



**Sunday 22<sup>nd</sup> March 2020**

***Live Courageously:  
Keep Hungry for God***

Notes from our Sunday Morning  
Livestreamed Worship  
at 10am

# Welcome

## Opening worship

### *Verse 1*

Come set Your rule and reign  
In our hearts again  
Increase in us we pray  
Unveil why we're made  
Come set our hearts ablaze with hope  
Like wildfire in our very souls  
Holy Spirit come invade us now  
We are Your church  
We need Your pow'r in us

### *Verse 2*

We seek Your kingdom first  
We hunger and we thirst  
Refuse to waste our lives  
For You're our joy and prize  
To see the captives' hearts released  
The hurt the sick the poor at peace  
We lay down our lives for heaven's cause  
We are Your church  
We pray revive this earth

### *Chorus*

Build Your kingdom here  
Let the darkness fear  
Show Your mighty hand  
Heal our streets and land  
Set Your church on fire  
Win this nation back  
Change the atmosphere  
Build Your kingdom here we pray

### *Verse 3*

Unleash Your kingdom's pow'r  
Reaching the near and far  
No force of hell can stop  
Your beauty changing hearts  
You made us for much more than this  
Awake the kingdom seed in us  
Fill us with the strength and love of Christ  
We are Your church  
We are the hope on earth

# Opening Prayer

Heavenly Father, thank you that you love us and that you are for us and not against us. Thank you that today you were the same as yesterday and will be forever more. Amen

## Reading: Exodus 33:7-23/34: 29-35

7 Now Moses used to take a tent and pitch it outside the camp some distance away, calling it the "tent of meeting." Anyone inquiring of the Lord would go to the tent of meeting outside the camp. 8 And whenever Moses went out to the tent, all the people rose and stood at the entrances to their tents, watching Moses until he entered the tent. 9 As Moses went into the tent, the pillar of cloud would come down and stay at the entrance, while the Lord spoke with Moses. 10 Whenever the people saw the pillar of cloud standing at the entrance to the tent, they all stood and worshiped, each at the entrance to their tent. 11 The Lord would speak to Moses face to face, as one speaks to a friend. Then Moses would return to the camp, but his young aide Joshua son of Nun did not leave the tent.

12 Moses said to the Lord, "You have been telling me, 'Lead these people,' but you have not let me know whom you will send with me. You have said, 'I know you by name and you have found favour with me.' 13 If you are pleased with me, teach me your ways so I may know you and continue to find favour with you. Remember that this nation is your people."

14 The Lord replied, "My Presence will go with you, and I will give you rest." 15 Then Moses said to him, "If your Presence does not go with us, do not send us up from here. 16 How will anyone know that you are pleased with me and with your people unless you go with us? What else will distinguish me and your people from all the other people on the face of the earth?"

17 And the Lord said to Moses, "I will do the very thing you have asked, because I am pleased with you and I know you by name."

18 Then Moses said, "Now show me your glory."

19 And the Lord said, "I will cause all my goodness to pass in front of you, and I will proclaim my name, the Lord, in your presence. I will have mercy on whom I will have mercy, and I will have compassion on whom I will have compassion. 20 But," he said, "you cannot see my face, for no one may see me and live."

21 Then the Lord said, "There is a place near me where you may stand on a rock. 22 When my glory passes by, I will put you in a cleft in the rock and cover you with my hand until I have passed by. 23 Then I will remove my hand and you will see my back; but my face must not be seen."

29 When Moses came down from Mount Sinai with the two tablets of the covenant law in his hands, he was not aware that his face was radiant because he had spoken with the Lord. 30 When Aaron and all the Israelites saw Moses, his face was radiant, and they were afraid to come near him. 31 But Moses called to them; so Aaron and all the leaders of the community came back to him, and he spoke to them. 32 Afterward all the Israelites came near him, and he gave them all the commands the Lord had given him on Mount Sinai.

33 When Moses finished speaking to them, he put a veil over his face. 34 But whenever he entered the Lord's presence to speak with him, he removed the veil until he came out. And when he came out and told the Israelites what he had been commanded, 35 they saw that his face was radiant. Then Moses would put the veil back over his face until he went in to speak with the Lord.

# Talk by Mike Norris

As you know, our teaching series is looking at 'Living Courageously' where we have been learning from the life of Moses. I thought "shall I bin it and speak on something else" bearing in mind the dramatic week or so we have had in this country with the Coronavirus? No. Strangely I want to suggest that the life of Moses and the episode that we are going to look at in Exodus 33 and 34 to do with the Tent of Meeting could not be more relevant. Why is that?

