



The Sunday Supplement



Reflecting on the world-wide situation

Pray for all our sisters and brothers across the world and in the UK who have been affected by COVID-19 asking that each one may know God's overwhelming, steadfast love.

*God is our refuge and strength,
an ever-present help in trouble.
Therefore we will not fear, though the
earth give way
and the mountains fall into the heart of
the sea,
though its waters roar and foam
and the mountains quake with their
surging.*

Psalm 46:1-3

We pray for those who are particularly fearful at the moment

For those in our communities who may feel vulnerable and scared. May the love of God be their peace and that they may know that even in the darkest times God's love brings hope.

*The Lord is my shepherd, I lack nothing.
He makes me lie down in green pastures,
he leads me beside quiet waters,
he refreshes my soul.
He guides me along the right paths
for his name's sake.*

*Even though I walk
through the darkest valley,
I will fear no evil,
for you are with me;
your rod and your staff,
they comfort me.*

*You prepare a table before me
in the presence of my enemies.
You anoint my head with oil;
my cup overflows.
Surely your goodness and love will follow
me
all the days of my life,
and I will dwell in the house of the Lord
for ever.*

Psalm 23

We pray for the most vulnerable and isolated

Those who are currently self-isolating and older people. Ask for wisdom that church leaders will know how to keep people

connected and safe.

Peace I leave with you; my peace I give you. I do not give to you as the world gives. Do not let your hearts be troubled and do not be afraid.

John 14:27

We pray for medical staff on the frontline of care

May they be sustained physically, emotionally and spiritually in the coming weeks. May we find wisdom and insight as to how best to support those known to us.

Do you not know?

Have you not heard?

*The Lord is the everlasting God,
the Creator of the ends of the earth.
He will not grow tired or weary,
and his understanding no one can fathom.*

*He gives strength to the weary
and increases the power of the weak.*

*Even youths grow tired and weary,
and young men stumble and fall;
but those who hope in the Lord
will renew their strength.*

*They will soar on wings like eagles;
they will run and not grow weary,
they will walk and not be faint.*

Isaiah 40:28-31

Pray for our world leaders and for the leaders in our own country

That they will seek the wisdom of God as they make decisions over the coming days and will be granted the physical strength they need in these challenging times.

We pray for all those leading the scientific response

For scientists from across the globe as they look for ways to alleviate symptoms and seek a vaccine for the future.

Pray for all God's people in this time of uncertainty and concern

For a sense of calm and clarity as well as strength to face what is ahead. May Christians be 'beacons of hope' and 'carriers of the message of peace' at this time.

We acknowledge the Lord's sovereignty in and through all things

For this reason I bow my knees before the Father, from whom every family in heaven and on earth takes its name. I pray that, according to the riches of his glory, he may grant that you may be strengthened in your inner being with power through his Spirit, and that Christ may dwell in your hearts through faith, as you are being rooted and grounded in love. I pray that you may have the power to comprehend, with all the saints, what is the breadth and length and height and depth, and to know the love of Christ that surpasses knowledge, so that you may be filled with all the fullness of God.

Now to him who by the power at work within us is able to accomplish abundantly far more than all we can ask or imagine, to him be glory in the church and in Christ Jesus to all generations, for ever and ever. Amen.

Ephesians 3:14-21



Prayer for Mothering Sunday

Thank you, Lord, for all who care

Bless them with your love

Thanks for parents everywhere

Bless them with your love

For those who brighten up our day

Bless them with your love

Who always have the right words to say

Bless them with your love

Thanks for hugs, and love and smiles

Bless them with your love

Thanks for all those extra miles

Bless them with your love

And when they feel they're not enough

Bless them, bless them, with your love

Light a candle



Presidents of Churches Together in England have issued a call to prayer in the light of the Coronavirus pandemic. This is for all churches and people of prayer to join on Sunday 22nd March, Mothering Sunday.

This Mothering Sunday, 22nd March, all churches are called to a National Day of Prayer and Action. At such a time as this, when so many are fearful and there is great uncertainty, we are reminded of our dependence on our loving Heavenly Father and the future that he holds.

At 7pm this Sunday, light a candle in the windows of your homes as a visible symbol of the light of life, Jesus Christ, our source and hope in prayer.

Although we are not currently gathering to worship, we have the great privilege and freedom to be able to call upon God, wherever we are, individually and corporately, for healing in our nation. We pray for all in leadership at this time, making decisions about the containment of the COVID-19 virus, for those working in health and social care, and especially for the most vulnerable, whether elderly or those with underlying health conditions.

There are already stories being told of wonderful acts of kindness across neighbourhoods. Alongside your prayers, take the opportunity to telephone or email someone who is isolated, buy some additional food for your local foodbank, or offer to deliver shopping for an elderly neighbour. We may not be able to touch physically, but we can make connections in so many other ways.

This call to prayer and action comes on Mothering Sunday: a time of thankfulness, remembering especially mothers who have served us, often in very costly ways. It is also a very mixed day for many. For some the remembrance is painful, and for others Mothering Sunday is a reminder of disappointment or loss. In many ways, this period under the shadow of the coronavirus will be prompting similarly diverse reactions and so it seems especially appropriate that the call to prayer is made this Sunday. At this time of uncertainty join in with the National Day of Prayer and Action, lighting a candle of hope.

Cast all your anxiety on him, because he cares for you

1 Peter 5:7

Readings



John 9:1-41; Ephesians 5:8-14; Psalm 23

Highams Park Baptist Church Text for 2020

Romans 10:13-14

**Everyone who calls
on the name of the
Lord shall be saved.**

**But how are they
to call on one in
whom they have
not believed ?**

**And how are they
to believe in one of
whom they have
never heard?**

**And how are
they to hear
without
someone to
proclaim him?**



Something ventured

Bread of heaven

*Guide me, O Thou great Jehovah,
Pilgrim through this barren land;
I am weak, but Thou art mighty,
Hold me with Thy powerful hand.
Bread of heaven, Bread of heaven,
Feed me now and evermore;
Feed me feed me now and evermore.
William Williams (1717-91)*

Tomorrow will be the fourth Sunday of Lent. We are halfway through the time of preparation for Easter. Over the past three Sundays we have thought about the wilderness experiences both of Jesus and of Moses' people after the Exodus. In Britain Lent 2020 seems to be turning into something of a wilderness experience as we face the challenge of limitations on our activities and concerns about getting the food we need.



Two weeks ago we sang the old Welsh hymn Guide me, O Thou great Jehovah. As we make our way through the remaining weeks of the Lent the words of this hymn remind us of the 'bread of heaven' that is available to those who trust in God. The people Moses led in the wilderness were literally fed with manna from heaven. They survived forty years of wandering sustained by the daily provision of a faithful God.

These are uncertain and anxious times but God remains faithful. This Easter nothing will be as we expected when we began our pilgrim journey through Lent. In common with the people of Moses' time we must learn to live day by day trusting God to sustain us spiritually, emotionally and physically. We journey both individually and as a Christian community held by the powerful hand of God who will not fail us.

Worship



When I survey the wondrous cross

When I survey the wondrous cross
On which the Prince of Glory died
My richest gain I count but loss
And pour contempt on all my pride

Forbid me Lord that I should boast
Save in the death of Christ, my God
All the vain things that charm me
most
I sacrifice them to His blood

See, from His head, His hands, His
feet
Sorrow and love flow mingled down
Did e'er such love and Sorrow meet
Or thorns compose so rich a crown

Were the whole realm of nature mine
That were an offering far too small
Love so amazing, so divine
Demands my soul, my life, my all



Highams
Park
Baptist
Church