

Service for Week 30th June- 6th July

2025 By Chaplain Andy

Our Opening Prayer.

Loving God, help us to remember that you are a God who never sleeps, a God on whom we can depend in any and every situation.

Help us to understand that, whatever we may face, you will guide and guard us. In Christ's name.

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 those 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 Psalm 30

I will exalt you, O LORD,
for you lifted me out of the depths
and did not let my enemies gloat over me.

O LORD my God, I called to you for help and you healed me. O LORD, you brought me up from the grave; you spared me from going down into the pit.

Sing to the LORD, you saints of his;
praise his holy name. For his anger lasts only a moment, but his favor lasts a lifetime; weeping may remain for a night, but rejoicing comes in the morning.

When I felt secure, I said, "I will never be shaken." O LORD, when you favored me, you made my mountain stand firm; but when you hid your face, I was dismayed.

To you, O LORD, I called; to the Lord I cried for mercy: "What gain is there in my destruction, in my going down into the pit? Will the dust praise you? Will it proclaim your faithfulness? Hear, O LORD, and be merciful to me; O LORD, be my help."

You turned my wailing into dancing;
you removed my sackcloth and clothed me with joy, that my heart may sing to you and not be silent.
O LORD my God, I will give you thanks forever.

Holy words, Holy wisdom,

Thanks be to God.

Reflection

The book of Psalms in the Old Testament is written in poetic language designed to be said or sung. They were the 'hymns' that the early Christians used in their worship. In Matthew's gospel we read that 'When they (the disciples) had sung a hymn, they went out to the Mount of



Olives.' It would have been verses from the Psalms they were singing.

The collection of 150 Psalms in the bible were put together some 2-300 years before Jesus came. It is a book of prayer, praise and religious instruction and over the years many people have gained strength, encouragement and a closer relationship with God through the words of the Psalms. I am sure you will know Psalm 23 Which starts 'The Lord is my shepherd' but our reading today is Psalm 30 which is a song of thanksgiving for God's deliverance and restoration.

The Psalm starts by thanking God for lifting us out of the depths. The depths being- suffering from illness or disability, also when we may be stuck in a difficult situation, or when have lost our way in life and are overcome with depression. Psalm 30 reminds us that God heals us that even when we are relying on doctors and nurses, as the power of healing ultimately flows from God.

The Psalm goes on to describe how God is able to bring us out from being in a low state to one of promise and hope. The psalmist writes 'weeping may remain for a night, but rejoicing comes in the morning.'

When we are well and doing well, we tend not to think about God or rely on him. But the nature of life is very

transient – one minute we are well and confident, but then things can rapidly change and go downhill. We perhaps become ill, someone close to us dies, or we might have a financial or emotional crisis and we find we cannot cope with life as we once did.

Psalm 30 describes how in those circumstances we cry out to God, why am I suffering in this way we ask?. We ask God for help – to bring about change in our lives. We say be merciful to me; O LORD, be my help." Have you experienced that emotion during the low points in your life?

If you have and you have subsequently come through it – and you have found the strength and courage to carry on you have experienced God's love working in your life. The experience of being brought low by trouble can lead to a greater appreciation for God's care and mercy. If we turn to God in times of trouble and distress he really can turn 'wailing into dancing' as the psalmist describes. I know that when we put our trust in God we will have good reason to say, as the Psalm ends – 'O LORD my God, I will give you thanks forever'. **Amen**

Closing Prayer.

Gracious God, when I feel overwhelmed by trouble, unsure of my ability to get through, help me to remember you are close by. May I meet each day with quiet trust. **Amen.**

Prayers inspired by Prayerfully Yours by Nick Fawcett