



**JESUS:
YOUR ANCHOR
IN ANXIETY**

**FIVE WEEKS IN
PHILIPPIANS**

“Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God.”

(Philippians 4:6)

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A MESSAGE FROM THE VICAR

My dad once said to me: *“If you worry you die. If you don’t worry you still die. So why worry?”*

It was great advice and has put a lot of perspective into my anxious thoughts but sometimes I need more than a clever saying. Sometimes I need to know that I’m not alone in my worries, that my struggles aren’t pointless, and that things will turn out alright in the end. This is what God, our heavenly dad, tells us in the book of Philippians.

Writing under house arrest in Rome, Paul tells the Philippians: *“Do not be anxious about anything; instead pray about everything. Pray about what you need and thank God for all he has done.”* (Philippians 4:6)

This powerful advice has brought comfort and empowered people for thousands of years. So as we navigate 2020 and its anxieties together as a church let’s take hold of the truths this wonderful book shares with us. Let’s look to God and work together to overcome the anxieties in our hearts, in our church, and in our community. Let’s give thanks to God in all circumstances and embrace the awesome reality that Jesus is our Anchor in anxiety!

SUNDAYS

Service Outline for Church at Home

WELCOME

that we may be ready to serve you; for the glory of our Lord Jesus Christ. **Amen.**

SONG

PRAYER OF PRAISE AND THANKSGIVING

You are a chosen people, a royal priesthood, a holy nation, a people belonging to God, that you may declare the praises of him who called you out of darkness into his wonderful light. Once you were not a people, but now you are the people of God; once you had not received mercy, but now you have received mercy.

1 Peter 2.9–10

Let's pray together:

Gracious God, we humbly thank you for life and health and safety, for freedom to work, leisure to rest, and for all that is beautiful in creation and human life.

But, above all, we praise you for our Saviour, Jesus Christ, for his death and resurrection; for the gift of your Spirit; and for the hope of sharing in your glory.

Fill our hearts with all joy and peace in believing; through Jesus Christ our Lord. Amen.

BIBLE READING

Thank you, Father, for making yourself known to us and showing the way of salvation through faith in your Son.

We ask you now to teach and encourage us through your word, so

A reading from the Bible.

Hear the word of the Lord,
thanks be to God.

KIDS' TALK

SONG

SERMON

STATEMENT OF FAITH

Let's pray the words of the church, the Nicene Creed, together:

We believe in one God, who made and loves all that is.

We believe in Jesus Christ, God's only Son, our Lord, who was born, lived, died and rose again, and is coming to call all to account.

We believe in the Holy Spirit, who calls, equips and sends out God's people, and brings all things to their true end.

This is our faith, the faith of the Church: **We believe in one God, Father, Son and Holy Spirit. Amen.**

CONFESSION

Return to the Lord your God, who is gracious and merciful, slow to anger, and abounding in steadfast love. *Joel 2:13*

Let us now confess our sins to almighty God.

Merciful God, our maker and our judge, we have sinned against you in thought, word and deed, and in what we have failed to do: we have not loved you with our whole heart; we have not loved our neighbours as ourselves; we repent and are sorry for all our sins.

Father, forgive us. Strengthen us to love and obey you in newness of life; through Jesus Christ our Lord. Amen.

ABSOLUTION

God desires that none should perish, but that all should turn to Christ, and live. In response to his call we acknowledge our sins. God pardons those who humbly repent, and truly believe the gospel. Therefore we have peace with God, through Jesus Christ. **Amen.**

But God is so rich in mercy, and he loved us so much, that even though we were dead because of our sins, he gave us life when he raised Christ from the dead – it is only by God's grace that you have been saved!

Ephesians 2.4–5 (NLT)

PRAYERS

Prayers may be offered for the world, for the community, for the work of the Church, and for the needs of individuals.

Prayers end with:

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. Save us from the time of trial and deliver us from evil.

For the kingdom, the power, and the glory are yours now and for ever. Amen.

BLESSING AND DISMISSAL

Loving God, we thank you for hearing our prayers, feeding us with your word, and encouraging us in our meeting together.

Take us and use us to love and serve you and all people, in the power of your Spirit and in the name of your Son, Jesus Christ our Lord. Amen.

May the God of peace equip us with everything good for doing his will, working in us what is pleasing to him, through Jesus Christ, to whom be glory for ever and ever. **Amen.**

SONG

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Sunday September 20

READING

Philippians 1:1-11

¹ Paul and Timothy, servants of Christ Jesus, To all God's holy people in Christ Jesus at Philippi, together with the overseers and deacons: ² Grace and peace to you from God our Father and the Lord Jesus Christ.

