

Churchyard Roses

Have you seen the wonderful roses in our churchyard at the moment? They look beautiful and smell amazing too thanks to the team who come and water, prune and take care of them on a regular basis. Would you consider sponsoring one of the new roses, perhaps in memory of a loved one? Please call the church office for more details.

Healthy Habits: Prayer

Here are some ideas how you can build prayer into your daily life:

Journaling

Reflect on your experiences, thoughts and encounters with God and invite God's Spirit to guide you. What has helped you to pray? What

do you find difficult? Where do you feel closest to God? Has God answered a prayer? Has prayer affected your behaviour and actions in any way?

The Lord's Prayer at Noon

Set a daily alarm and pray the Lord's Prayer at noon together with many Christians around the world.

Prayer Diary

Create a prayer diary with things to pray for on each day - people, situations, countries. Vary it week by week!

Pray Your Day

At the start of the day, pray through everything that's in your diary for the day. At the end of the day, review your day in prayer.

PRAYING LIKE JESUS

"Try Praying"

Do you have friends, neighbours or family members who would like to try praying but don't know how to start? Pick up a "Try Praying" booklet from a box on the fence near the gate into St Mary's churchyard or point them to trypraying.co.uk. We also have versions for children and teenagers.



A SERVICE ON YOUTUBE!

Sunday Worship at 10.30am on Youtube, followed by 'Virtual Coffee' at 11.15am: tinyurl.com/youtube-denham

A SERVICE ON YOUR TELEPHONE!

Dial **01895 714013** to listen to a weekly service from Denham Parish Church. Do give it a try!

In your prayers this week, please remember anyone known to us who is suffering the pain of bereavement at this time – especially the family of **Kathleen Clancy**.



PAROUSIA

Weekly News and Service Sheet

7th June 2020

Trinity Sunday

Welcome to this new-style Parousia! All Church of England buildings remain closed. But the life of our church is not being put on hold and God remains active in his world! This news and service sheet is one way of keeping in touch and worshipping together. You can download it from our website or ask our church office to send you a paper version. The inside pages provide you with a simple service so you can worship at home. Please check our website or Facebook page on a regular basis and do contact our church office if we can help in any way. *Christoph Lindner*

Praying to the Father, through the Son, by the Holy Spirit

By Ian Jennings

We see how the whole Trinity works together in Jesus' baptism: The Spirit comes upon him in the form of a dove, the Father speaks from heaven saying, "This is my beloved Son in whom I am well pleased."

In our prayer life we see all members of the Trinity work together. God is love! And for God to be love, love must have an object. The eternal Father, Son and Holy Spirit live in this perfect, glorious unity of love.

We come to the Father who loves us. We come to the Son who makes our case, is our advocate. He is sitting at the Father's right hand making intercession for us:

Because Jesus lives forever, he has a permanent priesthood. 25 Therefore he is able to save completely those who come to God through him, because he always lives to intercede for them. (Hebrews 7:24-25)

And the Spirit is at work in our hearts making this love of God real and present for us and enabling us to pray even when we are lost for words:

In the same way, the Spirit helps us in our weakness. We do not know what we ought to pray for, but the Spirit himself intercedes for us through wordless groans. And he who searches our hearts knows the mind of the Spirit, because the Spirit intercedes for God's people in accordance with the will of God. (Romans 8:26-27)

So we have Jesus, sitting by the Father's right hand for us and we have the Spirit at our right hand with us. They are working together, totally for us, involved in our praying, so we are able to pray to the Father, through the Son, by the Holy Spirit.

On this Trinity Sunday as we explore the healthy habit of prayer, may we be inspired to pray!

STAY SAFE • STAY CONNECTED • STAY HOPEFUL

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Opening Prayer (from Psalm 25)

As some of us are gradually coming out of lockdown, all of us will experience grief or anxiety or confusion or anger in various degrees. Let's make space to reflect on what has happened, to talk with others and to bring these emotions to God in prayer.

In you, LORD my God, I put my trust.
I trust in you; do not let me be put to shame, nor let my enemies triumph over me.

Turn to me and be gracious to me, for I am lonely and afflicted. Relieve the troubles of my heart and free me from my anguish. Look on my affliction and my distress and take away all my sins.

