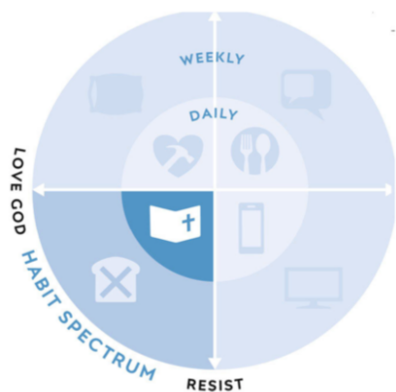


## DAILY HABIT 4:

### SCRIPTURE BEFORE PHONE (TABLET, RADIO, TV, DIARY, ...)



#### The Habit at a Glance

Refusing to check the phone (diary, computer, TV, radio, etc.) until after reading a passage of Scripture is way of replacing the question "What do need to do today?" with a better one, "Who am I and who am I becoming?" We have no stable identity outside of Jesus. Daily immersion in the Scriptures resists the anxiety of emails, the anger of news, and the pressure of our calendar. Instead it forms us daily in our true identity as children of the King, dearly loved.

#### Three Ways to Start

**Reading plans.** Getting a daily reading plan (try [denhamparish.church/mark40](http://denhamparish.church/mark40)), devotional (e.g. BRF's *New Daylight*) or a book of liturgical readings such as The Book of Common Prayer is a great way to start.

If you don't have one of these, consider trying a month with the following:

***Psalms.*** Whether you go through them in order or otherwise, reading a morning psalm is always a great place to start (Try Timothy & Kathy Keller's *My Rock, My Refuge* - a great devotional on the Psalms).

***A gospel.*** Try reading one chapter each morning (for Mark, try [denhamparish.church/mark40](http://denhamparish.church/mark40)).

***Romans.*** The book of Romans has fifteen chapters; try reading half a chapter each morning for a month (to dig deeper: Tom Wright, *Paul for Everyone, Romans pt 1 and 2*).

***Daily prayer apps.*** Reading out of a paper Bible helps the mind to focus because of the tactile engagement. However, there are some excellent Bible or prayer apps. Try *Lectio 365* for prayer and the *YouVersion Bible* (both free). They are great when traveling or if you have to get out of the house early. The YouVersion Bible app has many excellent reading plans.

***Creating a new routine.*** The best use of this habit is simply to get your phone (radio, TV, diary) out of your morning routine entirely. Try starting with a week and leaving your phone alone for the first hour. Start with coffee/tea and Scripture and then add journaling, meditating, other readings, or exercising.

#### Three Considerations

***Seasons.*** Sometimes we are in a season of our life, when we need to check emails and notifications first thing in the morning (e.g. a crucial work project. If you think that is every day for your life, gently reevaluate your understanding of your importance.) If you're in a season when you must, try to read a psalm or a short passage from Scripture, then check email. If there is something you need to attend to, engage. If not, put your phone away or walk away from your computer and continue with your desired morning routine.

***Long study.*** Every follower of Jesus should be studying the Bible in depth. But if you're not a vocational minister or on a weekend retreat, it's not realistic to do this each day. Let longer times of reading a book or commentary, or making an in-depth annotation of a passage, grow out of reading your Bible regularly (not get in the way of it). Remember, these habits build a trellis that amazing new things grow on. Short daily readings build the foundation for deeper study.

***Journaling.*** Journaling is a keystone habit— it changes everything else in your life. If you make a habit of filling up one blank page while you read or pray, your life will change.

**The story of Scripture is clear that we do not know who we are apart from the God who made us, and we do not know who we are becoming apart from the God who is renewing us.**



## Service Sheet

20<sup>th</sup> March 2022, 10.30am St Mary's

The Third Sunday of Lent

**Welcome to St Mary's Church!** We are so glad you are here – whether you are in the church building or watching online. If you are here for the first time or visiting, please say hello (in the chat feature online, or to the service leader or a member of the welcome team in church). You can find out more about our church on our website ([www.denhamparish.church](http://www.denhamparish.church)). *Christoph Lindner, Rector*

### WELCOME

#### HYMN

##### Rejoice, the Lord is King!

Your Lord and King adore;  
mortals, give thanks and sing,  
and triumph evermore.

*Lift up your heart, lift up your voice;  
rejoice, again I say, rejoice.*

Jesus the Saviour reigns,  
the God of truth and love;  
when he had purged our stains,  
he took his seat above.

His kingdom cannot fail;  
he rules o'er earth and heav'n;  
the keys of death and hell  
are to our Jesus giv'n.

He sits at God's right hand  
till all his foes submit,  
and bow to his command,  
and fall beneath his feet.

#### CONFESSION

**Lord our God, in our sin we have  
avoided your call. Our love for you  
is like a morning cloud, like the dew  
that goes away early. Have mercy  
on us; deliver us from judgement;  
bind up our wounds and revive us;  
in Jesus Christ our Lord. Amen.**

May the God of love and power forgive you  
and free you from your sins, heal and  
strengthen you by his Spirit, and raise you to  
new life in Christ our Lord. **Amen.**

### COLLECT

Eternal God, give us insight to discern your  
will for us, to give up what harms us, and to  
seek the perfection we are promised in  
Jesus Christ our Lord. **Amen.**

#### SONG

*Bless the Lord O my soul, O my soul  
Worship His Holy name  
Sing like never before, O my soul  
I'll worship Your Holy name*

The sun comes up,  
it's a new day dawning  
It's time to sing your song again  
What - ever may pass  
And what - ever lies before me  
Let me be singing  
when the evening comes

You're rich in love  
and You're slow to anger  
Your name is great  
and Your heart is kind  
For all Your goodness  
I will keep on singing  
Ten thousand reasons  
for my heart to find

And on that day  
when my strength is failing  
The end draws near  
and my time has come  
Still my soul will sing  
Your praise unending  
Ten thousand years  
and then forever more

## ANNOUNCEMENTS

### FIRST READING: Deuteronomy 6. 4-9

Hear, O Israel: The Lord is our God,  
the Lord alone. You shall love the Lord  
your God with all your heart, and with  
all your soul, and with all your might.  
Keep these words that I am  
commanding you today in your heart.  
Recite them to your children and talk  
about them when you are at home and  
when you are away, when you lie down  
and when you rise. Bind them as a sign  
on your hand, fix them as an emblem  
on your forehead, and write them on  
the doorposts of your house and on  
your gates.