³ I thank my God every time I remember you. ⁴ In all my prayers for all of you, I always pray with joy⁵ because of your partnership in the gospel from the first day until now, ⁶ being confident of this, that he who began a good work in you will carry it on to completion until the day of Christ Jesus.

⁷ It is right for me to feel this way about all of you, since I have you in my heart and, whether I am in chains or defending and confirming the gospel, all of you share in God's grace with me. ⁸ God can testify how I long for all of you with the affection of Christ Jesus.

⁹ And this is my prayer: that your love may abound more and more in knowledge and depth of insight,¹⁰ so that you may be able to discern what is best and may be pure and blameless for the day of Christ,¹¹ filled with the fruit of righteousness that comes through Jesus Christ—to the glory and praise of God.

QUESTIONS

1. What are you thankful for today? What are you anxious about?
2. In verses 3-6 Paul gives thanks to God – what is he thankful for?
3. Despite being in chains, why is it right for Paul to feel this way? How does this compare to being anxious about being imprisoned? (vv. 7-8)
4. Why do you think Paul begins this letter by giving thanks to God?
5. How do you think this passage can help us not to focus on our anxiety?
6. How can being thankful start to corrode the chains of our anxiety?

7. How can this passage remind you, amongst anxiety, to be thankful to God?

FAMILY TIME

Watch: 'Paul's Letters' (What's in the Bible)

<https://www.youtube.com/watch?v=s1mBdzjMEDk>

Talk: What are you thankful today? What are you thankful for this week? What are you most thankful about in your life? Does giving thanks to God make your problems seem bigger or smaller?

Do: 'Write a letter'

Write a letter to someone in your church or a neighbour. Tell them something you are thankful for about them and something you are thankful to God for. Share a way you have grown in your faith because of them and God has helped you to grow in your friendship with Jesus. Write a prayer for them.

***Extra Challenge:** Give the letter to the person on Sunday or send it in the post!*

Pray: Holy and gracious God, we thank you for the many blessings you pour into our lives every day. Thank you for the world we live in and the people in our lives. Thank you for our church family and how they encourage and support us. **Amen.**

Sunday September 27

READING

Philippians 1:12-30

¹² Now I want you to know, brothers and sisters, that what has happened to me has actually served to advance the gospel. ¹³ As a result, it has become clear throughout the whole palace guard and to everyone else that I am in chains for Christ. ¹⁴ And because of my chains, most of the brothers and sisters have become confident in the Lord and dare all the more to proclaim the gospel without fear. ¹⁵ It is true that some preach Christ out of envy and rivalry, but others out of goodwill. ¹⁶ The latter do so out of love, knowing that I am put here for the defense of the gospel. ¹⁷ The former preach Christ out of selfish ambition, not sincerely, supposing that they can stir up trouble for me while I am in chains. ¹⁸ But what does it matter? The important thing is that in every way, whether from false motives or true, Christ is preached. And because of this I rejoice. Yes, and I will continue to rejoice, ¹⁹ for I know that through your prayers and God's provision of the Spirit of Jesus Christ what has happened to me will turn out for my deliverance. ²⁰ I eagerly expect and hope that I will in no way be ashamed, but will have sufficient courage so that now as always Christ will be exalted in my body, whether by life or by death. ²¹ For to me, to live is Christ and to die is gain. ²² If I am to go on living in the body, this will mean fruitful labour for me. Yet what shall I choose? I do not know! ²³ I am torn between the two: I desire to depart and be with Christ, which is better by far; ²⁴ but it is more necessary for you that I remain in the body. ²⁵ Convinced of this, I know that I will remain, and I will continue with all of you for your progress and joy in the faith, ²⁶ so that through my being with you again your boasting in Christ Jesus will abound on account of me.

²⁷ Whatever happens, conduct yourselves in a manner worthy of the gospel of Christ. Then, whether I come and see you or only hear about you in my absence, I will know that you stand firm in the one Spirit, striving together as one for the faith of the gospel ²⁸ without being frightened in any way by those who oppose you. This is a sign to them that they will be destroyed, but that you will be saved—and that by God. ²⁹ For it has been granted to you on behalf of Christ not only to believe in him, but also to suffer for him, ³⁰ since you are going through the same struggle you saw I had, and now hear that I still have.

QUESTIONS

1. Have you ever learned something from the way someone responded to hardship and adversity in their life?
2. How is Paul responding to his imprisonment?
3. What does he mean in v.21 that for him, “to live is Christ and to die is gain”?
4. What does this passage tell us about suffering and God?
5. What do vv.27-30 tell us about the future? What is Paul trusting?
6. How does this passage speak into our anxieties day to day?
7. How might you use this passage to help someone who is anxious about their life and their future?

