



**Sunday 26<sup>th</sup> July 2020**

Notes from our Sunday Morning  
Live Streamed Worship

# Welcome

Faithful one, whose word is life:  
come with saving power  
to free our praise,  
inspire our prayer  
and shape our lives  
for the kingdom of your Son,  
Jesus Christ our Lord.  
**Amen.**

## Song

### My Lighthouse

#### Verse 1

In my wrestling and in my doubts  
In my failures You won't walk out  
Your great love will lead me through  
You are the peace in my troubled sea whoa oh  
You are the peace in my troubled sea

#### Verse 2

In the silence You won't let go  
In the questions Your truth will hold  
Your great love will lead me through  
You are the peace in my troubled sea whoa oh  
You are the peace in my troubled sea

#### Chorus

My Lighthouse my Lighthouse  
Shining in the darkness  
I will follow You oh  
My Lighthouse my Lighthouse  
I will trust the promise  
You will carry me safe to shore  
Safe to shore safe to shore safe to shore

#### Verse 3

I won't fear what tomorrow brings  
With each morning I'll rise and sing  
My God's love will lead me through  
You are the peace in my troubled sea whoa oh  
You are the peace in my troubled sea

#### Bridge

Fire before us  
You're the brightest  
You will lead us

Through the storms (hey)  
(REPEAT 3X)

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## Reading: Luke 4:1-13

Jesus, full of the Holy Spirit, left the Jordan and was led by the Spirit into the wilderness, where for forty days he was tempted by the devil. He ate nothing during those days, and at the end of them he was hungry. The devil said to him, "If you are the Son of God, tell this stone to become bread." Jesus answered, "It is written: 'Man shall not live on bread alone.'"

The devil led him up to a high place and showed him in an instant all the kingdoms of the world. And he said to him, "I will give you all their authority and splendour; it has been given to me, and I can give it to anyone I want to. If you worship me, it will all be yours."

Jesus answered, "It is written: 'Worship the Lord your God and serve him only.'"

The devil led him to Jerusalem and had him stand on the highest point of the temple. "If you are the Son of God," he said, "throw yourself down from here. For it is written:

"'He will command his angels concerning you  
to guard you carefully;  
they will lift you up in their hands,  
so that you will not strike your foot against a stone.'"  
Jesus answered, "It is said: 'Do not put the Lord your God to the test.'"

When the devil had finished all this tempting, he left him until an opportune time.

## Talk by Mike Norris – "Be true to your heart"

**Opening question: What Books That You Have Read Had Most Impact On You (other than the Bible)?**

If I asked you, what ten books have you read that have struck you most, which ones would be on the list? Mine would have to be; *To The Lighthouse* by Virginia Woolf, *Birthday Letters* by Ted Hughes, and *The Top 5 regrets of the dying* by Bronnie Ware, written by a woman caring for those who were on the verge of death. The most common regret of those facing death is: *"I wish I'd had the courage to live a life true to myself, not the life others expected of me"*.

Why am I telling you that? I am telling you that because we are continuing on with our series "Emotional First Aid" in which we are exploring emotional and spiritual health. We are doing that because we recognise that the pandemic has put us under huge emotional strain. We're using Peter Scazzero's book "Emotionally Healthy Spirituality", and I'm basing what I say on chapter 2 of the book about becoming your authentic self.

Emotional and Spiritual health is CRUCIAL (especially in this pandemic). Remember that Peter says many people's Christians struggle with very poor emotional health and feel depressed. They don't experience the joy

or life or peace that Jesus offers. Peter sees this as a discipleship issue, and thinks that lots of our contemporary approaches to discipleship even undermine our emotional health (but I won't repeat what I said last week).

Peter Scazzero says you need to be clear: **you can't experience good emotional health without knowing yourself**. Sometimes in church, we think that discipleship is just about knowing God – this isn't that healthy – it's about knowing God and knowing yourself.

