



Stoke Poges Church

St Giles' and St Andrew's



Welcome to our Family Service

Led by Nigel Lowe

Come! It is good to give thanks to the Lord,
to give praises to his name.

A gathering prayer

Open our eyes, Lord, our ears and our hearts.
May we be quick to see where you are at work;
quick to listen for your word;
quick to offer love and hope,
and slow to judge.
Amen.

Song - Open the eyes of my heart Lord

Open the eyes of my heart, Lord
Open the eyes of my heart
I want to see You
I want to see You

Open the eyes of my heart, Lord
Open the eyes of my heart
I want to see You
I want to see You

To see You high and lifted up
Shining in the light of Your glory
Pour out Your power and love
As we sing holy, holy, holy

Open the eyes of my heart, Lord
Open the eyes of my heart
I want to see You
I want to see You

Open the eyes of my heart, Lord
Open the eyes of my heart
I want to see You
I want to see You

To see You high and lifted up
Shining in the light of Your glory
Pour out Your power and love
As we sing holy, holy, holy

To see You high and lifted up
Shining in the light of Your glory
Pour out Your power and love
As we sing holy, holy, holy

Holy, holy, holy
holy, holy, holy
holy, holy, holy
I want to see you

Holy, holy, holy
Holy, holy, holy

holy, holy, holy
I want to see you

To see You high and lifted up
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Songwriters: Paul Baloche © 1997 Integrity's Hosanna! Music This performance by Martin Smith, used with permission from Gloworkstv.com by Martin Smith

Confession

If we say we have no sin,
we deceive ourselves and the truth is not in us.
But if we confess our sins,
He is faithful and just to forgive us our sins
and to cleanse us from all unrighteousness.

**Most merciful God,
Father of our Lord Jesus Christ,
we confess that we have sinned
in thought, word and deed.
We have not loved you with our whole heart.
We have not loved our neighbours as ourselves.
In your mercy forgive what we have been,
help us to amend what we are,
and direct what we shall be;
that we may do justly, love mercy,
and walk humbly with you, our God.
Amen.**

Grant we beseech thee, Merciful Lord, to thy faithful people, pardon and peace.

That they may be cleansed from all their sins and serve you with a quiet mind.
Through Jesus Christ our Lord,
Amen

Reading Mark 7.1-8,14-15,21-23 read to us by Jon Homan

Sermon Pat Hegarty is opening God's Word for us today

Affirmation of Faith

We say together in faith

Holy, holy, holy is the Lord God almighty, who was and is and is to come.

**We believe in God the Father, who created all things:
for by his will they were created and have their being.**

**We believe in God the Son, who was slain:
for with his blood he purchased us for God, from every tribe and language, from every
people and nation.**

**We believe in God the Holy Spirit:
the Spirit and the Bride say 'Come!' Even so come Lord Jesus!
Amen**

cf Revelation 4.8,11;5.9;22.17,20

Song - King of my heart

Let the King of my heart
Be the mountain where I run
The fountain I drink from
Oh, He is my Song

Let the King of my heart
Be the shadow where I hide
The ransom for my life
Oh, He is my Song

You are good, good, oh

You are good, good, oh
You are good, good, oh
You are good, good, oh

Let the King of my heart
Be the wind inside my sails
The anchor in the waves
Oh, He is my Song
(x4)

You are good, good, oh
You are good, good, oh
Yes, you are good, good, oh
You are good, good, oh

You're never gonna let, never gonna let me down
(x8)

You are good, good, oh
You are good, good, oh
You are good, good, oh
You are good, good, oh

You're never gonna let, never gonna let me down
You're never gonna let, never gonna let me down
You're never gonna let, never gonna let me down
You're never gonna let, never gonna let me down

You are good, good, oh
You are good, good, oh

Songwriters: John Mark McMillan, Sarah McMillan King of my Heart lyrics © 2015 Meaux Jeux Music. This performance by Bright City, used with permission from Gloworkstv.com by Martin Smith

Intercessions led by John Wheatley

Response In you O Lord ~ **Do we put our trust**

Lord's Prayer

Our Father who art heaven, hallowed be thy name, thy kingdom come, thy will be done, on earth as it is in heaven.

Give us this day our daily bread. Forgive us our trespasses as we forgive those who trespass against us. Lead us not into temptation but deliver us from evil. For thine is the kingdom, the power, and the glory, for ever and ever. Amen.

