

Don't just sit there – put your sandals back on – get out there – there's a whole world to save out there?"

He didn't say any of that. Instead, He said "Come with Me by yourselves to a quiet place and get some rest."

Don't get me wrong. We are never to stop doing good when it's in our power to do it. The Bible says 'Never tire of doing good.' But we have to learn to rest by coming to Jesus by ourselves to a quiet place.

Jesus knew the importance of rest. Although He was 100% God, He was also 100% man. And He suffered tiredness, and when things got too much, He would retire to the mountains somewhere to be alone with His Father, and pray. He would 'check-in' with His Father.

When the Disciples couldn't find Jesus, they would instinctively know where to find Him. You can imagine Peter saying; "Where's Jesus gone now?" And someone would say "Oh, He's probably gone up a mountain to pray."

Now, if Jesus found it necessary to come away to a quiet place and check in with His Father, shouldn't we?

When His twelve apostles had come back from a mission trip to preach the Word and heal the sick, they came back and reported to Jesus what they had done – they literally 'checked-in' with Jesus.

How often do you 'check-in' with Jesus? Even if it is just telling Him about your day.

How did Jesus respond to the Apostles report? Let us remind ourselves. He said "Come with Me by yourselves to a quiet place and get some rest."

What a wonderful picture of the love, concern, and gentleness of Jesus.

Jesus did not grade them on their efforts, or give them their next assignment. He was more concerned about them resting from their toils.

He knows that if we do not come apart and rest – we will just come apart!

It's important that whatever we do in life, to regularly 'check-in' with Jesus and report our words, worries and ways to Him – and then rest.

When we try to do everything all at once, and in our own strength, and leave God out of the equation, we just get worn out and frustrated by our own mistakes and failures. But when we pause for prayer, and check in with Him, we actually enter His peace and His rest.

Whether we are celebrating, or confused. Worried or hurt. Our first instincts should be to just

stop what we are doing. Pause, and check in with Jesus.

Jesus Himself said "Come to Me all who labour and are heavy laden, and I will give you rest."

Our alone time with Him is precious. It's like we're a dirty, worn-out car going into a car wash, and being washed and cleansed, and coming out clean and revitalised ready for the road ahead.

When things are getting a little bit hectic and out of your control, just remember to 'check-in' with Him. We can do that by simply coming away with Him by ourselves to a quiet place and just rest in His Presence. Amen.

HYMN - TELL OUT MY SOUL

TELL OUT, MY SOUL,
the greatness of the Lord!
Unnumbered blessings
give my spirit voice;
Tender to me
the promise of His word;
In God my Saviour
shall my heart rejoice.

Tell out, my soul,
the greatness of His name!
Make known His might,
the deeds His arm has done;
His mercy sure,
from age to age the same;
His holy name—the Lord,
the mighty One.

Tell out, my soul,
the greatness of His might!
Powers and dominions
lay their glory by;
Proud hearts and stubborn
wills are put to flight,
The hungry fed,
the humble lifted high.

Tell out, my soul,
the glories of His word!
Firm is His promise,
and His mercy sure:
Tell out, my soul,
the greatness of the Lord
To children's children
and forever more!

THE peace of God, which passeth all understanding, keep your hearts and minds in the knowledge and love of God, and of his Son Jesus Christ our Lord: and the blessing of God Almighty, The Father, the Son, and the Holy Spirit, be amongst you and remain with you always. **Amen.**



Welcome to issue #69. This week Revd Paul leads us through Evening Prayer.

HYMN - TO BE IN YOUR PRESENCE

TO BE IN YOUR PRESENCE,
to sit at Your feet,
where Your love surrounds me,
and makes me complete:

*This is my desire, O Lord,
this is my desire.
This is my desire, O Lord,
this is my desire.*

To rest in Your presence,
not rushing away,
to cherish each moment,
here I would stay:

*This is my desire, O Lord,
this is my desire.
This is my desire, O Lord,
this is my desire.
(Repeat)*

LET US PRAY

Dear Lord, it is our desire to seek your face in this hour of worship today. Thank you, Lord, for the amazing sacrifice you laid down for us. You promise. Lord that where two or three are gathered together in Your name, there you are in our midst. You work in ways we cannot comprehend, Lord. Help us to just let go and tell all we meet of Your greatness. Amen.

HYMN - YOU LAID ASIDE YOUR MAJESTY

YOU LAID ASIDE YOUR MAJESTY,
Gave up everything for me,
Suffered at the hands
Of those You had created.
You took all my guilt and shame,
When You died and rose again;
Now today You reign,
In heaven and earth exalted.

I really want to worship You, my Lord,
You have won my heart
And I am Yours for ever and ever;
I will love You.
You are the only one who died for me,
Gave Your life to set me free,
So I lift my voice to You in adoration.

