



I suspect for many of us the current restrictions are proving to be something of a trial, and it seems to me we need to be honest before God in telling him how we feel and not undertake some sort of mental gymnastics to convince ourselves that, actually, we're fine.

*'To be honest with God requires us to be honest with ourselves, to express our felt feelings and thought thoughts – not just the 'right' ones. Prayers don't have to be neat and tidy. In fact, they're best when they're rough and ready, somewhere in the*

*in-between of frustration and faith, lament and longing, confusion and confidence'.*

Someone else wrote: *'It is great to celebrate our God of love by responding in joy. But if that is the only emotion we bring, we miss out on the God of justice when we bring our anger; the God of comfort when we bring our grief; the God of protection when we bring our fear; and the God of forgiveness when we bring our shame'.*

## Reflection

### What is faith?

Now faith is confidence in what we hope for and assurance about what we do not see. (Hebrews 11:1)

### Where does faith come from?

Consequently, faith comes from hearing the message, and the message is heard through the word about Christ. (Romans 10:17)

God has allotted to each a measure of faith (Romans 12:3 (NASB))

### Where should we be looking for faith?

We should be fixing our eyes on Jesus, the pioneer and perfecter of faith. For the joy set before him he endured the cross, scorning its shame, and sat down at the right hand of the throne of God. (Hebrews 12:2)

### Can we please God without faith?

And without faith it is impossible to please God, because anyone who comes to him must believe that he exists and that he rewards those who earnestly seek him. (Hebrews 11:6)

And Jesus answered and said to them, "Have faith in God.. (Mark 11:22 NASB)

## Song

Blessed assurance Jesus is mine  
O what a foretaste of glory divine  
Heir of salvation purchase of God  
Born of His Spirit washed in His blood

This is my story this is my song  
Praising my Saviour all the day long  
This is my story this is my song  
Praising my Saviour all the day long

Perfect submission perfect delight  
Visions of rapture now burst on my sight  
Angels descending bring from above  
Echoes of mercy whispers of love

Perfect submission all is at rest  
I in my Saviour am happy and blest  
Watching and waiting looking above  
Filled with His goodness lost in His love

Fanny Jane Crosby | Phoebe Palmer Knapp

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## Read Mark 5:21-34

## Teaching

- Spend time in giving thanks that we are accepted and adopted into God's family as His sons and daughters
- Is there some way in which you need to step out in faith like the woman did in today's story?

## Song

Before I spoke a word You were singing over me  
You have been so so good to me  
Before I took a breath  
You breathed Your life in me  
You have been so so kind to me

O the overwhelming never-ending reckless  
Love of God  
O it chases me down fights 'til I'm found  
Leaves the ninety-nine  
I couldn't earn it I don't deserve it  
Still You give Yourself away  
O the overwhelming never-ending reckless  
Love of God

When I was Your foe still Your love fought for me  
You have been so so good to me  
When I felt no worth You paid it all for me  
You have been so so kind to me

There's no shadow You won't light up  
Mountain You won't climb up  
Coming after me  
There's no wall You won't kick down  
Lie You won't tear down  
Coming after me

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The Lord bless you and keep you:  
The Lord make His face to shine upon you,  
To shine upon you and be gracious, and be  
gracious to you;  
The Lord turn his face toward you and give  
you peace.

## Communion

It's not in the bread  
but in the breaking  
that the mystery of God's story is told.  
It's not in the seed  
but in the dying,  
not in the treasure  
but in the digging for it.  
It's not in the mountain  
but in its moving.

It's not in the wine  
but in the pouring out  
that a new world is purchased  
for the weary.  
It's not in the cross  
but in the crucified,  
not in the nails  
but in the nailing.  
It's not in the grave  
but in the rising from it.

It's in the giving  
that the gift becomes life;  
it's in the living  
that the Word becomes flesh.

It's in this taking,  
this receiving,  
this sharing of a supper,  
this pointing to a future  
that is promised  
and paid for  
and pressed into our hands;  
it's in this everyday mealtime miracle  
that the universe is born  
to new life.

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