

# Whare karakia

## Home prayers

22 March 2020

Mark 4:35-41

Lent 4: Fear

We realize life is a bit different for all of us right now but nonetheless we worship a God who stays the same through every age and season, and is our constant guide. So, like the first disciples we are imagining church in a new way and invite you to 'worship through' the following liturgy on your own or with your family this Sunday 22 March at 10am, from your home. Get yourself a cup of tea and join the community in spirit as we worship from our homes, but with one voice and with one heart!

Let it Go  
Lent 4: Fear

Our fourth week in Lent is all about Fear. Right now a lot of us have fears and anxiety about COVID19 and its impact on our communities around the world.

- Discuss/Consider what fear means to you, finding other words to describe how it makes you feel.
- What are you fearful of this day?
- How are those fears impacting your thoughts and actions?

### Opening Prayer

Today we gather from different homes to meet with God.

Let us take notice of God's presence with us.

God you are the calmer of the storm and the peace that passes all our understanding.

May we know your comfort and truth this day.

Amen.

### Confession

God of love and power,

we listen to the stories of miracles and doubt that these things can happen today.

We look at the waves of misfortune, distress, misery, distrust, and anger and wonder how we can still those waves.

We feel the pressures of power and fear flooding into our lives, threatening to drown us and wonder where you are.

Forgive us for the littleness of our faith.

Forgive us for our doubts.

Help us to place our trust in you, Lord Jesus.

Help us to fix our eyes on you and on the ministries to which you have called us.

For we ask these things in Jesus' Name. Amen.

### Song

Be still and know that I am God (x3)

I am the Lord, that healeth thee (x3)

In thee, O Lord, I put my trust (x3)

### Bible Story

Read Mark 4: 35-41 Jesus Calms the Storm

Take a moment to silently reflect on our reading for today.

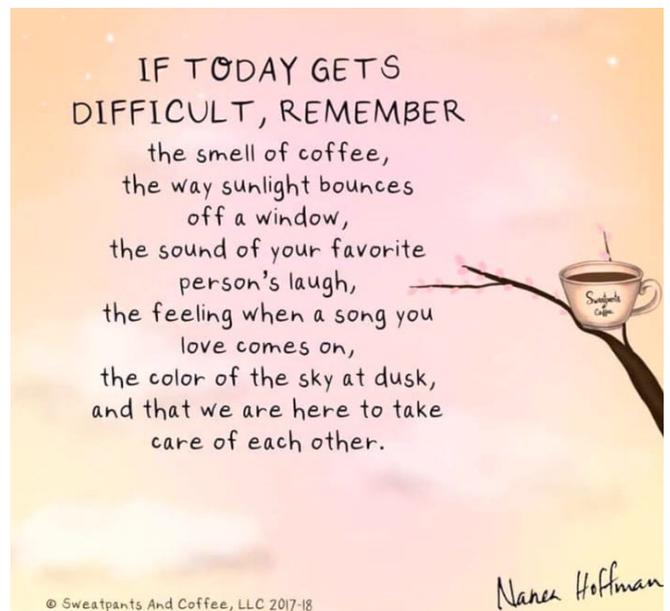
### Reflection: From Learne

As we pause together wherever we are to worship today I wonder what we are thinking and feeling? This is a very real crisis and while there are many things about it that challenge us one of the unusual things I believe is that we are all in this together. We are all wondering when it will stop? It's not a storm that's just touching one family or part of society, we are all caught up by the storm raging around us. We are all bemused by the panic buying that has been happening and why toilet paper of all things when it is a respiratory disease? None of us escapes - we are all in this boat together. Where is Jesus to be found when there is a storm brewing around the boat? In our story from the gospels today we see Jesus calmly asleep, resting in the knowledge that God can be trusted. Eventually we see that he does actually calm their actual storm but while the storm rages around us due to Covid19 the storms of worry and anxiety and fear and fretfulness also rage within us.

When the world rages around us there are many things we can do to calm the world within. As we are all different we may all have some different ways...maybe turning to scripture..”be still and know that I am God” or “ I lift my eyes to the hills” Maybe a breath prayer - breathe in the Lord Jesus and breathe out the Spirit. Maybe sit with a friend and allow yourself to lament and cry over the pain - that’s okay “Jesus wept”. Maybe light a candle of hope. Maybe allow yourself to count your blessings and pray for others who are in need. All indications are that we are in this for the long haul. I believe we can do this as we stand on the solid rock of our Lord Jesus Christ and as we stand firm supporting one another. We have a good God and as we find strength we can stand in support of others around us.

Kia kaha, kia maia, kia manawanui.

Rev. Learne McGrath



## Intercessions

In our prayers today, we put all our thoughts and worries and hopes into the hands of God. You may like to hold your own hands in front of you as you pray. Create your own prayers for each of the headings below:



The World



The Church



Communities



Sickness



Sorry God

## Response Activity

Today we have been thinking about fear. Complete the following sentences as a way of finding things that help us to be free from fear and to be comforted by God.

When I am feeling afraid I like to.....

E.g. Painting, reading, praying, watching a movie, going outside, gardening, having a coffee, being still etc.

This helps me to feel.....

E.g. Calm, safe, happy, at peace, connected to God etc.

## Closing Prayer



CHURCH OF THE GOOD SHEPHERD

Northwest  
Anglican

Mighty God, who speaks a word of peace to calm our troubled sea;  
Caring God, who nudges us away from fear and toward faith;  
Ever-present God, who fills us with awe  
but also raises many questions  
without easy answers;  
Open our eyes to see you in our boat—today,  
Strengthen our hearts for the challenges that lie ahead,  
Keep us open to hear from you as you speak to us in the days ahead.  
This we pray, In Jesus’ name. Amen.

If you are in need of support (prayer or otherwise) please contact us:  
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