

*You raise me up, so I can stand on
mountains
You raise me up, to walk on stormy seas
I am strong, when I am on your
shoulders
You raise me up to more than I can be*

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*By Rolf Løvland and Brendan Graham.
Performed by Josh Groban*

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 5 May, with the Holy Spirit as
the theme.**

REFLECTIONS

7 April 2024, 6pm

***A quiet contemplative service
lasting about 40 minutes***



***“May the God of hope
fill you with all joy and
peace as you trust in
him”***

HOPE

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

REFLECTIONS – HOPE

Music on Entrance Bridge over Troubled Water

When you're weary
Feeling small
When tears are in your eyes
I will dry them all

I'm on your side
Oh when times get rough
And friends just can't be found
Like a bridge over troubled water
I will lay me down
Like a bridge over troubled water
I will lay me down

When you're down and out
When you're on the street
When evening falls so hard
I will comfort you

I'll take your part
When darkness comes
And pain is all around
Like a bridge over troubled water
I will lay me down
Like a bridge over troubled water
I will lay me down

*Paul Simon
Performed by Simon and Garfunkel*

Give freely,- show tenderness in all
your ways

Through darkness in troubled times
Let holiness be your aim

Seek wisdom,
Let faithfulness burn like a flame

God speed you
God lead you
And keep you wrapped around his
heart

Amen

We say the Grace together:

**The grace of the Lord Jesus
Christ, the love of God and the
fellowship of the Holy Spirit be
with us now and evermore,**

Amen

CLOSING MUSIC *Song – You Raise me up*

When I am down and, oh my soul, so
weary
When troubles come and my heart
burdened be
Then, I am still and wait here in the
silence
Until you come and sit awhile with me.

*You raise me up, so I can stand on
mountains
You raise me up, to walk on stormy seas
I am strong, when I am on your
shoulders
You raise me up to more than I can be*

PRAYERS

Let us pray

Dear loving Father;
Help us to rejoice in the
resurrection

All: Risen Christ, give us hope

That we may know that you have
conquered death,

All: Risen Christ, give us hope

That we may know that you have
triumphed over the grave

All: Risen Christ, give us hope

That those in doubt and despair
may see your light

All: Risen Christ, give us hope

That those who are troubled in
mind may know your peace

All: Risen Christ, give us hope

That those in pain and distress may
know your presence

All: Risen Christ, give us hope

That those caring for the terminally
ill
may know your power

All: Risen Christ, give us hope

That those who mourn may
discover the joy of life eternal

All: Risen Christ, give us hope.

The God of hope who brought again
from the dead that great shepherd of
the sheep Jesus Christ, fill us with all
joy and peace in believing.

Go peaceful in gentleness
Through the violence of these days.

Welcome and Introduction

READING: Poem

Living Hope

Do you feel the world is broken?
Do you feel the shadows deepen?

But do you know that all the dark
won't
Stop the light from getting through?

Do you wish that you could see it all
made new?

Is all creation groaning?
Is a new creation coming?
Is the glory of the Lord to be the light
within our midst?
Is it good that we remind ourselves of
this?

Is anyone worthy? Is anyone whole?
Is anyone able to break the seal and
open the scroll?
The Lion of Judah who conquered the
grave
He was David's root and the lamb who
died to ransom the slave
Is he worthy of all blessing and honour
and glory
Is he worthy of this?

He is

Does the father truly love us?
Does the spirit move among us?
And does Jesus, our messiah hold
forever those he loves?

Is anyone worthy?
Is anyone whole?
Is anyone able to break the seal and
open the scroll?
The Lion of Judah who conquered the
grave
He is David's root and the lamb who
died to ransom the slave

From every people and tribe
Every nation and tongue
He has made us a kingdom and priests
to God
To reign with the son
Is he worthy?
Of all blessing and honour and glory
Is he worthy?
He is!
Is he worthy?
He is!

From *Laudate*, Mennonite Church

Bible Reading

Isaiah 40 28- 32

Have you not heard?
The Lord is the everlasting God, the
Creator of the ends of the earth.
He will not grow tired or weary and
his understanding no one can fathom.
He gives strength to the weary and
increases the power of the weak. Even
youths grow tired and weary and
young men stumble and fall, but those
who hope in the Lord will renew their
strength.
They will soar on wings like eagles,
they will run and not grow weary, they
will walk and not be faint.

MUSIC INTO SILENCE

Jesus, Remember me

Jesus, remember me, when you come
into your kingdom

(Taizé)

PERIOD OF SILENT REFLECTION

15 minutes approx

*Please feel free to move to different
areas within the church.*

MUSIC OUT OF SILENCE

(Piano Music)

Leading into:

Bible meditation

Psalm 33:22 May your unfailing love
rest upon us O Lord,
even as we put our hope in you

Hebrews 10:23 Let us hold
unswervingly to the hope we profess,
for he who promised is faithful

Romans 5:5 And hope does not
disappoint us because God has
poured out his love into our hearts
by the power of the Holy Spirit
whom he has given us.

Romans 15:13 May the God of hope
fill you with all joy and peace as you
trust in him , so that you may
overflow with hope by the power of
the holy spirit.

Jeremiah 29:11-14 For I know the
plans I have for you- declares the
Lord. Plans to prosper you and not
to harm you , plans to give you hope
and a future. Then you will call upon
me and come and pray to me and I
will listen to you.