

25<sup>th</sup> July 2021

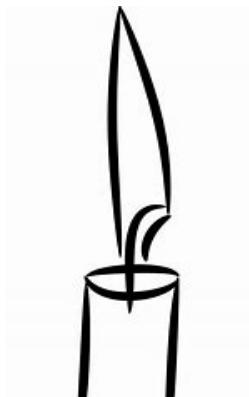


The Grace of the Lord Jesus Christ, the Love of God and the fellowship of the Holy Spirit be with you all

And also with you

Call to worship

**O God, you are my God, for you I long; for you my soul is thirsting. I gaze on you in the sanctuary to see your strength and your glory. For your love is better than life; my lips will speak your praise. Your pure gold and I cannot do without you, you make me able to do anything you desire of me.**

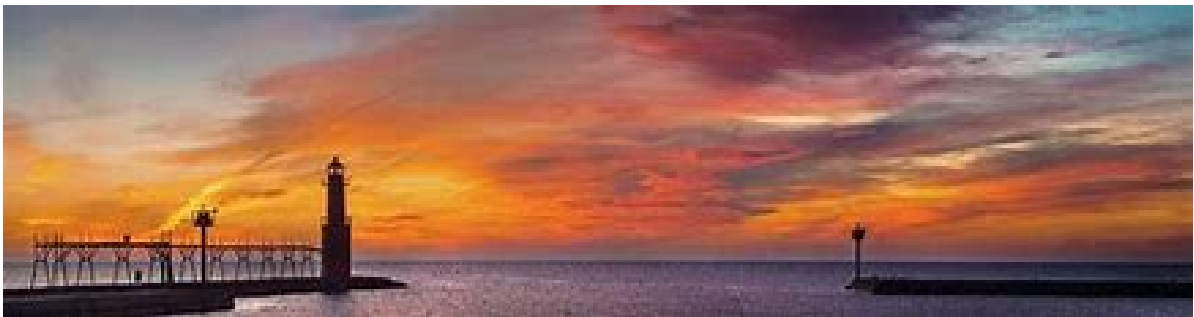


**and - Silence (Take time to ask God to speak with thee today)**



### Prayer

Most loving and gracious God - in the name of Christ we gather before you and pray for your presence to empower us. We ask that your Spirit fill us and make this time a holy time that is pleasing to you. We ask that you help us to do that which you call us to do - and to make us a people whose praise and devotion bring unto you the everlasting glory that is due to your most wonderful name. Breath into us this day that we may bring your life and your light to all whom we meet. Amen.



Mine eyes have seen the glory of the coming of the Lord

[EYES HAVE SEEN THE GLORY BIG SING at ROYAL ALBERT HALL,LONDON](#)

231K views 8 years ago



[HIMaachen](#)

1 Mine eyes have seen the glory of the coming of the Lord;  
 he is trampling out the vintage where the grapes of wrath are stored;  
 he hath loosed the fateful lightning of his terrible swift sword;  
 his truth is marching on.

Refrain:

**Glory, glory, hallelujah!**

**Glory, glory, hallelujah!**  
**Glory, glory, hallelujah!**  
**His truth is marching on.**

2. I have seen him in the watchfires of a hundred circling camps,  
 they have builded him an altar in the evening dews and damps;  
 I can read his righteous sentence by the dim and flaring lamps;  
 his day is marching on. [Refrain]

3. He has sounded forth the trumpet that shall never call retreat;  
 he is sifting out the hearts of all before his judgment seat.  
 O be swift, my soul, to answer him; be jubilant, my feet!  
 Our God is marching on. [Refrain]

4. In the beauty of the lilies Christ was born across the sea,  
 with a glory in his bosom that transfigures you and me;  
 as he died to make us holy, let us die to make all free,  
 while God is marching on. [Refrain]

#### **Deuteronomy 31:6**

Be strong and of good courage, do not fear nor be afraid of them; for the LORD your God, He is the One who goes with you. He will not leave you nor forsake you. (NKJV)

#### **Psalm 56:3-4**

When I am afraid, I will trust in you. In God, whose word I praise, in God I trust; I will not be afraid. What can mortal man do to me? (NIV)

We hear in the gospel story that the disciples have been commanded by Jesus to take a boat and go before him to the other side of the Sea of Galilee while Jesus stays behind to dismiss the crowds that had gathered to listen to him.