Collect

Almighty God, you search us and know us: may we rely on you in strength and rest on you in weakness, now and in all our days; through Jesus Christ our Lord.

Amen.

Song - One thing remains

Higher than the mountains that I face
Stronger than the power of the grave
Constant in the trial and the change
One thing remains,

Your love never fails
It never gives up
It never runs out on me
(X3)
Your Love

On and on, and on, and on it goes
It overwhelms and satisfies my soul
And I never, ever, have to be afraid
One thing remains, one thing remains

Your love never fails
It never gives up
It never runs out on me
(x3)
Your love

In death, in life
I'm confident and covered by
The power of your great love
My debt is paid
There's nothing that can separate
My heart from your great love
(X2)

Your love never fails
It never gives up
It never runs out on me
(X3)
Your love

Brian Johnson | Christa Black Gifford | Jeremy Riddle © 2010 Mercy / Vineyard Publishing This performance led by Seth Price, Anna Gorick, Brandon Hurlbert and Tim Packer For evening worship at St Nics Church, Durham during the COVID-19 lockdown, Sunday 24 May 2020 . Used with kind permission.

Final Prayer

Lord, go with us into our everyday lives,
to honour you in all that we do and say.
May our being and doing
reflect your love and your grace.
And when we next meet,
may we recognise with thanks
the prompting of the Holy Spirit.
Amen.

Thank you for joining us today

Outside, inside

Mark 7.1-8,14-15,21-23

The Pharisees and scribes rebuke Jesus for allowing the disciples to eat with unwashed hands and without following the ancient ritual. Jesus replies by quoting Scripture which talks about those that pay lip service to God but whose hearts are filled with bad intentions. Jesus turns what the Pharisees are saying on its head by telling them that nothing outside of the body can defile it, but that which is on the inside can.

Now read **Mark 7.1-8,14-15,21-23** see p.2 for text.

A note on the passage

Here we see Jesus illustrate that it is not our outward actions but that which is in our heart that counts. If what is in our heart is good, then our outwards actions will be good. What do you allow your heart to dwell on and how is this shown in your outward actions?

Write

Write a piece of poetry, prose or a prayer in response to this passage. Start with the phrase 'It's what's on the inside that counts'. You could write it as a personal response, or from the perspective of Jesus, a Pharisee or a person in the crowd.

★ CHALLENGE ★

Although the Pharisees are observing their rules and rituals to keep them clean, Jesus points out that this means nothing if what is on the inside is unclean.



Have a go at some 'body brain teasers' to see if you can do two things at once.

<https://static.rasset.ie/documents/homepage/2020/05/en-worksheet-1-2-thurs07-pe.pdf>

The Pharisees were so focused on the rules about keeping clean that they forgot about looking after the inside – our hearts. Jesus draws our focus back to what's on the inside. It can be hard to concentrate on both – just like some of these physical challenges!



BAKE

Make some jam heart biscuits – as you make these, think about what is inside your heart.

You will need: 250g pack unsalted butter, softened, 140g caster sugar, 2tsp vanilla extract, 300g plain flour, jar seedless raspberry jam, cookie cutters, rolling pin, baking tray and parchment.

- Beat the butter and sugar together. Add the vanilla, then use a wooden spoon to stir in the flour.
- Heat the oven to 180C/160C fan/gas 4.
- Roll the dough and cut out 18 heart shapes, then cut out the middle of each one, using a small heart cookie cutter or a circular cookie cutter. Use the remaining dough to cut out another 18 heart shapes.
- Line two baking trays with baking parchment. Place the 18 full hearts onto the trays, then put the 18 hearts with the middle sections cut out on top of the 18 full heart shapes.
- Spoon the jam into the hollow of each biscuit.
- Bake for 10 mins or until pale golden. Then, leave to cool on the trays before sharing the biscuits with your loved ones.

ACTION

This week, show the intentions of your inner thoughts – or your heart – by doing one outward action a day, e.g. writing to your local MP in praise of something good they have done or about an issue you care about, sharing a good news story, litter picking in your local area, calling on a friend.



How can we make sure our values shape our choices and decisions?

Bible Journaling

Have a go at Bible journaling as a way of bringing out the message of the passage. Write or print out today's verses and draw your response over the words. Do an internet search for Bible journaling to get you started with some creative ideas.