*This is the Word of the Lord.*

**Thanks be to God**

### SECOND READING: Luke 10. 38-42

Now as they went on their way, he  
entered a certain village, where a  
woman named Martha welcomed him  
into her home. She had a sister named  
Mary, who sat at the Lord's feet and  
listened to what he was saying. But  
Martha was distracted by her many  
tasks; so she came to him and asked,  
'Lord, do you not care that my sister  
has left me to do all the work by  
myself? Tell her then to help me.' But  
the Lord answered her, 'Martha,  
Martha, you are worried and  
distracted by many things; there is  
need of only one thing. Mary has  
chosen the better part, which will not  
be taken away from her.'

*This is the Word of the Lord.*

**Thanks be to God**

### SONG

*Thy Word is a lamp unto my feet  
And a light unto my path.  
(Repeat)*

When I feel afraid  
And I think I've lost my way  
Still You're there right beside me  
Nothing will I fear  
As long as You are near  
Please be near me to the end

I will not forget Your love for me and yet  
My heart forever is wandering  
Jesus be my guide  
And hold me to Your side  
I will love You to the end

### SERMON

#### HYMN

**Fill thou my life, O Lord my God,**  
in ev'ry part with praise,  
that my whole being may proclaim  
thy being and thy ways.

Not for the lip of praise alone,  
nor e'en the praising heart,  
I ask, but for a life made up  
of praise in ev'ry part.

Praise in the common things of life,  
its goings out and in;  
praise in each duty and each deed,  
however small and mean.

So shall no part of day or night  
unblest or common be;  
but all my life, in ev'ry step,  
be fellowship with thee.

#### OFFERTORY

Yours, Lord, is the greatness, the  
power, the glory, the splendour, and  
the majesty; for everything in heaven  
and on earth is yours.

**All things come from you,  
and of your own do we give you.**

### PRAYERS

Merciful Father,  
**accept these prayers for the sake  
of your Son, our Saviour, Jesus  
Christ. Amen.**

**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.**

### HYMN

**Thou, whose almighty word**  
Chaos and darkness heard,  
And took their flight;  
Hear us, we humbly pray,  
And where the gospel-day  
Sheds not its glorious ray,  
Let there be light!

Thou who didst come to bring,  
On thy redeeming wing,  
Healing and sight;  
Health to the sick in mind,  
Sight to the inly blind,  
O now to all mankind  
Let there be light!

Spirit of truth and love,  
Life-giving, holy Dove,  
Speed forth thy flight;  
Move on the waters' face,  
Bearing the lamp of grace,  
And in earth's darkest place  
Let there be light!

Holy and blessed Three,  
Glorious trinity,  
Wisdom, love, might;  
Boundless as ocean's tide  
Rolling in fullest pride,  
Through the world far and wide  
Let there be light!

### BLESSING

The God of hope fill you with all joy and  
peace in believing; and the blessing of  
God almighty, the Father, the Son, and  
the Holy Spirit, be among you and remain  
with you always. **Amen.**

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**DIARY DATE: APCM 8<sup>th</sup> May, 10.30am**



This year's **Electoral Roll**  
registration will be a  
revised version of 2021. If  
there are any changes to  
your details, please

complete a new form which is available for  
download here at [bit.ly/electoralroll2022](https://bit.ly/electoralroll2022)  
or collect one from the church office or  
back of church.

Anyone who has been attending St Mary's  
for at least 6 months may apply to become  
a member of the Church which will enable  
them to vote at the APCM. Signed  
applications should be sent to the Electoral  
Roll Officer via the post/hand delivered to  
the Church Office by 10 April 2022.

### UKRAINE: HOW CAN WE HELP?

#### PRAY

[denhamparish.church/praying-for-peace](https://denhamparish.church/praying-for-peace)

**DONATE:** [www.dec.org.uk](https://www.dec.org.uk)

To donate essential supplies, call our church  
office for details.

#### WELCOME

[sanctuaryfoundation.org.uk](https://sanctuaryfoundation.org.uk)

### Weekly Diary

**Weds 23<sup>rd</sup>, am - Little Lions** toddler group  
Contact Edda: [eddalindner18@gmail.com](mailto:eddalindner18@gmail.com)

**Thurs 24<sup>th</sup> 7pm - Alpha** at The Rectory

**Sat 26<sup>th</sup>, 9.30am - Alpha Morning**, St Mark's

**Sun 27<sup>th</sup>, 10.30am - Mothering Sunday**  
Family Service, St Mary's Church  
Please invite family, friends and neighbours!



#### Let's pray together ...

- For everyone affected by the war in Ukraine  
and those working for peace. For generosity  
in welcoming refugees.
- For the families and friends of Sandra  
Webster, Rosalind Evans, Rita Lines, John  
Ullman and all those who have lost loved  
ones.