This combination is not a new idea. Augustine wrote in his work *Confessions* in AD400 "*How can you draw close to God when you are far from your own self?*" He prayed: "*Grant Lord, that I may know myself that I may know thee.*" John Chrysostom, the Archbishop of Constantinople says: "*Find the door of your heart, you will discover it's the door of the kingdom of God.*" Saint Theresa of Avila right in *The Way of Perfection* writes: "*Almost all problems in the spiritual life stem from a lack of self-knowledge.*" John Calvin says in the opening of his institutes of the Christian religion: "*Our wisdom consists almost entirely of two parts: the knowledge of God and of ourselves. But as these are connected together by many ties, it is not easy to determine which of the two proceed to and gives birth to the other.*"

So, do you know yourself? According to Bronnie Ware, most people don't and it's their biggest regret because it stops them living life they could live. It's crucial for a Christian – we need to know ourselves to become the person God has created us to be.

### **How do you resolve to get to know yourself so that you can be yourself?**

This is really tough! I've found it tough in my life, and I encourage my sons to do this in a book I wrote for them. EE Cummings said, "To be nobody-but-yourself — in a world which is doing its best, night and day, to make you everybody else — means to fight the hardest battle which any human being can fight."

Lies at the heart of following Jesus as we become new creations when we come to faith. The apostle Paul urges us "to put off your old self... and put on the new self, created to be like God in true righteousness and holiness." (Ephesians 4:22, 24). The pressure on us to live a life that is not our own is also great. Powerful generational forces and spiritual warfare work against us. Yet living faithfully to our true self in Christ represents one of the great tasks of discipleship.

### **How do you get in touch with your emotions?**

I don't know if you're emotional, I'm not! It's often taught in Church that emotions are a bit unreliable and not to be trusted. "*But when we deny our pain, losses, and feelings year after year, we become less and less human. We transform slowly into empty shells with shiny faces painted on them. Sad to say, that is the fruit of much of our discipleship in our churches.*" For me, a revolution in my spirituality was unleashed when I began to allow myself to feel a wider range of emotions, including sadness, depression, fear and anger. The third most common regret is "I wish I'd had the courage to express my feelings".

It's important to remember that **God is emotional**.

1. He feels delight – when He created world mankind and animals "*God so that it was good... Very good*" (Genesis 1:25, 31).
2. He feels disturbed - "*the Lord regretted that he'd made human beings on the Earth and his heart was deeply troubled*" (Genesis 6:6).
3. He feels jealous - "*I the Lord your God am a jealous God*" (Exodus 20:5).
4. He feels love - "*I have loved you with an everlasting love; I have drawn you with kindness*". (Jeremiah 31:3)
5. He feels sorrow and trouble - "*my soul is overwhelmed with sorrow to the point of death.*" (Matthew 26:37–38).
6. He feels joy when Jesus sends out the 72 "*...at that time Jesus full of joy through the holy spirit...*" (Luke 10:21)

Therefore, we will be emotional too, because we're made in His image. Recently, I've been writing down 3 emotions which I feel in the morning as I try to grow in this. I'm documenting what I'm feeling, not what I think I should feel, or what I want to feel.

### **How do you find security in your Heavenly Father's love?**

This is the key to knowing yourself and being the person that God created you to be. Remember, Jesus' true self was founded in the love and delight and approval of his Father – just as our true self is found in the love delight and approval of our heavenly Father. His Father spoke these words over his life at his baptism: *"This is my son, who my love; with him I'm well pleased."* (Matthew 3:17). In other words, 'you're lovable, you're good; it is so good that you exist!' Jesus himself had to resist the temptation to give into the demands to be someone else and end up living out of a false self

Jesus faced three temptations. At their heart was losing his true self.

- 1. He had to resist the temptation to walk away from his true self and find his identity in success (*I am what I do*)**

The devil said to Jesus, *"if you are the son of God, tell this stone to become bread."* Jesus had done nothing for 30 years. He hasn't got his ministry, nobody believes in Him. He was hungry. What contribution has he made to the world? Nothing. He was a loser.

