

QUEENSFERRY PARISH CHURCH

MIDWEEK SERVICES

SEPTEMBER 2021

This month we are using the material which was used in August last year, but, because of having a break this year, we can use it in September. We'll look at 4 Psalms. The choice is huge and all of us would have chosen different Psalms. I had to whittle down my original list by a lot – and several times!

In each case I have chosen the passage from the Gospels which appears in the Lectionary on the same Sunday as the chosen Psalm.

Psalm 121 is the Psalm set down for the 2nd Sunday in Lent in Year A of the Lectionary.

Week 3 – Psalm 121

The Lord our Protector

Leader:

I lift my eyes to the hills – from where will my help come? (Psalm 121 verse 1)

You shaped the stars, yet thought to put a twinkle in our eyes;

You carved rivers through canyons, and gave us tears to share with laughter;

You shattered moons into asteroids, and put hearts
deep within us which break for others;
You ignited that spark which flung universes into space,
yet lovingly take a moment to help us.

OPENING RESPONSES

Where does our help come from?

IT COMES FROM GOD

God doesn't go to sleep and forget us

GOD IS ALWAYS AWAKE

God loves us and looks after us

GOD GUARDS US DAY AND NIGHT

When we go out God is with us and when we come
home God is by our side

GOD IS ALWAYS WITH US FOR EVER AND EVER AND
EVER

Hymn or song:

The metrical version of Psalm 121 is at No. 81 in CH4.

I love the trio in Mendelssohn's "Elijah" – Lift mine eyes,

O lift mine eyes. You can find it on you tube where

there is a choral version as well as the trio.

I am sure there are many other versions.

Read Psalm 121

Prayer

Lord, we give thanks for today and for all it brings to us
of your love. With the light of each new day comes

reawakening and fresh hope and the opportunity to begin anew.

We give thanks for your wonderful creation. When we lift our eyes to the hills or mountains we are reminded again of your mighty work in making the world in which we live.

We give thanks for your daily care of and provision for us; for our homes and families; for those who give us friendship and companionship; for all the opportunities we are given to enjoy life in all its fullness.

We give thanks for the words we read in the Scriptures and in particular in the Psalms. In them we find comfort and assurance; we find confidence and love; and we find that the writers of the Psalms expressed anger to God and so we know that you understand our anger. In your love and grace you offer us the gift of forgiveness. We acknowledge that we need to be forgiven for we have often turned away from the narrow road which leads to life.

We repent of all our shortcomings and ask for the time and strength to amend our lives. Thank you for the assurance that, as we confess our shortcomings and repent of them, we are forgiven.

And now hear us as we pray further in the words Jesus taught his disciples, saying:

OUR FATHER

Read: John 3 verses 1 - 17

Reflection

Reflect for 5 – 7 minutes. Please keep within that time frame!

Psalm 121 appears in the Lectionary along with John 3, the story of Nicodemus. Jesus invites him to be open to God's spirit so that he might be changed and renewed. That same invitation is issued to all people in every age and Psalm 121 invites us to lift our eyes so we too might be changed in God's protecting love.

This part of the service might involve music or something visual; it might involve silence.

Prayer

This is a time for prayers for the world, for the communities in which we live; for the Church and those who minister here in any capacity; for our office-bearers and Kirk Sessions; for those who are sick at this time; for all health workers and carers; for those whose income is uncertain; for young people beginning at or returning to university or college; for those known to us to be in particular need of our prayers; for ourselves.

CLOSING RESPONSES

God watches over our waking and sleeping

OUR HELP COMES FROM THE LORD WHO MADE
HEAVEN AND EARTH

God saves our feet from slipping and stumbling

OUR HELP COMES FROM THE LORD WHO MADE
HEAVEN AND EARTH

God keeps guard over our comings and goings
OUR HELP COMES FROM THE LORD WHO MADE
HEAVEN AND EARTH