

# 5 Feb 2023

## Worship Sheet for Sunday 5 February

## Sense of purpose

Paul is clear that his mission in life is to preach the gospel – indeed to live to pass on the good news of Jesus. We aren't all called to be preachers but underpinning our lives should be a real sense of purpose – to live our lives for Jesus in gratitude for all he has given. We explore what this means, taking account of the pressures we are under.

Call: Pulled this way and that, long to do lists, striving to please, yet often failing. Remind us that you call us to live for you and you equip us for that purpose. Not to save the world or build the kingdom single handedly but in your strength and in company with our sisters and brothers to play our part in showing and sharing your love – in grace and peace.

Pray : Gracious and loving Lord God, thank you for calling us to share in your plan and purpose for the world, for your creation. We are apt to think locally, sometimes even selfishly about the things that matter to us. You are not unconcerned about these, but you have a global concern for everyone and you want us to share in that overall plan too. Too often, we imagine that we are simply not “up to” the task or that it is someone else's responsibility. Open our eyes to see the way in which you have put yourself to considerable trouble for our benefit, out of your love for us, not because we deserve your favour but because of your grace. Enable us to accept your generous provision in Jesus Christ your Son AND to be more open to your Spirit's leading that we may make more appropriate responses of love and obedience. Forgive us all your faults and failings in Jesus, your Son, our Lord and Saviour and enable us to rise to our high calling to be his co-workers in the advance of your reign of love here in Montrose and to the world at large. Give us vision to see how you mean us to play our part, make us more open to work in collaboration with others and with your dear Son to achieve all that you have planned for us – and may we do it, not in an attempt to make a name for ourselves, but to bring glory to your Son's name. We pray together saying Our Father...

Reading 1 Corinthians 9:16-23 Paul's calling to preach the gospel.

Thought There has been more openness in recent years to talking about our mental health. I “It's ok to be not ok”. I suspect that even when we weren't feeling that great there was a tendency to assume that almost everybody else was managing fine. It was already coming before the pandemic, but covid isolation certainly brought out into the open the fact that many, many people were under real pressure and stress. As Christians we can make the mistake of compounding things – imagining that “not being ok” is a sign of our lack of faith. We can be stressed just the same (perhaps even more so) as others. We need to be more aware of this and open to seek and give and receive help. We need to avoid overburdening ourselves even with church work. A level of stress might be good for you but rather like elastic that has “pinged” too much or too prolonged stress is very damaging. We have a big help though (if we are open to it) – God gives us a real sense of purpose and his strength to do what he calls us to (which is not to be a superhero!). Paul was called to share the gospel and to live his life for Jesus (and that wasn't always easy). We, in our different ways have a share in living for Jesus too – often in the very ordinary settings of work, friends and family life. We may not always see it but that gives us an edge, a spur to living, for we have a sense of purpose that underpins our lives and gives them real point. We aren't called to do the impossible but God equips us to play our part – we just have to be open to it. Yes, we can become snowed under, we don't always have to say yes to every request and it is right to seek respite and help – but let's resist being sucked into thinking that life is pointless, It isn't!

Praise CH4 694 Brother, sister let me serve you v 1,2 3 and 5 (online).

Pray Lord, sometimes we think that you make demands on us that are impossible. Sometimes we take too much on ourselves or others place too much upon us, sometimes we are not that great at accepting help and sometimes the help is hard to see, and everyone seems to be so busy. Lord, help us as a fellowship to be more supportive of one another, and in particular of those who have heavy loads to carry. Strengthen and sustain those who are

under great pressure for whatever reason. May they know your tender and gracious presence and gain strength from it; may they know the encouragement of our prayers and where possible practical encouragement too. Help us to bear one another's burdens and so fulfil the law of Christ. Lord, the world scene is anything but rosy. Once again we commit to you the troublespots around the globe and the many people affected by them not least in Ukraine. We pray for the ongoing efforts to relieve poverty in so many areas of the world, and justice in its deepest sense. We pray for the Church in all this. Help us to be the servant body that you mean us to be, to SHOW and well as TELL of your love for your people. Help us to play our part in the efforts both globally and locally to manifest the loving community of your people to all around, and especially to the most vulnerable. We pray for all that goes on week by week in our buildings and out in the community in your name. Guide us as we seek to understand what practical steps we might take to be more effective in being your children in Montrose. Be present we pray with all those who are hurting, not only in our families but in our community and wider circles. Draw near to each one and may they know the loving touch of the Saviour – Come to me all of you who are carrying heavy loads and I will give you rest. In our prayer walk this week we pray for those who live or work in Barrack Road. Hear our prayers for all in need of your compassion and encouragement wherever they are, whoever they are. SILENCE. Gracious and loving God, accept our prayers and concerns in Jesus Christ your Son and answer them according to your great mercy for his sake. AMEN.

Blessing      May the Lord bless you. Amen.

#### Notices

- Guild are having a Tea, Cake and Chat afternoon on Thursday 9th February 2.00 – 3.30pm In aid of Guild projects Blether with Beat and Home for Good. All welcome.
- Messy Church - Sunday 12<sup>th</sup> 4pm – 5.30pm

To assist those unable to access material via the internet we have established a phone line where people can phone in to hear the mini service or sermon.

**01674 902624.**

To hear the mini service people just need to dial in and wait. To hear the sermon, after dialling you need to press 1 then #. In either case there is a few seconds delay while the message loads so tell folk not to hang up! If folk press 1 for the sermon before the intro finishes the system doesn't pick up on it and it defaults to the mini service. The message now says wait until after the tone before pressing 1 but give it a few seconds after that and do press # after pressing 1.

**Sermon, prayers and news (or links to them) will be uploaded to our website [www.oldandstandrews.com](http://www.oldandstandrews.com) and the Old and St Andrew's Facebook page. Feel free to copy this and pass it on to Church members or friends who might not use the web or social media**

**Please continue to pray for one another and support where you can and remember that the congregation is united in love wherever we are and however we are worshipping.**

**Stay safe! May the Lord bless you!**  
**Ian**

*Rev Dr Ian A McLean*