

BLESSING

So may the peace of God, which transcends all understanding, guard your hearts and your minds in Christ Jesus.

And whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is beautiful be seen in your days, so that the God of peace will be with you, Always.

SENDING OUT

**May we walk slowly through this world,
in the company of our unhurried God;
slow to anger and abounding in love,
patient, gentle, kind.**

**God asks nothing more of us
than to act justly,
and to love mercy,
and to walk humbly with our God.
To walk humbly with you.
To walk humbly.
To walk.**

DECELERATE

We live in a fast-paced, hard-wired,
full-tilt world.

The news is 24/7

We are never offline

**God of our time, give us the courage to to
switch off**

We live in an ego-driven, me-centred,
i-everything culture

The adverts are relentless

We are told we are worth it

But secretly we believe that we are not

**God of our hearts, help us to know who to
believe**

We live busy, frenetic, tightly-packed days.

Our schedules are full,

There aren't enough hours in a day.

**God of our eternity, help us to take our
time as a gift from you.**

PREPARATION

**Lord of all our days,
Give us eye to see as you see
give us the perspective of eternity,
teach us contentment,
with the hours you have given us.**

Help us, Father, to live well,
to honour the days and the seasons.
To know the time to build
and the time to tear down,
the time to mourn
and the time to dance,
the time for everything under heaven.

**God, when our busyness overtakes us,
When we are out of step
and overwhelmed,
Give us the grace to decelerate
to know when enough is enough
Enough to appreciate what we have
Enough to see the needs of others**

**Teach us to number our days aright,
That we may gain wisdom and find life.**

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CONFESSION

*We try to live as if we are in control
we believe that more more more will make us
whole. Let us confess our relentless pursuit of
self and repent of the sin that turns us in on
ourselves.*

**Father Forgive us
when our attempts
to gain the whole world
risk losing our souls.**

When we fill our schedules
to prove our own worth,
**Have mercy on us, and assure us of our
worth to you.**

When we seek the approval of others because we
don't believe who we are,
**Have mercy on us and remind us that we
are your children.**

When we are impatient because we fear that we
are missing out on life
**Have mercy on us and grant us a hope of
life everlasting.**

When we turn our own dissatisfactions onto
others, when we judge our neighbours,
**Have mercy on us, and may we forgive as
we have been forgiven.**

When we have coveted our rich neighbours
And ignored the plight of the poor
Have mercy on us, and give us eyes to see.

When though we are rich, we act as if we were
poor, though we are blessed yet we work as if we
were not.
**Have mercy on us and give us grace to
appreciate what we have, and to consider
the needs of others before ourselves.**

ABSOLUTION

May you
Open your eyes
hear with your ears,
understand with your hearts
and turn, and God will heal you.

PSALM

**My heart is not proud, LORD,
my eyes are not haughty;
I do not concern myself with great matters
or things too wonderful for me.**

**But I have calmed myself
and quieted my ambitions.
I am like a weaned child with its mother;
like a weaned child I am content.**

**Israel, put your hope in the LORD
both now and forevermore.**

Psalm 131

THE PROMISE

Above the rush of the streets
and the buzz of the people,
behind the marketing lies
and the consumer dreams.

Beyond the longings of our hearts,
Deeper than our deepest desires,
Stronger than our cravings,
Immeasurably more than all we could ask or
imagine.

You, O God
are the reality of all that we hope for.

CREED

**We believe in God the Father,
Creator and giver of life,
Calls us to live and love
as respectful stewards;
To do justice, to love mercy,
And to walk humbly with God.**

**We believe that time is a gift,
to be received with gratitude
and to be given generously.
We believe that love is the fulfilment of
the Law; that it is more blessed to give
than to receive.**

**We believe that Jesus Christ,
Teaches us to love God
with heart, soul, mind, and strength
And to love our neighbours as ourselves,
So we see God in the poor, oppressed,
condemned, and forgotten,
And embrace all people with God's true
compassion.**

**We believe that the Holy Spirit,
Unites us in God's eternal journey of love,
Frees us to serve, and fills us to overflow
with grace, truth, beauty, and life
As God's children in this world. AMEN**