



In February and March we are embarking on "The Wellbeing Journey" - seven weeks

approaching wellbeing in a holistic way, covering themes such as our mindset, our physical, emotional and spiritual wellbeing. This journey will be part of our online services on Sundays (10.30am-11.15am) with further options to apply the lessons on your own or in a group.

Sign up to get updates and helpful materials for your journey by going onto our website:

www.denhamparish.church/events

This programme is based on the book "God's Plan for your Wellbeing" by Dave Smith.

Evening Prayer: Wednesdays, 6pm

Praying together is such an important part of our common life. We are therefore starting weekly evening prayer on Wednesdays at 6pm.

If you receive Parousia by post or on email, you will also receive with it the prayer sheet. You can also download it from our blog: www.denhamparish.church/blog

We can use this short (15-20min) prayer to 'pray together apart' at the same time. Or you can join us on Zoom:

Meeting ID: 898 4998 8454
Passcode: 189187176

or use this link:

<https://us05web.zoom.us/j/89849988454?pwd=QURLMTM4em8xTGdSQ3g1Q1RBYU5YZz09>



PAROUSIA

Weekly News and Service Sheet
31st January 2021

The Fourth Sunday of Epiphany

Welcome! To protect one another and help fight the COVID pandemic we are not restarting services at St Mary's Church for the time being. But the life of our church is not being put on hold and God remains active in his world! This news and service sheet provides you with a simple service so you can worship at home. Please contact our church office if we can help in any way. *Christoph Lindner*

A Healer with Authority!

I once told my son to bring me a measuring tape to measure the width of the children's room window. He laughed and said, 'Dad use your phone! He used my smart phone and measured the width of the window frame. Recent research shows that many people only use a tiny percentage of their phone capacity.

Our reading today is about Jesus' authority - an authority that he is giving to us! It is one thing to have authority as Christians, but another to use that authority. Jesus spoke with authority because He knew who He was. Do you know who you are? Luke 10: 19 says, 'Behold, I have given you authority to tread on snakes and scorpions, and over all the power of the enemy, and nothing shall in any wise hurt you.'

Why wait for a call when we have been given a command? The command is to do greater things than Jesus has done. (Read John 14:12)

Jesus has power over both the natural world (wind and sea) and the supernatural world (demons). Jesus' bringing of the radical newness of the kingdom will lead to the breaking of the old. What Jesus taught was new unlike the Scribes who were bound to tradition - especially the traditional interpretation of the law ('Torah'). Jesus taught on the authority of God and used it to confound the wise. Joe Biden knows the authority he has and has wasted no time in signing several executive orders immediately after being sworn in. What are we doing with the authority we have been given as Christians? Do we speak and act like people with authority?

Jesus acted out of relational authority, not positional, and the humanity of his relational approach brought blessings to people - health and healing (v23-28). His authority possessed an irresistible power that drew people not through manipulation, but simply by the person that He was and the truth of his own existence and the gifts that he gave. To many people of his time, it was obvious that Jesus acted on God's authority. To his opponents, Jesus was a blasphemer. Jesus had to trust that God would vindicate his authority and as Christians, we believe that God did vindicate his authority by raising him from the dead. In the great commission we all have been charged to go out with God's authority and make disciples from every nation through our words and deeds. Jesus' authority and kingdom ministry invite us into a different world - and to live towards it. *Nnamdi Maduka*

SUNDAY WORSHIP: ON SITE

St Mary's Church:

During the renewed lockdown there will be no services at St Mary's Church.

Online: Sundays 10.30am

Stream any time afterwards:

tinyurl.com/youtube-denham



ONLINE AND ON THE PHONE

Church Coffee Online:

Sundays, 11.15 on our Youtube channel.

tinyurl.com/youtube-denham

Telephone: Available any time for a week, Sun to Sat: **01895 714013**



Let's pray together ...

- pray with thanksgiving for the world God has entrusted to our care.
- For medical experts, politicians and public leaders – for wisdom, compassion and integrity.
- those who are sick and those suffering from bereavement, especially the family of Jessie Sims, Geoff Newell, John Stanley.

ONLINE DONATIONS



If you wish to make a donation to Denham Parish Church, please scan this code with the camera or QR app on your smartphone and follow instructions.

email: office@denhamparish.church

phone: 01895 832771

STAY SAFE • STAY CONNECTED • STAY HOPEFUL

WELCOME

OPENING PRAYER

(Psalm 111.1-5,10)

Praise the Lord!

