



Take my
yoke upon
you, and
learn from
me.... For
my yoke is
easy, and
my burden
is light -
Jesus

Jesus' Stress management strategy

Ross Neville

Leura Uniting church 5th July

This morning

We ask that you prepare yourself for a time of worship.

Prepare a place to just be with God.

This can be assisted by moving away from normal distractions: By lighting a candle to remind yourself of the Holy Spirit's presence; by stilling your thoughts; by focusing on an image passage or icon. ; by being comfortable.

Starting with prayer.

Lord our heavenly Father we come before you now asking you to hear us, speak to us, and let us feel your presence with us in this time.

Psalm 45 (message translation)

A bride and groom preparing to be with God the King

10-12 "Now listen, daughter, don't miss a word:

forget your country, put your home behind you.

Be *here*—the king is wild for you.

Since he's your lord, adore him.

Wedding gifts pour in from Tyre;

rich guests shower you with presents."

16-17 "Set your mind now on sons—

don't dote on father and grandfather.

You'll set your sons up as princes

all over the earth.

I'll make you famous for generations;

you'll be the talk of the town

for a long, long time."

This psalm reminds us we are sons and daughters whose whole purpose is to focus our lives our

ambitions our possessions our country our home on God
I invite each of you to do that now.

Silent meditation

Heavenly Father we confess our weakness, our inconsistency our failure to consider others or to consider you in all our decisions, thoughts and actions.

Forgive us Lord

Help us to be renewed in our efforts to be your disciple.

Jesus promised that if we confess and repent we will be forgiven. So Be assured. You are forgiven.

Sing Hymn

Come as you are TIS 693

***Come as you are that's how I want you. Come as you are feel quite at home
Come as you are, loved and forgiven, come as you are, why stand alone?***

***No need to fear, love sets no limits, no need to fear, love never ends
Don't run away shamed and disheartened,, rest in my love, trust me again***

I came to call sinners, not just the righteous, I came to bring peace, not to condemn

Each time you fail, I live by my promise, why do think, I would love you the less

Come as you are, that's how I love you come as you are, trust me again

Nothing can change the love that I bear you, all will be well, I just come as you are

Bible reading

Matthew 11:16-19 25-30

¹⁶ "To what can I compare this generation? They are like children sitting in the marketplaces and calling out to others:

¹⁷ "'We played the pipe for you,
and you did not dance;
we sang a dirge,
and you did not mourn.'

¹⁸ For John came neither eating nor drinking, and they say, 'He has a demon.'¹⁹

The Son of Man came eating and drinking, and they say, 'Here is a glutton and a drunkard, a friend of tax collectors and sinners.'

But wisdom is proved right by her deeds."

²⁵ At that time Jesus said, "I praise you, Father, Lord of heaven and earth, because you have hidden these things from the wise and learned, and revealed them to little children.

²⁶ Yes, Father, for this is what you were pleased to do.

²⁷ "All things have been committed to me by my Father. No one knows the Son except the Father, and no one knows the Father except the Son and those to whom the Son chooses to reveal him.

²⁸ "Come to me, all you who are weary and burdened, and I will give you rest."²⁹

Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls.

³⁰ For my yoke is easy and my burden is light."

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Message by Ross Neville

Two thoughts form this reading that Jesus is reminding us about human nature.

People cannot recognise the truth that is right in front of them

If People don't want to do something they will find a fault or an excuse for not listening or seeing.

You can't meet with God in church while Covid is on. This means you don't have to meet with God? Where is God now if he's not at church? It doesn't seem feel right worshipping any other way. Church has not been available for 4 months now. So how are you getting on? WE have heard about Zoom church meetings, there are some fantastic church singing on U tube, there are some great messages and services possible on line. But I'm not going to join in! I'll wait until church starts again to worship God!

Umm Sounds a bit like the children Jesus talked about doesn't it?

The other issue Jesus raised was about people being challenged in totally different ways to live differently. Listen and change said John the Baptist. Listen and accept me and the

fullness of life I can give said Jesus.

People wouldn't listen to either . They did what all journalist today look for some character faults to reduce the credibility of the prophet justifying not taking any notice of what they were saying.

On the program t'he Drum' on TV they were discussing the ACT and the SA govt. taking the step of making parliamentary candidates be accountable for telling the truth in pre election publicity. It sounded reasonable to me . But then they started. It is not that simple and straight forward! It came down to the question 'What is truth?' What is the background of the person who made the promise. Lets not do anything!

We should all be made to wear masks to prevent Covid 19.

It all depends on which health official you listen to> Which institution. Well actually, compulsion is taking away civil liberties Lets not do anything!

The severity of the fires in Australia was caused by global warming. Actually, there were 4 events that combined to make the fires so severe in Australia. A prefect fire storm condition.

There were droughts and fire in 1890 -1902 it wasn't global warming then was it?

You can find scientists?? on the internet who will support almost any position. How do you choose?? How do we regulate the internet? Lets not do anything!

Are you getting confused about the truth of things, the wisest decision or choice ,we may have to make personally nationally or internationally.

I feel like Pilate and feel like saying what is the truth?

But Jesus said 'I am the truth'

What is the truth Jesus revealed and taught us?