Moses lived at a time of crisis. As we've heard over the last few weeks, the Israelites were in slavery in Egypt chronically mistreated and in bondage. God called Moses to lead the people out of Egypt into the promised land. This was a hugely massive journey, leading 2.5 million people in the wilderness. This was a really challenging time and Moses didn't really know what to do, or, where it was all going to go.

Of course, too we are in the middle of a crisis in this country. Not being alarmist, but the global pandemic we find ourselves in is very alarming. There are huge implications for our health, the way we do life, the economy and young people at school. People are reacting in different ways. Some are terrified and frightened and anxious, some are panicking, some feel like the whole thing is very surreal and others feel subdued. Some don't seem too fussed and think the whole thing is a bit of an overreaction and others feel numb. I have found it hard to know how to react really.

Bex asked me how I was doing. I don't feel panicky but I do feel unsettled and I have noticed that I have started to do what I often do when I feel a bit stressed which is eat a lot of crisps...any flavour will do. All my kids are at home and we're meant to be teaching next week and do five pieces of homework a day! So much of it is unknown.

I want to think about how best we can respond looking to Moses for inspiration. What did Moses do? Moses did 3 things:

## 1. First, Moses stepped inside (7-8)

*7 Now Moses used to take a tent and pitch it outside the camp some distance away, calling it the "tent of meeting." Anyone inquiring of the Lord would go to the tent of meeting outside the camp. 8 And whenever Moses went out to the tent, all the people rose and stood at the entrances to their tents, watching Moses until he entered the tent.*

So, the Israelites had a camp – but Moses had a tent that he used to pitch outside the camp – away from everyone else. At this time, I encourage you to step inside.

Do watch your physical health and that of others. I got forwarded a couple of texts yesterday from friends whose children are doctors and working in hospital. They are urging the public to follow the advice because they are at the sharp end.... it's very real and it's very challenging.

Can I encourage us all to being following government advice:

- Keep washing hands
- To avoid non-essential contact with others and travel, and staying away from family and friends
- If you go outside for a walk stay 2 metres apart from others
- Avoid gatherings and crowded places such as pubs, clubs and theatres.
- To work from home where possible
- For those in at-risk groups to be asked within days to stay at home for 12 weeks

- For those with the most serious health conditions to stay at home for 12 weeks by the weekend
- For whole households to stay at home for 14 days if any one person in the household has a persistent cough or fever and to avoid leaving home even to buy food or essentials. (They can leave the house to exercise so long as they keep a safe distance from others.)
- Not to stockpile food
- If you're young don't think 'I'll be okay' - help protect elderly
- 'Stay at home, Protect the NHS and Save Lives'

Step inside and watch your spiritual health. Of course, Moses did not step inside to avoid a virus. He stepped inside to encounter God in the "Tent of meeting". Isolating himself in this way led to a very special encounter with God (Exodus 9-10).

*9 As Moses went into the tent, the pillar of cloud would come down and stay at the entrance, while the Lord spoke with Moses. 10 Whenever the people saw the pillar of cloud standing at the entrance to the tent, they all stood and worshiped, each at the entrance to their tent. 11 The Lord would speak to Moses face to face, as one speaks to a friend.*

With social distancing and isolation, we have the opportunity to go deeper spiritually.

As we socially distance or isolate ourselves, we have an opportunity to put some time aside to do things such as play board games, draw pictures, write some letters, Facetime or phone someone. But can I encourage you to encounter God. There are all sorts of stuff you could do, like making the most of additional time at home to worship and getting into that Christian book you've been meaning to read forever! But, what I would recommend you do most is rest in God's loving presence. That's why Moses had the tent. We have Jesus and He calls us to "abide in him". 'Remain in me, as I also remain in you (v4). The word that is used here is "abide" and there is a sense in which he is saying you can dwell in me like a house. Dwell in God. You don't have to strive in this, just rest in God's loving presence. Isolation isn't a waste of time. Our Lent Reflections have been thinking about the power of silence and the solitude of Moses' life in the desert.

Rowan Williams says:

*"Prayer is about sunbathing in God's light. When you're lying on the beach something is happening, something that has nothing to do with how you feel or how hard you're trying. You're not going to get a better tan by screwing up your eyes and concentrating. You give the time, and that's it. All you have to do is turn up. And then things change at their own pace. You simply have to be there where the light can get at you."*

*In these days of social distancing and isolation make sure that you let God's light get to you. So step inside and encounter God. God's perfect love drives out fear, "There is no fear in love...but perfect love drives out fear" (1 Jn 4:18). So step in.*

## **2. Secondly, Moses spoke up (v12-13)**

Moses did not just rest in God's presence; he also spoke up about how he was feeling – he lifted up his confusions and questions to God.

