

Quiet Time Service

26th June 2024

COLIN

Good evening and a very warm welcome to our Quiet Time service, coming from Giffnock Orchardhill Parish Church in Glasgow. We are delighted that you are here to join us for prayer, readings, music and reflection. Whether you are present in the Sanctuary, joining us in your own homes through "Zoom" or listening later on the podcast you are most welcome.

Tonight, we are going to be reflecting on The Lord's Prayer. Interestingly, Jesus starts out on how to pray by teaching us how not to pray. First of all, he says, pray not as a hypocrite or as a performance to be seen by others. Jesus also says not to pray in the manner of the pagans, going over and over, pleading to the gods for what they needed. Jesus says you don't need to pray that way, because your Father in heaven already knows what you need.

Having talked about what not to do, we find in Matthew 6:5-15, Jesus is praying one day and when he has finished his prayers his disciples ask him to teach them to pray, just as John taught his disciples. This is common practice for Rabbis, it's what they did. A Jewish Rabbi would compose prayers for his disciples to pray and that is how they would learn to pray. *'Lord teach us to pray'*, they said.

MAUREEN

Let's pray together:

Creator God, you are big, and we are small:

help us to worship you.

Lord Jesus Christ, you are perfect, and we get things wrong:

help us to turn to you.

Holy Spirit, you are powerful, and we are weak:

help us to trust you

Amen.

Our reading tonight is from Matthew 6: 5-15,

And when you pray, do not be like the hypocrites, for they love to pray standing in the synagogues and on the street corners to be seen by others. Truly I tell you, they have received their reward in full. ⁶ But when you pray, go into your room, close the door and pray to your Father, who is unseen. Then your Father who sees what is done in secret, will reward you. ⁷ And when you pray, do not keep on babbling like pagans, for they think they will be heard because of their many words. ⁸ Do not be like them, for your Father knows what you need before you ask him.

⁹ "This, then, is how you should pray:

"Our Father in heaven,
hallowed be your name,

¹⁰ your kingdom come,

your will be done,

on earth as it is in heaven.

¹¹ Give us today our daily bread.

¹² And forgive us our debts,
as we also have forgiven our debtors.

¹³ And lead us not into temptation, ^[a]
but deliver us from the evil one. ^[b]

¹⁴ For if you forgive other people when they sin against you, your heavenly Father will also forgive you. ¹⁵ But if you do not forgive others their sins, your Father will not forgive your sins.

DAVID

A Reflection:

Our Father in heaven,

Father, I sense you in busyness, creativity and frustrations of the workplace, in laughter and tears of the family home, in conflict and peace-making in the world, in the red-bracken mountain climb. Open my eyes to glimpses of your heaven each day.

Hallowed to be your name,

You call my name, you call me to worship - to sing and dance, to shout and proclaim, to give praise to your name.

Your Kingdom come,

You called me to be your servant, to be your love in the world, to further your Kingdom on earth. Show me, guide me, how to serve you. Your will be done, that is my daily prayer. What is your will for your people? What is your will for your world? What is your will for me? I listened for your voice; show me the path to follow.

On earth as in heaven.

May I live your will in the small daily acts of living and in the way I respond to your call. May I work your will here and now on earth, with a vision of your glory, the inspiration of your Kingdom before me.

Give us this day our daily bread.

You provide for my needs, my food and shelter; give me strength to serve you, wisdom and knowledge so I may share your gospel, love and compassion so I may live and work with your good news.

Forgive us our sins as we forgive those who sin against us.

Forgive me for those days and years those perplexing times, when I failed to respond to your call; for times when I doubt your power to equip me for the task; for holding back

when I should step forward; for remaining silent when I should speak. May I forgive those who hurt me, who doubt me, or overlook me.

Save us from a time of trial.

May I not be tempted to divorce action from prayer, nor prayer from action. May I not give way to complacency, nor undue fear, to arrogance, nor timidity. Grant me patience to test my sense of calling with humility and the wisdom of others. May I proceed with deep honesty and integrity.

And deliver us from evil.

Help me to keep to the path that leads to you, and to avoid patterns of living that keep me from you.

For yours is the Kingdom, the power and the glory, forever and ever.

Amen

As your servant, may I partake in the growth of your Kingdom; may I sing and work to your praise and glory. Father in heaven, let your power work in my life. Amen.

