



SUNDAY TABLE SERVICE

7th February 2021

**Let us watch Songs of Praise together on the ABC
and then set the table for our shared meal.**



- **Setting our table for our Sunday lunch service.**

Sometimes we eat, in front of the TV either together or alone; we eat on the run; we eat out in restaurants or even in our car; but today we sit at a table that we have set for our Sunday lunch meal. It is our everyday altar of life-giving food.

- **Prayerful and intentional preparation for a meal**

As we worship at home today let us define the occasion by adding something special to our table. Give some thought to the presentation of our meal as a meditation on the importance of the time we are setting aside for worship.



HE DESTROYS SATAN'S KINGDOM

This Gospel reading follows from last Sundays, and the main emphasis is that Jesus healed many and cast out many demons. What was this all about? and why was it significant to make reference to Jesus casting out Demons. Difficult scriptures like this can be glossed over or avoided but Mark is making a real statement here. A very significant statement we should all take in. In Mark 1:24 the demon asked Jesus, Have you come to destroy us? I know who you are, - the Holy one of God! He tells the demon to be quiet then casts out the demon. The demons knew who Jesus was because only God can destroy the Kingdom of Satan and all His works. In fact, this is why Jesus entered into our humanity so that He could render Satan mute. But the emphasis is not so much the heralding of the end of Satan's kingdom but the broadcasting of God's kingdom throughout all the world and all creation. God had brought Salvation for all of Humanity in the form of a man.



- **opening prayer — consciously drawing together in our mind our Parish community around our table.**

Be still and silent. Visualise in your mind, those whom you invited to share with you. Pray:



In the name of the Father, and of the Son, and of the Holy Spirit. Amen.

Here, and throughout the world, We adore you O Christ, and we bless you, because by your holy cross you have redeemed the world. Amen

Bless this food, both physical and spiritual. Bless all who gather at your table, both seen and unseen, In Jesus' name we pray. Amen

- **Let us read and reflect on our cycle of readings**



A reading from Isaiah, Chapter 40 beginning at Verse 21

²¹ Have you not known? Have you not heard? Has it not been told you from the beginning? Have you not understood from the foundations of the earth? ²² It is he who sits above the circle of the earth, and its inhabitants are like grasshoppers; who stretches out the heavens like a curtain, and spreads them like a tent to live in; ²³ who brings princes to naught, and makes the rulers of the earth as nothing. ²⁴ Scarcely are they planted, scarcely sown, scarcely has their stem taken root in the earth, when he blows upon them, and they wither, and the tempest carries them off like stubble. ²⁵ To whom then will you compare me, or who is my equal? says the Holy One. ²⁶ Lift up your eyes on high and see: Who created these? He who brings out their host and numbers them, calling them all by name; because he is great in strength, mighty in power, not one is missing.



²⁷ Why do you say, O Jacob, and speak, O Israel, "My way is hidden from the Lord, and my right is disregarded by my God"? ²⁸ Have you not known? Have you not heard? The Lord is the everlasting God, the Creator of the ends of the earth. He does not faint or grow weary; his understanding is unsearchable. ²⁹ He gives power to the faint, and strengthens the powerless. ³⁰ Even youths will faint and be weary, and the young will fall exhausted; ³¹ but those who wait for the Lord shall renew their strength, they shall mount up with wings like eagles, they shall run and not be weary, they shall walk and not faint.

[NRSV Isaiah 40:21-31]Hear the word of the Lord,

thanks be to God

Psalm 147:1-11

1 O praise the Lord
for it is good to sing praises to our God:
and to praise him is joyful and right.

2 The Lord is rebuilding Jerusalem:
he is gathering together the scattered outcasts of Israel.

3 He heals the broken in spirit:
and binds up their wounds.

4 He counts the number of stars:
and calls them all by name.

5 Great is our Lord, and great is his power:
there is no measuring his understanding.

6 The Lord restores the humble:
but he brings down the wicked to the dust.

7 O sing to the Lord a song of thanksgiving:
sing praises to our God upon the harp.

8 He covers the heavens with cloud,
and prepares rain for the earth:
and makes the grass to sprout upon the mountains.

9 He gives the cattle their food:
and feeds the young ravens that call to him.

10 He takes no pleasure in the strength of a horse:
nor does he delight in anyone's legs,

11 But the Lord's delight is in those that fear him:
who wait in hope for his mercy.



A reading from the first letter of Paul to the Corinthians, Chapter 9 beginning at Verse 16



¹⁶ If I proclaim the gospel, this gives me no ground for boasting, for an obligation is laid on me, and woe to me if I do not proclaim the gospel! ¹⁷ For if I do this of my own will, I have a reward; but if not of my own will, I am entrusted with a commission. ¹⁸ What then is my reward? Just this: that in my proclamation I may make the gospel free of charge, so as not to make full use of my rights in the gospel.