Have you just demonstrated your usefulness? What do you do? We often think we are worthwhile only if we have scored sufficient success in church, work, family, or a relationship.

Lockdown has been tough. For many, work has dried up and it's easy for us to feel like failures. This isn't true. Interestingly, of the four regrets of dying, the second was "I wish I hadn't worked so hard". And just as easy as the temptation from professional success is that of Christian success too – it's very common

- 2. He had to resist the temptation to walk away from His true self and find His identity in His possessions (*I am what I have*)**

Jesus was taken see all the magnificence and power of the Earth. The devil said to him *"I will give you all of their authority and splendour if you worship me. It all will be yours"*. There is a huge pressure in Surrey, and Guildford (one of the wealthiest towns in the country). The Bible says, *"Foxes have dens and birds have nests, but the Son of Man has no place to lay his head."* (Matthew 8:20)

- 3. He had to resist the temptation to walk away from His true self and find His identity in popularity (*I am what other people think*)**

- The devil led him to Jerusalem and took him to the highest point of the temple: *"If you are the son of God throw yourself down from here..."* It's like a publicity stunt. Jesus lives out of his true self. He faced crushing expectations from disciples, Romans, everyone he came across, which he ignored. He refused to live out of his false self.

In living out of his true self, he disappointed a lot of people – he was secure in his Father's love and so could withstand huge pressure people put on him. He disappointed his family. They thought he had gone mad (Mark 3:21). He disappointed the people he grew up with in Nazareth (Luke 4:28-39; remember they tried to kill him when he told them he was the Messiah)

He disappointed his closest friends, the twelve disciples. They had their own ideas about what he should be like and what sort of a Messiah he should be. As a result, they end up betraying him (Judas) or deserting him (the rest). Jesus did not hold that against them. He disappointed the crowds on many occasions. They just wanted miracles, great sermons and for him to bash up Romans. Jesus did not

hold that against these disappointed religious leaders, and they did not like his radical nature and so ended up killing him

*"Jesus was not selfless. He did not live as though **only** other people counted. He knew his value and worth. He had friends. He asked people to help him. At the same time Jesus was not selfish. He did not live as though **nobody else** counted. He gave his life out of love for others. From a place of loving union with his Father, Jesus has a mature healthy true self"*

### How can you practically live in your Father's love?

#### 1. Each day, spend some time in silence and solitude

Each day, have a time in silence and notice your emotions before God. Silence and solitude are so foundational to emotional health and spirituality that they are demonstrated by all the biblical greats from David to Jesus to all the bright men and women who have gone before us.

#### 2. Find some people you can totally be yourself with

You can only share less of your false self if you have a few trusted companions to help you. This may be your POD group at church (*if you're not in a POD and would like to be, do contact the church office!*)

The fourth most common regret on dying is "I wish I had stayed in touch with my friends."

#### 3. Pray for courage. This is tough – but worth it!

## Song

### Hope and Glory

#### Verse 1

Hear our cry O King of heaven  
Jesus hope to every heart  
We are lost without Your glory  
We are lost without You God

#### Verse 2

Be the fire that burns within us  
Flames of love that purify  
Send Your power and Your salvation  
Let us see Your Kingdom come

#### Chorus

('Cause) Only You can move the mountains  
Only You can heal our land  
Christ alone our hope and glory  
Christ alone in You we stand

#### Verse 3

Turn Your eyes and show us mercy  
How we need Your Father's love

Lead us home and out of darkness  
With Your gospel burning bright

Bridge

We believe our God is mighty  
We believe our God is here  
We believe our King is coming  
Christ alone in You we stand

Praise the Lord our God is mighty  
Praise the Lord our God is here  
Praise the Lord our King is coming  
Christ alone in You we stand

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## Intercessions

Let us bring our prayers to our loving, heavenly father, who knows our needs, hears our cries, feels our pain, and heals our wounds.