FAMILY TIME

Watch: ‘Paul’s Ministry’ (Saddleback Kids)

<https://www.youtube.com/watch?v=llXFy3zjH4&t=7s>

Talk: How did Paul overcome his struggles? Why was Paul able to overcome his worries? Who helps us as a family to stand firm and overcome our struggles? How can Jesus help us overcome our worries?

Do: ‘Stand Firm’

Find a photo album with a picture of people who have stood by you. Talk about how those different people helped you to stand firm. If you have pictures of Christian friends or missionary families talk about how those people have helped you and others to stand firm in your faith. Take a photo of your family (or yourself) and pray that God would help you stand firm in the faith.

Pray: Merciful God, thank you that you help us through tough times and give us strength at all times. Help us to obey you and stand firm in our faith knowing that to live is to follow you and to die is to be with you. **Amen.**

Sunday October 4

READING

Philippians 2:1–30

Therefore if you have any encouragement from being united with Christ, if any comfort from his love, if any common sharing in the Spirit, if any tenderness and compassion,² then make my joy complete by being like-minded, having the same love, being one in spirit and of one mind.³ Do nothing out of selfish ambition or vain conceit. Rather, in humility value others above yourselves,⁴ not looking to your own interests but each of you to the interests of the others.⁵ In your relationships with one another, have the same mindset as Christ Jesus:⁶ Who, being in very nature God, did not consider equality with God something to be used to his own advantage;⁷ rather, he made himself nothing by taking the very nature of a servant, being made in human likeness.⁸ And being found in appearance as a man, he humbled himself by becoming obedient to death—even death on a cross!⁹ Therefore God exalted him to the highest place and gave him the name that is above every name,¹⁰ that at the name of Jesus every knee should bow, in heaven and on earth and under the earth,¹¹ and every tongue acknowledge that Jesus Christ is Lord, to the glory of God the Father.

¹² Therefore, my dear friends, as you have always obeyed—not only in my presence, but now much more in my absence—continue to work out your salvation with fear and trembling,¹³ for it is God who works in you to will and to act in order to fulfill his good purpose.¹⁴ Do everything without grumbling or arguing,¹⁵ so that you may become blameless and pure, “children of God without fault in a warped and crooked generation.” Then you will shine among them like stars in the sky¹⁶ as you hold firmly to the word of life. And then I will be able to boast on the day of Christ that I did not run or labour in vain.¹⁷ But even if I am being poured out like a drink offering on the sacrifice and service coming from your faith, I am glad and rejoice with all of you.¹⁸ So you too should be glad and rejoice with me.¹⁹ I hope in the Lord Jesus to send Timothy to you soon, that I also may be cheered when I receive news about you.²⁰ I have no one else like him, who will show genuine concern for your welfare.²¹ For everyone looks out for their own interests, not those of Jesus Christ.²² But you know that Timothy has proved himself, because as a son with his father he has served with me in the work of the gospel.²³ I hope, therefore, to send him as soon as I see how things go with me.²⁴ And I am confident in the Lord that I myself will come soon.²⁵ But I think it is necessary to

send back to you Epaphroditus, my brother, co-worker and fellow soldier, who is also your messenger, whom you sent to take care of my needs. ²⁶ For he longs for all of you and is distressed because you heard he was ill. ²⁷ Indeed he was ill, and almost died. But God had mercy on him, and not on him only but also on me, to spare me sorrow upon sorrow. ²⁸ Therefore I am all the more eager to send him, so that when you see him again you may be glad and I may have less anxiety.

²⁹ So then, welcome him in the Lord with great joy, and honour people like him, ³⁰ because he almost died for the work of Christ. He risked his life to make up for the help you yourselves could not give me.

QUESTIONS

1. What's the first thing you think about when you hear the phrase "being united"?
2. Where does this sense of being one come from? (see vv. 1-5)
3. In v 3 Paul says, "Do nothing out of selfish ambition or vain conceit. Rather, in humility value others above yourselves." Why do you think pride and anxiety can be a threat to unity?
4. In what ways does the church gets anxious when talking about unity
5. How does this passage help us not to be anxious about unity but to rely on Jesus as our anchor?
6. How can we show our unity in Christ this week?

FAMILY TIME

Listen: 'Philippians 2:3-4: Do Nothing Out Of Selfish Ambition'
(The Rizers)

<https://www.youtube.com/watch?v=qs92prp6DqQ>

Talk: What do you think it was like for Jesus to come into our world? How did Jesus humble himself most in his life? How can we humble ourselves and put others first in our lives?

Do: Putting Others First

How could you show humility and put others first in the following situations?