EVENING PRAYER

Repent ye, for the Kingdom of Heaven is at hand.
Matthew 3:2

If we say that we have no sin, we deceive ourselves, and the truth is not in us; but, if we confess our sins, he is faithful and just to forgive us our sins, and to cleanse us from all unrighteousness.
1 John 1:8,9

EARLY beloved brethren, the Scripture moveth us in sundry places to acknowledge and confess our manifold sins and wickedness; and that we should not dissemble nor cloke them before the face of Almighty God our heavenly Father; but confess them with an humble, lowly, penitent, and obedient heart; to the end that we may obtain forgiveness of the same, by his infinite goodness and mercy. And although we ought at all times humbly to acknowledge our sins before God; yet ought we most chiefly so to do, when we assemble and meet together to render thanks for the great benefits that we have received at his hands, to set forth his most worthy praise, to hear his most holy Word, and to ask those things which are requisite and necessary, as well for the body as the soul. Wherefore I pray and beseech you, as many as are here present, to accompany me with a pure heart and humble voice unto the throne of the heavenly grace, saying after me:

ALmighty and most merciful Father, We have erred, and strayed from thy ways like lost sheep, We have followed too much the devices and desires of our own hearts. We have offended against thy holy laws, We have left undone those things which we ought to have done, And we have done those things which we ought not to have done, And there is no health in us: But thou, O Lord, have mercy upon us miserable offenders; Spare thou them, O God, which confess their faults, Restore thou them that are penitent, According to thy promises declared unto mankind in Christ Jesu our Lord: And grant, O most merciful Father, for his sake, That we may hereafter live a godly, righteous, and sober life, to the glory of thy holy Name. **Amen.**

ALmighty God, the Father of our Lord Jesus Christ, who desireth not the death of a sinner, but rather that he may turn from his wickedness and live; He pardoneth and absolveth all them that truly repent, and unfeignedly believe his holy Gospel. Wherefore let us beseech him to grant us true repentance and his Holy Spirit, that those things may please him which we do at this present, and that the rest of our life hereafter may be pure and holy; so that at the last we may come to his eternal joy; through Jesus Christ our Lord. **Amen.**

OUR Father which art in heaven,
Hallowed be thy Name, Thy kingdom
come, Thy will be done, in earth as it is
in heaven. Give us this day our daily bread; And
forgive us our trespasses, As we forgive them
that 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

O Lord, open thou our lips.

And our mouth shall shew forth thy praise.

O God, make speed to save us.

O Lord, make haste to help us.

Glory be to the Father, and to the Son: and to the
Holy Ghost;

*As it was in the beginning, is now and ever shall
be: world without end. Amen.*

Praise ye the Lord.

The Lord's Name be praised.

BIBLE READING - MARK 6:30-34, 53-56

³⁰The apostles gathered around Jesus and reported
to him all they had done and taught. ³¹Then,
because so many people were coming and going
that they did not even have a chance to eat, he
said to them, "Come with me by yourselves to a
quiet place and get some rest." ³²So they went
away by themselves in a boat to a solitary place.
³³But many who saw them leaving recognized
them and ran on foot from all the towns and got
there ahead of them. ³⁴When Jesus landed and
saw a large crowd, he had compassion on them,
because they were like sheep without a shepherd.
So he began teaching them many things. ⁵³When
they had crossed over, they landed at Gennesaret
and anchored there. ⁵⁴As soon as they got out of
the boat, people recognized Jesus. ⁵⁵They ran
throughout that whole region and carried the sick
on mats to wherever they heard he was. ⁵⁶And
wherever he went into villages, towns or country-
side, they placed the sick in the marketplaces.
They begged him to let them touch even the edge
of his cloak, and all who touched it were healed.

**THIS IS THE WORD OF THE LORD -
THANKS BE TO GOD.**

NUNC DIMITTIS - Luke 2:29

LORD, now lettest thou thy servant
depart in peace, according to thy word.
For mine eyes have seen, thy salvation,
Which thou hast prepared: before the face of all
people;
To be a light to lighten the Gentiles: and to be the
glory of thy people Israel.
Glory be to the Father, and to the Son: and to the
Holy Ghost;
As it was in the beginning, is now, and ever shall
be: world without end. Amen.

THE APOSTLES' CREED

BEHAVE in God the Father Al-
mighty, Maker of heaven and earth:
And in Jesus Christ his only Son our
Lord, Who was conceived by the Holy Ghost,
Born of the Virgin Mary, Suffered under Pon-
tius Pilate, Was crucified, dead, and buried, He
descended into hell; The third day he rose
again from the dead, He ascended into heaven,
And sitteth on the right hand of God the Father
Almighty; From thence he shall come to judge
the quick and the dead.
I believe in the Holy Ghost; The holy catholic
Church; The communion of saints; The for-
giveness of sins; The resurrection of the body,
And the life everlasting. Amen.

The Lord be with you.

And with thy spirit.

Let us pray.

Lord, have mercy upon us.

Christ, have mercy upon us.

Lord, have mercy upon us.

O Lord, shew thy mercy upon us.