Mostly About the nature of God. God is Loving, forgiving gracefilled, patiient.....

You can add more things that you know or that Jesus has revealed to you about God.

The reading this morning says God's wisdom will be seen in the results, deeds. And people will then see, know the truth. But that is not always immediately obvious.

what are some of the traits of wisdom?

James 3:17 gives us some ideas. Wisdom is: Full of mercy and good fruit, pure, peaceable, gentle full of compassion, friendly and full of good deeds

BUT

The bible doesn't give us the simple answers we seek because our problems are too complex. Or are they?

OR

If ithe answer is there we don't, can't see it or recognise it.

We have to talk to each other and be guided by the wisdom of our spiritual advisors.

Historically we can see the church has got things wrong, many times in the past.

Burning witches, torturing people in the inquisition, the Holy wars with the Muslims

Well I haven't got the answer for you.

Turn to v23 'Come to me all who are weary and burdened and I will give you rest.'

Don't stress over the events and issues in the world.I can't solve them, you can't solve them ; we can't solve them; We have to trust in God.

Lets do a destress.

I would like to ask you to share **how you come to Jesus**. How do you get the rest Jesus promises to give you.

It could be:

in prayer; listening to music; listening to the quiet; Sittting; walking; lying in bed; reading the bible; getting on your knees; Crying out in distress.....

You may have tried a number of these.

How are you trying to find the truth or God's path with some of the issues you are or our society is facing today.

Maybe you have an issue you have been in a quandary about. recently

WE need to be talking to each other to find out how we each are getting on and how we are managing.

Questions for the Zoom meeting discussion;

What are two issues you are particularly distressed about? Where is the truth in the situation as you see it?

How do you come to Jesus to get your comfort, guidance or reassurance???

Notices John Cox

Prayers for/from the people Annie Cox

Creator God

We come before you today, some scattered, some in isolation and all of us having to keep safe distances, hugging with our elbows. We are living in unprecedented times and we fight a hidden enemy. We are thankful that while life is uncertain we can take comfort knowing you are our Rock and our Refuge, you hear our prayers and are with us in whatever situation we find ourselves.

Rock of Ages.....**hear our prayer.**

We live in a world where all creation is groaning – nature and humans. We pray for those suffering with the virus and those who have lost loved ones and we pray that a vaccination may be discovered and that it may be offered to all countries at an affordable cost. We pray for those people in countries living under oppressive governments where there is abuse of power, discrimination and exploitation of human and natural resources. We pray for those suffering in war torn countries, for the race to arms, and for the rumours of war that we all live with. We also pray that the voices of those working for climate change will be heard by all governments and that they will put aside politics for the health of our planet.

God of Justice and Peace.....**hear our prayer.**

We pray for the leaders of federal, state and local government in our country that they will put aside their ideological differences to work for the good of all. We pray for our fellow countrymen and women who grieve for relatives and friends who have died with the virus, who have lost their jobs and businesses and for the economic hardship and anxiety this has brought about. We pray for those affected by the drought, fires, floods and now the virus that they might find the financial and emotional support that they need. We especially remember and give thanks for our emergency service men and women and essential workers and pray for strength for them to continue to serve not only our communities but may they also have time to be present with own their families. May we not forget that daily they are willing to risk their lives to serve us.

God of Comfort and Mercy.....**hear our prayer.**

We pray for our Leura church and for all faiths throughout the Mountains. We pray for our church leaders in seeking a part time Minister and for future direction. Guide them in their decision making and we give thanks for our retired Ministers who have been serving us over time. We pray for those involved in ministry both inside and outside the church and for each member as we endeavour to follow Christ in our daily lives and interactions with others. We remember those in our congregation who are grieving, who are recovering from operations, those who are experiencing isolation, ill health, difficult relationships and the limitations of ageing. Each one of us has a need for strength, wisdom and peace to manage whatever situation in which we find ourselves. We pause now to lift up those who are heavy on our hearts and also those whose names are in our Bulletin.....

God of Wisdom and Healing.....**hear our prayer**

We give thanks for the gift of life, for the gift of this day, for family and friends, for the privilege of prayer and for the many blessings we have received throughout our lives and we pray now the prayer that Jesus gave us to pray:

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
And forgive us our sins
As we forgive those who have sinned against us.
Save us from the time of trial
And deliver us from evil
For the kingdom, the power and the glory are yours
For ever and ever.....Amen

Hymn 585 I heard the voice of Jesus say

*I heard the voice of Jesus say' come unto me and rest
Lay down O weary one lay down your head upon my breast.
I came to Jesus as I was so weary and worn and sad.*

I found in Him a resting place and he has made me glad.

*I heard the voice of Jesus say ' Behold I freely give the living water; thirsty one ,
Stoop down and drink and live.*

*I came to Jesus and I drank of that life giving stream,
My thirst was quenched , my soul revived and now I live in him.*

*I heard the voice of Jesus say ' I am the dark worlds light
Look unto me Your morn shall rise and all your day be bright'
I looked to Jesus and I found in him my star my sun;
and in that light of life I'll walk till travelling days are done*

Benediction

Go in peace and remember

goodness is stronger than evil;

Love is stronger than hatred

Light is stronger than darkness;

Life is stronger than death.

Victory is ours through Christ who loved us