By evening Jesus was alone - praying - and the disciples were far from shore, being battered by wind and waves. They struggle almost all night against the storm that is crashing down against them, and they struggle successfully, until near dawn they see an apparition - they see someone or something - walking across the water towards them - and they are terrified and quite naturally given the circumstances, they cry out in fear. Immediately Jesus, for it is he who is walking upon the water, responds to the disciple's fear with the words - "Take heart, it is I, do not be afraid."



### **Matthew 14:22-33**

#### **Jesus Walks on the Water**

Immediately Jesus made the disciples get into the boat and go on ahead of him to the other side, while he dismissed the crowd. After he had dismissed them, he went up on a mountainside by himself to pray. Later that night, he was there alone, and the boat was already a considerable distance from land, buffeted by the waves because the wind was against it. Shortly before dawn Jesus went out to them, walking on the lake. When the disciples saw him walking on the lake, they were terrified. "It's a ghost," they said, and cried out in fear. But Jesus immediately said to them: "Take courage! It is I. Don't be afraid." "Lord, if it's you," Peter replied, "tell me to come to you on the water." "Come," he said. Then Peter got down out of the boat, walked on the water and came toward Jesus. But when he saw the wind, he was afraid and, beginning to sink, cried out, "Lord, save me!" Immediately Jesus reached out his hand and caught him. "You of little faith," he said, "why did you doubt?" And when they climbed into the boat, the wind died down. Then those who were in the boat worshiped him, saying, "Truly you are the Son of God."

This is the word of the Lord. **Thanks be to God**

In our reading from St Matthew, - - we see Peter doing something that is incredible - at the command of Jesus he gets out of a boat in a storm-tossed lake - and walks on water towards Jesus. And everything is fine as long as he is looking at Jesus - but when he looks around at the wind and waves - he begins to sink. Jesus reaches out his hand and rescues him and then gently gives him a telling off for not having enough faith - for looking at the water and the wind rather than at him. Peter forgot what he was doing - he made a choice to look away from Jesus - and he began to perish. Our choices are the same - to do what Jesus calls us to do - or to get distracted - and maybe to start sinking - even though God gives us the power to conquer even the greatest storms...

Let us pray: Dear Lord Jesus, help us to hold on - to turn to you - and look at you - rather than at the size of our troubles. - Be with those in danger - rescue them and help them - and bless us all. Amen.



**Courage, brother! do not stumble,**

[Courage, Brother, Do Not Stumble](#)

32K views 5 years ago



[Hymn Channel](#)

Courage, Brother, Do Not Stumble.

1 Courage, brother! do not stumble,  
 though your path be dark as night;  
 there's a star to guide the humble:  
 trust in God, and do the right.  
 Let the road be rough and dreary,  
 and its end far out of sight;  
 foot it bravely; strong or weary,  
 trust in God, trust in God,  
 trust in God, and do the right.

2 Perish policy and cunning,  
 perish all that fears the light!  
 Whether losing, whether winning,  
 trust in God, and do the right.  
 Some will hate you, some will love you,  
 some will flatter, some will slight;  
 heed them not, and look above you:  
 trust in God, trust in God,  
 trust in God, and do the right.

3 Simple rule and safest guiding,  
 inward peace, and inward might,  
 star upon our path abiding,  
 trust in God, and do the right.  
 Courage, sister! do not stumble,  
 though your path be dark as night;  
 there's a star to guide the humble:  
 trust in God, trust in God,  
 trust in God, and do the right.

