

**Along with all other denomination Church services and all groups have been cancelled until further notice.**

## *Banchory Ternan East Church*

*22nd March 2020*

*To know Christ and make him known*



Out of the treasure of his glory God grant you inward strength through the spirit that through faith Christ may dwell in your hearts in love. Ephesians 3: 16 & 17

### **Let us worship God**

#### **A prayer to start**

#### **A Bible reading to follow Luke 10: 38-42 - 11: 1-4**



At the home of Martha and Mary: As Jesus and his disciples were on their way, he came to a village where a woman named Martha opened her home to him. She had a sister called Mary, who sat at the Lord's feet listening to what he said. But Martha was distracted by all the preparations that had to be made. She came to him and asked, 'Lord, don't you care that my sister has left me to do the work by myself? Tell her to help me!' 'Martha, Martha,' the Lord

answered, 'you are worried and upset about many things, but few things are needed – or indeed only one. Mary has chosen what is better, and it will not be taken away from her.'

One day Jesus was praying in a certain place. When he finished, one of his disciples said to him, 'Lord, teach us to pray, just as John taught his disciples.' He said to them, 'When you pray, say:

“Father,  
hallowed be your name,  
your kingdom come.  
Give us each day our daily bread.  
Forgive us our sins,  
for we also forgive everyone who sins against us.  
And lead us not into temptation.”

### **A reflection on the word**

### **A prayer for ourselves and others**

#### **A closing thought**

'Lord, this moment is Yours; mine for You, and Yours for me. I need You. I cannot survive without You. And yet so often I have as though I do everything in my own strength. Forgive me. I know that You care for me at all times, and that I am always in Your hands; but I still need to pause and let my heart and spirit be loved by You into loving You again.' (Angela Ashwin)

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If you would like a version of the prayers on CD please contact Stan at info@banchoryeastchurch.co.uk

Let us worship God

Paul wrote to the church at Ephesus:

Out of the treasure of his glory God grant you inward strength through the spirit that through faith Christ may dwell in your hearts in love. Ephesians 3: 16 & 17

Let us pray

God of love

You are the mighty God we praise

yet a loving Father too

kind and merciful

full of goodness and compassion

constantly watching over us and directing our steps.

And so we come and we praise you.

We rejoice that you care for each one of us

that we matter so much to you

that you want to share with us your gift of life

and lead us into a living, loving relationship with you.

Father, Son and Holy Spirit

Receive our praise, but

Teach us to pray as your son prayed.

Teach us to pray early in the morning and during the hours of night

Teach us to pray in times of elation and in times of deepest anguish

Teach us to pray patiently, persistently.

Teach us to pray humbly, graciously.

Teach us to pray with a child like spirit; in love and trust.

Above all lord

with courage and faith at this time.

Jesus taught us to pray:

Forgive us our debts

And so, Lord

We seek your forgiveness for the thoughts

of our hearts, our minds, our bodies,

for the times of pride and selfishness and unforgiveness

for the hurts we have repeated

and the times that we have regretted our actions and words.

Jesus told us to forgive our debtors too

And so Lord we seek your forgiveness too

for those who have lied to us and hurt us,

for those who have taken advantage of us  
and denied us,  
for those we struggle to forgive.

The cross of your Son speaks of the power of your  
forgiving love.

As we receive this afresh today  
help us to offer it to others  
for you are the protector of all who trust in you  
without you nothing is strong,  
nothing is holy.

We ask these things through Jesus Christ our lord  
who lives and reigns with you and the Holy Spirit  
one God now and for ever and ever

AMEN

## **A bible reading to follow**

### **Luke 10: 38-42 - 11: 1-4**

At the home of Martha and Mary: As Jesus and his disciples were on their way, he came to a village where a woman named Martha opened her home to him. She had a sister called Mary, who sat at the Lord's feet listening to what he said. But Martha was distracted by all the preparations that had to be made. She came to him and asked, 'Lord, don't you care that my sister has left me to do the work by myself? Tell her to help me!' 'Martha, Martha,' the Lord answered, 'you are worried and upset about many things, but few things are needed – or indeed only one. Mary has chosen what is better, and it will not be taken away from her.' One day Jesus was praying in a certain place. When he finished, one of his disciples said to him, 'Lord, teach us to pray, just as John taught his disciples.' He said to them, 'When you pray, say:

“Father,  
hallowed be your name,  
your kingdom come.  
Give us each day our daily bread.  
Forgive us our sins,  
for we also forgive everyone who sins against us.  
And lead us not into temptation.”

## **A reflection on the word**

It's quite an unsettling time at the moment.

How are we going to live?

When will it end? These are maybe thoughts in our minds.

How will we look after those we love?

Luke tells us story from Jesus life which may help.

One day Jesus visits his friends Mary and Martha

We know the story well.

Two sisters who look at life very differently.

Mary likes to sit at the feet of Jesus and listen, Martha just has to be active

And when Jesus is around, Martha gets upset at Mary's approach to life. Tell Mary to come and help me she instructs Jesus

Mary sits by herself and listens at Jesus feet.

Martha, Martha, Jesus says. You worry about many things, but only one thing is needed, to choose the good way and that will not be taken from Mary.

Two women who react to an event differently.

It's a story that gets us thinking, doesn't it?

This is not just a visit between friends this is a parable to chew over and think about.