Situation	Ways to put someone else first
At dinner time there's only steak left.	
At the playground a little kid is waiting to go on the slide.	
'The Donut Man' gives you <i>two</i> donuts	
You find out it's your cousin's birthday.	
You hear someone from church is sick.	

Pray: Lord, you call us to continue your work of reconciliation and reveal you to the world. Forgive us the sins which tear us apart, give us the courage to overcome our fears, anxieties, and to seek unity which is your gift and your will. **Amen.**

Notes

Sunday October 11

READING

Philippians 3:1-4:1

Further, my brothers and sisters, rejoice in the Lord! It is no trouble for me to write the same things to you again, and it is a safeguard for you. ² Watch out for those dogs, those evildoers, those mutilators of the flesh. ³ For it is we who are the circumcision, we who serve God by his Spirit, who boast in Christ Jesus, and who put no confidence in the flesh— ⁴ though I myself have reasons for such confidence.

If someone else thinks they have reasons to put confidence in the flesh, I have more: ⁵ circumcised on the eighth day, of the people of Israel, of the tribe of Benjamin, a Hebrew of Hebrews; in regard to the law, a Pharisee; ⁶ as for zeal, persecuting the church; as for righteousness based on the law, faultless.

⁷ But whatever were gains to me I now consider loss for the sake of Christ. ⁸ What is more, I consider everything a loss because of the surpassing worth of knowing Christ Jesus my Lord, for whose sake I have lost all things. I consider them garbage, that I may gain Christ ⁹ and be found in him, not having a righteousness of my own that comes from the law, but that which is through faith in Christ—the righteousness that comes from God on the basis of faith. ¹⁰ I want to know Christ—yes, to know the power of his resurrection and participation in his sufferings, becoming like him in his death, ¹¹ and so, somehow, attaining to the resurrection from the dead. ¹² Not that I have already obtained all this, or have already arrived at my goal, but I press on to take hold of that for which Christ Jesus took hold of me. ¹³ Brothers and sisters, I do not consider myself yet to have taken hold of it. But one thing I do: Forgetting what is behind and straining toward what is ahead, ¹⁴ I press on toward the goal to win the prize for which God has called me heavenward in Christ Jesus.

¹⁵ All of us, then, who are mature should take such a view of things. And if on some point you think differently, that too God will make clear to you. ¹⁶ Only let us live up to what we have already attained. ¹⁷ Join together in following my example, brothers and sisters, and just as you have us as a model, keep your eyes on those who live as we do. ¹⁸ For, as I have often told you before and now tell you again even with tears, many live as enemies of the cross of Christ. ¹⁹ Their destiny is destruction, their god is their stomach, and their glory is in their shame. Their mind is set on earthly things. ²⁰ But our citizenship is in heaven. And we eagerly await a Saviour from there, the Lord Jesus Christ, ²¹ who, by the power that enables him to bring everything under his control, will transform our lowly bodies so that they will be like his glorious body.

4 Therefore, my brothers and sisters, you whom I love and long for, my joy and crown, stand firm in the Lord in this way, dear friends!

QUESTIONS

1. What is your biggest personal accomplishment (e.g. sports, music, professional)? How did it feel when you achieved this?
2. What do we know about the 'mutilators of the flesh' from the text? What did they want people to do?
3. How does Paul compare himself to the 'mutilators'? Why does he compare himself to them?
4. In vv.12-14 Paul compares himself to a runner. How is the Christian life like a running race?
5. How does Paul want the Philippians to follow his example?
6. Are you sometimes worried about your performance as a person? How might this passage speak into those anxieties?
7. How could you respond to someone who says: 'I'm not good enough to be a Christian; it's not for me.'?

FAMILY TIME

Listen and dance: 'Philippians 3:14 – Jumpstart 3' (Action Moves)

<https://www.youtube.com/watch?v=TMBFPMbqp-M>

Talk: How can we get to know Jesus better? How can we train ourselves to live for Jesus?

Do: 'Run the race'

Make an obstacle course around the house. Run the race around your house to see who can best focus on the race. Discuss which obstacles you struggled with most.

Pray: Loving Lord Jesus, thank you that you have called me to heaven through faith in you. Please help me to run my race here on earth in faith and trust. Help me to know you more and more each day. **Amen.**

Sunday October 18

READING

Philippians 4:1–23

Therefore, my brothers and sisters, you whom I love and long for, my joy and crown, stand firm in the Lord in this way, dear friends! ² I plead with Euodia and I plead with Syntyche to be of the same mind in the Lord. ³ Yes, and I ask you, my true companion, help these women since they have contended at my side in the cause of the gospel, along with Clement and the rest of my co-workers, whose names are in the book of life. ⁴ Rejoice in the Lord always. I will say it again: Rejoice! ⁵ Let your gentleness be evident to all. The Lord is near. ⁶ Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. ⁷ And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.