Confession and Absolution

"Forgive us our sins as we forgive those who sin against us." We confess any grudges we hold, or bitter roots we have cultivated.

Almighty God, our heavenly Father, we have sinned against you and against our neighbour in thought and word and deed, through negligence, through weakness, through our own deliberate fault. We are truly sorry, and repent of all our sins. For the sake of your Son Jesus Christ, who died for us, forgive us all that is past; and grant that we may serve you in newness of life to the glory of your name. Amen.

May God who loved the world so much that he sent his Son to be our Saviour forgive us our sins and make us holy to serve him in the world, through Jesus Christ our Lord. Amen.

Today we begin to explore ten healthy habits of the Christian life, which are all based on the life of the early church in Acts 2 (underlined):

They devoted themselves to the apostles' teaching and to fellowship, to the breaking of bread and to prayer. Everyone was filled with awe at the many wonders and signs performed by the apostles. All the believers were together and had everything in common. They sold property and possessions to give to anyone who had need. Every day they continued to meet together in the temple courts. They broke bread in their homes and ate together with glad and generous hearts, praising God and enjoying the favour of all the people. And the Lord added to their number daily those who were being saved.

Reading: Matthew 6. 7-13

'When you are praying, do not heap up empty phrases as the Gentiles do; for they think that they will be heard because of their many words. Do not be like them, for your Father knows what you need before you ask him.

'Pray then in this way:

Our Father in heaven,
hallowed be your name.
Your kingdom come.
Your will be done,
on earth as it is in heaven.
Give us this day our daily bread.
And forgive us our debts,
as we also have forgiven our debtors.
And do not bring us to the time of trial,
but rescue us from the evil one.

This is the word of the Lord.

Thanks be to God.

Quiet Reflection or Time of Sharing

- Why do you pray?
- What has helped you grow in prayer?
- What do you find difficult in prayer?

The Apostles' Creed

I believe in God, the Father almighty, creator of heaven and earth.
I believe in Jesus Christ, his only Son, our Lord, who was conceived by the Holy Spirit, born of the Virgin Mary, suffered under Pontius Pilate, was crucified, died, and was buried; he descended to the dead.
On the third day he rose again; he ascended into heaven, he is seated at the right hand of the Father, and he will come to judge the living and the dead.
I believe in the Holy Spirit, the holy catholic Church, the communion of saints, the forgiveness of sins, the resurrection of the body, and the life everlasting.
Amen.

Prayers

We pray that God would send his renewing Spirit to enable his church to carry the Good News into our communities and to the ends of the earth. We pray for the many people traumatised by the COVID crisis.

We pray for those who are suffering and grieving, for health care staff, scientists and leaders, for those working in critical jobs, for those who are anxious.

Collect for Trinity Sunday:

Holy God, faithful and unchanging: enlarge our minds with the knowledge of your truth, and draw us more deeply into the mystery of your love, that we may truly worship you, Father, Son and Holy Spirit, one God, now and for ever.
Amen.

Lord, teach me how to pray! As I go through my day, remind me that you are with me and that I can bring my whole being to you at all times.

We pray the Lord's Prayer.

Our Father...

Hymn

What a friend we have in Jesus,
All our sins and griefs to bear!

What a privilege to carry
ev'rything to him in prayer!
O what peace we often forfeit,
O what needless pain to bear,
All because we do not carry
Everything to God in prayer!

Have we trials and temptations?
Is there trouble anywhere?
We should never be discouraged:
Take it to the Lord in prayer!
Can we find a friend so faithful,
Who will all our sorrows share?
Jesus know our ev'ry weakness
Take it to the Lord in prayer!

Are we weak and heavy-laden,
Cumbered with a load of care?
Jesus only is our refuge,
Take it to the Lord in prayer!
Do thy friends despise, forsake thee?
Take it to the Lord in prayer!
In his arms he'll take and shield thee,
Thou wilt find a solace there.

Closing Prayer

Gracious and ever-loving God,
we offer our lives to you.
Help us always to be open
to your Spirit in our thoughts
and feelings and actions.
Support us as we explore and practise
the healthy habits of the Christian life.
Form in us the character of Jesus.
Grow in us faith, hope and love. Amen.

Blessing

The Lord bless us and watch over us;
The Lord make his face to shine upon
us and be gracious to us; The Lord look
kindly upon us and give us peace.
Amen