And grant us thy salvation.

O Lord, save the Queen.

And mercifully hear us when we call upon Thee.

Endue thy Ministers with righteousness.

And make thy chosen people joyful.

O Lord, save thy people.

And bless thine inheritance.

Give us peace in our time, O Lord.

*Because there is none other that fighteth for
us, but only thou, O God.*

O God, make clean our hearts within us.

And take not thy Holy Spirit from us.

COLLECT - THE 7th SUNDAY AFTER TRINITY

LORD of all power and might, who art
the author and giver of all good
things: grant in our hearts the love of
Thy name, increase in us true religion, nourish
us with all goodness, and of Thy great mercy
keep us in the same; through Jesus Christ our
Lord. Amen.

GOD, from whom all holy desires, all
good counsels, and all just works do
proceed; Give unto thy servants that
peace which the world cannot give; that both
our hearts may be set to obey thy command-
ments and also that by Thee we being defend-
ed from the fear of our enemies may pass our time
in rest and quietness; through the merits of
Jesus Christ our Saviour. Amen.

LIGHTEN our darkness, we beseech
Thee, O Lord; and by thy great mercy
defend us from all perils and dangers
of this night; for the love of thy only Son, our
Saviour, Jesus Christ. Amen.

HYMN - JESUS, WE ENTHRONE YOU

JESUS, WE ENTHRONE YOU,
We proclaim You our King.
Standing here in the midst of us,
We raise You up with our praise.

*And as we worship, build a throne,
And as we worship, build a throne,
And as we worship, build a throne:
Come, Lord Jesus, and take Your place.*

(Repeat)

LORD our heavenly Father, high and
mighty, King of kings, Lord of lords, the
only Ruler of princes, who dost from
thy throne behold all the dwellers upon earth:
Most heartily we beseech Thee with thy favour
to behold our most gracious Sovereign Lady,
Queen ELIZABETH; and all the Royal Family:
Endue them with thy Holy Spirit; enrich them
with thy heavenly grace; prosper them with all
happiness; and bring them to thine everlasting
kingdom; through Jesus Christ our Lord. Amen.

ALmighty and everlasting God, who
alone workest great marvels: Send
down upon our Bishops and Clergy,
and all Congregations committed to their
charge, the healthful Spirit of thy grace; and
that they may truly please Thee, pour upon
them the continual dew of thy blessing. Grant
this, O Lord, for the honour of our Advocate
and Mediator, Jesus Christ. Amen.

ALmighty God, who hast given us
grace at this time with one accord to
make our common supplications
unto Thee; and dost promise that when two or
three are gathered together in thy Name thou
wilt grant their requests: Fulfil now, O Lord,
the desires and petitions of thy servants, as may be
most expedient for them; granting us in this
world knowledge of thy truth, and in the world
to come life everlasting. Amen.

THE grace of our Lord Jesus Christ,
and the love of God, and the fellow-
ship of the Holy Spirit, be with us all
evermore. Amen.

NOTICES



HYMN - GOD WILL MAKE A WAY

GOD WILL MAKE A WAY
Where there seems to be no way
He works in ways we cannot see
He will make a way for me
He will be my guide
Hold me closely to His side
With love and strength for each new day
He will make a way, He will make a way
(REPEAT)

By a roadway in the wilderness, He'll lead me
And rivers in the desert will I see
Heaven and Earth will fade
but His word will still remain
And He will do something new today

Oh, God will make a way
Where there seems to be no way
He works in ways we cannot see
He will make a way for me
He will be my guide
Hold me closely to His side
With love and strength for each new day
He will make a way, He will make a way

BRIEF WORD - REVD PAUL

You know what it's like to be rushed off your
feet. Your heads in a spin. You don't know if
you're coming or going. You go into a spiral of
worrying and over thinking.
There are not enough hours in a day, and
you're thinking of the next job before you've
even finished the last one.

But when we were on the potter's wheel, it was
never God's intention for us to live that way. In
fact, quite the opposite. The Bible says He leads
us beside *quiet waters*, and *restores* our soul so
that we can be *still* and receive *peace* when we
spend time alone in His Presence.

The whole world is looking for this peace, but
they are looking in all the wrong places, and
believe it or not, many wars have started in the
hope of gaining peace.

When the Christmas Angel said 'Peace to all
men,' it wasn't the same peace the world is
talking about. Many wars have raged since that
first Christmas. He was saying we could all have
peace with God – through Jesus Christ. A differ-
ent kind of peace which isn't dependent on the
absence of turmoil.

Ephesians 2 says 'He (Jesus) Himself is our
peace.'

So, what is it like to find a quiet and restful
peace with God through Jesus Christ?

In our text we find the apostles rushed off their
feet. It says 'There were so many people com-
ing and going, they did not even have a chance
to eat.' Sound familiar?

But what did Jesus say to them?

Did He say "Just preach a bit more – just heal a
few more – just tell more people about Me.