



Dear Lord, We thank You for Ray and all the memories we have of him.

For his faith and his enthusiasm. We thank you that he is now secure with you.

We pray for the family: Stephen, Andy and Judy and particularly Val as she will feel alone.

We ask for your comfort and blessing for them.

This morning as we come to worship you, we thank you that you are a good God; reliable and steadfast. Bless us as we worship you in our separate homes and our separate ways.

## Introduction

Perhaps one of the reasons for the enduring character of the Psalms, is that they are gritty and real. They deal with the edges of life, with shadow as with light, with real emotions of fear, disappointment and betrayal.

The Psalmists understood it is not where we are situated, but the direction we are facing, and how we choose to respond.

## Psalm 62 redux

For you alone my soul waits in silence,  
you, my home and my hope.  
In you, I rest secure.  
Drawing from your deep well,  
I am strengthened.

In the face of the derisive sneer,  
the dismissive outburst,  
the thoughtless jab,  
the blank stare,  
I stand still,  
listening for kernels of truth,  
separating wheat from chaff.

The core of my being is firm and gentle –  
I know who I am.  
There is room in me to love the unlovely,  
to ponder slings and arrows  
without retribution,  
to remain quiet when there is nothing to say  
and to speak when it is time to speak.

The whole of my being  
is held in your steady hands.  
I have nothing to fear,  
and everything to learn.

So it is for we who trust,  
we who wait in silence.

The waiting is a revealing.  
The eye sees the folly in vain chasing  
after power, wealth and privilege.  
The mind notes the clutch and cling  
of insecure humanity.  
The heart seeks to pledge, saying:  
As for me, I want to be a blessing  
to heaven and on earth.

Once God has spoken,  
twice I have heard:  
Love is found in want and in waiting;  
the Holy draws us in  
and strengthens us to stand.



## Read Psalm 62

### Teaching

- Is there a situation or struggle in my life where I need to get my feet onto the solid ground of "God the Rock"?
- Is there someone who needs to hear a word of encouragement from me about how much God loves them and wants to be their refuge and strength

### Song, Psalm 62 -Taize

*In you our hearts find rest and peaceful gladness*

For God alone my soul waits in silence  
from God comes my salvation  
My hope is in the Lord.  
God alone is my rock, my salvation  
my stronghold, I stand firm

For God alone my soul waits in silence,  
for my hope is in the Lord  
My hope is in the Lord.  
On God rests my salvation and my glory;  
my refuge is the Lord

For God has said only one thing,  
twice have I heard:  
My hope is in the Lord.  
that strength belongs to God alone  
to you, Lord, faithful love.

### Communion

We invite you share communion  
At this table we welcome all  
At this table we make space to grace  
At this table we celebrate God's goodness  
at this table we linger - we stay until the  
hunger of the human heart is fed



Our Father in heaven, hallowed be Your name  
Your kingdom come, Your will be done in earth  
as it is in heaven

Give us this day 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.

### Song

My soul finds rest in God alone, my rock and  
my salvation  
A fortress strong against my foes and I will not  
be shaken  
Though lips may bless and hearts may curse  
And lies like arrows pierce me  
I'll fix my heart on righteousness, I'll look to  
Him who hears me

O praise Him, Hallelujah, my Delight and my  
Reward  
Everlasting, never failing, my Redeemer, my  
God

Find rest, my soul, in God alone amid the  
world's temptations  
When evil seeks to take a hold I'll cling to my  
salvation  
Though riches come and riches go, don't set  
your heart upon them  
The fields of hope in which I sow are harvested  
in heaven

I'll set my gaze on God alone and trust in Him  
completely  
With every day pour out my soul and He will  
prove His mercy  
Though life is but a fleeting breath, a sigh too  
brief to measure

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## Reflection

There is a time for rules  
Wisdom writ in plain language  
That memory might be preserved

And there is a time for mercy  
The gentle bending of law  
At wisdoms request

There is a time for rage  
Violation's marker  
Speaking up for pain

And there is a time for reflection  
The tender holding of hurt  
For lessons learned

There is a time for certainty  
Clear focus driving  
Resolute action

And there is a time for hope  
The latent promise in seeds  
Waiting for the sun

*As we enter Lent this week, we will be looking forwards to when we celebrate. Not just that things are different, but that they can never be the same. The seeds lurking under our frozen gardens are part of that future promise.*

Everything you need comes from Him  
He's solid rock under your feet,  
breathing room for my soul,  
An impregnable castle:  
You're set for life.  
"Strength comes  
Straight from God."  
Psalm 62, The Message

## A poem of hope

The earth is still  
Held hard  
In winter's heavy hand  
Ice-gripped  
Cruel fingers  
Strangle  
Into stasis  
The very life-force  
Of the land

Yet underneath the frost  
Our hopes remain

For those who have suffered loss  
Who wake to fear  
Glad to see the back end  
Of a mournful year  
The earth itself speaks to our need  
Patience, patience  
Trust the seed

No winter can resist  
The greater power of spring  
And even now  
The clocks are ticking  
Voices deeper than despair  
Test the air  
Rehearsing  
Regrouping  
Ready to sing

Underneath the frost  
Our hopes remain

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