**Breaking Out: Foundational Ways**

Sunday 10th January 2020

First Sunday of Epiphany

*Only on live stream*

**Greeting**

The Lord be with you

All   **and also with you.**

**Painting**

*Denise Beech*

**Confession**

Let us admit to God the sin which always confronts us.

*All*   Lord God,

we have sinned against you;

we have done evil in your sight.

We are sorry and repent.

Have mercy on us according to your love.

Wash away our wrongdoing and cleanse us from our sin.

Renew a right spirit within us

and restore us to the joy of your salvation,

through Jesus Christ our Lord. Amen.

**Absolution**

May the God of all healing and forgiveness

draw us to himself,

and cleanse us from all our sins

that we may behold the glory of his Son,

the Word made flesh,

Jesus Christ our Lord. **Amen.**

**Reading from Holy Scripture:** Phil 4.4-7

**Teaching slot:** We choose to be joyful, even when we feel like complaining

*Jonathan Phillips*

**Spoken Word**

*Mike Leyden*

**TIME TO LABYRINTH**

**Sung musical worship**

*Jim Cook*

**Questions to ponder on**

* What is the difference between joy and happiness?
* How can Paul be so emphatic about rejoicing ‘always’?
* Anxiety is a deeply complex emotion and often crippling – is Paul being sensitive or helpful when he says ‘Don’t be anxious about anything?’
* How can you apply Paul’s teaching in vv6-7 to your life this week?

**The Nicene Creed**

**WE BELIEVE** in one God,
the Father, the Almighty,
maker of heaven and earth,
of all that is, seen and unseen.

We believe in one Lord, Jesus Christ,
the only Son of God,
eternally begotten of the Father,
God from God, Light from Light,
true God from true God,
begotten, not made,
of one Being with the Father.
Through him all things were made.

For us and for our salvation
he came down from heaven:
by the power of the Holy Spirit
he became incarnate from the Virgin Mary,
and was made man.

For our sake he was crucified under Pontius Pilate;
he suffered death and was buried.
On the third day he rose again
in accordance with the Scriptures;
he ascended into heaven
and is seated at the right hand of the Father.

He will come again in glory to judge the living and the dead,
and his kingdom will have no end.

We believe in the Holy Spirit, the Lord, the giver of life,
who proceeds from the Father and the Son.
With the Father and the Son he is worshiped and glorified.
He has spoken through the Prophets.
We believe in one holy catholic and apostolic Church.
We acknowledge one baptism for the forgiveness of sins.
We look for the resurrection of the dead,
and the life of the world to come.

Amen.

**Intercessions**

*John Lancaster*

**Prayers based on Psalm 23**

**1The Lord is my shepherd, I lack nothing.**

For me – I remember with thanksgiving all I have. I remember the food I have eaten today, the shelter of my home, the love of my family, meeting together as Church, and ….*[add your own list]*

For others – I pray for the homeless, the stateless, the destitute. I pray for their needs to be met, for the charities and for the government organisations charged with their care

**2    He makes me lie down in green pastures,
he leads me beside quiet waters,**

For me – I thank God for times of peace and plenty in the past. I thank God for the times He has gently guided me to places of tranquility, for the times He has loving watched over me and given me the rest I have needed

For others – I pray for those who are troubled in their minds and do not have peace. I pray for those I know who are troubled and restless by the stresses of this pandemic, and by mental disorders of all sorts *[name those people now]*

**3    He refreshes my soul.
He guides me along the right paths
    for his name’s sake.**

For me – I thank God that He never leaves me. I ask for His Spirit’s guidance in the week ahead, that I will know His guidance in my thoughts and words and actions, that I will be His faithful soldier and servant, that I will live a holy and godly life

For others – for wisdom for leaders in the United Kingdom and locally, for Boris Johnston and Matt Hancock, for their advisors especially Chris Whitty, for those charged with the management of the NHS and the vaccination roll out, for Andrew Lewis and Louise Gittins, Chief Executive and Council Leader, at Cheshire West

**4Even though I walk
    through the darkest valley,[**[**a**](https://www.biblegateway.com/passage/?search=Psalm%2023&version=NIV#fen-NIV-14240a)**]
I will fear no evil,
    for you are with me;
your rod and your staff,
    they comfort me.**

For me – I name before You Lord my deepest fears and worries, knowing Your loving kindness is greater than the sum of them

*{Note from John L – the last time I did this, God responded “Is that all you’ve got?”}*

For others – I name those I know who have been bereaved, those who feel helpless and hopeless, for them to know God’s comfort now. I pray for healing from coronavirus and for an end to the pandemic

**5You prepare a table before me
    in the presence of my enemies.
You anoint my head with oil;
    my cup overflows.
6Surely your goodness and love will follow me
    all the days of my life,
and I will dwell in the house of the Lord
    forever.**

What ever our journey, with joy, with pain and sorrow, give thanks for the safe and certain conclusion – God wins, and by His grace, we win!

**The Lord’s Prayer**

Our Father in heaven,
hallowed be your name,
your kingdom come,
your will be done,
on earth as in heaven.
Give us today 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.
Amen.

**Blessing & Dismissal**