

Sunday 14th April 2024: Third Sunday of Easter

For use by the Central Norfolk Circuit at 10.30 am or other suitable time.



StF 148 H&P 575 'Come, let us with our Lord arise' by Charles Wesley (1707 – 1788)

(tune of the Sussex Carol)

Opening Prayer

Think of the past week and say both 'thank you' and 'sorry' to our loving God.

Psalm set for today: Psalm 4

To think about

This is a good biblical text to try and paraphrase in your own words. Take it sentence by sentence and put the meaning in words that you would use. N.B. No-one is sure of the exact meaning of 'Selah' but it is generally accepted to be a musical notation as many psalms using it, like this one, are for a choirmaster or leader of music. Once you have been through the psalm thinking what it means in your own words, say it again as a meditation, using the Selah instruction as a moment to pause as you go along.

Gospel reading set for today: Luke 24 v 36b – 48

StF 338 MP 673 'There is a Redeemer' by Melody Green (b 1946) and Keith Green (1953 – 1982)

Message from a Circuit Friend

Have you ever found yourself waiting to meet someone you haven't seen for a long time and are not too sure if you would recognise them? It once happened to me on Ely Station when after the rush of people following the train's arrival and departure there were only two people left, myself and, as it turned out, the person I'd come to meet. I was left feeling both frustrated, puzzled and apprehensive. I wonder if this reflects some of the emotions the disciples felt when Jesus suddenly turned up, totally unexpected, in their midst. They had seen him die a horrible tortured death, then there had been rumours he was alive. And here he was! I'm not surprised that they felt confused, especially as he demonstrated both his divinity and his humanity. And yet, as always, Jesus was in charge of the situation. He pointed out that he had told them what was going to happen, yet nobody took any notice and when it did happen they put their own spin on it. I wonder how often we do the same – putting our spin on what God must want to happen without pausing to consider what he actually does intend to happen. Jesus made it pretty clear that they had failed to use some of the evidence which would have clarified who he really was and what was happening. Yes, they had the scriptures, but had not read them carefully, or prayerfully enough. I wonder how often we, too, fail to realise that Jesus is alongside us, especially when things get difficult and human emotions can so easily take over. Christianity, in my view, is not a religion, but a relationship with God. That is a relationship we need to cultivate all the time. After all he said that 'I have come that they may have life, and have it to the full'. Let us allow him to fulfil that promise in our lives.

Tony Hey (Local Preacher and member of Holt Methodist Church)

StF 303 H&P 196 'I know that my Redeemer lives' by Samuel Medley (1738 – 1799)

Prayers of Intercession

We pray for our world... for the church... for our communities... for our families & friends...

Offer to God your offertory for the week, and say the Lord's Prayer...

StF 319 MP 77 'Christ triumphant, ever reigning' by Michael Saward (1932 – 2015)

May the blessing of God: Father, Son and Holy Spirit be with us, and all those we love, this day and always, Amen.