

Sunday 5th July

Jesus said "Come to me, all you who are weary and burdened, and I will give you rest. Take my yoke upon you and learn from me; for I am gentle and humble in heart, and you will find rest for your souls."

Let us come to the Lord Jesus.

Let us seek his rest.

A prayer for others

We pray for all in authority, that they will be respectfully conscious of the weight on their shoulders, and that they will act responsibly for the people they serve. We pray for them in their personal lives, with the worries and cares that only they see.

We pray for our friends, family, colleagues. We pray that as we walk alongside them, you will use us to bring them close to you, and they will learn of your love, O Lord.

We pray that we might be sensitive to the needs of those around us – the people we see every day, perhaps as fleetingly as at the shops, or in the bus queue. We have no idea what burdens they are carrying, or if they need a kind word from you that only we can give.

We pray that we will see the positive in people, even when it's hard and reach out to encourage them.

Lord God, we lift your children before you.

May they find rest for their souls.

"CASTING ALL YOUR CARES ON HIM, FOR HE CARES FOR YOU"

Dear Family

All the world is still in some turmoil isn't it, we have never experienced any thing like it before, for many it has been frightening and many families across the world have lost loved ones. It's very easy for me to write "God really does care about you and me". In the King James Bible the word casting as in casting all your cares, means throwing every care on Almighty God. He can take it, we cannot give Him more than He is able to deal with, let go and let God.

There are other words that have been written to help us understand just how much our Heavenly Father cares for each one of us. "Let Him have all your worries and cares, for He is always thinking about you and watching everything that concerns you" That's wonderful.

We all should find comfort and uplifting from these words of truth, and thankful to God for family and friends who hold us close to their hearts, how they have helped us through these many weeks of lockdown. Groceries bought, phone calls made all expressions of their love to you and me. To top it all a wonderful God who is always thinking about us. In Hebrews 13v5 God's words, "Never will I leave you, never will I forsake you"

Jehovah Jireh, God is all-sufficient He will satisfy all we need. I finish with words by Germaine Copeland

Dear God I humble myself under your mighty hand, casting all my cares and anxieties, worries and concerns on you. Thank you for watching over me with love and sustaining me. I lay aside every weight and the sin of worry, which besets us all. I look unto Jesus the author and finisher of my faith. Amen

Notes from Tuesday's prayer meeting

Paul opened with Psalm 141 v1-4

- Give thanks that Beryl is feeling better.
- Christine Lambert will need surgery on her knee but could be in 2 weeks or 6 months. Pray for patience.
- Pray for protection and safety for all our church families.
- Pray for those who are struggling with their mobility due to not being to get out and about especially Paul's mum, Arthur from CALM and Mary.
- Pray for persecuted Christians especially in Nigeria and Turkey.
- Pray that COVID will stop spreading and pray for those places with localised lockdowns.
- Pray for Linda's daughter Jane who is starting an IVF programme again. Pray that this will go smoothly.
- Pray for Jen's mother in law who has been suffering with persistent chest infections.
- Pray for clarity of information from those in authority.
- Continue to remember Dorothy and Rachel and pray for comfort.
- Pray for all the churches in our Connexion particularly those with an elderly congregation having to deal with the logistics around reopening. Pray for protection and may they be encouraged.

The Bible Book of the month for July is Daniel



Prayer for the week

Lord, you know how weary and bowed down I feel sometimes.

I claim your rest for my soul.

I come to you in my emptiness

and cry to you for your fullness.

Rescue me and fill me, Lord.

Amen.