*12 Moses said to the Lord, "You have been telling me, 'Lead these people,' but you have not let me know whom you will send with me. You have said, 'I know you by name and you have found favour with me.*

Clearly Moses was a bit confused. He felt God has called him by the burning bush to lead the people and it's probably fair to say it has not gone that well and doesn't really understand what God is doing.

I encourage you to speak to God about how you are feeling and be honest Ask God to guide you in this situation.

*'13 If you are pleased with me, teach me your ways so I may know you and continue to find favour with you.*

Let's pray for the country. Moses did not just speak about his own life and his own questions, he also prayed for the people

*"Remember that this nation is your people."*

In verses 15-17, Moses appealed to God to be with the Israelites as they journeyed on. He cries out for God's presence to be with them and recognised in the crisis they needed God. Without him they were in trouble and they wouldn't be able to embark.

*"If your presence does not go with us, do not send us up from here..." (v15)*

We know God is with us in this situation. Jesus has promised to never leave nor forsake us, so we know we have God's presence with us. But can I encourage us, as well as abiding and being honest with God about where we are at, to be people who are praying for the country.

- Pray for those who have contracted the virus
- Pray for the NHS – hero doctor and nurses and police and ambulance drivers
- Pray for all of the key workers – those supplying food, electricity, gas, justice system, teachers
- Pray for all those who are stressed at this time
- We need God's help at this time
- Pray for an end to the virus
- Pray for the government
- Pray for parents who have kids home next week – challenging for the kids and the parents
- Pray that people would encounter God through this

We need to watch our mental health. The virus also can attack our minds. It's frightening hearing that members of our church family think they have the virus. It's understandable to feel frightened, worried and vulnerable. I recommend limiting watching the news and watching the source of news too. Limit emails and volume as there can be so much information.

Let's try and spread peace not panic. Let the peace of Christ rule in your heart (Col 3:15).

Can I encourage you to speak to other people too, friends and family members? Even though you may have to stay inside don't isolate yourself from contact with others.

If you need help, then let us know. As you know we circulated a survey last week and it is divided into 3 sections and in the first section you can let us know if you need help. There is an email address and we have an emergency number too.

### 3. Moses looked out

Despite the challenges Moses faced he held his courage and kept going and led the people for many more years. He hunkered down, but he kept looking out for others. Whilst we need to follow government advice, we can still look out for others and not become inward looking.

*"This is a defining moment for the Church of England. Are we truly a church for all or just a church for ourselves?... We urge you sisters and brothers to become a different sort of church in these coming months: hopeful and rooted in the offering of prayer and praise and overflowing in service to the world."*

*Justin Welby*

*" This current crisis is the time for Christians to step up not to give up; to let go of what is less important so as to focus on what's most important; to be not just the Church of England but the church for England; to go deeper in our commitment to what Jesus describes is the greatest commandment of them all; to "love the lord your God with all our heart and mind and soul and strength, and to love our neighbour as ourselves."*

*Bishop Jo and Bishop Andrew*

Let's press into our vision "Love God, Love People and Make A difference by building family, shining brightly and living courageously. We know of many stories where you have stepped up in your communities. If you are up for dropping food on someone's doorstep you could also help in that way.

The second section of our survey gives you the opportunity to offer support to others. The third section gives the opportunity to support those in our immediate neighbourhood.

We need to pray that people would see God's glory in this. What is God's glory? The fact that people can have an intimate encounter with Him and know the living and all powerful and sovereign God in a very personal way.

As Moses isolates, he has a deep encounter with God.

*18 Then Moses said, "Now show me your glory." 19 And the Lord said, "I will cause all my goodness to pass in front of you, and I will proclaim my name, the Lord, in your presence. 20 But," he said, "you cannot see my face, for no one may see me and live." 21 Then the Lord said, "There is a place near me where you may stand on a rock. 22 When my glory passes by, I will put you in a cleft in the rock and cover you with my hand until I have passed by. 23 Then I will remove my hand and you will see my back; but my face must not be seen."*

Pray that people would encounter the God, who is good and who delights in them, who is for them and not against them. And we know that God loves and delights in his people

