



The Methodist Church

Nottingham North East Circuit - Sunday 15th August 2021



This short act of worship has been prepared for you by Rev John Wiseman to use at home. If you are well enough, why not spend a few moments with God, knowing that other people are sharing this act of worship with you. Internet links are provided for the songs.

Let's begin by singing together STF 28.

There is an internet link provided to sing along with the original tune. For those without the tune for 'Lord your church on earth is seeking' (Abbot's Leigh) works really well

Jesus calls us here to meet him
as, through word and song and prayer,
we affirm God's promised presence
where his people live and care.
Praise the God who keeps his promise;
praise the Son who calls us friends;
praise the Spirit who, among us,
to our hopes and fears attends.

Jesus calls us to confess him
Word of life and Lord of all,
sharer of our flesh and frailness,
saving all who fail or fall.
Tell his holy human story;
tell his tales that all may hear
tell the world that Christ in glory
came to earth to meet us here.

Jesus calls us to each other,
vastly different though we are;
creed and colour, class and gender
neither limit nor debar.
Join the hand of friend and stranger;
join the hands of age and youth;
join the faithful and the doubter
in their common search for truth

Jesus calls us to his table,
rooted firm in time and space,
where the church in earth and heaven,
finds a common meeting place.
Share the bread and wine, his body;
share the love of which we sing;
share the feast for saints and sinners,
hosted by our Lord and King.

@John L. Bell and Graham Maule. WGRG, c/o Iona Community,

www.youtube.com/watch?v=vwBGtFPd6TQ

Opening Prayer: Psalm 150

Praise the LORD. Praise God in his sanctuary;
praise him in his mighty heavens.
² Praise him for his acts of power;
praise him for his surpassing greatness.
³ Praise him with the sounding of the trumpet,
praise him with the harp and lyre,
⁴ praise him with timbrel and dancing,
praise him with the strings and pipe,
⁵ praise him with the clash of cymbals,
praise him with resounding cymbals.
⁶ **Let everything that has breath praise the LORD.**
Praise the LORD.

Bible reading Mark 6:30-32

³⁰ The apostles gathered around Jesus and reported to him all they had done and taught. ³¹ Then, because so many people were coming and going that they did not even have a chance to eat, he said to them, “Come with me by yourselves to a quiet place and get some rest.”

Let us continue to worship by joining together in a well loved worship song...STF 20

Be still for the presence of the Lord
The Holy One is here
Come bow before Him now
With reverence and fear
In Him no sin is found
We stand on holy ground
Be still for the presence of the Lord
The Holy One is here

Be still for the glory of the Lord
Is shining all around
He burns with holy fire
With splendour He is crowned
How awesome is the sight
Our radiant King of light
Be still for the glory of the Lord
Is shining all around

Be still for the power of the Lord
Is moving in this place
He comes to cleanse and heal
To minister His grace
No work too hard for Him
In faith receive from Him
Be still for the power of the Lord
Is moving in this place

@David Evans 1986 Thank You music

www.youtube.com/watch?v=Vep_Ty4Zx1o

Today's Message

So far in our series we have considered two aspects of our Methodist Way of Life, where we have explored our understanding of what it means to worship and also what it means to be a learning and caring community of faith. In future weeks our Home Worship services will explore what it means to live a life of service and to be evangelists for God.

Today at the midpoint, we focus on how to develop a rhythm that encompasses the various strands of our spiritual life, a rhythm that allow us not just to take in but also give out.

I wonder how many of you can remember a TV advert for Mars, the chocolate bar. And I wonder if you can remember what the slogan was...A Mars a day helps you.....I'll give you a moment to have a ponder.

That's right, a Mars a day helps you 'Work rest and play' I don't know maybe if that particular chocolate bar had been made by a Christian Confectionary firm the slogan might have ended up as being 'Work, Rest and Pray'. But the idea behind the Mars slogan was that here was something that would help you through the rhythm of a day, whether you were working, resting or enjoying some sort of leisure activity.

Jesus was a great believer in establishing this sort of rhythm, this sort of balanced routine, not just in his life but also in that of his disciples. Jesus knew that there was a time to work, a time to step back from all the hustle and bustle, from all the demands of ministry and simply dwell with God in stillness and prayer. And judging by the fact that Jesus is accused of feasting and drinking to the extent that he is accused of being a glutton and drunkard by the religious leaders, one can also infer that Jesus also knew how to let his hair down and enjoy a party!

And in today's passage, after the disciples have been hard at work out in the mission field, Jesus sees they need to restore some balance, some rhythm in their live and so he encourages them to step back, escape to a quiet place, rest be still and simply to reengage with God again through prayer. Something Jesus himself was in the habit of doing. Indeed all throughout his ministry Jesus himself sought, and encouraged his disciples to seek, this rhythm or being and doing, of working and resting, or motion and stillness, of existing in a relationship with God and with others.

Some of you will know that I am a runner, well no perhaps that's not the right description. I am someone who runs or to be more accurate and truthful, I am someone who plods at a pedestrian pace. As well as having the right genetic attributes,

which I don't, and as well as having developed qualities of speed, strength and stamina, which again I haven't, one of the things that makes a good runner is the ability to breathe or should I say control and maximise their breathing.

