

Healthy Habits: Prayer

Here are some ideas how you can build prayer into your weekly or monthly life:

Praying with Others

Form a prayer partnership with a friend and meet up occasionally just to pray for one another and the world. You can do this on the phone.

WhatsApp Prayer

Set up a WhatsApp group (other apps are available!) to share prayer requests and pray for one another. A good old-fashioned prayer chain via telephone works just as well!

Prayer Walk

This can be around the house or in the community. Keep your eyes and ears open and turn what you see into prayers. You may want to stop in certain places and pray a set prayer such as the Lord's Prayer.

CHURCH OFFICE OPEN!

All through the current crisis our church office has remained open. Victoria is working her usual hours and would be delighted to receive a phone call from you. She will do her best to help (we also have a group of volunteers who can help with errands) or will enjoy having a chat! 01895 832771. Mon, Tue, Wed, Fri: 10am-12.30-m, Thur 12.30-3pm



email: office@denhamparish.church

phone: 01895 832771

THE LIFE WE WERE MADE FOR

A series of talks about the big questions.
Both in our online service and on the phone.

Sun 21 June: The story of my life

Sun 28 June: Who am I?

Sun 5 July: Where I am headed?

Sun 12 July: What am I here for?

Sun 19 July: What can I hope for?



Online: Sundays 10.30am

Stream any time afterwards:

tinyurl.com/youtube-denham



Telephone: Available any time for a week,

Sun to Sat: **01895 714013**

Churchyard Roses

Have you seen the 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.

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 and Katie Shaw**.



PAROUSIA

Weekly News and Service Sheet

14th June 2020

1st Sunday after Trinity

Welcome to this new-style Parousia! The Church of England is currently following a staged process to re-open its buildings. In the meantime 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*

Are We a Preview of the Coming Attractions? by Christoph Lindner

Over the next two years we will be exploring healthy habits. A habit is something we do regularly until it becomes second nature. Of course there are also unhealthy habits. Have you acquired a new habit during lockdown? Maybe you exercise more? Or maybe you've acquired a bad habit such as overeating or binge-watching TV?

A couple of weeks ago we saw in Acts chapter 2 how the first church immediately adopted healthy habits. But what is important about the healthy habits of the Christian life is this: We don't read our Bibles, pray, give and serve to earn extra brownie points with God. No, healthy habits create a space in our life in which the Holy Spirit can transform us by his grace, grow his fruit in us and make us more like Jesus. These habits will benefit us as we will discover the fullness of a life with Jesus. But, rightly practised, they should be outwardly focused: When we are rooted in God's Word, pray, give, serve others, practice hospitality, etc. we are a credible preview of 'coming attractions' (i.e. the Kingdom of God in all its fullness, aka heaven).

Everyone is invited to become a member of Jesus' family, a resident in his kingdom. The gospel transcends all barriers: language, skin colour, economic wealth, culture. We often tend to club together in tribes and have a deep desire to find scapegoats. But Jesus overcame the biggest possible barrier by becoming one of us and by taking upon himself the punishment that should rightly be ours. We have been reminded of the ugliness of racism over the last weeks and as Christ-followers we must search our own hearts and repent of any negative attitudes towards those 'who are not like us'. A community united and empowered by the love of Jesus *will* be a credible preview of his coming Kingdom!

STAY SAFE • STAY CONNECTED • STAY HOPEFUL

Opening Prayer (from Psalm 67)

May God be gracious to us and bless us and make his face to shine upon us, that your way may be known upon earth, your saving power among all nations. Let the peoples praise you, O God; let all the peoples praise you. Let the nations be glad and sing for joy, for you judge the peoples with equity and guide the nations upon earth.

Hymn

Love divine, all loves excelling,
joy of heav'n, to earth come down,
fix in us thy humble dwelling,
all thy faithful mercies crown.
Jesu, thou art all compassion,
pure unbounded love thou art;
visit us with thy salvation,
enter ev'ry trembling heart.

Breathe, O breathe thy loving Spirit
into ev'ry troubled breast;
let us all in thee inherit,
let us find thy promised rest.
Take away the love of sinning,
Alpha and Omega be:
end of faith, as its beginning,
set our hearts at liberty.

Confession and Absolution

"Now the Lord is the Spirit, and where the Spirit of the Lord is, there is freedom." (2 Corinthians 3.17)

As children of God we have the freedom to come to his throne of grace when we have failed him, rather than hiding in shame. Even when we sin, we glory in his grace and forgiveness.

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.

Reading: Matthew 9.35-10.8

Then Jesus went about all the cities and villages, teaching in their synagogues, and proclaiming the good news of the kingdom, and curing every disease and every sickness. When he saw the crowds, he had compassion for them, because they were harassed and helpless, like sheep without a shepherd. Then he said to his disciples, 'The harvest is plentiful, but the labourers are few; therefore ask the Lord of the harvest to send out labourers into his harvest.' Then Jesus summoned his twelve disciples and gave them authority over unclean spirits, to cast them out, and to cure every disease and every sickness. These are the names of the twelve apostles: first, Simon, also known as Peter, and his brother Andrew; James son of Zebedee, and his brother John; Philip and Bartholomew; Thomas and Matthew the tax-collector; James son of Alphaeus, and Thaddaeus; Simon the Cananaean, and Judas Iscariot, the one who betrayed him.

These twelve Jesus sent out with the following instructions: 'Go nowhere among the Gentiles, and enter no town of the Samaritans, but go rather to the lost sheep of the house of Israel. As you go, proclaim the good news, "The kingdom of heaven has come near." Cure the sick, raise the dead, cleanse the lepers, cast out demons. You received without payment; give without payment.

This is the word of the Lord.

Thanks be to God.

Quiet Reflection or Time of Sharing

Or read page 1

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 our Mission Partners who serve the least, the last and the lost in many communities around the world:

Trinity/SHOC: Serving the Homeless in our Area.

Church Army: Transforming communities through faith shared in words and action.

BRF: Resourcing the church for discipleship and mission (e.g. Messy Church, Bible reading notes)

Wycliffe Bible Translators: To see God's Word made accessible to all people in the language of their hearts. We are supporting Samuel Kpagheri in Togo.

Tearfund: Changing the lives of people working through local churches where the need is greatest.

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 1st Sunday after Trinity
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

Lord, thy church on earth is seeking
Thy renewal from above;
Teach us all the art of speaking
With the accent of thy love.
We would heed thy great commission:
'Go now into every place -
Preach, baptise, fulfil my mission,
Serve with love and share my grace'.

Freedom give to those in bondage,
Lift the burdens caused by sin.
Give new hope, new strength and courage,
Grant release from fears within.
Light for darkness; joy for sorrow;
Love for hatred; peace for strife:
These and countless blessings follow
as the Spirit gives new life.

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. And
the blessing of God Almighty, the
Father, the Son and the Holy Spirit, be
with us all, now and forever. Amen.