,
Waiting still for sweet release,
Nothing left but heaven and prayer,
Wondering if our names are there;
Wading deep the dismal flood,
Pleading naught but Jesus' blood,
Whisper softly, "Wanderer, come!
Follow Me, I'll guide thee home."

Author: M. M. Wells (1858)