⁸ Finally, brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—think about such things. ⁹ Whatever you have learned or received or heard from me, or seen in me—put it into practice. And the God of peace will be with you.

¹⁰ I rejoiced greatly in the Lord that at last you renewed your concern for me. Indeed, you were concerned, but you had no opportunity to show it. ¹¹ I am not saying this because I am in need, for I have learned to be content whatever the circumstances. ¹² I know what it is to be in need, and I know what it is to have plenty. I have learned the secret of being content in any and every situation, whether well fed or hungry, whether living in plenty or in want. ¹³ I can do all this through him who gives me strength. ¹⁴ Yet it was good of you to share in my troubles. ¹⁵ Moreover, as you Philippians know, in the early days of your acquaintance with the gospel, when I set out from Macedonia, not one church shared with me in the matter of giving and receiving, except you only; ¹⁶ for even when I was in Thessalonica, you sent me aid more than once when I was in need. ¹⁷ Not that I desire your gifts; what I desire is that more be credited to your account. ¹⁸ I have received full payment and have more than enough. I am amply supplied, now that I have received from Epaphroditus the gifts you sent. They are a fragrant offering, an acceptable sacrifice, pleasing to God. ¹⁹ And my God will meet all your needs according to the riches of his glory in Christ Jesus.

²⁰ To our God and Father be glory for ever and ever. Amen. ²¹ Greet all God's people in Christ Jesus. The brothers and sisters who are with me send greetings. ²² All God's people here send you greetings, especially those who belong to Caesar's household. ²³ The grace of the Lord Jesus Christ be with your spirit. Amen.

QUESTIONS

1. When was a time someone stood beside you in an anxious time? How did it make you feel?
2. In verses 6–7 what are we meant to do when we are anxious?
3. Despite Paul's circumstances, why was he able to be content in Christ?
4. What can we learn from this when we are anxious?
5. How did the Philippians stand together to support Paul? (See verse 14–19)
6. Given how this year has been with Covid-19 how does this passage help us as a church stand together in anxious times?
7. What have you learnt over these last 5 weeks about Jesus being our anchor in anxiety?

FAMILY TIME

Watch: *'Do Not Be Anxious (Philippians 4:6–7)*

<https://www.youtube.com/watch?v=Jd35-M-xLX4>

Talk: What are you worried about this week? What does the Bible say we should do with our worries? How can we present our worries t

Blow it away: Find a space (outside or inside), where you can make a bit of a mess. Using flour, sand, or any light grainy substance, write something you might worry about (eg. money, sickness). Say a short prayer to God about this thing and then blow it away as a family. Do the same with other things you might be tempted to worry about. Give thanks to God at the end.

Pray: Generous Jesus, thank you that you stand by us in our worries. Help us to stand alongside our brothers in Christ and keep giving thanks to you at all times and in all ways. **Amen**

