

REFLECTIONS

4 August 2024, 6pm

*A quiet contemplative service
lasting about 40 minutes*

Rest in the Lord

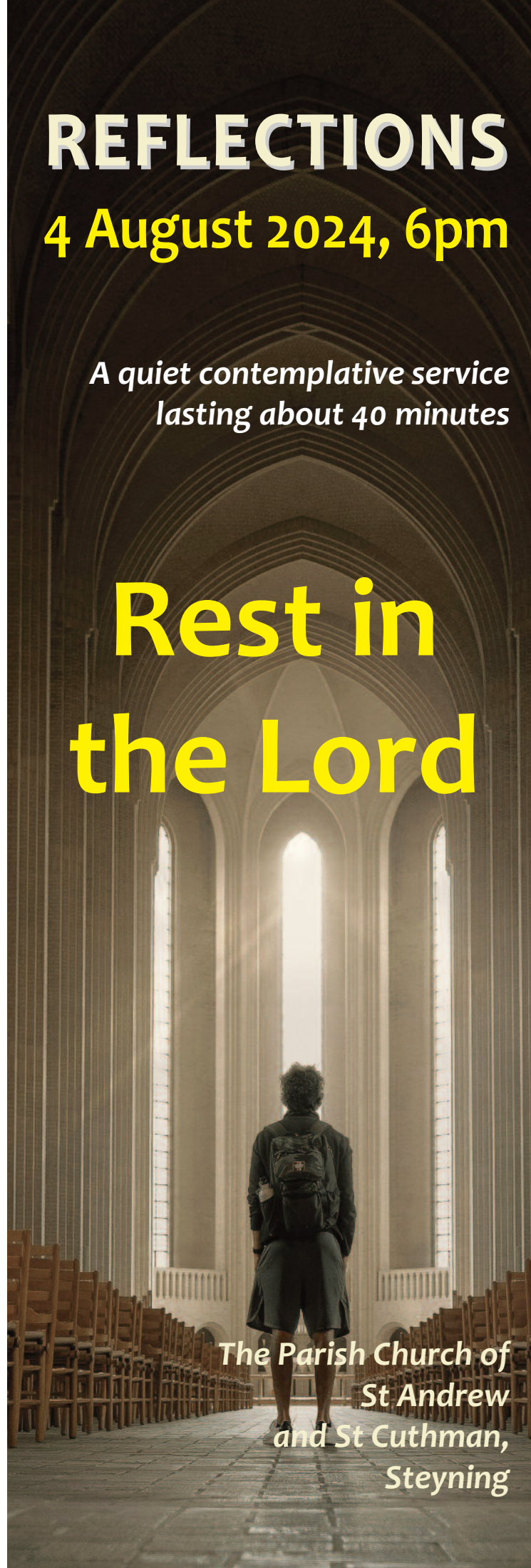
Please feel free to leave when you feel ready – or stay to the end.

Please take this sheet home with you.

If you would like to be part of the Reflections team – please let one of us know.

Our next Reflections will be at 6pm on Sunday 1 September, with 'Prayer' as the theme.

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*The Parish Church of
St Andrew
and St Cuthman,
Steyping*

REST IN THE LORD

MUSIC ON ENTRANCE

My Soul is at Rest (Taizé)

My soul is at rest in God alone
My salvation comes from God

In God is my safety and glory the rock of
my strength.

Take refuge in God, all you people— Trust
him at all times.

Pour out your hearts before him for God
is our refuge.

My soul is at rest in God alone
My salvation comes from God

(Jacques Berthier/Taize Community)

WELCOME and INTRODUCTION

READING: POEM

Lightness:

learning to release our burdens to God

Hot coals burn
these palms of mine
as a daily kind

of frantic juggling
act goes on.
Each burden sears
my soul

as I grasp tightly
at insubstantial things
which dissipate
like smoke,
like lifeless rings
blowing here and there.

But if I pause,
slow down,
breathe you in
with every inhalation

PRAYER

Lord Jesus,
Turn our hearts more in the direction of
your face,
your heart, your voice, your love.
Reveal just what unnecessary loads and
heavy burdens we might be carrying,
and encourage us to let them fall at your
feet,
where we receive your peace.

May we sense the wisdom of spending
quality time in your presence
to offload our cares and concerns and
become strengthened.
Help reorient our anxious souls back to
faith,
back to calm, back to rest, and back to
hope.

Amen

BLESSING

CLOSING MUSIC

HYMN: In Your Way

In your way and in your time
That's how it's going to be in my life
And in your perfect way I'll rest my weary
mind
And as you lead I'll follow close behind
And in your presence I will know your
peace is mine
In your time there is rest, there is rest

In your way and in your time
That's how it's going to be in my life
Dear Jesus, soothe me now till all my
strivings cease
kiss me with the beauty of your peace
And I will wait and not be anxious at the
time
In your time there is rest, there is rest

And though some prayers I've prayed
May seem unanswered yet
You never come too quickly or too late
And I will wait and I will not regret the time
In your time there is rest, there is rest

*Sung by Sheila Walsh
By Graham Kendrick
© 1976 Thankyou Music*

Psalms 5:1-12 - But let all who take
 refuge in you rejoice;
 let them ever sing for joy.
 Spread your protection over them,
 so that those who love your name may
 exult in you.
 For you bless the righteous, O Lord;
 you cover them with favour as with a
 shield.

