



Occasionally I get hints and tips sent by my insurance company. You know the sort of thing: how to drive safely in winter; how to improve your fuel economy. This week it was "Are you guilty of driving on auto pilot?"

That can be true in our Christian life too, can't it? Especially with ongoing lockdown, it is easy to feel a bit down and keep plodding on without remembering to stay alert and look up.

Thank you for your faithfulness to us, that you promise to be with us, whatever our situations.

We lift to you those that need healing, strength, guidance and comfort. Please remind us to stay alert, to look up to you for our needs and to appreciate the gifts you give us.

Father please settle our hearts now as we come to worship you and listen to your word.

Introduction

One of the ways of dealing with pressure is to keep our eyes fixed on God, so let us read Psalm 36:5-9.

Your love, Lord, reaches to the heavens, your faithfulness to the skies.

Your righteousness is like the highest mountains, your justice like the great deep.

You, Lord, preserve both people and animals.

How priceless is your unfailing love, O God!

People take refuge in the shadow of your wings.

They feast on the abundance of your house;

you give them drink from your river of delights.

For with you is the fountain of life;

in your light we see light.

Song

How precious O Lord
Is Your unfailing love
We find refuge in the shadow of Your wings
We feast Lord Jesus
On the abundance of Your house
And drink from Your river of delights

With You is the fountain of life
In Your light we see light
With You is the fountain of life
In Your light we see light

Phil Rogers

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Song

Strength will rise as we wait upon the Lord
We will wait upon the Lord
We will wait upon the Lord

Strength will rise as we wait upon the Lord
We will wait upon the Lord
We will wait upon the Lord

Our God You reign forever
Our Hope our strong Deliv'rer

You are the everlasting God
The everlasting God
You do not faint
You won't grow weary
You're the defender of the weak
You comfort those in need
You lift us up on wings like eagles

Brenton Brown | Ken Riley

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Read 2 Corinthians 1:8-11

Read 2 Corinthians 11:21-29

Teaching

Prayer

Our Father God, the most gracious and compassionate God. We lift our eyes upon you, the exalted one in all the earth. Indeed, may you, O God be exalted in our midst and in our hearts. We bow in reverent worship and praise to you, our Lord, our King.

We are the sheep of your pasture. You are our Good Shepherd ever feeding, guiding and shielding us.

You know all about us - what we are going through and the state of our hearts. You know our fears, trepidations and anxieties as well as pressures that are brought to bear in our jobs and business, especially during this pandemic.

Grant O Lord that we shall claim and take heed of your promises:

"Do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God."

Father God, we surrender all our fears, anxieties and burdens to you and place them at the foot of the cross.

In this Lent season, we are so grateful to our Lord Jesus who bore all our sins in his body at Calvary. There all our burdens were lifted.

Lead us in still and quiet waters. Restore our soul from the hustle and bustle of our daily lives. Teach us O Lord to be still and recognise that you are God.

May each one of us experience the peace of God, which surpasses all understanding, that will guard our hearts and our minds in Christ Jesus.

Song

I have a home eternal home
But for now I walk this broken world
You walked it first You know our pain
But You show hope can rise
Again up from the grave

Abide with me abide with me
Don't let me fall and don't let go
Walk with me and never leave
Ever close God abide with me

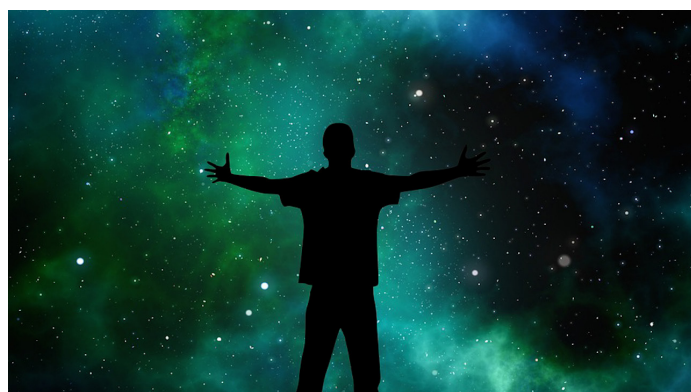
There in the night Gethsemane
Before the cross before the nails
Overwhelmed alone You prayed
You met us in our suffering
And bore our shame

Oh love that will not ever let me go
Love that will not ever let me go
You never let me go
Love that will not ever let me go

Well You never let us go

And up ahead eternity
We'll weep no more we'll sing for joy
Abide with me

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Grant us peace of mind and calm our troubled hearts.

Give us the strength and clarity of mind to find our purpose and walk the path you've laid out for us.

We trust your Love God, and know that you can heal us, outside and in.

Just as the sun rises each day against the dark of night, bring us clarity with the light of God.