WEEKDAYS

‘New Testament in a Year’ Reading Plan

June			July			August			September			October			November			December		
1	Mo	Acts 20	1	We	Rom 14	1	Sa		1	Tu	Phil 1	1	Th	2 Tim 1	1	Su		1	Tu	Rev 2
2	Tu	Acts 21	2	Th	Rom 15	2	Su		2	We	Phil 2	2	Fr	2 Tim 2	2	Mo	Jam 2	2	We	Rev 3
3	We	Acts 22	3	Fr	Rom 16	3	Mo	2 Cor 5	3	Th	Phil 3	3	Sa		3	Tu	Jam 3	3	Th	Rev 4
4	Th	Acts 23	4	Sa		4	Tu	2 Cor 6	4	Fr	Phil 4	4	Su		4	We	Jam 4	4	Fr	Rev 5
5	Fr	Acts 24	5	Su		5	We	2 Cor 7	5	Sa		5	Mo	2 Tim 3	5	Th	Jam 5	5	Sa	
6	Sa		6	Mo	1 Cor 1	6	Th	2 Cor 8	6	Su		6	Tu	2 Tim 4	6	Fr	1 Pet 1	6	Su	
7	Su		7	Tu	1 Cor 2	7	Fr	2 Cor 9	7	Mo	Col 1	7	We	Titus 1	7	Sa		7	Mo	Rev 6
8	Mo	Acts 25	8	We	1 Cor 3	8	Sa		8	Tu	Col 2	8	Th	Titus 2	8	Su		8	Tu	Rev 7
9	Tu	Acts 26	9	Th	1 Cor 4	9	Su		9	We	Col 3	9	Fr	Titus 3	9	Mo	1 Pet 2	9	We	Rev 8
10	We	Acts 27	10	Fr	1 Cor 5	10	Mo	2 Cor 10	10	Th	Col 4	10	Sa		10	Tu	1 Pet 3	10	Th	Rev 9
11	Th	Acts 28	11	Sa		11	Tu	2 Cor 11	11	Fr	1 Thes 1	11	Su		11	We	1 Pet 4	11	Fr	Rev 10
12	Fr	Rom 1	12	Su		12	We	2 Cor 12	12	Sa		12	Mo	Phi 1	12	Th	1 Pet 5	12	Sa	
13	Sa		13	Mo	1 Cor 6	13	Th	2 Cor 13	13	Su		13	Tu	Heb 1	13	Fr	2 Pet 1	13	Su	
14	Su		14	Tu	1 Cor 7	14	Fr	Gal 1	14	Mo	1 Thes 2	14	We	Heb 2	14	Sa		14	Mo	Rev 11
15	Mo	Rom 2	15	We	1 Cor 8	15	Sa		15	Tu	1 Thes 3	15	Th	Heb 3	15	Su		15	Tu	Rev 12
16	Tu	Rom 3	16	Th	1 Cor 9	16	Su		16	We	1 Thes 4	16	Fr	Heb 4	16	Mo	2 Pet 2	16	We	Rev 13
17	We	Rom 4	17	Fr	1 Co 10	17	Mo	Gal 2	17	Th	1 Thes 5	17	Sa		17	Tu	2 Pet 3	17	Th	Rev 14
18	Th	Rom 5	18	Sa		18	Tu	Gal 3	18	Fr	2 Thes 1	18	Su		18	We	1 John 1	18	Fr	Rev 15
19	Fr	Rom 6	19	Su		19	We	Gal 4	19	Sa		19	Mo	Heb 5	19	Th	1 John 2	19	Sa	
20	Sa		20	Mo	1 Cor 11	20	Th	Gal 5	20	Su		20	Tu	Heb 6	20	Fr	1 John 3	20	Su	
21	Su		21	Tu	1 Cor 12	21	Fr	Gal 6	21	Mo	2 Thes 2	21	We	Heb 7	21	Sa		21	Mo	Rev 16
22	Mo	Rom 7	22	We	1 Cor 13	22	Sa		22	Tu	2 Thes 3	22	Th	Heb 8	22	Su		22	Tu	Rev 17
23	Tu	Rom 8	23	Th	1 Cor 14	23	Su		23	We	1 Tim 1	23	Fr	Heb 9	23	Mo	1 John 4	23	We	Rev 18
24	We	Rom 9	24	Fr	1 Cor 15	24	Mo	Eph 1	24	Th	1 Tim 2	24	Sa		24	Tu	1 John 5	24	Th	Rev 19
25	Th	Rom 10	25	Sa		25	Tu	Eph 2	25	Fr	1 Tim 3	25	Su		25	We	2 John 1	25	Fr	Rev 20
26	Fr	Rom 11	26	Su		26	We	Eph 3	26	Sa		26	Mo	Heb 10	26	Th	3 John 1	26	Sa	
27	Sa		27	Mo	1 Cor 16	27	Th	Eph 4	27	Su		27	Tu	Heb 11	27	Fr	Jude 1	27	Su	
28	Su		28	Tu	2 Cor 1	28	Fr	Eph 5	28	Mo	1 Tim 4	28	We	Heb 12	28	Sa		28	Mo	Rev 21
29	Mo	Rom 12	29	We	2 Cor 2	29	Sa		29	Tu	1 Tim 5	29	Th	Heb 13	29	Su		29	Tu	Rev 22
30	Tu	Rom 13	30	Th	2 Cor 3	30	Su		30	We	1 Tim 6	30	Fr	Jam 1	30	Mo	Rev 1	30	We	
			31	Fr	2 Cor 4	31	Mo	Eph 6				31	Sa					31	Th	

Daily Prayer

*Just as we eat, sleep and work every day,
prayer has a place in our daily routine.*

*Find a place in your home – inside or outside –
that you can make your ‘prayer space’.*

*Include all the members of your family – partners, children, animals – in
this space. Feel free to also include music in this time.*

PRAISE

God is love. Since God loves us, we should love one another.

SENTENCE OF SCRIPTURE

Turn for help to the Lord your strength:
and constantly seek God’s presence.

Remember the marvellous things the Most High has done:
the wonders, and the judgments God has given.