How do we see ourselves in this parable?

This is a story about two ways of believing.

but only one thing is needed?

The two sisters represent two ways of living in the world.

Some call the story

A Father had two daughters.  
I too decided wrote Luke  
Think about the Bible stories you know.  
There are many about a Father who has two sons.  
It's a common biblical image.  
Cain and Abel had different views on how to live life.  
As did Jacob and Esau.  
The lost son and his brother -usually called the prodigal son.  
Then there's the father who calls his two sons to work with him, one promises and  
doesn't appear, while the other says he won't come and then helps out.  
A Father with two sons is a very common teaching story throughout the Bible.  
We are not so familiar, though, with the image of two women, two sisters being used as  
images of the two different ways of living, are we?  
It's surprising, but it shouldn't be.  
This is about God and his people.  
So why should we be surprised when we read a story where women represent how the  
people of God live?  
In all these stories, there are two ways of living.  
Think about the life we live in today.  
How many ways of living do we see?  
All these different ways working out how to get on together.  
Take a moment to think silently about those you know who approach life differently from  
you?

How do you feel? As you think about the coming weeks?

How do you react?

Martha is busy. She represents something of the law abiding, organised way of living.  
She keeps the house tidy and does what is expected of her. She is so busy that she makes  
little, if any, time to hear and act on Jesus message of peace and rest.

By serving God, does she feel responsible for keeping the traditions as pure and correct  
as she can?

Mary seems free spirited. She does not help with the traditions of the house.

She is a disciple of Jesus.

She is keen not to miss a word from her Lord.

Is it a coincidence that her name is Mary? Like the virgin Mary of the Christmas story  
she is open to God's new ways. Nothing is impossible with God.

I will follow you to the city of peace.

We know the feeling. It can be difficult living with people who just see things so  
differently,

And there is nothing wrong with living a traditional life.

All goes well with these sisters until Martha speaks up.

Martha would have continued to cook and serve forever and if she could have done that  
in love. No problem.

Jesus sits in their home radiating love and talking enthusiastically of the father.  
Martha is angry.  
Mary sees it all  
Mary sits at Jesus feet and listens  
Who is this stranger who speaks so differently from the scholars of God and the people of the world?  
He is showing me how to look at the eternal God with new eyes and at people around me and even my self in a new way.  
She drinks his words in.  
Jesus doesn't seem to have any success with changing Martha. She immerses herself in her duties.  
It is easy to hear this story as a Father had two daughters.  
It's easy to see these two daughters as symbols of different people in the world.  
But step back a pace.  
what if these two daughters are in all of us?  
What if there is a Mary and a Martha in each of us?  
Do these ways of living fit so closely together in our lives?  
Jesus as always shows us the way forward with these two behaviours.  
Martha, Martha, he says.  
You worry about many things, but only one thing is needed.  
Mary has chosen the good way, that will not be taken from her.  
Is it always that easy to choose?  
It takes time.  
It takes quietness  
It takes patience  
It takes will  
And it takes Jesus words of peace and love.  
But Luke decides after he has given us this story to remind us that we can always get help through prayer.  
This is how you pray, he said.  
“When you pray, say:  
““Father,<sup>[b]</sup>  
hallowed be your name,  
your kingdom come.<sup>[c]</sup>  
<sup>3</sup>Give us each day our daily bread.  
<sup>4</sup>Forgive us our sins,  
for we also forgive everyone who sins against us.<sup>[d]</sup>  
And lead us not into temptation.<sup>[e]</sup>””  
Take a moment to think silently about those you know who approach life differently from you?

How do you feel?

How do you react?

Martha is busy.

Mary is a disciple of Jesus. She is keen not to miss a word from her Lord.

Only one thing is needed, to choose the good way.

And we discover the good way through prayer.

Amen

### **A prayer for ourselves and others**

Lord the church is your people, not the buildings

So, while the buildings may be closed, we your people still worship you.

Even at this time of uncertainty,

We know you will not let us go.

You allow us deep doubts, but you call us to faith

And so we come.

Faith that allows us to discover more about you and your creation

So We thank you for your love

And the dynamics of faith

That allow doubts to be the springboards of faith.

So in these uncertain times

Help us to rest in your presence.

To wait patiently

To help this we see in need when it is safe for us to do so

In particular today we bring our friends and families to you.

We pray for all the people of your world

For those who are finding things a little difficult

Those struggling to make ends meet in the current situation

People who are sad or sick at home or in hospital

People who would love to visit relatives yet can't

and relatives who would love to be visited yet can't be.

God you do love each person with all our rainbow range of needs

Help those we have mentioned in our prayers to know your love  
And your still calm reassuring presence such that their lives are enriched and fulfilled.  
Which we feel through your son Jesus Christ who taught us when we pray to say...  
Our Father in heaven  
Hallowed be your name.  
Your kingdom come,  
Your will be done,  
On earth as in heaven.  
Give us today our daily bread.  
Forgive us our sins  
As we forgive those  
Who sin against us.  
Save us from the time of trial,  
And deliver us from evil.  
For the kingdom, the power,  
And the glory are yours  
Now and forever.  
Amen.

**A closing thought**

'Lord, this moment is Yours; mine for You, and Yours for me. I need You. I cannot survive without You, but I still need to pause and let my heart and spirit be loved by You into loving You again.' (Angela Ashwin)