

Sunday 20<sup>th</sup> September 2020

Spend some time being still and aware of God's presence and the cloud of witness in heaven and on earth joining you in worship.

1 And can it be that I should gain  
an interest in the Saviour's blood ?  
Died he for me, who caused his pain ?  
For me, who him to death pursued ?  
Amazing love ! How can it be  
that thou, my God, shouldst die for me ?

2 'Tis mystery all : the Immortal dies !  
Who can explore his strange design ?  
In vain the first-born seraph tries  
to sound the depths of love divine.  
'Tis mercy all ! Let earth adore,  
let angel minds enquire no more.

3 He left his Father's throne above —  
so free, so infinite his grace —  
emptied himself of all but love,  
and bled for Adam's helpless race.  
'Tis mercy all, immense and free ;  
for, O my God, it found out me !

4 Long my imprisoned spirit lay  
fast bound in sin and nature's night ;  
thine eye diffused a quickening ray —  
I woke, the dungeon ſamed with light,  
my chains fell off, my heart was free,  
I rose, went forth, and followed thee.

5 No condemnation now I dread ;  
Jesus, and all in him, is mine !  
Alive in him, my living Head,  
and clothed in righteousness divine,  
bold I approach the eternal throne,  
and claim the crown, through Christ, my own.

8 Therefore, there is now no condemnation for those who are in Christ Jesus, <sup>2</sup> because through Christ Jesus the law of the Spirit who gives life has set you<sup>[a]</sup> free from the law of sin and death.

<sup>22</sup> We know that the whole creation has been groaning as in the pains of childbirth right up to the present time. <sup>23</sup> Not only so, but we ourselves, who have the firstfruits of the Spirit, groan inwardly as we wait eagerly for our adoption to sonship, the redemption of our bodies. <sup>24</sup> For in this hope we were saved. But hope that is seen is no hope at all. Who hopes for what they already have? <sup>25</sup> But if we hope for what we do not yet have, we wait for it patiently.

<sup>26</sup> In the same way, the Spirit helps us in our weakness. We do not know what we ought to pray for, but the Spirit himself intercedes for us through wordless groans. <sup>27</sup> And he who searches our hearts knows the mind of the Spirit, because the Spirit intercedes for God's people in accordance with the will of God.

<sup>28</sup> And we know that in all things God works for the good of those who love him, who<sup>[i]</sup> have been called according to his purpose. <sup>29</sup> For those God foreknew he also predestined to be conformed to the image of his Son, that he might be the firstborn among many brothers and sisters. <sup>30</sup> And those he predestined, he also called; those he called, he also justified; those he justified, he also glorified.

<sup>31</sup> What, then, shall we say in response to these things? If God is for us, who can be against us? <sup>32</sup> He who did not spare his own Son, but gave him up for us all—how will he not also, along with him, graciously give us all things? <sup>33</sup> Who will bring any charge against those whom God has chosen? It is God who justifies. <sup>34</sup> Who then is the one who condemns? No one. Christ Jesus who died—more than that, who was raised to life—is at the right hand of God and is also interceding for us. <sup>35</sup> Who shall separate us from the love of Christ? Shall trouble or hardship or persecution or famine or nakedness or danger or sword?

<sup>37</sup> No, in all these things we are more than conquerors through him who loved us. <sup>38</sup> For I am convinced that neither death nor life, neither angels nor demons,<sup>[k]</sup> neither the present nor the future, nor any powers, <sup>39</sup> neither height nor depth, nor anything else in all creation, will be able to separate us from the love of God that is in Christ Jesus our Lord.

When peace like a river attendeth my way  
When sorrows like sea billows roll  
Whatever my lot, Thou hast taught me to say  
It is well, it is well with my soul  
*It is well with my soul*  
*It is well with my soul*  
*It is well, it is well with my soul*

Though Satan should buffet, though trials should come  
Let this blest assurance control  
That Christ has regarded my helpless estate  
And has shed His own blood for my soul

My sin, oh the bliss of this glorious thought  
My sin, not in part, but the whole  
Is nailed to the cross, and I bear it no more  
Praise the Lord, praise the Lord, O my soul

And Lord, haste the day when my faith shall be sight  
The clouds be rolled back as a scroll  
The trump shall resound, and the Lord shall descend  
Even so, it is well with my soul

St Hild of Whitby was an Anglo-Saxon princess whose father was killed as a threat to the throne. She was bought up in exile by her mother. From this hard place she became a Christian and went on to found the Abbey at Whitby as a 'village of heaven' where everyone was welcome and everything was held in common – just like in the New Testament Christian communities.

What has been hard in your life? How has this informed your faith? How does your faith sustain you through hard times you may be going through now?  
Ask the Holy Spirit to help you persevere as you hold on to the promise that nothing can separate us from the love of God through Jesus.

Spend some time praying for people and places that are also going through hard times.

Bless the Lord oh my soul  
Oh my soul  
Worship His Holy name  
Sing like never before  
Oh my soul  
I'll worship Your Holy name

The sun comes up  
It's a new day dawning  
It's time to sing Your song again  
Whatever may pass  
And whatever lies before me  
Let me be singing  
When the evening comes

*Bless the Lord oh my soul  
Oh my soul  
Worship His Holy name  
Sing like never before  
Oh my soul  
I'll worship Your Holy name*

You're rich in love  
And You're slow to anger  
Your name is great  
And Your heart is kind  
For all Your goodness  
I will keep on singing  
Ten thousand reasons  
For my heart to find

And on that day  
When my strength is failing  
The end draws near  
And my time has come  
Still my soul will  
Sing Your praise unending  
Ten thousand years  
And then forevermore  
Forevermore

May you know in the week ahead that the love of God in Jesus, and the strength of the Holy Spirit, is with you at all times and in all situations.