Psalm 105:4-5

BIBLE READING

At the end of the reading:

Hear the Word of the Lord,
Thanks be to God

PRAYERS

Loving God, thank you for this day.
Thank you for your love and care for us.
Thank you for making each of us special.
Help us today to be kind to each other. **Amen.**

God of mercy, we are sorry that we have not always done what you wanted us to do. We have not loved you with all our heart, and we have not cared enough for other people. Forgive us, for Jesus’ sake. **Amen.**

Lord Jesus, at Nazareth you shared in the life of your family. Help us to live together in our family with love and respect for each other. Make our home a place of blessing, peace and joy for everyone, to the glory of God the Father. **Amen.**

A COLLECT

In darkness and in light,
in trouble and in joy,
help us, heavenly Father,
to trust your love,
to serve your purpose,
and to praise your name,
through Jesus Christ our Lord. **Amen.**

A PRAYER FOR GOD'S LIGHT

Eternal God, shed your light on us who watch for you,
that our lips may praise you,
our hearts bless you,
and our lives glorify you,
through Jesus Christ our Saviour. **Amen.**

Include your own personal prayers.

THE 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.
Save us from the time of trial and deliver us from evil.
For the kingdom, the power, and the glory are yours
now and for ever. **Amen.**

THE GRACE

The grace of our Lord Jesus Christ,
and the love of God,
and the fellowship of the Holy Spirit
be with us all. **Amen.**

Suggested Prayers

Prayer is a powerful way to communicate with God, and to express human emotion. These are some suggestions sourced from The Church of England Website <https://www.churchofengland.org>

PRAYERS FOR COVID-19

Keep us, good Lord,
under the shadow of your mercy in this time of uncertainty and distress. Sustain and support the anxious and fearful and lift up all who are brought low; that we may rejoice in your comfort knowing that nothing can separate us from your love in Christ Jesus our Lord. **Amen.**

Lord Jesus Christ,
you taught us to love our neighbour, and to care for those in need as if we were caring for you. In this time of anxiety, give us strength to comfort the fearful, to tend the sick, and to assure the isolated of our love, and your love, for your name's sake. **Amen.**

God of compassion,
be close to those who are ill, afraid or in isolation. In their loneliness, be their consolation; in their anxiety, be their hope; in their darkness, be their light; through him who suffered alone on the cross, but reigns with you in glory,
Jesus Christ our Lord. **Amen.**

Merciful God,
we entrust to your tender care those who are ill or in pain, knowing that whenever danger threatens your everlasting arms are there to hold them safe. Comfort and heal them and restore them to health and strength; through Jesus Christ our Lord. **Amen.**

Gracious God,
give skill, sympathy and resilience to all who are caring for the sick, and your wisdom to those searching for a cure. Strengthen them with your Spirit, that through their work many will be restored to health; through Jesus Christ our Lord. **Amen.**

We are not people of fear: we are people of courage.
We are not people who protect our own safety:
we are people who protect our neighbours' safety.
We are not people of greed: we are people of generosity.
We are your people God, giving and loving,
wherever we are, whatever it costs
For as long as it takes, wherever you call us. **Amen.**

PERSONAL PRAYERS

Lord Jesus Christ, you said to your disciples, 'I am with you always'.
Be with me today, as I offer myself to you. Hear my prayers for others
and for myself; keep me in your care.

Christ be with me, Christ within me,
Christ behind me, Christ before me,
Christ beside me, Christ to win me,
Christ to comfort and restore me.
Christ beneath me, Christ above me,
Christ in quiet, Christ in danger,
Christ in hearts of all that love me,
Christ in mouth of friend and stranger. **Amen.**

Lord Jesus Christ, Son of the living God,
have mercy on me, a sinner. **Amen.**

O God, the protector of all who trust in you,
without whom nothing is strong, nothing is holy:
increase and multiply upon us your mercy;
that with you as our ruler and guide,
we may so pass through things temporal
that we lose not our hold on things eternal;
through Jesus Christ our Lord. **Amen.**

Be with us, Lord, in all our prayers,
and direct our way toward the attainment of salvation,
that among the changes and chances of this mortal life,
we may always be defended by your gracious help,
through Jesus Christ our Lord. **Amen.**

O gracious and holy Father,
give us wisdom to perceive you,
diligence to seek you,
patience to wait for you,
eyes to behold you,
a heart to meditate upon you,
and a life to proclaim you,
through the power of the spirit
of Jesus Christ our Lord. **Amen.**

AT THE END OF THE DAY

God our Father, by whose mercy
the world turns safely into darkness
and returns again to light:
we place in your hands our unfinished tasks,
our unsolved problems, and our unfulfilled hopes,
knowing that only what you bless will prosper.
To your love and protection
we commit each other and all those we love,
knowing that you alone are our sure defender,
through Jesus Christ our Lord. **Amen.**

PRAYERS WITH CHILDREN

The Five-Finger Prayer:

- Thumb: prayer for our family
- Pointer finger: prayer for our teachers and leaders
- Middle finger: prayer for our government and services (health, police etc.)
- Ring finger: prayer for the weak and sick
- Pinkie finger: prayer for yourself

When someone is ill:

Dear God, (*name*) is ill.

