

Welcome! Whenever you are joining us – and wherever you might be!

What a week it has been! We've moved from social distancing to "lockdown" "Isolation" and working from home. Almost everything is closed, and we can only leave the house for essential trips. So, some of you are seeing far fewer people but families are seeing A LOT MORE of each other than they'd like, probably. We're all coping with different things. Connecting electronically has been working well for some but working from home is a challenge. For me the temptation to sit in front of screens, computer, mobile phone or TV all day is compelling (I'm not electronically isolated at all) but I'm trying to "unplug" three times a day for a spell to relieve some of the pressure.

In our new situations we need to establish new rhythms and routines. Ffald y Brenin has made their their leaflet Rhythms of Daily Prayer available to help you. You can download the PDF here.

Rhythm-of-Daily-Prayer-Download.pdf

And J John also provides some helpful advice on being home alone.

https://canonjjohn.com/2020/03/24/on-being-home-alone/

But as we come now to worship together, take a few deep breaths and watch this Fuelcast video:

Fuelcast video "We are One" https://www.thefuelcast.com/library/2020-03-24-we-are-one-r3

Jake has recorded this great worship song for us.

Greater than it all – Jake YouTube https://www.youtube.com/watch?v=q-LUTEq-6UA

And here is Pete Greig's Prayer for Coronavirus Let's pray this together.

Pete Grieg prayer

LORD JESUS, we ask you to protect us from the coronavirus. You are powerful and merciful; let this be our prayer -

⚠ "Have mercy on me, my God, have mercy on me, for in you I take refuge. I will take refuge in the shadow of your wings until the disaster has passed." (Ps 57:1)

JEHOVAH SHALOM, Lord of Peace, we remember those living in coronavirus hotspots and those currently in isolation. May they know your presence in their isolation, your peace in their turmoil and your patience in their waiting. Prince of Peace, you are powerful and merciful; let this be their prayer -

May your mercy come quickly to meet us, for we are in desperate need. Help us, God our Saviour, for the glory of your name."

(Ps 79:8)

GOD OF ALL COMFORT AND COUNSEL, we pray particularly for those who are grieving because of this virus, reeling from the sudden loss of lovedones. May they somehow know your fellowship in their suffering, your comfort in their loss, and your hope in their despair. We name before you those known to us who are vulnerable and scared - the frail, the sick and the elderly. [pause] We also remember those doctors, pastors and family-members who are caring for all such people right now. God of all Comfort, you are powerful and merciful; may this be our prayer -

⚠ "He has delivered us from such a deadly peril, and he will deliver us again. On him we have set our hope that he will continue to deliver us." (2 Cor 1:10)

JEHOVAH RAPHA, God who heals, we pray for all medical professionals dealing daily with the intense added pressures of this crisis. Grant them resilience in weariness, discernment in diagnosis, and compassion upon compassion as they care. We thank you for the army of researchers cooperating towards a cure - give them clarity, serendipity and unexpected breakthroughs we pray. Rise Sun of righteousness, above this present darkness with healing in your rays. You are powerful and merciful; may this be our prayer -

⚠ "Sovereign Lord, you have made the heavens and the earth by your great power and outstretched arm. Nothing is too hard for you." (Jer 32:17)

GOD OF ALL WISDOM, we pray for our leaders - the WHO and national governments, and local leaders too - heads of schools, hospitals and other institutions. Since you have positioned these people in public service for this hour, we ask you to grant them wisdom beyond their own wisdom to contain this virus, faith beyond their own faith to fight this fear, and strength beyond their own strength to sustain vital institutions through this time of turmoil. God of all Wisdom and Counsel, you are powerful and merciful; may this be our prayer -

God is our refuge and strength, an ever-present help in trouble. Therefore we will not fear" (Ps 46:1-2)

"Surely he will save you from the fowler's snare and from the deadly pestilence. He will cover you with his feathers, and under his wings you will find refuge; his faithfulness will be your shield and rampart. You will not fear the terror of night, nor the arrow that flies by day, nor the pestilence that

stalks in the darkness, nor the plague that destroys at midday. A thousand may fall at your side, ten thousand at your right hand, but it will not come near you." (Ps 91:3-7)

Answer me when I call to you, my righteous God. Give me relief from my distress; have mercy on me and hear my prayer." (Psalm 4:1)

May El Shaddai, the Lord God Almighty who loves you protect you. May Jesus Christ, His Son who died for you save you. And may the Holy Spirit who broods over the chaos and fills your life with peace, intercede for you and in you for others at this time.

The Lord will rescue me from every evil attack and will bring me safely to his heavenly kingdom. To him be glory for ever and ever. Amen." (2 Tim 4:18)

Julie Leefe has recorded this message for this Sunday which marks the end of the Frontlines Sundays sermon series.

Video message – Julie Leefe (Facebook and YouTube)

https://www.youtube.com/watch?v=UumXr0h-iNk

Here are the Sermon notes to go with this message:

March 29 - Frontline Sundays Week 5.docx

We close with a favourite chorus. You can all join in with this one as the words are included for you.

Worship video - Jesus is King

https://www.youtube.com/watch?v=kQWP5LYtiZA

Please feel free to let us have your comments and feedback on this "Worshipping together" email.

Take care - stay safe

Every blessing

Julie Leefe