

Kingshill Parish Church – Service Sheet Monday 12th February 2024

Please note that Rev Stella is on leave at the beginning of this week and then on presbytery business, returning on Friday. If you have a pastoral concern, please contact Fiona Blair DCS our deacon.

Our first Lenten Lunch happens this week on Friday. We meet at Trinity Church at 12.30pm for a 30min informal service of worship, following by a soup lunch. A collection will be taken up. It's a wonderful way to get to know others from the Roman Catholic congregation and Westhill Community Church. Please do come along and join us.

Opening Prayer

Our Father, who art in heaven hallowed be thy name, thy kingdom come, thy will be done on earth as it is in heaven.

Give us this day our daily bread and forgive us our debts as we forgive our debtors.

And lead us not into temptation, but deliver us from evil, for thine is the kingdom, the power and the glory, forever ... Amen.

Call to Worship from Proverbs 3:5-6

Trust in the LORD with all your heart and lean not on your own understanding; in all your ways submit to him, and he will make your paths straight.

Monday 12 th	Tuesday 13 th	Wednesday 14 th	Thursday 15 th	Friday 16 th
7 How long, O Lord	279 Make way	153 Great is thy faithfulness	9 O God, my refuge	547 What a friend we have

The Lord Almighty Reigns by the Gettys - <https://youtu.be/2TdEZXPuKOo?si=S64aAw6O3Or5pwxv>

Rejoice by the Gettys and Rend Collective - <https://youtu.be/t19ISSmBQ-Q?si=SQdh-SNnKNKmbQ70>

God's Word

Monday 12 th	Tuesday 13 th	Wednesday 14 th	Thursday 15 th	Friday 16 th
Psalm 13	Psalm 14	Psalm 15	Psalm 16	Psalm 17

Reflection by Rev Stella

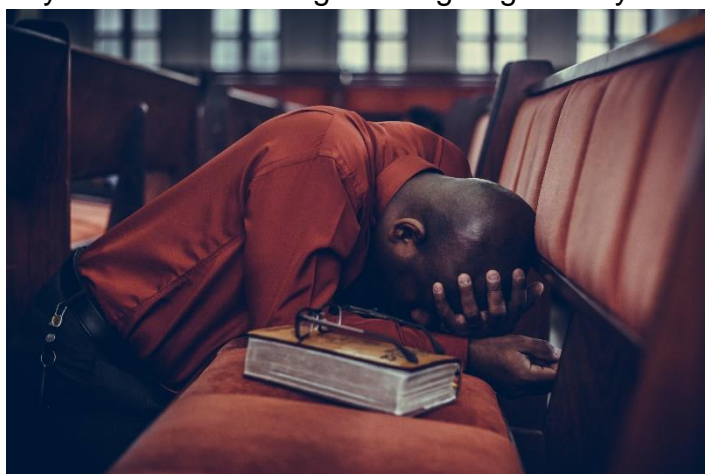
How long, LORD? Will you forget me forever?

How long will you hide your face from me?

² How long must I wrestle with my thoughts and day after day have sorrow in my heart?

It's a heartfelt cry that no doubts resonates with many of us. That feeling of being forgotten by God when life is hard and there seems to be no let up. We can hear the desolation in the voice of the psalmist, who fears that God has abandoned them – deliberately turned away from them. There is a sense of rejection.

But also, a sense of being overwhelmed. Too many thoughts exist in their head for them to cope with and their heart is packed full of sorrow. Day after day life is painful and there seems to be no reprieve in sight.



Lenten Lunches

@ 12.30pm

Every Friday during Lent we will gather from the across Westhill to worship and enjoy a soup lunch together.

16.02.24 - Trinity Church
23.02.24 - WCC
1.03.24 - Trinity Church
8.03.24 - Trinity Church
15.03.24 - WCC
22.03.24 - Trinity Church




Whatever the psalmist is wrestling with, he believes that God holds the answer. He needs revelation. A light to be switched on that will illuminate the problem and potentially a solution. He needs rescuing and it is to God he turns in honest supplication.

But as he cries out to God, he remembers who God is. Importantly, he remembers the unfailing love that God has already shown him. He remembers the salvation he has experienced at God's direction. He remembers that God has been good to him.

And that gives him hope.

Where does our hope come from?

If we are faced with the same kind of anguish that the psalmist is experiencing, perhaps now is a good time to remember what God has done for us. We can take time to write down the blessings we have been given by God, and details of those moments in our lives when we have known His faithfulness to us – His goodness to us. From the little things to the big things. Remembering God's kindness helps to build our faith and gives us hope to face our current circumstances.

The start of Lent

We mark Ash Wednesday this week, a day for reviewing our lives and saying sorry to God for ways in which we have sinned. The reading for today (Psalm 15) is a great way to start this conversation. It reminds us of what a holy and godly life looks like. Take time to reflect on the different characteristics mentioned and ask God for help with those you struggle with. Be honest!

But of course, don't forget, that we confess our sins in order to receive God's mercy. He will forgive us and remove our sins as far from us as the east is the west. We don't have to hold on to the guilt and shame we might feel when we acknowledge our failings. We can hand it all over to God and receive a peace that passes all understanding in exchange.



Prayer for Lent by Pamela C. Hawkins,

in *The Awkward Season: Prayers for Lent* (Nashville, TN: Upper Room Books, 2009)

*O God, who makes all things new,
new stars, new dust, new life;
take my heart,
every hardened edge and measured beat,
and create something new in me.*

*I need your newness, God,
the rough parts of me made smooth;
the stagnant, stirred;
the stuck, freed;
the unkind, forgiven.*

*And then, by the power of your Spirit,
I need to be turned toward Love again. Amen.*

Benediction

May the strength of God sustain us; may the power of God preserve us; may the hands of God protect us; may the way of God direct us; may the love of God go with us this day and forever. Amen.

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