

Service for Week 26th Jan- 1st Feb 2026

By Chaplain Andy Metcalf



Gwennap Pit Cornwall

Opening Prayer

God of all comfort, we bring you our hurts, troubles, anxieties and fears, placing them in your hands.

We pray for others facing sorrow or suffering, wrestling with depression or illness, mourning loved ones. Help us to realize that you are present, sharing our pain and moved by our sorrow. Lord, in your mercy **Hear our prayer**

Amen

The Lord's Prayer-

Our Father who art in heaven,
hallowed be Thy name,
Thy kingdom come,
Thy will be done,
on earth, as it is in heaven.
Give us this day our daily bread;
and forgive us our trespasses
as we forgive them who trespass
against us.
And lead us not into temptation,
But deliver us from evil.
For Thine is the kingdom,
the power and the glory
for ever and ever.

Amen

Bible Reading Mt 5:1-12

Now when he saw the crowds, he went up on a mountainside and sat down.

His disciples came to him, and he began to teach them, saying:

- * "Blessed are the poor in spirit, for theirs is the kingdom of heaven.
- * Blessed are those who mourn, for they will be comforted.
- * Blessed are the meek, for they will inherit the earth.
- * Blessed are those who hunger and thirst for righteousness, for they will be filled.
- * Blessed are the merciful, for they will be shown mercy.
- * Blessed are the pure in heart, for they will see God.
- * Blessed are the peacemakers, for they will be called sons of God.
- * Blessed are those who are persecuted because of righteousness, for theirs is the kingdom of heaven.
- * "Blessed are you when people insult you, persecute you and falsely say all kinds of evil against you because of me.

Rejoice and be glad, because great is your reward in heaven, for in the same way they persecuted the prophets who were before you.

Holy words, Holy wisdom,

Thanks be to God

Reflection

You will recognize the words from our reading as being what are known as the 'beatitudes'. The Greek word for "blessed" describes a person who is singularly favored by God and therefore in some sense "happy," though it can also apply to God. Another way of expressing this is that



God "blesses" us and we "bless" God, approving and praising him.

The beatitudes form part of Jesus' 'Sermon on the mount' when Jesus went up on the side of a mountain to preach to his disciples and followers who were gathered below. That scene puts me in mind of a visit we had to Gwennap Pit (see photo) which is a large preaching area in Cornwall used by John Wesley founder of the Methodist Church for preaching in the open air.

We think that rather than a transcript of Jesus' sermon these are the highlights or the main points he was making about the nature of the 'Kingdom of God'. The Kingdom of God, also called Kingdom Of Heaven, is the pattern for our lives and way of living that God wants for us. So, to set out the main aspects of this way of life, Jesus describes the different qualities and ways of living that are truly 'blessed' by God.

Of particular comfort are the words "Blessed are the poor in spirit, for theirs is the kingdom of heaven. The apostle Luke in his account of this sermon just uses the word 'poor' and not 'poor in spirit' but I believe that both the poor and the poor in spirit are blessed by God. All of us feel at times down in spirit, fed-up and depressed, it may be our circumstances, it may be because we are grieving for someone,

we loved who has died and it is good to remember in those times that we are blessed by God. God goes on loving us however we are feeling or whatever our circumstances, and with God's help through prayer we can come out of our low spirits and see the positive vision that God has for our lives.

Jesus in these beatitudes gives us a list of qualities- meekness, righteousness, mercy, purity, peacemaking, that should be at the centre of our lives. Jesus also tells us that if we are made fun of or persecuted for following the way of life that he proscribes then we should remember the prophets who were persecuted and outcast because of their beliefs. But Jesus says they have their reward in heaven.

Today when we have a terrible war raging in Europe in which thousands of people have died and continuing fighting in Gaza. Jesus' words 'Blessed are the peacemakers, for they will be called sons of God.' should be the way for everyone to live. We pray that that will come about soon and that war and conflict will end. **Amen**

Closing prayer

Lord Jesus Christ, when I feel isolated and unloved, I find in you a friend I can depend on, and through realizing how much you love me I can rediscover my sense of worth through my relationship with you and those around me. **Amen**

Prayers inspired by 'Prayerfully Yours' by Nick Fawcett