I will give thanks to the Lord with my whole heart, in the company of the upright, in the congregation. Great are the works of the Lord, studied by all who delight in them. Full of honour and majesty is his work, and his righteousness endures for ever. He has gained renown by his wonderful deeds; the Lord is gracious and merciful. He provides food for those who fear him; he is ever mindful of his covenant. The fear of the Lord is the beginning of wisdom; all those who practise it have a good understanding. His praise endures for ever. **Amen.**

HYMN

O for a thousand tongues to sing
My dear Redeemer's praise,
The glories of my God and King,
The triumphs of his grace!

Jesus! The name that charms our fears,
That bids our sorrows cease;
'tis music in the sinner's ears,
'tis life and health and peace.

My gracious Master and my God,
Assist me to proclaim
And spread through all the earth abroad
The honours of thy name.

CONFESSION

For by grace you have been saved through faith, and this is not your own doing; it is the gift of God— not the result of works, so that no one may boast. (Ephesians 2:8–9)

We cannot purify our own heart. No amount of doing or striving will accomplish the task. Dr Martyn Lloyd-Jones writes, 'the only way to have a pure heart is to realise you have an impure heart...' It is only when I give up trying to cover up, when I acknowledge my need for God's help, that I can be transformed from the inside out.

Create in me a clean heart, O God, and put a new and right spirit within me. Do not cast me away from your presence, and do not take your holy spirit from me. Restore to me the joy of your salvation, and sustain in me a willing spirit. Amen.

(Psalm 51:10–12)

Almighty God, who forgives all who truly repent, have mercy upon us, pardon and deliver us from all our sins, confirm and strengthen us in all goodness, and keep us in life eternal; through Jesus Christ, our Lord. **Amen.**

COLLECT

God of heaven, you send the gospel to the ends of the earth and your messengers to every nation: send your Holy Spirit to transform us by the good news of everlasting life in Jesus Christ our Lord. **Amen.**

BIBLE READING: *Mark 1.21-28*

They went to Capernaum; and when the sabbath came, he entered the synagogue and taught. They were astounded at his teaching, for he taught them as one having authority, and not as the scribes. Just then there was in their synagogue a man with an unclean spirit, and he cried out, 'What have

you to do with us, Jesus of Nazareth? Have you come to destroy us? I know who you are, the Holy One of God.' But Jesus rebuked him, saying, 'Be silent, and come out of him!' And the unclean spirit, throwing him into convulsions and crying with a loud voice, came out of him. They were all amazed, and they kept on asking one another, 'What is this? A new teaching—with authority! He commands even the unclean spirits, and they obey him.' At once his fame began to spread throughout the surrounding region of Galilee.

This is the word of the Lord.

Thanks be to God.

REFLECTION (or read page 1)

PRAYERS FOR CHRISTIAN UNITY

Lord Jesus, whether our week has been busy, joyful, a struggle or painful, may we be still this morning and know that you are God.

Lord in your mercy, hear our prayer.

As our world groans and struggles, we give thanks and pray for those who show an example of your love and sacrifice to help others. Protect and revitalise exhausted health workers, give wisdom and guidance to those rolling out the vaccine, and encouragement to those balancing homeschooling and earning a living.

Lord in your mercy, hear our prayer.

We pray for those who have lost loved ones, their jobs or their businesses. Hold them fast, be their healer, their shield and close companion.

Lord in your mercy, hear our prayer.

In a year when we have seen so many attacks on churches globally, we pray for your church around the world, for those who live where religious freedom is lacking - China, Burkina Faso, Bangladesh and Nigeria. May you give strength to the weary and power to the weak.

Lord in your mercy, hear our prayer.

"Love never fails". Work through us Lord and as we journey through the wilderness, give us opportunities to show your love to others and to be ambassadors of faith.

**We pray the Lord's Prayer:
Our Father...**

HYMN

There is a Redeemer,
Jesus, God's own Son,
precious Lamb of God, Messiah
Holy One.

*Thank you, O my Father
for giving us your Son,
and leaving your spirit
til the work on earth is done.*

When I stand in glory,
I will see his face,
and there I'll serve my King for ever,
in that holy place.

THE BLESSING

May the God of all hope fill us with all joy and all peace as we trust in him, so that we may overflow with hope by the power of the Holy Spirit. And the blessing of God almighty, the Father, the Son, and the Holy Spirit, be among us and remain with us always. **Amen.**