



The Central Norfolk Methodist Circuit

Sunday 22nd June 2025: 12th Sunday in ordinary time

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

Theme for today is *Listening to God in the silence*

Opening words:

Let us come to God who is the same, yesterday, today and forever.

Let us come to God who makes all things new.

Let us be ready for the changes he has in store.

Hymn StF 157 God has spoken by his prophets

Opening prayers:

Almighty God as we come before you to worship and adore you, we acknowledge your gift to us in sending Jesus to share in human joys and sorrows. As we share together in Churches, at home, or with friends and perhaps alone, we glorify your wonderful name and rejoice that you love us and care for us. We praise you as we remember those who are unable to do this for many reasons but also because they have never heard the Goods News of Jesus.

Silence

Loving God as we rejoice, we are also aware of the wrong things in our lives of the things we bury inside that we are ashamed of. We come before you now acknowledging the things we have done that we regret, the missed opportunities, the times when we could have made such a difference. Forgive us for these things and help us to move on and change.

Silence

Thank you for loving us, forgiving us for our wrong doings and thank you for sending Jesus the greatest gift we could ever be given who died for each one of us. Thank you for loving and caring for us. Amen

StF 513 Take this moment , sign, and space

Bible readings:

Psalm 43

Old Testament 1 Kings 19 v1-15a

Galatians 3 v23-29

Luke 8 26-39

Hymn StF 644 When our confidence is shaken

Reflection Our reflection for this Sunday is brought to us by Aileen Fox one of our Local Preachers

Running away from God! Well I've certainly done it whether it's just been ignoring him or actually refusing to acknowledge that he wants me to do something specific. Elijah believed he had served God and done what God wanted him to do. The reading today follows on from the events of King Ahab and Jezebel and how Elijah had stood up to them and shown that the prophets of Baal were false and he had killed them. Elijah was now fearful and running for his life having been threatened by Jezebel. I am not thinking too much about the awful events I'm really thinking about Elijah and how tired and frightened he was and how he has left his servant and gone alone into a lonely place.

Elijah cries out to God and wants to die but an angel comes to him and gives him food and water and he falls asleep. This happens again and the angel tells him to eat and drink, he must be strong for the journey.

What stands out for me is how he cries out to God, has a conversation with him. The weather is extreme with strong wind causing damage but the words sum up the scene; *but the LORD was not in the wind; and after the wind an earthquake, but the LORD was not in the earthquake; and after the earthquake a fire, but the LORD was not in the fire; and after the fire a sound of sheer silence.*

Elijah stands at the entrance of the cave, and then hears the voice of God asking him what he is doing there. He explains and cries out that he has been zealous and stood up against those who had forgotten the Lord and now he is fearful as the only prophet left. God gives him instructions to go, return to the wilderness of Damascus and anoint Hazael as king over Aram.

Questions to ponder on: Have you ever felt really alone?
Did you pray about the situation?
Did being alone in a quiet place help,
or were you in need of a friend?
Have you been helped by 'angels'?

Several things stand out for me, firstly the Angel. We are all in need of an 'angel' at times and we sometimes don't realise that a friend or even a stranger has been that human 'angel'. The thing is we too can be an 'angel' to someone else if we only look and respond. The other stand out thought for me is that after all the turmoil there was silence and then God's voice. So often when going through turmoil we need to be still and silent and listen for God. He hears our prayers and we need to listen. Amen

Hymn StF 693 Beauty for Brokenness God of the poor

Prayers of Intercession:

Loving God in a world of turmoil with violence, uncertainty and unrest
we pray for a peaceful and just ending to all that is going on.

For all living in fear, we pray that they may have peace and love in their lives.

For the hungry, the sick, the bewildered, the lonely and those grieving
may they know they are loved and cared for by you and that there are 'angels' to help them

We pray for our Churches, communities, loved ones and for ourselves
that we will pause, listen and go out in the name of Jesus showing love, care, hope and joy.

Amen

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

Hymn StF 685 In Christ there is no east or west

Closing Blessing :-

May you know how much you are loved and cared for, that you are special to God.
Whatever the week holds for you go with the blessing of God the Father, God the Son,
and God the Holy Spirit.

Amen.