As we reflect, let us listen to Albert Malotte's 'The Lord's Prayer' – sung by Andrea Bocelli with the Mormon Tabernacle choir and orchestra

https://www.youtube.com/watch?v=_G3MgSizSt8

MAUREEN

Our Prayers for Others:

Lord God as we come to you in the stillness, help us to focus on you. Keep our minds firmly fixed on what YOU can do, not on our own strength. As we pray for the week ahead, give us the confidence to know that you go before us into every situation. Help us to remember that your strength is so much greater than ours and you offer it to us freely. Give us the humility to ask for your courage and strength rather than seeking to do things our way.

Lord, our confidence is in you: Help us to step out in faith.

Lord, we think about the week just gone. We pause to think about any difficult situations we found ourselves in. We ask: where were you in that situation? We listen in the silence for your response...

Help us to see that you are always there, sometimes ahead of us, sometimes working almost unseen, but you are there. And we thank you.

Lord, our confidence is in you: Help us to step out in faith.

Lord, we think about the battles we have to face in the week ahead. We know that there will be giants and storms along the way, and we ask you to give us trust. To know that you are holding all things together. Give us the courage to believe that, even though storms may seem to be raging, you are in control.

Lord, our confidence is in you: Help us to step out in faith.

We think about our work, school or home life. Where might there be storms this week? We pray for the tricky situations in these contexts that make us uneasy and uncomfortable. Help us to face difficult situations with grace and love. If there are difficulties with people, we pray for them by name now in our hearts. If there are stressful situations, we offer them to you. Lord, go before us and equip us to handle everything that comes our way.

Lord, our confidence is in you: Help us to step out in faith.

We pray for storms within countries this week: as fighting rages in Gaza and Ukraine (as well as so many other parts of the world that drop off the news agenda), we ask for peace. We know that conflict is not your ideal, so give the leaders of the nations the humility to work towards permanent ceasefires and a lasting peace. Still the storms of conflict, Lord, we pray. Lead us into a new world of love and harmony, where you are in control.

Lord, our confidence is in you: Help us to step out in faith.

DAVID

Lord, we remember the political battles that are being fought in so many parts of our world right now. We pray that you will raise up leaders of integrity and humility, people who seek not their own strength, but yours. Give us the wisdom to vote for those we know to be people who reflect your will and your ways.

Lord, our confidence is in you: Help us to step out in faith.

Lord, at the end of refugee week, we pray for justice. We cry out to you for all the situations in our world that are causing people to leave their homes and seek sanctuary elsewhere. We pray for those who are trafficked. For those who are abused. For those who are in forced marriages. Those who have no hope but to try and find safety in a culture so far from their own. Give the leaders of the nations compassion as they see the refugee crisis developing. Help them to look through the lens of your love and seek caring solutions that bring lasting security for all whose lives are in turmoil.

Lord, our confidence is in you: Help us to step out in faith.

Lord, we remember all those facing the battle with sickness and ill health. We pray for those facing a hard future of treatment and hospital visits. We remember any who we have been asked to pray for... Lord, give them and us the courage to face adversity knowing that you walk beside us. Hold our hands, hold their hands, at all the times when there is pain and distress. Pour your peace into every painful moment...

Lord, our confidence is in you: Help us to step out in faith.

Lord, we remember those who are facing other storms in their lives right now... bereavement, hard decisions, redundancy, turmoil in their family life... Lord, the disciples saw you sleeping and thought you didn't care. But you were still there, present with them, confident in who God is. And then you spoke, and all was calm... Lord, speak to those who need to hear you calming their storms and give them courage to face the future. From Orchardhill we especially think of the families and friends of Alexis Wallace, Bill McMurtrie and Alistair Tough....

Lord, our confidence is in you: Help us to step out in faith.

Finally, Lord, we turn to the week ahead. There may be so much we know about what will happen and who we will meet. There may also be so little... Help us to go into every situation equipped not with our armour, but with yours. Show us the gifts you have given us to use... Teach us to look to you for strength and courage rather than trying to solve our own problems. Still our storms with your peace and help us to keep our eyes fixed firmly on you.

Lord, our confidence is in you: Help us to step out in faith.

Lead us forward in your strength. Go before us and shine your light. Help us to be people of confidence in you and you alone. Amen.

MAUREEN

Let us come together to say 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.**

COLIN

And now, as our Quiet Time comes to a close, a Blessing:

May God's Spirit surround you,
and those whom you love.
Rest now, in that calm embrace,
let your hearts be warmed
and all storms be stilled
by the whisper of his voice
Amen