**(Words trust in God are sung three times)**





### Reflection

Well, it is here, the time has arrived, the 2020 Summer Olympics has started, no sorry the 2021 feast of sport entertainment, nail biting excitement, as the host city Tokyo welcomes all to participate, from 206 nations in this international multi-sporting event. From July 23 to Sunday, 8 August you will be excused if you're rather blurry eyed for the land of the rising sun will be featuring heavily on our tv's- since they're 8 hours ahead of British time there could be rather a lot of late nights or for some the alarm clocks will be set to go off at an unearthly hour so they can watch their favourite sportspersons compete... There will be a double dose of thrills and excitement, many shouting at their tv's as they're transported to Tokyo, where they shall support from a far, then just as you think it's all over par the shouting, we will then return to Tokyo on 24<sup>th</sup> August for the summer Paralympic Games finishing on Sunday 5 September. If you love sport the summer will be filled with joy, expectation, much shouting, possibly awe of those who have trained for the last five years, well for many a lifetime to compete.

Can I share a wee secret with you, I want to be an Olympian, to stand on the podium, hear the national anthem being played, the British flag lowered as I receive a gold medal. I could be Andy Murray, hitting the ball for gold, it's a set and match, an Adam Peaty roaring to victory, Matt Whitlock artistic gymnast, Tom Daley diving high, Dina Asher-Smith sprinting to glory, Caroline Dubios, punching above my weight, Sky Brown skateboarding marvel, Jason and Laura Kenny whirling around the arena, cycling to the almighty end. I think I've got what it takes, don't you?????

Okay, then what about those who are competing...they have undergone years of training, early morning starts, eating a high calorie diet to build their body into

an athletic sports machine, they have won and lost and then won...the highs and lows, the adrenaline pumping high... Did you know that Team GB is sending its largest ever contingent to the Olympics Games with 376 athletes heading to Tokyo 2020.

There are no fewer than 51 Olympic medallists in that group, with a further 22 reserve athletes heading to Japan. More than half will be competing at their first Games, with just 122 returning athletes.

It's also the first time a British team features more women than men, with 201 female athletes across the 27 sports. Don't you just wish you were in Tokyo soaking up the atmosphere, eating Sushi, washed down with a litre of the local Sake.

As I think about all the athletes and all that they have endured, undergone to get where they are at the top of their sports, I wonder if those who're Christians, do they hold an unfair advantage...?

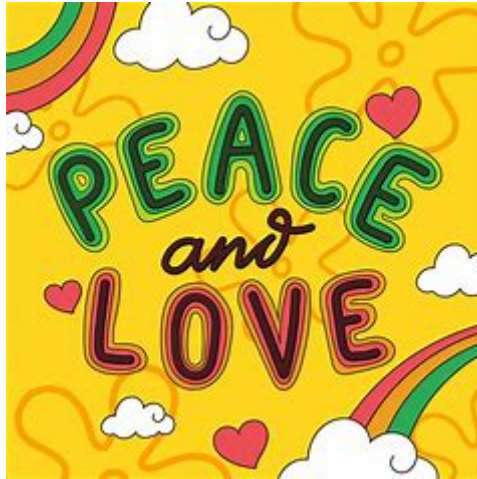
One sportsperson wrote, being a Christian athlete is not easy. It's not all about praying before a big game, writing a bible verse, or wearing a cross around your neck. It's much more than that. I have realized this as I have begun walking with Christ. As I began my enduring journey to walk with Christ in my athletic career. I had to learn to stop idolizing the rewards of winning and instead simply work for the grace of God. Idolizing the result of a game is useless for your physical body because God has already decided your value, independent of whether or not you win. It is not easy to remain calm during frustrating situations in practice and games. As an athlete you must simply trust that whatever trial the Lord is putting you through, it will benefit your soul. It is not easy to expel all fear out of your life in the most challenging times of endurance. It must always be remembered that "I can do all things through Christ who strengthens me" (Philippians 4:13). We are strongest when we give Christ control over our lives, because through him, we have the strength to conquer anything in our path. It is not easy to see the opponent as an equal companion for as an athlete you always tend to see the opponent as an enemy. Rather as Christian athletes we are guided to see the opponent as God's creation in which we must respect and see ourselves as equals. When we beat our opponent, it is easy to see ourselves as better than them, greater than them, stronger than them, superior. The bible clearly states "Do nothing out of selfish ambition or vain conceit. Rather, in humility value others above