Exodus 33:14 - He said, 'My presence will
 go with you, and I will give you rest.'

Psalms 62:1-2 - My soul finds rest in God
 alone; my salvation comes from him.
 He alone is my rock and my salvation; he is
 my fortress, I will never be shaken.

Ecclesiastes 4:6 - Better is a handful with
 quiet than two handfuls with toil,
 and a chasing after wind.

POEM

Quiet my Soul

Quiet my soul, rest in your God,
 Remember all he's ever done,
 He is the peace you long to find
 He is the joy of heaven won.

Quiet my soul, look not on fear,
 His hands hold still the worlds and stars.
 Lest you forget and doubt his love,
 Lit up your eyes, behold his scars.

Quiet my soul, your God is near,
 Nothing is gone beyond his reach.
 Sit at his feet, and listen well,
 Learn what your master has to teach.

Quiet my soul, remember this:
 Wait and your strength will never fail.
 For you shall run and never tire,
 Even through weakness, he prevails.

Quiet my soul, be tossed no more,
 He has declared it 'Peace be still.'
 Rest in the truth you learned before -
 That peace is found within his will.

(Author unknown)

I take,
 my empty hands
 of faith become
 filled with rich gifts
 of Light, of Life
 Hope, Joy, and Peace.

Here in the stillness
 I let my burdens
 drop down
 Into your waiting hands,

falling as dust,
 without form,
 substanceless.

Each weighty care
 flows freely
 as if it were

a balloon,
 a mist,
 but vapour rising
 then falling

over distant hills.
 I watch
 them all floating
 on a breeze

while lightness
 also fills
 my mind, my heart,

my spirit,
 and a smile
 twitches itself
 onto my upturned lips.

by Joy Lenton

BIBLE READING

Psalms 37: 3-11

Trust in the Lord, and do good; so you will
 live in the land, and enjoy security.
 Take delight in the Lord, and he will give you
 the desires of your heart.
 Commit your way to the Lord; trust in him,
 and he will act.
 He will make your vindication shine like the
 light, and the justice of your cause like the
 noonday.
 Be still before the Lord, and wait patiently
 for him; do not fret over those who
 prosper in their way, over those who
 carry out evil devices.

Refrain from anger, and forsake wrath. Do not fret—it leads only to evil.
 For the wicked shall be cut off, but those who wait for the Lord shall inherit the land.
 Yet a little while, and the wicked will be no more; though you look diligently for their place, they will not be there.
 But the meek shall inherit the land, and delight in abundant prosperity.

MUSIC INTO SILENCE

I am weary

(from *Celtic Psalms Vol 3, Rest in the Shelter*)

Taim cortha o bheith im'Aonar mo lui
 I am weary from being alone, alone, I am weary from being alone
 Hear my prayer, Lord, my cry, do not hide your face from me
 Turn your ear, Lord, and answer when I call
 For my days drift like smoke, and my bones burn like embers
 I am weary from being alone, alone, I am weary from being alone
 My heart, it is withered, like grass in the meadow
 I am wasted and cannot eat my bread
 Like an owl I am awake; my days are like shadows
 I am weary from being alone, alone, I am weary from being alone
 But you are enthroned, Lord, your name endures forever
 You will rise and have compassion on my soul
 You will hear me when I cry out; you'll not ignore my sorrow
 I am weary from being alone, alone, I am weary from being alone
 My strength, it has failed; my days, they have shortened
 Oh my God, do not take me away
 Though my years come to an end, your years are forever
 I am weary from being alone, alone, I am weary from being alone

Long ago, you laid foundations of earth and of heaven
 They will perish, but you will endure
 Creation will fade, but you are eternal
 I am weary from being alone, alone, I am weary from being alone

Taim cortha o bheith im'Aonar mo lui

*Based on Psalm 102, performed by
 Kiran Young Wimberly and the McGraths
 Tune: Taim cortha o bheith im'Aonar mo lui
 (Traditional Irish)
 Words: Kiran Young Wimberly © 2018*

PERIOD OF SILENT REFLECTION

(12-15 minutes, please feel free to move around the church to reflect and pray)

MUSIC OUT OF SILENCE

Rest (based on Psalms 37:7, 42:1, 46:10 and Isaiah 7:4)

Take heed and be quiet
 Don't fear or be faint
 Be still and know that he is God
 Be still and know that he is God

*We will rest in the Lord
 Rest in the Lord
 And wait patiently
 Wait patiently for him*

Like the deer pants after the water
 Like the deer pants after the water
 Like the deer pants after the water
 My soul longs for you
 My soul longs for you

*Written and performed by Aaron Shust
 (b1975) © Shustmusic*

MEDITATION ON BIBLE VERSES

Matthew 11:28-30 - Come to me, all you that are weary and are carrying heavy burdens, and I will give you rest. Take my yoke upon you, and learn from me; for I am gentle and humble in heart, and you will find rest for your souls. For my yoke is easy, and my burden is light.