We breathe in order to take oxygen into the lungs and then transported around our circulation via red blood cells to allow the cells in our bodies to produce energy efficiently. We breathe out in order to remove carbon dioxide, the potentially toxic waste product of metabolism from our bodies. Professional athletes often spend periods of time training at high altitude, stressing their bodies to produce more red blood cells so that when they return to compete at sea level, their breathing is more effective and efficient.

During normal everyday activities we hardly notice we are breathing at all, it is simply a natural process. If however we exert ourselves or are suffering from an illness then quite often breathing in and out becomes the only thing we can focus on.

Prior to becoming a minister I was a physiotherapist and have spent innumerable hours helping people with breathing problems. People whose inability to breathe increased their anxiety which put further strain on their breathing. Trying to break that vicious cycle was not always easy, but once a rhythm had been restored, invariably the patient's health stabilised.

In the film 'Sweet Charity', Sammy Davis Junior sings about the rhythm of life

**“And the rhythm of life is a powerful beat,
Puts a tingle in your fingers and a tingle in your feet,**

And indeed when we get that rhythm right, whether it be the rhythm of work, rest and play, the rhythm of managing and controlling our breathing which is one of the focus points of many meditation techniques or the spiritual rhythm in which we offer and receive from God or give to and take from our neighbours, then the tingle that we feel will not simply be contained within our fingers and feet but will run through out whole beings.

In worship we might think we come to receive, be restored, be recharged for the week ahead, and that is true. But its main focus is one of giving back

to God in response to the love God has already given us. In learning and caring, simply by being part of a church that wants to grow and develop and flourish together we have an opportunity both to share our knowledge and compassion with others but also to be on the receiving end of their experience and kindness.

In another part of my life I worked / served at a street clinic for destitutes in Calcutta and also taught physiotherapy at a Spinal Injuries unit in Bangladesh and I can honestly share I received back from those I treated / taught far more than I ever offered in service to them. And Since becoming a minister, one of the great joys is not so much telling people what God has, is and will do in my life but being invited in, to share the faith stories of others.

In our Methodist way of life, in living out our faith through our discipleship and witness, we offer and we receive, we give and we take, we grant and we are given, we bequeath and we are blessed, we sow and we reap, we scatter and we gather, we include and we are invited in return, all mixed together in this great dance of life

And we will each move to a different soundtrack, a different beat, choose different steps, and find ourselves dancing with different people at different parts in our life. But once we have found out feet and found our natural rhythm, then the back and forth, the to and fro, the leading and being led, the giving and receiving will seem as natural as breathing and as any good dancer or runner will testify be able to adapt to the stresses and strains of life.

Breathing in and breathing out...through worship, through learning and caring, through service and through telling God's story and sharing our own faith journey.

Breathing in and out....not through shallow, rapid gasps for air that increase our anxiety but through slow, deep, meaningful lung and life filling inhalations and exhalation that bring a sense of focus, peace and calm.

So in a final act of discipleship this morning, just sit still. Think about how you view worship, service, learning & caring, service and speaking about

God...take a deep breath in, then out, in then out,
in then out. Amen

Prayers of intercession

Pray for all those who feel breathless due to
illness, anxiety or fear

Pray for those we know whose loved ones have
taken their final breath.

Pray for those struggling to pause for breath due to
the hectic lives they lead

Pray for all those athletes who have produced
moments that have taken our breath away at the
current Tokyo Olympics, whether in victory or
defeat.

Pray for those breathing new life into our churches
and communities

Let's bring all of our prayers together in the words
Jesus taught his first disciples to pray...Our Father

**We are going to finish with what might be a new
song. Again for those with internet access I have
provided a link. For those without ,simply say the
words of this song as a prayer.**

God in my living, there in my breathing
God in my waking, God in my sleeping
God in my resting, there in my working
God in my thinking, God in my speaking
Be my everything, be my everything
Be my everything, be my everything

God in my hoping, there in my dreaming
God in my watching, God in my waiting
God in my laughing, there in my weeping
God in my hurting, God in my healing
Be my everything, be my everything
Be my everything, be my everything

Christ in me, Christ in me
Christ in me, the hope of glory
You are everything
Christ in me, Christ in me
Christ in me, the hope of glory
Be my everything

Be my everything, be my everything
Be my everything, be my everything

God in my hoping, there in my dreaming
God in my watching, God in my waiting
God in my laughing, there in my weeping
God in my hurting, God in my healing
Be my everything, be my everything
Be my everything, be my everything

Christ in me, Christ in me
Christ in me, the hope of glory
You are everything
Christ in me, Christ in me
Christ in me, the hope of glory
be my everything...

Tim Hughes © Thank You Music Ltd.

<https://www.youtube.com/watch?v=rSqDeAFjC-Y>

Blessing

As we plan for the week ahead, may the breathe of
God animate our being and our doing, our giving
and receiving, our taking and offering, our sowing
and reaping. Amen

Breathe in deeply....now breathe out.