yourselves" (Philippians 2:3). As Christian athletes, we must always remember this, and encourage our teammates to do the same. And most importantly, it is not easy to always remain at Christ's side when the training gets hard. When the 6 am start on a cold winter's morning, the workouts feel like your greatest enemy, when you want to speak against your coaches, when you feel inadequate, when the competition becomes too much, and when the world around you feels further away from the Kingdom of Heaven than ever before. This, for me, is the most challenging part about being a Christian athlete. To say I have walked with Christ during every practice, every lifting session, every conditioning session, would be a lie. To say I have cried out to Jesus every time I feel a pain, I cannot overcome would be a lie. But to say that my game, my competitiveness, my endurance has been unchanged since I have begun my journey with Christ would be a complete and utter lie. I feel strengthened by His grace, empowered by His mercy, and fulfilled by His love, every time I remember everything, He has to offer me as a Christian athlete. As a Christian athlete I play for an Audience of One. From Psalm 46.5, God is within her, she will not fall; God will help her at break of day.

For ourselves sitting at home watching the Olympic games or not, Like Peter who stepped out of the boat and walked on the water towards the Lord who had called him - we too can step out, and we really ought to step out, to respond to the Lord who bids us come to him. When we do, power flows, when we do marvellous things happen, for when we do, we discover new things about ourselves and our world. We can risk, because we have a powerful Lord watching over us, we can trust, because we have a forgiving God caring for us, we can step out because we have a God who is sure to save us. As eleven thousand athletes step out into the unknown to compete in what they have trained for, we too can step out in Christ... When we take a risk for the Lord, when we dare to do what is right, when we decide to go an extra mile - a mile that we need not walk - but which Jesus tells us we can walk - he is near to us to help us. We do not need to doubt the outcome. We do not need to fear the adversity we may encounter on the way. All we need to do is keep focussed on Jesus, to look to where our help comes from. All we need to do is ask for the help we need and trust that it will come.

In the name of the Father Son and Holy Spirit Amen.



**Right hand of fellowship and Peace**

**"Peace in Christ"**

**I am leaving with you a gift, peace of mind and heart. John 14:17**

**Peace be with you.**

**It's me O Lord standing in the need of prayer**

Youtube- Angela Primm, Tanya Goodman Sykes, Sue Dodge - Standing In The Need Of Prayer (Live)24 Sept 2013

3.8K 157

**Refrain:**

**It's me, it's me, O Lord, Standin' in the need of prayer;  
It's me, it's me, O Lord, Standin' in the need of prayer.**

1. Not my father, not my mother, but it's me, O Lord,  
Standin' in the need of prayer;  
Not my father, not my mother, but it's me, O Lord,  
Standin' in the need of prayer. [Refrain]

2. Not my brother, not my sister, but it's me, O Lord,  
Standin' in the need of prayer;  
Not my brother, not my sister, but it's me, O Lord,  
Standin' in the need of prayer.

3. Not the stranger, not my neighbor, but it's me, O Lord,  
Standin' in the need of prayer;

Not the stranger, not my neighbor, but it's me, O Lord,  
Standin' in the need of prayer. [Refrain



### **Intercession Prayer/ Lord's Prayer**

Dear Lord, in life we are called to do many things, at times we can be joyful with the call and then there are the periods when we become fearful at the thought of what we have been asked of us. As we think about the athletes today, all eleven thousand from 206 nations, many will be competing at the Olympic games for the first time. They have worked hard for a number of years, built up a dream of winning, and they can taste victory. For some will win a medal and stand on the podium while many will watch from a far...We pray Lord that you will surround those who feel their dream has died, help them to believe that in being at the games is an achievement in itself. In life we have winners and losers yet aren't we all winners in you. We give thanks for this sporting event where so many people will be coming together, people of different nationalities, coming in peace to share in the love of sport. We pray for their safety, health and wellbeing and this event will be one of joy and fun. We thank you that as Peter got out of the boat, he looked at you Lord, and his belief was fully in you. Like Peter most of us Lord can go through a period in our lives when we will take our eyes off you, when we get distracted with what is around us, as Peter did, we also can begin to sink...it's you Lord who catches our arm and helps us to not be overcome by the flowing troubled waters of life. We pray Lord for the flood victims in the world, for those whose homes have been lost and livelihoods ruined. For the people who live in countries where the heat is unbearable, and people are dying due to the blistering conditions. We thank you for the good weather at the moment here in our country, for our farmers who are managing to cut the hay and preparing for the winter. For all gardeners to all who are growing crops for the harvest. We thank you for sunshine to ripen our fruits, and heat the soil so that all within it can grow. We are blessed with the water we have, and we pray that we will not take this for granted and waste it. Lord as many is beginning to feel freedom as we come out of the pandemic, we pray for those who are still unwell, for the patients of all ages in hospital, and at home,

