



'Worship at home' February 4th 2024



We come to worship God who calls us to serve in many different ways, and brings us to wholeness. In this season of Epiphany where we celebrate the many ways in which God is revealed in our lives, and Christ's presence with us always.

Opening

Have you not known?

**Our God is the everlasting God,
Creator of the ends of the earth.**

Have you not heard?

God does not faint or grow weary.

Have you not known?

God's understanding is unsearchable.

Have you not heard?

**God gives power to the faint
and strengthens the powerless.**

Have you not known?

**Those who wait for God will renew their strength
they shall mount up with wings like eagles.**

We come to hear.

We come to know.

We come to worship.

Thanks be to God.

*~ adapted from a Call to Worship
inspired by Isaiah 40:28-31*

written by Joanna Harader <https://spaciousfaith.com/>

**Take a moment to reflect on
your hands.**

**Are they smooth and soft, or rough
from many years of work?**

**Are there freckles, sunspots,
or scratches from the garden?**



Prayer

God you created our hands
beautiful and capable
but... too often we use them to
grab what we want
we ball them up into fists
to hit or hurt
we use them to hug only ourselves
we hide them behind our backs
pretending there is nothing we could do to help
when we know there is
so... we turn our hands up to you asking for forgiveness
forgive all the bad we have done with our hands
wash our hands and make them clean
lead us to use our hands well
teach us to open our hands to share with others
give us the power to shake hands
with our neighbours
show us how to join hands with our neighbours
to build your kingdom of love
we pray in Jesus' name and remembering his loving hands
Amen



adapted from Carolyn Brown
<http://worshipingwithchildren.blogspot.com>

Reflect on the many tasks and skills your hands have participated in over the years...

held a mother's hand written school papers
thrown a ball fixed a broken chair scrubbed floors
cooked a meal for a new mum pulled weeds
held a dying parent or newborn baby washed dishes
written a card to a friend held a Bible
received Holy Communion folded in prayer
over the past few years there has been a focus on washing our
hands thoroughly...!

Our hands hold the stories of our lives and are an integral part of who we are and what we do. Like us, Jesus used his hands in ministry in many different ways.

Mark 1:29-39

As soon as they left the synagogue, they went with James and John to the home of Simon and Andrew.

Simon's mother-in-law was in bed with a fever, and they immediately told Jesus about her. So he went to her, took her hand and helped her up. The fever left her and she began to wait on them.

That evening after sunset the people brought to Jesus all the sick and demon-possessed. The whole town gathered at the door, and Jesus healed many who had various diseases. He also drove out many demons, but he would not let the demons

speaking because they knew who he was.

Very early in the morning, while it was still dark, Jesus got up, left the house and went off to a solitary place, where he prayed. Simon and his companions went to look for him, and when they found him, they exclaimed: "Everyone is looking for you!" Jesus replied, "Let us go somewhere else—to the nearby villages—so I can preach there also. That is why I have come."

So he travelled throughout Galilee, preaching in their synagogues and driving out demons. New International Version



In this Scripture story, Jesus uses his hands to help Simon's mother in law, to heal, to pray. As soon as Simon's mother in law was healed, she used her hands to serve.

Restored to wholeness, she waited on Jesus with gratitude. We each use our hands in various ways to heal and help and pray and serve. As Christ loves us and brings us to wholeness, so we are to show others love, healing and grace; and when we fold our hands in prayer, when we care for our neighbour, when we visit someone who is not well or cook for a family in need, we are being Christ's hands in the world.



How have your hands helped another in the past week?

Christ has no body but yours,
no hands, no feet on earth but yours;
yours are the eyes with which he
looks compassion on this world;
yours are the feet with which he
walks to do good;
yours are the hands,
with which he blesses all the world.
yours are the hands, yours are the feet,
yours are the eyes, you are his body.
Christ has no body now but yours,
no hands, no feet on earth but yours;
yours are the eyes with which he
looks compassion on this world.
Christ has no body now on earth
but yours.



Attributed to Teresa of Avila, 1515–1582

***Everybody can be great...because anybody can serve.
You don't have to have a college degree to serve.
You don't have to make your subject and verb
agree to serve. You only need a heart full of grace.
A soul generated by love.***

Martin Luther King Jr., 20th century

Pray for:

hands to help
hands that work to provide
hands that heal
hands that protect
hands that hold
hands that discover
hands that nurture
hands that create
hands that serve
hands to be Christ's hands in the world



Closing

May God renew your strength and give you power to serve in
love, that Christ's grace may be known by all. Amen.