Heavenly Father, the impact of the COVID epidemic throughout your world is beyond our comprehension. Suffering, isolation, loneliness, loss of loved ones, and livelihoods. We pray that its spread may be halted. We lift to you those that are most vulnerable whether through age, existing conditions or in countries without the medical or financial resources to respond.

**Lord in your mercy: hear our prayer**

For our nation. May this crisis lead to a reawakening in our land. Lord God pour out your Spirit we pray. May we turn from the endless quest to work more, to acquire more, to consume more and repent of our ways which are destroying both us and our environment. You promised your ancient people that if they were to humble themselves and pray and seek your face and turn from their wicked ways, then you would hear from heaven, forgive their sin and heal their land.

May we as individuals, as a community and as nation hear and respond. Lord God: your kingdom come your will be done.

**Lord in your mercy: hear our prayer**

And now we pray for our church family. For Kath Morris, our new Curate, as she prepares to join us. For Hannah and for Ali and Jay Butcher and their family as they move on to the next phase of their lives and as Ali commences ordination training.

Lord God, we long for the day when we can be reunited in this building. When we can raise our voices together again in songs of worship. As wait we continue to pray for those for whom this lockdown is a time of real hardship, suffering, loss or loneliness. May your Spirit minister to those in need today whether they are participating in this live stream or not. May they know your love surrounding them, embracing them and your healing touch.

**Loving Father; in your mercy: hear our prayer**

# Sharing Bread and Wine

## Opening prayer:

Into your presence we come,  
God of Grace and Peace,  
who was, and is and ever shall be  
the eternal One.  
Into fellowship we come,  
bound together in the love  
that died and rose again for us,  
our Saviour Jesus Christ  
Amen

## Confession

May God who loved the world so much  
that he sent his Son to be our Saviour  
forgive us our sins  
and make us holy to serve him in the world,  
through Jesus Christ our Lord.  
Amen.

## Agape reading: Matthew 26:26-29 (NIV)

26 While they were eating, Jesus took bread, and when he had given thanks, he broke it and gave it to his disciples, saying, "Take and eat; this is my body."  
27 Then he took a cup, and when he had given thanks, he gave it to them, saying, "Drink from it, all of you. 28 This is my blood of the[a]covenant, which is poured out for many for the forgiveness of sins. 29 I tell you, I will not drink from this fruit of the vine from now on until that day when I drink it new with you in my Father's kingdom."

## The Lord's Prayer

Our Father in heaven,  
hallowed be your name,  
your kingdom come,  
your will be done,  
on earth as in heaven.  
Give us today our daily bread.  
Forgive us our sins  
as we forgive those who sin against us.  
Lead us not into temptation  
but deliver us from evil.  
For the kingdom, the power,  
and the glory are yours  
now and for ever.  
Amen.

## Song



## O Lord my God (How great thou art)

### Verse 1

O Lord my God when I in awesome wonder  
Consider all the works Thy hand hath made  
I see the stars I hear the mighty thunder  
Thy pow'r throughout the universe displayed

### Chorus

Then sings my soul my Saviour God to Thee  
How great Thou art how great Thou art  
Then sings my soul my Saviour God to Thee  
How great Thou art how great Thou art

### Verse 2

When through the woods and forest glades I wander  
And hear the birds sing sweetly in the trees  
When I look down from lofty mountain grandeur  
And hear the brook and feel the gentle breeze

### Verse 3

And when I think that God His Son not sparing  
Sent Him to die I scarce can take it in  
That on the Cross my burden gladly bearing  
He bled and died to take away my sin

### Verse 4

When Christ shall come with shout of acclamation  
And take me home what joy shall fill my heart  
Then shall I bow in humble adoration  
And there proclaim my God how great Thou art

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## Closing Blessing

May the Lord bless us and keep us, the Lord make his face to shine upon us and be gracious to us, the Lord lift up his countenance upon us and give us peace.  
And the blessing of God Almighty, Father Son and Holy Spirit be up on us and remain with us always.

We go into the world  
to walk in God's light,  
to rejoice in God's love  
and to reflect God's glory.

**Amen**