

BUT THEY THAT WAIT UPON THE
LORD SHALL RENEW THEIR
STRENGTH; THEY SHALL MOUNT
UP WITH WINGS AS EAGLES;
THEY SHALL RUN, AND
NOT BE WEARY; AND
THEY SHALL WALK,
AND NOT FAINT.
ISAIAH 40:31



SUNDAY TABLE SERVICE

4th February 2024

**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 celebrate 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.



Wherever Jesus went he was accepted by the general public. Of course healing people and casting out demons were a part of what drew them. Paul in Corinthians touched on another point. When going into a different committees he didn't try to change their customs. He walked in their environment and allowed the nature of God to speak for Himself. The twofold effect is that in respecting them in their environment they in turn received what he has to offer.

- **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 the prophet Isaiah Chapter 40 v 21-31

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? 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; who brings princes to naught, and makes the rulers of the earth as nothing. 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. To whom then will you compare me, or who is my equal? says the Holy One. 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. 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"? 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. He gives power to the faint, and strengthens the powerless. Even youths will faint and be weary, and the young will fall exhausted; 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.

Hear the word of the Lord. **Thanks be to God.**

Psalm 147:1-11, A.P.B.A, page 377

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 the 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 to the Corinthians Chapter 9 v 16-23

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! 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. 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. 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. 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. 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. 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. I do it all for the sake of the gospel, so that I may share in its blessings.

Hear the word of the Lord. **Thanks be to God**

The Gospel of our Lord Jesus Christ according to Mark Chapter 1 verses 29-39

Glory to you Lord Jesus Christ.

As soon as they left the synagogue, Jesus entered the house of Simon and Andrew, with James and John. Now Simon's mother-in-law was in bed with a fever, and they told him about her at once. He came and took her by the hand and lifted her up. Then the fever left her, and she began to serve them. That evening, at sundown, they brought to him all who were sick or possessed with demons. And the whole city was gathered around the door. 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. In the morning, while it was still very dark, he got up and went out to a deserted place, and there he prayed. And Simon and his companions hunted for him. When they found him, they said to him, "Everyone is searching for you." 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." And he went throughout Galilee, proclaiming the message in their synagogues and casting out demons.

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. Isaiah 40.31

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.

For though I am free with respect to all, I have made myself a slave (servant) to all. He gives power to the faint, and strengthens the powerless.

Living we allow God's nature to be our mantle, we allow His Spirit to work beyond our human efforts of trying to be good. Then it is God's nature that others respond to, not simply human justice. Both Paul and Jesus offered salvation. They didn't hand out tickets to get into heaven. They offered an opportunity to others to live a life full of hope, promise and purpose. Even in a time of conflict, confusion and turmoil. This is the kind of inner security we all need.



Now let us continue to offer our prayers and thanksgiving. We pray for healing of the world; Lord, we ask for peace in these nations and throughout the world.

Please protect all those who are vulnerable to the effects of war and displacement from their homes. Please give those in authority the patience, humility, wisdom and endurance to persevere in bringing about positive solutions for their nations. Amen.



We pray 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.

We continue to pray alongside those in our parish asking for prayer, Jean N, Brendas family Colin, Allison, Pat Foord, , Georgia (Sunaras Mum). Pat V David, Brenda, Joanie, Jo Jan, Joy I, Leanne, Daniella, Joyce and Ted, Mary R, Jac Bishop;

Eileen Cook; Yvonne S; Ursula Pridham; Trish McD; Barbara Webber; Tom Arnold; Nicholas & Ben;

Sue & Frank Thomas; Gordon Russell; Emily and her family; Trish Simon; Christina and any others we wish to remember, 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 or missing seeing their families and loved ones. Use the time to catch up with your family and friends who are interstate or overseas. Use email or face time or SMS even write a note or two, to keep in contact. Let God guide you to the person or persons with whom you should connect. Contact them. Start a conversation and share with others the Joy of knowing Jesus and his promise of a brighter and better future in 2024, if we follow Him. Emmanuel - God is with us.

