

# Morning Prayer<sup>1</sup>

St. Barnabas Chapel  
Sunday 29<sup>th</sup> March 2020

## God Is Our Strength And Refuge

*God is our strength and refuge,  
our present help in trouble;  
and we therefore will not fear,  
though the earth should change!  
Though mountains shake and tremble,  
though swirling floods are raging,  
God the Lord of hosts is with us evermore!*

*There is a flowing river,  
within God's holy city;  
God is in the midst of her -  
she shall not be moved!  
God's help is swiftly given,  
thrones vanish at his presence -  
God the Lord of hosts is with us evermore!*

*Come, see the works of our maker,  
learn of his deeds all powerful:  
wars will cease across the world  
when he shatters the spear!  
Be still and know your creator,  
uplift him in the nations -  
God the Lord of hosts is with us evermore!*

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<sup>1</sup> This service of Morning Prayer is taken from *Sunday Services 2002*. Used by permission.



# Drawing Near To God

Gracious God, our heavenly Father,  
we humbly thank you  
for all your gifts so freely given:  
for life and health and safety,  
for work and rest and friendship,  
and for the wonder of creation.  
Above all, we praise you for our Saviour,  
Jesus Christ,  
for his death and resurrection,  
for your life-giving Spirit  
and the hope of sharing in your glory.  
Fill our hearts with all joy and peace in believing;  
through Jesus Christ our Lord. Amen.

# Hearing God's Word

We thank you, heavenly Father, for inspiring all Scripture by the Holy Spirit.  
By your Spirit, help us so to hear your holy word that we might be equipped for  
every good work, through Jesus Christ our Lord. **Amen.**

# Bible Reading

## Psalm 46<sup>2</sup>

*God is our refuge and strength,  
an ever-present help in trouble.*  
<sup>2</sup> *Therefore we will not fear, though the earth give way  
and the mountains fall into the heart of the sea,  
<sup>3</sup> though its waters roar and foam  
and the mountains quake with their surging.<sup>[c]</sup>*  
<sup>4</sup> *There is a river whose streams make glad the city of God,  
the holy place where the Most High dwells.*  
<sup>5</sup> *God is within her, she will not fall;  
God will help her at break of day.*  
<sup>6</sup> *Nations are in uproar, kingdoms fall;  
he lifts his voice, the earth melts.*

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<sup>2</sup> Scripture quotations taken from The Holy Bible, New International Version® NIV® Copyright © 1984



<sup>7</sup> *The Lord Almighty is with us;  
the God of Jacob is our fortress.*  
<sup>8</sup> *Come and see what the Lord has done,  
the desolations he has brought on the earth.*  
<sup>9</sup> *He makes wars cease  
to the ends of the earth.*  
*He breaks the bow and shatters the spear;  
he burns the shields with fire.*  
<sup>10</sup> *He says, "Be still, and know that I am God;  
I will be exalted among the nations,  
I will be exalted in the earth."*  
<sup>11</sup> *The Lord Almighty is with us;  
the God of Jacob is our fortress.*

### **Luke 10: 38-42**

<sup>38</sup> *As Jesus and his disciples were on their way, he came to a village where a woman named Martha opened her home to him. <sup>39</sup> She had a sister called Mary, who sat at the Lord's feet listening to what he said. <sup>40</sup> But Martha was distracted by all the preparations that had to be made. She came to him and asked, "Lord, don't you care that my sister has left me to do the work by myself? Tell her to help me!" <sup>41</sup> "Martha, Martha," the Lord answered, "you are worried and upset about many things, <sup>42</sup> but few things are needed—or indeed only one. Mary has chosen what is better, and it will not be taken away from her."*

## *Sermon*

Rev. David Fell, Chaplain of The Church of England on Norfolk Island

## *Oakleigh*

*Jesus Saviour hear our cry  
Unto Thee we call  
Low before Thy throne on high  
We Thy humble servants fall.*

*Wash us in Thy crimson tide  
Cleanse us Lord from sin  
Let Thy blood to us applied  
Make and keep us pure within.*



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*Feed our souls with bread Divine,  
Thou our strength and stay  
Cause Thy light on us to shine  
Thou our life, our truth, our stay.*

*Friend of sinners, King of love  
Keep us by Thy grace  
Till within Thy fold above  
We behold Thee face to face.*

## Praying For God's World

*Prayers for the world, the community, the church and the spread of the gospel follow.*

Let us pray.

**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.**

## Going Out To Serve

Go forth into the world in peace; be of good courage; hold fast that which is good; render to no one evil for evil; strengthen the fainthearted; support the weak; help the afflicted; honour everyone; love and serve the Lord, rejoicing in the power of the Holy Spirit; 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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