

## Zoom Service: 14<sup>th</sup> June 2020

### **Welcome:**

Welcome to our Zoom service this morning. It is good to be together and to know we belong to God and to each other.

It is good to have time when we can come together into God's presence, to spend time with him and rest in him. There is much that can worry and disturb us in this world but in God we can find security, stability and hope. In him we find our meaning and worth.

Debs will be sharing her thoughts this morning and we ask God to speak to us through her  
But let's begin by focusing on God with a psalm of praise

### **Psalm 8**

*<sup>1</sup> LORD, our Lord, how majestic is your name in all the earth!*

*You have set your glory in the heavens.*

*<sup>2</sup> Through the praise of children and infants you have established a stronghold against your enemies, to silence the foe and the avenger.*

*<sup>3</sup> When I consider your heavens, the work of your fingers,  
the moon and the stars, which you have set in place,*

*<sup>4</sup> what is mankind that you are mindful of them, human beings that you care for them?*

*<sup>5</sup> You have made them a little lower than the angels  
and crowned them with glory and honour.*

*<sup>6</sup> You made them rulers over the works of your hands; you put everything under their feet:*

*<sup>7</sup> all flocks and herds, and the animals of the wild,*

*<sup>8</sup> the birds in the sky, and the fish in the sea, all that swim the paths of the seas.*

*<sup>9</sup> LORD, our Lord, how majestic is your name in all the earth!*

### **Prayer**

Father God,

Thank you that we can call you our Father,

You are a holy and righteous God beyond our understanding. We know that you know us completely, all our faults and failings, our hidden thoughts and our fears are open to you, yet you love us and invite us into your presence.

Lord, this is an awesome privilege. Keep us humble and aware of your holiness yet at the same time to know our worth in you. To know our value, because you gave your most precious son for us. We were worth Jesus dying for us.

Lord this blows our minds.

Help us to know you this morning, help us to experience Jesus in his risen power by the Holy Spirit so that we may be filled with your love and be able to speak words of love, hope and peace into troubled hearts.

We pray for those who are grieving and struggling with lockdown, for those who are fearful for the future

We pray for those that do not know peace at the moment. We pray for them to be comforted in their hurt, calmed in their anger, and to know their worth and value in you.

We pray for the police who are working so hard to maintain peace in a fair and just way. We pray for those who have been injured and traumatised in keeping us safe.

We pray for those in authority that they may speak words of peace and understanding into these times.

We ask that for your kingdom to come, that we may know you are a God of justice, mercy and love.

In Jesus name we ask

Amen

**Worship:** Jenny (Hungry)

**Word:** Debs

### **It's OK not to be OK**

**When I became a Christian nearly 32 years ago, I remember people saying if you had anxiety, you needed to pray more or have more faith. I did not have such issues at the time, but they have developed in me in reaction to some of the situations I have faced.**

**I find it so hard when people tell me not to worry, because, if I could not worry, I would not worry. I am thankful that mental health issues are being talked about more but accept that some will never understand and have the attitude that people should display a 'stiff upper lip'.**

**At first, during lockdown, I found it very hard. I had days when I did not want to get up or get dressed, let alone work as I and my colleagues continue to do as 'keyworkers', but I think I am more like Yang Guang now, the Giant Panda at Edinburgh Zoo, who has entertained me, as I observe her. Pandas are loners and I've gone from 'Fear Of Missing Out' to 'Fear Of Going Out'.**

A friend sent me the following "Working remotely - COVID-19 principles"

1. You are not "working from home", you are "at your home, during a crisis, trying to work".
2. Your personal physical, mental, and emotional health is far more important than anything else right now.
3. You should not try to compensate for lost productivity by working longer hours.
4. You will be kind to yourself and not judge how you are coping based on how you see others coping.
5. You will be kind to others and not judge how they are coping based on how you are coping.
6. Your team's success will not be measured the same way as it was when things were normal.

*The above list was sent to me by a friend, and originated from the Canadian federal government see: <https://forge.medium.com/you-are-not-working-from-home-429ff71c7f2b>*

*I appreciate that not everyone is able to work at the moment and that must be hard too. This really helped me.*

Tim Keller (pastor in America) said, "There is a version of Christianity that many of us have bought into that has trained us to be professional pretenders. As people, are we ready to shatter the veneer of polished Christianity and step into the vulnerability the Gospel requires before the great work of grace transpires in our lives? Perhaps if we were all honest about our issues, honesty wouldn't feel so isolating. After all, Jesus didn't die for the image we project. Jesus died for who we really are."

**Think of this passage from the Bible:-**

**Luke 24:13-16**

[ *The **Road** to Emmaus* ] That same day two of them were walking to the village Emmaus, about seven miles out of Jerusalem. They were deep in conversation, going over all these things that had happened. In the middle of their talk and questions, Jesus came up and walked along with them. But they were not able to recognize who he was.

If you able, please look at the following video on Sympathy and Empathy (also linked on the church website):- <https://www.youtube.com/watch?v=1Evwgu369Jw>

**(Empathy feels connection**

**Sympathy drives disconnection)**

- When someone is broken, don't try to fix them (you can't)
- When someone is hurting, don't try to take away the pain (you can't)
- Instead, love them by walking beside them in the hurt (you can)
- Because sometimes what people need is simply to know is that they're not alone

**I've learned that people will forget what you said, people will forget what you did, but people will never forget how you made them feel Maya Angelou**

**Jesus walks alongside us in difficult times.**

As mentioned by Tina a few weeks ago, Kintsugi, also known as kinsukuroi, is the Japanese art of repairing broken pottery by mending the areas of breakage with lacquer dusted or mixed with powdered gold, silver, or platinum, arguably making it more beautiful. As a philosophy, it treats breakage and repair as part of the history of an object, rather than something to disguise.



**Worship:** Jenny (Lord I Come to You (The Power of Your Love))

**Prayer:** Peter

**Blessing:**

Now may the grace of our lord Jesus Christ, the love of God and the fellowship of the Holy Spirit be with us now and for evermore.

Amen