They are not allowed to go to school or come over to play.

I'm sad because I miss them.

Please be close to them. Please be with the people who are looking after them.

Please help them to get better and to know that you love them.

Amen.

For the world:

God of love and hope,
you made the world and care for all creation,
but the world feels strange right now.
The news is full of stories about Coronavirus.
Some people are worried that they might get ill.
Others are anxious for their family and friends.
Be with them and help them to find peace.
We pray for the doctors and nurses and scientists,
and all who are working to discover the
right medicines to help those who are ill.
Thank you that even in these anxious times, you are with us.
Help us to put our trust in you and keep us safe. **Amen.**

At bedtime:

Thank you, God, for this day you've made.
As we go to sleep tonight, keep watch over our family:
Help us rest, give us strength, and keep us safe.
We pray for those struggling with illness,
conflict and hurt; please protect them.
Help those who are helping others to stay safe,
with skills, wisdom and kindness.
Amen.

A reminder of God's presence:

Lord God, you are always with me.
You are with me in the day and in the night.
You are with me when I'm happy and when I'm sad.
You are with me when I'm healthy and when I am ill.
You are with me when I am peaceful and when I am worried.
Today I am feeling (*name emotions*) because (*name reasons*).
Help me to remember that you love me and are with me in everything
today.
Amen.

OTHER RESOURCES

INTERNET AND SOCIAL MEDIA

Parish Website

- www.anglicandalby.org.au
- Available resources: News bulletins, sermons, contacts

Sunday Services Livestream

- www.anglicandalby.org.au/online/ (YouTube Live or Facebook Live)

Facebook

- Dalby Anglican

YouTube (daily devotionals and weekly services)

- 'Dalby Anglican Online'

KIDS' RESOURCES

BibleApp for Kids

- www.bibleappforkids.com

Rend Co Kids (music)

- <https://rendcokids.com>

Colin Buchanan (music)

- www.colinbuchanan.com.au

The Lost Sheep Series (books)

- www.lostsheep.com.au/stories-overview/

ONLINE LEARNING

Ridley College Melbourne

- Ridley Certificate (Short course subjects)
- <https://certificate.ridley.edu.au/collections>

Moore College Sydney

- Preliminary Theological Certificate
- <https://moore.edu.au/courses/preliminary-theological-certificate/>

St Francis College Brisbane

- SFC Short Courses
- <https://www.stfran.qld.edu.au/whataresfcsc>

MUSIC

TV

- Songs of Praise (Sunday 11:30am on ABC)

Radio

- 96.5 FM (Christian Radio Station)

YouTube or Spotify

- Suggested Artists: Rend Collective, Hillsong, CityAlight, King's Kaleidoscope, Matt Maher, Audrey Assad, Lauren Daigle, Josh Garrels, Porter's Gate, Good Christian Music Blog

BOOKS

Steven Lawson, *Philippians for you*

C.S. Lewis, *The Screwtape Letters*

John Dickson, *Humilitas*

MOVIES

The Blindsight (2009) **kid friendly**

Chronicles of Narnia (2005) **kid friendly**

The Pilgrim's Progress (2019) **kid friendly**

The Star (Netflix) (2017) **kid friendly**

Faith Like Potatoes (2006)

The Chosen (Netflix) (2019)

Silence (2016)

The Shack (2017)

Risen (2016)

Philippians Resources

- **Philippians: Overview**

<https://www.youtube.com/watch?v=oE9qqW1-BkU>

- **Knowing the Bible a 12 week course in Philippians**

<https://www.thegospelcoalition.org/course/knowning-bible-philippians/>

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Giving

If you are able to support the work of our church, you can give in the following ways:

1. Parish Direct
 - Access the ParishDirect Application form (via ANFIN, Anglican Finance) at <https://anglicanchurchsq.org.au/wp-content/uploads/2019/11/Parish-Direct-Form.pdf>
2. Direct Debit (for Internet and online Banking only)
 - BSB:704-901
 - A/C: 00000180
 - Name: Dalby Anglican Parish
3. In Person at Westpac Dalby
 - You can give directly at a Westpac branch
 - Acct Name: Dalby Anglican Parish*
 - Acct#: 000001807*
 - BSB: 034 844*
4. Parish Website
 - Donate with debit or credit card via www.anglicandalby.org.au
5. Cheque or other giving options
 - Please speak to Judy during Office hours or send cheques to the postal address.

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