for all who are in isolation. We ask you to help us to hold on a little longer and guide us to where we will still be cautious while enjoying being reunited with family and friends. In silence here our own personal prayers....Silence...Lord in you we are everything, in you we are at the top of our game, in you all can be done. Lead us forward in your name, help us in our times of trouble, and upset, pain and horror, and as we celebrate be with us in our smiling and laughter. Lord of love we worship and adore you...as we say the words Jesus taught help us to look towards a new week with enthusiasm and hope... 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 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



**You shall go out with joy**

You Shall Go Out with Joy (The Trees of the Field) [with lyrics for congregations]

1 Jul 2020 36 0

SHARE SAVE



[Chet Valley Churches](#)

6.24K subscribers

"You Shall Go Out with Joy" was written by Steffi Karen Rubin and was published in 1975. The words are based on Isaiah 55:12.

You shall go out with joy and be led forth with peace and the mountains and the hills shall break forth before you. There'll be shouts of joy, and the trees of the field shall cap, shall clap their hands, and the trees of the fields shall clap their hands, and the trees of the fields shall clap their hands, and the trees of the fields shall clap their hands, and you'll go out with joy.



**Benediction (say words in bold)**

**In the power of the Holy Spirit, we now go forth into the world, to fulfil our calling as the people of God, the body of Christ.**

- Go in peace,  
 knowing that nothing can separate you from the love of God.
- And may the grace of our Lord Jesus Christ uplift you,
  - the love of God embrace you,
  - and the power of the Holy Spirit sustain and support you;  
 both now and forevermore. Amen.

### Facts about the Olympics

In order to get into the Olympic spirit and the emotions that come with it, we put some facts about the Olympics that will blow your mind - so you have something to delve into while waiting for the next athletic record to be broken (or for the pizza delivery to arrive).

1. The first Olympic Games took place in the 8th century B.C. in Olympia, Greece. They were held every four years for 12 centuries. Then, in the 4th century A.D., all pagan festivals were banned by Emperor Theodosius I and the Olympics were no more.
2. However, the athletic tradition was resurrected about 1500 years later: The first modern Olympics were held in 1896 in Greece.
3. In ancient Greece, athletes didn't worry about sponsorship, protection, or fashion - they competed naked.
4. Back then, the games lasted five or six months.
5. Women have been allowed to compete in the Olympics since 1900.
6. From 1924-1992, the Winter and the Summer Olympics took place in the same year. Now, they're on separate cycles and alternate every two years.
7. Only four athletes have won medals in both the Winter and the Summer Olympics. Only one of them, Christa Ludinger-Rothenburger, won medals in the same year.
8. During the 2012 London Games, the Olympic Village required 165,000 towels for a bit more than two weeks of activity.
9. The official languages of the games are English and French, complemented by the official language of the host country.
10. Tarzan competed in the Olympics: Johnny Weissmuller, an athlete-turned-actor who played Tarzan in 12 movies, won five gold medals in swimming in the 1920s.
11. From 1912-1948, artists participated in the Olympics: Painters, sculptors, architects, writers, and musicians competed for medals in their respective fields.



12. During the 1936 Berlin Games, two Japanese pole-vaulters tied for second place. Instead of competing again, they cut the silver and bronze medals in half and fused the two different halves together so that each of them had a half-silver and half-bronze medal.

