

## **Week commencing Sunday 2nd August**

**'Reopening Church'** It is planned to reopen the Chapel in September. There will be more information nearer the time

**From John** Welcome to this week's reading, reflection and prayer.

### **Psalm 121**

A song of ascents.

- 1 I lift up my eyes to the mountains—  
    where does my help come from?
- 2 My help comes from the Lord,  
    the Maker of heaven and earth.
- 3 He will not let your foot slip—  
    he who watches over you will not slumber;
- 4 indeed, he who watches over Israel  
    will neither slumber nor sleep.
- 5 The Lord watches over you—  
    the Lord is your shade at your right hand;
- 6 the sun will not harm you by day,  
    nor the moon by night.
- 7 The Lord will keep you from all harm—  
    he will watch over your life;
- 8 the Lord will watch over your coming and going  
    both now and forevermore.

### **Reflection**

Psalm 121 is one of the songs of ascents. In all likelihood it would have been used during the three great pilgrim feasts of the ancient, Old Testament people of God, as they ascended (climbed) to the temple in Jerusalem (a city on a hill with strong defences) to worship the living God. The psalm is all about God's protection. Please read again v 1 and 2 – where does our help come from? ... Our help comes from the Lord God almighty. He is our protector.

I love hills or mountains, especially the hills and mountains as you approach Keswick in the Lake District, where we have attended the Keswick Bible Convention for the best part of 30 years. In younger life I've actually climbed one of them! To me they seem eternal, changeless, secure – but that is not where our help comes from – God is the only totally eternal, changeless, secure One. We will look at this wonderful psalm more fully in our Word on the Web which we hope to resume next week. In the meantime, please re-read the psalm and turn it into prayer. Our help is in the triune, majestic God, Father, Son and Holy Spirit. In Jesus Name, Amen

**Prayer** God of compassion, we pray for those who are ill or anxious, at home or in hospital ... We pray for those whose lives are filled with fear and despair ... Draw near with your saving love and bring healing and hope.

Your Kingdom come

Your will be done.

**Zoom Prayer & Share** The next time we meet is on Sunday 9th August 7.00pm

**The Church weekend away** in November at Sidholme has been cancelled by the hotel as the place has now been sold. Terry

**Foodbank Current needs:** Items may be left in the box at Chris & Carols', Kantara Church Street