



All Age Service

4pm - Live on Zoom, 7th February 2021

Led by Revd Natasha

Gathering Activity

A week in the life of

Call to worship

Lift your eyes to gaze on God.

Hear God's Word and receive God's peace.

With all that you have been, all that you are,
and all that you hope to be,

offer yourself now to God in worship and praise.

Song Forever Yours

Performed by Martin Smith & Ayanfe Egede; © Smith United Limited 2020; Gloworks.

Share the Word Mark 1.29-39 (video)

Drama version of this reading ... look, listen and enjoy.

29 As soon as they left the synagogue, they went with James and John to the home of Simon and Andrew. **30** Simon's mother-in-law was in bed with a fever, and they immediately told Jesus about her. **31** So he went to her, took her hand and helped her up. The fever left her and she began to wait on them.

32 That evening after sunset the people brought to Jesus all who were ill and demon-possessed. **33** The whole town gathered at the door, **34** and Jesus healed many who had various diseases. He also drove out many demons, but he would not let the demons speak because they knew who he was.

35 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. **36** Simon and his companions went to look for him, **37** and when they found him, they exclaimed: 'Everyone is looking for you!' **38** Jesus replied, 'Let us go somewhere else – to the nearby villages – so that I can preach there also. That is why I have come.' **39** So he travelled throughout Galilee, preaching in their synagogues and driving out demons.

Talk by Natasha

you'll need some of the bits we gathered now (ZOOM service only)

Hitting the Pause button

music playing is ... Psalm 23, from the iSing collection

- In what circumstances do you feel the need to press the snooze button?
- How well balanced is your life between action and reflection?
- How far do you demonstrate what you really care about in your daily living?

We're sorry for not getting our priorities right.

**Help us to know, as you did,
the importance of spending time with
and drawing refreshment from the Father.**

**We're sorry for allowing other people
and things to take over and squeeze out our time with you.
Help us to draw daily on your refreshing strength
in order to cope with whatever our day holds.
Lord, hear our prayer. Amen.**

Assurance of forgiveness

The Son of God loves us. And because of his love, healing us and setting us free from sin's guilt and power, we are forgiven. Amen.

Song **Amazing Grace (my chains fell off)**

Amazing grace
How sweet the sound
That saved a wretch like me
I once was lost, but now I'm found
Was blind, but now I see

'Twas grace that taught my heart to fear
And grace my fears relieved
How precious did that grace appear
The hour I first believed

Chorus

My chains are gone
I've been set free
My God, my Saviour has ransomed me
And like a flood His mercy rains
Unending love, Amazing grace

The Lord has promised good to me
His word my hope secures
He will my shield and portion be
As long as life endures

Chorus x2

When we've been here 10,000 years
Bright shining as the sun
We've no less days to sing God's praise
Than when we first begun

Chorus

Unending Love, Amazing Grace

*Songwriters: Stan Roto Walker /Traditional/David Pritchard-blunt/Chris Tomlin/Louie Giglio; © Sony/ATV
Music Publishing LLC; Performed by Lindsey Mackie and David Mackie*

Intercessions

have a piece of paper and a pen to hand for this ... (ZOOM service only)

Renew our strength and bind up our wounds
Help us to hope in you.

Lord's Prayer

**Our Father in heaven, hallowed be your name, your kingdom come, your will be done,
on earth as in heaven.**

**Give us today our daily bread. Forgive us our sins as we forgive those who sin against
us. Lead us not into temptation but deliver us from evil. For the kingdom, the power,
and the glory are yours now and for ever. Amen.**

Song **One thing remains (Your Love Never fails)**

Led by Seth Price, Anna Gorick, Brandon Hurlbert and Tim Packer, St Nics Church, Durham, Mixed by Logan Williams, Video by Tim Packer. Words and music by Brian Johnson, Christa Black Gifford and Jeremy Riddle
© 2010 ChristaJoy Music Publishing, Mercy/Vineyard Publishing, Bethel Music Publishing

Final Prayer

Lord Jesus, go with us into the world this week.

Help us to remain focused upon you

and to make your priorities our priorities in

all the places you are sending us.

Amen.

Thank you for joining today ...

Going Deeper

Mark 1.29-39

In which, in her own house, Jesus raises up Simon's mother-in-law, and she begins to serve. At sunset, everyone in Capernaum comes to be healed by Jesus. Very early in the morning, Jesus prays alone before moving with his disciples to neighbouring towns.

A note on the passage

Good news spreads fast. Many people crowded to Jesus to find hope and healing, and they experienced his light shining in their darkness. But Jesus revealed that there is a big difference between developing a fan base and pursuing a mission.



In what circumstances do you feel the need to press the snooze button?

IMAGINE

You will need: eight 1cm x 5cm strips of paper, and a small object to represent yourself (e.g. a pebble, a shell, a cup).

- Imagine that the strips are the total time and energy that you have available in any week of your life at the moment. Place the strips radiating out from your object, like sun rays. Each radiating line represents the time/energy you spend on different activities.
- So, what are you doing with your time/energy? Maybe you invest more heavily in a particular activity; if so, move some of the strips to make one line, representing that activity, proportionately longer (e.g. if it is half of your time, it will be four strips long). Notice that you now have fewer strips left for other activities, but a further 'reach' for that one pursuit. Write or draw on the strips to indicate what they represent. Continue to adjust the pattern until it reflects your life.

Is this how you would like it to be? Is your energy split between many activities or a few? Does this reflect your priorities? Do you feel any need to press the snooze button on any part of your life?



- Identify one small, achievable yet significant action that you can repeat each day this week – e.g. to sit quietly (no phones, etc) for five minutes per day; do one chore that you often neglect; do something kind for another person.
- Note how you feel as you make this a priority this week. How did you stick to the action? Was it easy or hard? Did it have any unexpected outcomes?

DISCOVER

- The Lindisfarne Gospels are so highly prized that they are still kept in the British Library over 1,300 years after they were created! They were a mission project combining the best of the culture of their time with the words of the four Gospels in Latin. Follow the links <https://artwritingandgeekingout.wordpress.com/tag/lindisfarne-gospels/> (see top of this page) to find out more.
- Eadfrith, the bishop who did most of the work, 'wrote this book for God', but other people made the book's covers and someone else added a translation in Old English for those who found Latin difficult.
- If you like meditative colouring, you could reflect on Eadfrith's skill and dedication while colouring in these designs.
- Could you help to do something eye-catching to share the Gospel in today's culture?

PRAYER WALK

Set aside some time to go for a walk and experience prayer outside. If possible, go early in the morning. You could go into your garden if you have one, or to any natural spot near to your home.

- How does this compare to praying indoors? Think about why Jesus did this. Pray about your own priorities.



- Work at making different designs of paper kites or paper aeroplanes. Give them each a test flight (indoors or out, depending on the weather). Which design flew the greatest distance or stayed up for the longest? In a group, makes sure everyone starts with the same materials, compare and test together – and learn from each other.
- Which factors are crucial for a good flight? Which are less important? Think about how Jesus made choices in planning and shaping of his ministry.

Name _____

ROOTS Activity Sheet

7-13 February 2021
Epiphany 5



Mark 1.29-39

Jesus spends an ordinary day doing extraordinary things: healing, praying, and telling others the good news.



Jesus showed his friends what was important to him.



Write a word or phrase using each letter of 'Good news', to show what Jesus' priorities were. One has been done for you.

G

opening his heart to everyone

o

d

n

e

w

s



Can you put the pictures of Jesus' day in the right order? Write the numbers 1-3 to show in which order these scenes happened.



Simon couldn't find Jesus. Join the dots to find out what Jesus was doing.