13. The Olympic torch is lit the old-fashioned way in an ancient ceremony at the temple of Hera, in Greece: Actresses, wearing costumes of Greek priestesses, use a parabolic mirror and sun rays to kindle the torch.

14. From there, the torch starts its relay to the host city: It is usually carried by runners, but it has travelled on a boat, on an airplane (and the Concorde), on horseback, on the back of a camel, via radio signal, underwater, and in a canoe.

15. The relay torch and the Olympic flame are supposed to burn during the whole event. In case the flame goes out, it can only be reignited with a backup flame, which has been lit in Greece as well, and with never a regular lighter!

16. The 2012 London Games were the first Olympics in which all participating countries sent female athletes.

17. The following sports are (sadly) not part of the Olympics anymore: solo synchronized swimming, tug of war, rope climbing, hot air ballooning, dueling pistol, tandem bicycle, swimming obstacle race, and plunge for distance. Luckily, live pigeon shooting was a one-shot and only part of the 1900 Olympics in Paris.

18. The five rings of the Olympic symbol - designed by Baron Pierre de Coubertin, co-founder of the modern Olympic Games - represent the five inhabited continents of the world.

19. The six colors - blue, yellow, black, green, red, and the white background - were chosen because every nation's flag contains at least one of them.

20. The Olympic Games have been hosted by 23 different countries.

21. The first official Olympic mascot was Waldi, the dachshund, at the 1972 Games in Munich.

## What does it take to be a world-class athlete?

What qualities do you need to have? Here are some words and phrases to use when describing great athletes in English:

1. It takes **drive**. You have to be driven to improve every day. You can't be satisfied with your last performance.
2. It takes **discipline**. You have to be disciplined. You have to follow a strict exercise and eating schedule.
3. It takes **competitiveness**. You have to be competitive and want to beat your **competitors**.
4. It takes **self-confidence**. You have to be **confident in yourself** and believe that you're a winner.
5. It takes **aggressiveness**. You have to make moves on your own, not just respond to what other athletes do.
6. It takes **focus**. You have to be able to **focus on the task at hand** and **tune out** any other **distractions**.
7. It takes **commitment**. You have to be committed to your sport. You have to give up other hobbies and interests.
8. It takes good **time management**. You have to be able to manage your time well. You practice for hours and hours each day, on top of school, work, and spending time with friends and family.
9. It takes some amount of **raw talent**. You have to be naturally talented at your sport. This is something that certain athletes are just born with.
10. It takes **determination**. You have to be determined. You can't give up, no matter how hard it seems. When you lose a match or miss a goal, you have to get right back up and try again.
11. It takes a **high tolerance for pain**. You have to be able to **put up with** a lot of pain, from pushing your body to its limits.
12. It takes **adaptability**. You have to be able to adapt to different situations and new information quickly.
13. It takes **emotional maturity**. You have to **be in control of your emotions**. You can't let yourself get too nervous, too angry, too depressed, etc.
14. Do you have many of these qualities?



25th July 2021

**Cawdor linked with Croy & Dalcross**

***Enter as a Guest leave as Friends***

***The service has begun when you hear***

***CD-God be the glory***

The Grace of the Lord Jesus Christ, the Love of God and the fellowship of the Holy Spirit be with you all

**And also with you**

**Welcome**

**Call to worship**

**(Please say the words in bold)**

**O God, you are my God, for you I long; for you my soul is thirsting. I gaze on you in the sanctuary to see your strength and your glory. For your love is better than life; my lips will speak your praise. Your pure gold and I cannot do without you, you make me able to do anything you desire of me.**



**Silence**

**(Take time to ask God to speak with thee today)**

**CD-Moments of prayer**

### Prayer

1 Mine eyes have seen the glory of the coming of the Lord;  
he is trampling out the vintage where the grapes of wrath are stored;  
he hath loosed the fateful lightning of his terrible swift sword;  
his truth is marching on.

