



Service for personal or private use 14th August 2022.

Hymn: “Let earth and heaven combine” 109 H&P.

Opening Prayer: O God our loving Heavenly Father,

We say to You, bless be the God and Father of our Lord Jesus Christ, who has blessed with every spiritual blessing in Christ, in heavenly places. We want to thank You again for all your love to us, as we see this in Your marvelous creation and even though there are things we do not understand, we see the evidence and stamp of Your goodness. But most of all we thank you for our Lord Jesus Christ, who left heaven, came to earth, live our lives, died on the cross and rose again, that we might be forgiven and loved, not only in time, but in eternity. So Lord if necessary we confess our sins, asking for your forgiveness and your restoration. In Christ’s name we pray. Amen.

Bible readings

Psalm 8.

Matthew 6 vs 25 – 34.

Hymn: “O Word of God incarnate” 478 H&P.

Sermon

I would like to answer the question, “How can we become well balanced people?”. My thoughts will be based on our Matthew reading.

Firstly, we need to accept ourselves, see Matthew 6 verse 27, if we worry can this make us taller? Maybe Jesus was meaning this literally, for we know the Jews were smaller than the Romans, so accept yourself physically. As a western world, we are pressurized to look different, the increase in cosmetic surgery proves this. If only I could have her hair, his height, her figure, his wrinkle free skin, if only this and only that. So, we need to accept ourselves, not just physically, but mentally and spiritually. A man called Ron Dunn was a Minister who hated his squeaky voice. One day he met a colleague who told him that his voice was perfect for recording preaching messages. It was a great victory for Ron when he prayed and thanked God for his voice, he had learned to accept himself.

Secondly, we need to value ourselves, as it says in verse 26, regarding the birds, “are you not of more value than they”. A Psychologist once said, “the general problem with people is that they think they are no good”, however, God thinks we are valuable. He has created us and forgiven us, humankind is God’s crowning glory. In psalm 8 it says “O Lord our Lord how wonderful are your works in all the earth, when I consider the heavens and the work of your fingers, what is man that you should be mindful of him, yet you have made him a little lower than the angels”.

We may feel we are no good, yet we are nearly an angel, yes “value yourself”. We are valuable, our character and psychological makeup is unique.

Thirdly, when we have learned to accept ourselves and value ourselves, then we need to forget ourselves, in the worry sense of the word. It is interesting when you read this passage in the authorized version, it says on a number of occasions, “take no thought”. We can forget ourselves when we realize that God loves and cares for us. In the stilling of the storm, Jesus said, “lets go over to the other side”, he didn’t say, “lets go to the middle and sink”. Confidence in God, he will see us across. We

have no need to fear the future, its in his hands, we have no need to fear what others may say about us. God has said the worst about us, he's called us sinners, but he has also said the best, he's called us his children. The "Butterfly Song" puts it quite well when it says,

“For he gave me a heart
and he gave me a smile,
he gave me Jesus and made me a child,
but I just thank you Father for making me – me”

God bless you all. Keith.

Hymn: “Jesus the very thought of thee” 265 H&P.

Prayers of intercession.

O God our loving Heavenly Father, you know us through and through and love us just the same.

Please give us your awareness of others and by your Holy Spirit make us sensitive to them.

When it is necessary, let us hurt where they hurt and show compassion, that they may know they are not alone.

May we share their joys and happiness realizing what a positive effect this can have. Lord we ask you to give us insight enabling us to offer quiet needful help, encouragement – a word in season. Amen

Friends, let us pray for those people who are on our minds today, let us pray for them now, Short period of silent prayer.

Loving Lord we bring all our prayers, our feelings to you this day,
in Christ's name. Amen.

The Lord's Prayer.

Hymn "One more step along the world I go" 746 H&P.

We say the Grace together. Amen.