¹⁹ For though I am free with respect to all, I have made myself a slave to all, so that I might win more of them. ²⁰ To the Jews I became as a Jew, in order to win Jews. To those under the law I became as one under the law (though I myself am not under the law) so that I might win those under the law. ²¹ To those outside the law I became as one outside the law (though I am not free from God's law but am under Christ's law) so that I might win those outside the law. ²² To the weak I became weak, so that I might win the weak. I have become all things to all people, that I might by all means save some. ²³ I do it all for the sake of the gospel, so that I may share in its blessings. [NRSV 1 Corinthians 9:16-23]

Hear the word of the Lord,

thanks be to God.

The Gospel of our Lord Jesus Christ according to Mark, Chapter 1 beginning at Verse 29

Glory to you Lord Jesus Christ.

²⁹ As soon as they left the synagogue, they entered the house of Simon and Andrew, with James and John. ³⁰ Now Simon's mother-in-law was in bed with a fever, and they told him about her at once. ³¹ He came and took her by the hand and lifted her up. Then the fever left her, and she began to serve them.

³² That evening, at sunset, they brought to him all who were sick or possessed with demons. ³³ And the whole city was gathered

around the door. ³⁴ And he cured many who were sick with various diseases, and cast out many demons; and he would not permit the demons to speak, because they knew him.

³⁵ In the morning, while it was still very dark, he got up and went out to a deserted place, and there he prayed. ³⁶ And Simon and his companions hunted for him. ³⁷ When they found him, they said to him, "Everyone is searching for you." ³⁸ He answered, "Let us go on to the neighbouring towns, so that I may proclaim the message there also; for that is what I came out to do." ³⁹ And he went throughout Galilee, proclaiming the message in their synagogues and casting out demons. [NRSV Mark 1:29-39] This is the Gospel of the Lord, ***praise to you Lord Jesus Christ.***



Sentence

Those who wait for the Lord shall renew their strength, they shall mount up with wings like eagles.

- ***Let us now engage in some quiet reflection, or conversation and sharing, responding to the Gospel passage. We may like to write down some key thoughts for further reflection.***

He would not permit the demons to speak, because they knew him.

He casts the wicked to the ground.

Both the Psalm and Isaiah speak of the unfathomable greatness of God, yet in all this greatness He sees the downtrodden and he hears the cry of the broken hearted. He brings them restoration and a hope that is everlasting. He strengthens our hearts so weariness will not take over souls. Both these readings speak of how we can live in God's kingdom. We are no longer under Satan's domain with the incredible burden he made humanity carry; the burden of shame and condemnation, guilt and hopelessness, unable to break the curse of sin. Is it any wonder why Paul is compelled to enslave himself to this good news of

Jesus salvation and why he wants to win others into God's kingdom? God has imparted into us, His Hope and strength and love, not so we can hoard it, but so we can show others how marvellous His kingdom is. Yes, Jesus destroyed the Kingdom of Satan, who thought he destroyed Jesus on the cross. How wrong he was and how thankful we are today. Revelations 1:18 says; I am he that liveth, and was dead; and, behold, I am alive for evermore, Amen; and have the keys of hell and of death.

- **prayer-time** Now let us continue to offer our prayers for healing of the world; for those affected by coronavirus; for family; for members of the parish and wider community, for the life and ministry of the Church, for encouragement in our journey of faith.



Please pray alongside those in our parish asking for prayer. Give thanks for the continued healing of Fr Ted Newing and continue to pray with Joyce, Lynn, David, Ron & Ann; Kathy's Family; Pat ;Izabelle; Peta ; Mariette; Joanne; Peter G, Peter C; Nicholas B; Samantha; Fiona; Brenton; Sue; Brenda; Pat; Brendon; Fr Percy & Betty; Bp David; Bill; David H; Marjorie; Diane; Jean; Mitchell and family; Carolyn; Angela; Carol; Shirley; Lucy Ann; Margaret, Lyn; Irene; Linda; Tina; Wendy; Chris; Trevor; Liz; Tristan & Trish S; Lainie and Nicholas; John Carroll; Jac Bishop, Joan; Joanie; Andrew; Kerrie; Mary, Kate, Colin, Cathy, Carol, Allison, Ann, Jean and Betty *and any others we wish to say either silently or aloud.*

Let us say the Lord's Prayer Together. Our Father

.....

Prayer of the Day

Saving God,
whose Son, Jesus Christ, healed the sick
and brought them wholeness of body and mind:
inspire us, his disciples,
so that we may constantly proclaim his gospel
by our words
and by the dedication and integrity of our lives;
through Jesus Christ our Lord,
who lives and reigns with you and the Holy Spirit,
one God, now and for ever. **Amen**



Conclude the meal with the following prayer together.

**May the grace of our Lord Jesus Christ,
the love of God and the fellowship of the Holy Spirit
be amongst us and remain with us always.
Amen.**

Intentional connection beyond your home

After our Table Service, make contact with others who may be alone and would welcome a call or message from you. Use the time to catch up with your family and friends who are interstate or overseas. Use email or face time or SMS to keep in contact and share with others the promise of a brighter and better future in 2021.

