**Wednesday of Holy Week**

**Just Be**

**Opening Prayer**

God of Jew and Gentile

Walking the streets of Jerusalem

**YOUR LIFE IS AT RISK**

God of Jew and Gentile

Sharing your food and stories

**YOUR LIFE IS AT RISK**

God of Jew and Gentile

Waiting for someone to betray you

**YOUR LIFE IS AT RISK**

(Ruth Burgess)

**Bible Reading: Psalm 70**

Hasten, O God, to save me;  
    come quickly, Lord, to help me.

**2**May those who want to take my life  
    be put to shame and confusion;  
may all who desire my ruin  
    be turned back in disgrace.  
**3**May those who say to me, “Aha! Aha!”  
    turn back because of their shame.  
**4**But may all who seek you  
    rejoice and be glad in you;  
may those who long for your saving help always say,  
    “The Lord is great!”

**5**But as for me, I am poor and needy;  
    come quickly to me, O God.  
You are my help and my deliverer;  
    Lord, do not delay.

**Reflection** *by Hayley*

A friend shared on Facebook recently: 'This is the Lentiest Lent I have ever Lented'!

I wonder if social isolation and limited food choice could be described as a Lenten fast when it is not through choice? Sacrifices are being made by those who continue to serve the nation but we are also encouraged to see staying in in sacrificial terms - protecting the NHS to save lives. I love the ingenious ways people keep connected with friends, family, and social groups. Even church has worshipped in new ways, each unique to their own context. We have drawn closer together even as we are forced apart. But are we missing an opportunity during lock-down in social isolation for a truly Lenten experience?

Lent, the period of reflective preparation for Easter replicating Jesus' withdrawal into the desert for 40 days has collided with our own withdrawal from the world. Instead of keeping busy learning new things, reaching out through information technology, or distracting ourselves with DIY or TV, which all serve a purpose, could we take a different tack? We are created human beings not human doings: could we 'just be'?

Those home schooling children while attempting to work from home may say 'chance would be a fine thing' but take some encouragement from Susanna Wesley. The mother of ten, including John and Charles, used to put her apron over her head to spend two hours a day reading her bible and praying in peace! Ministers are not immune and have been busy 'doing' church in new ways to respond to the crisis and reforming what 'being' church means. This week Archdeacon Richard has reflected on this very point reminding clergy to 'make space … take time … and be restored'. How we each take time to find our identity in Christ during these uncertain times will be unique but however you find time to 'just be' with God know that in seeking you will rejoice and be glad.

**Time of Prayer** *Spend some time in quiet reflection and prayer,*

*led by the Holy Spirit*

Rejoicing in the power of the Holy Spirit,

let us pray with confidence as our Saviour has taught us:

*All* **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.**

**Lead us not into temptation;**

**but deliver us from evil.**

**For the kingdom, the power**

**and the glory are yours**

**now and for ever. Amen.**

**Song My Song is Love Unknown (Choral version)**

[https://www.youtube.com/watch?v=HMart4wXsI0](about:blank)

**(Modern worship song version)**

[**https://www.youtube.com/watch?v=Z3IfSXlp3m0**](about:blank)

**Closing Prayer**

I give you my time this morning, Lord.

I give you my life today.

I give you my heart in worship, Lord,

For *you* are my God.

And I will forever praise you.

**Amen**.

With your love to enfold us and your peace to uphold us,

**WE GO ON OUR WAY**.

With your word to guide us and your heavenly host to guard us,

**WE GO ON OUR WAY.**

With the fellowship of the Holy Spirit between us, and your blessing on our homes,

**WE GO ON OUR WAY.**

Glory be to God the Father whose love is over us.

Glory be to Jesus whose love shares our human lives.

Glory be to the Holy Spirit alive and powerful as love within us.

To the one God, eternally love, be glory and praise for ever. **Amen**.