**Glory, glory, hallelujah! Glory, glory, hallelujah!**  
**Glory, glory, hallelujah! His truth is marching on.**

2. I have seen him in the watchfires of a hundred circling camps,  
they have builded him an altar in the evening dews and damps;  
I can read his righteous sentence by the dim and flaring lamps;  
his day is marching on. [Refrain]

3. He has sounded forth the trumpet that shall never call retreat;  
he is sifting out the hearts of all before his judgment seat.  
O be swift, my soul, to answer him; be jubilant, my feet!  
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4. In the beauty of the lilies Christ was born across the sea,  
with a glory in his bosom that transfigures you and me;  
as he died to make us holy, let us die to make all free,  
while God is marching on. [Refrain]

### Deuteronomy 31:6

Be strong and of good courage, do not fear nor be afraid of them; for the LORD your God, He is the One who goes with you. He will not leave you nor forsake you. (NKJV)

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When I am afraid, I will trust in you. In God, whose word I praise, in God I trust; I will not be afraid. What can mortal man do to me? (NIV)

### Matthew 14:22-33 Jesus Walks on the Water

Immediately Jesus made the disciples get into the boat and go on ahead of him to the other side, while he dismissed the crowd. After he had dismissed them, he went up on a mountainside by himself to pray. Later that night, he was there alone, and the boat was already a considerable distance from land, buffeted by the waves because the wind was against it. Shortly before dawn Jesus went out

to them, walking on the lake. When the disciples saw him walking on the lake, they were terrified. "It's a ghost," they said, and cried out in fear. But Jesus immediately said to them: "Take courage! It is I. Don't be afraid." "Lord, if it's you," Peter replied, "tell me to come to you on the water." "Come," he said. Then Peter got down out of the boat, walked on the water and came toward Jesus. But when he saw the wind, he was afraid and, beginning to sink, cried out, "Lord, save me!" Immediately Jesus reached out his hand and caught him. "You of little faith," he said, "why did you doubt?" And when they climbed into the boat, the wind died down. Then those who were in the boat worshiped him, saying, "Truly you are the Son of God."

This is the word of the Lord. **Thanks be to God**

1 Courage, brother! do not stumble,  
 though your path be dark as night;  
 there's a star to guide the humble:  
 trust in God, and do the right.  
 Let the road be rough and dreary,  
 and its end far out of sight;  
 foot it bravely; strong or weary,  
 trust in God, trust in God, trust in God, and do the right.

2 Perish policy and cunning,  
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 Whether losing, whether winning,  
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 Some will hate you, some will love you,  
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3 Simple rule and safest guiding,  
 inward peace, and inward might,  
 star upon our path abiding,  
 trust in God, and do the right.  
 Courage, sister! do not stumble, though your path be dark as night;  
 there's a star to guide the humble: trust in God, trust in God,  
 trust in God, and do the right. **(Words trust in God is sung three times)**

**Reflection**

**It's me, it's me, O Lord, Standin' in the need of prayer;  
It's me, it's me, O Lord, Standin' in the need of prayer.**

1. Not my father, not my mother, but it's me, O Lord, Standin' in the need of prayer; Not my father, not my mother, but it's me, O Lord, Standin' in the need of prayer. [Refrain]

2. Not my brother, not my sister, but it's me, O Lord, Standin' in the need of prayer; Not my brother, not my sister, but it's me, O Lord, Standin' in the need of prayer.

3. Not the stranger, not my neighbor, but it's me, O Lord, Standin' in the need of prayer; Not the stranger, not my neighbor, but it's me, O Lord, Standin' in the need of prayer. [Refrain]

### **Intercession Prayer/ Lord's Prayer**

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 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

### **You shall go out with joy**

You shall go out with joy and be led forth with peace and the mountains and the hills shall break forth before you. There'll be shouts of joy, and the trees of the field shall cap, shall clap their hands, and the trees of the fields shall clap their hands, and the trees of the fields shall clap their hands, and the trees of the fields shall clap their hands, and you'll go out with joy.

### **Benediction (say words in bold)**

**In the power of the Holy Spirit, we now go forth into the world, to fulfil our calling as the people of God, the body of Christ.**

**"Three-fold Amen"**