*"Are you tired? Worn out? Burned out on religion? Come to me. Get away with me and you'll recover your life. I'll show you how to take a real rest. Walk with me and work with me—watch how I do it. Learn the unforced rhythms of grace. I won't lay anything heavy or ill-fitting on you. Keep company with me and you'll learn to live freely and lightly." (Mt 11:28-30).*

So, let's 'Step in', 'Speak up', 'Look out' and let's have hope. We're going to get through this. Let's look to God, have faith and trust him at this testing time. Amen

# Song

## *Verse 1*

In Christ alone my hope is found  
He is my light my strength my song  
This Cornerstone this solid Ground  
Firm through the fiercest drought and storm  
What heights of love what depths of peace  
When fears are stilled when strivings cease  
My Comforter my All in All  
Here in the love of Christ I stand

## *Verse 2*

In Christ alone who took on flesh  
Fullness of God in helpless babe  
This gift of love and righteousness  
Scorned by the ones He came to save  
Till on that cross as Jesus died  
The wrath of God was satisfied  
For every sin on Him was laid  
Here in the death of Christ I live

## *Verse 3*

There in the ground His body lay  
Light of the world by darkness slain  
Then bursting forth in glorious Day  
Up from the grave He rose again  
And as He stands in victory  
Sin's curse has lost its grip on me  
For I am His and He is mine  
Bought with the precious blood of Christ

## *Verse 4*

No guilt in life no fear in death  
This is the power of Christ in me  
From life's first cry to final breath  
Jesus commands my destiny  
No power of hell no scheme of man  
Can ever pluck me from His hand  
Till He returns or calls me home  
Here in the power of Christ I'll stand



# Prayers

Dear God,

These are difficult times.

I think many of us are all feeling vulnerable and overwhelmed as we try to make sense of the world for ourselves or our loved ones in light of the Coronavirus.

Forgive us for forgetting or doubting that you are here. With us.

You are all powerful. You are able. You are Lord of all. You are healer and comforter.

So we pray God for you to put a stop to Coronavirus. Move in power we pray and stop the spread of this pandemic.

We pray for our government – insight and financial and medical expertise – lead and guide the decision makers. Give us what we need to follow government advice to help keep ourselves and others safe. Protect our health and our livelihoods.

We pray for all of our key workers, from NHS staff to the police and anyone on the front line keeping our society going. They are the real heroes of the moment. Protect them, give them strength and rest. Bless them for their daily sacrifices and care.

We pray for children, teachers and all other staff at schools who are facing a very different Monday morning tomorrow. We pray for resilience. Protect them and give them all they need. And I pray for all those facing the prospect of juggling work and homeschooling and elderly parents and running families. Give them patience. Help them be kind to themselves.

We pray for our neighbourhoods. Help us to shine brightly with the truth of your hope and goodness in the darkest of times. Lead us as we seek to support those around us practically. Open doors we pray.

I pray for our big church family - we know some of you are unwell with Coronavirus and we are praying for healing and restoration over you in Jesus' name. And we pray for any other needs we have this morning.

I pray courage over us all today as we lay every burden, worry and care at your feet.

Refresh us this morning.

Thank you God.

Amen.

## Family News

Congratulations to Joy Horton and Dan Bishop who got married on Saturday. Do be praying for them as they start their married life together. We'll be celebrating with them when we are all back together.

If you are struggling, please let us know by contacting 01483 455333 or [office@st-saviours.org.uk](mailto:office@st-saviours.org.uk). Our team are still working just not in the building.

Do fill out the survey online to respond – if you need help or can support others do let us know.

We will be sending updates via email, social media and the website. Do keep an eye out for these.

# Closing Worship

## *Verse 1*

I love You Lord  
Oh Your mercy never fails me  
All my days  
I've been held in Your hands  
From the moment that I wake up  
Until I lay my head  
I will sing of the goodness of God

## *Chorus*

All my life You have been faithful  
All my life You have been so so good  
With every breath that I am able  
I will sing of the goodness of God

## *Verse 2*

I love Your voice  
You have led me through the fire  
In darkest night  
You are close like no other  
I've known You as a father  
I've known You as a friend  
I have lived in the goodness of God

## *Bridge*

Your goodness is running after  
It's running after me  
Your goodness is running after  
It's running after me  
With my life laid down  
I'm surrendered now  
I give You everything  
Your goodness is running after  
It's running after me

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# Closing Blessing

Heavenly Father, we thank you that your perfect love drives out fear and Lord in this challenging time we pray that we would look to you. That we would know that you are powerful, that you are present, and you delight in us. You are for us not against us and I pray this Mother's Day that we would all know your blessing as the blessing of God the Father, God the Son and God the Holy Spirit.