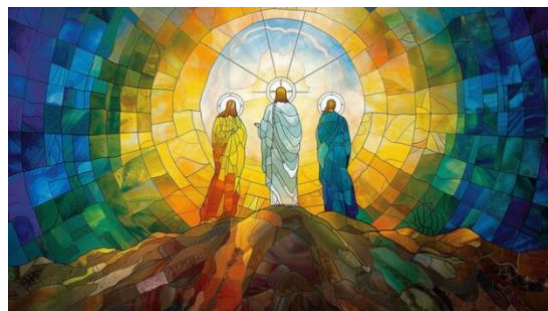




## The Central Norfolk Methodist Circuit



**Sunday 15<sup>th</sup> February 2026: Transfiguration Sunday**

**Theme for today is "The Transfiguration"**

**Prepared by Pippa Cook**

### Opening Words

Jesus, on the mountain peak, stands alone in glory blazing. Let us, if we dare to speak, join the saints and angels praising: Alleluia!

**Hymn StF 21 Born in Song** <https://www.youtube.com/watch?v=2SYaWr7aBRo>

Born in song!  
God's people have always been singing.  
Born in song!  
Hearts and voices raised.  
So today we worship together;  
God alone is worthy to be praised.

Praise to God!  
For he is the one who has made us.  
Praise to God!  
We his image bear.  
Heaven and earth are full of his glory;  
let creation praise him everywhere.

Christ is King!  
He left all the glory of heaven.  
Christ is King!  
Born to share in our pain;  
crucified, for sinners atoning,  
risen, exalted, soon to come again.

Sing the song!  
God's Spirit is poured out among us.  
Sing the song!  
He has made us anew.  
Every member part of the Body;  
given his power, his will to seek and do.

Tell the world!  
All power to Jesus is given.  
Tell the world!  
He is with us always.  
Spread the word, that all may receive him;  
every tongue confess and sing his praise.

Then the end!  
Christ Jesus shall reign in his glory.  
Then the end  
of all earthly days.  
Yet above the song will continue;  
all his people still shall sing his praise.

### Prayers

Father, we come to you with praise and awe. We acknowledge your goodness and generosity to us, and our reluctance to share that generosity with others. We hear your words of encouragement and recognise our failure to speak those words to others. We thank you for the world in which we live and pray that we may be responsible in caring for it. Hear our prayers, we ask, in Jesus' name. Amen

**Hymn StF 157 God has spoken – by his prophets** <https://www.youtube.com/watch?v=RoPiKqKTmbg>

God has spoken by his prophets,  
spoken his unchanging Word;  
each from age to age proclaiming  
God the one, the righteous Lord!  
In the world's despair and turmoil  
one firm anchor still holds fast,  
God is on his throne eternal,  
he alone the first and last.

God has spoken by Christ Jesus,  
Christ the everlasting Son,  
brightness of the Father's glory,  
with the Father, ever one:

spoken by the Word incarnate,  
God, before all time began,  
light of light, to Earth descending,  
Man, revealing God to man.

God is speaking by his Spirit  
speaking to the hearts of men;  
in the age-long Word declaring  
God's own message, now as then.  
Through the rise and fall of nations  
one sure faith is standing fast:  
God abides, his Word unchanging,  
God the first and God the last.

**Reflection**

I wonder what it was like to have met and listened to Jesus as he walked and talked, healed those who were ill and stood up to those who felt threatened by his presence. Maybe I would be proud, and sometimes bewildered, to be selected as part of his group of disciples. How would I feel not to be part of his closest group? A little bit resentful, perhaps, or relieved that I was in a less-demanding position. What must it have been like to be Peter, James or John? Always being taken to one side to hear some deeper thoughts and trying, not always successfully, to make sense of what Jesus was saying.

On this particular day, Jesus took Peter, James and John up a hill and then became 'different'. He looked amazing, bright shining like the sun! And there, talking with Jesus, were two others, Moses and Elijah. Peter, in his usual, impetuous way, became quite excited about what they could do to provide shelters for the prophets and Jesus. Then it all changed. A cloud came over them, accompanied by a voice, and excitement was replaced by fear. Jesus speaks those words, so often heard, 'Don't be afraid.' And then, that final instruction, 'Don't tell anyone what you have seen until the Son of Man has been raised from the dead.' How difficult would that be?

I wonder, would I be a bystander, a closer disciple, or privy to Jesus' most precious moments? Would I be excited, afraid, or reassured, and would I be wanting to tell the world what I have experienced?

**Prayers**

Heavenly Father, we bring to you those for whom we would pray. We think of those who struggle with their day-to-day lives; those who have no food, no shelter, and no news of their family members, either in the midst of conflict or after a natural disaster. We pray for those who struggle to feed their families or keep their homes warm, those who have little or no support from their family or from society.

We pray for all who are tired from caring for others, and those who are tired of living with constant pain and immobility. Give us all hope, we pray, and peace throughout the world.

We bring our prayers together as we pray -

**Lord's Prayer Our Father ...**

**Hymn H&P 158 Stay, Master, stay**      <https://www.youtube.com/watch?v=Cv08lCzRwS0>

Stay, Master, stay upon this heavenly hill;  
A little longer, let us linger still;  
With all the mighty ones of old beside,  
Near to God's holy presence still abide;  
Before the throne of light we trembling stand,  
And catch a glimpse into the spirit land.  
  
Stay, Master, stay! we breathe a purer air;  
This life is not the life that waits us there:  
Thoughts, feelings, flashes, glimpses come and go;  
We cannot speak them, nay, we do not know;  
Wrapped in this cloud of light we seem to be  
The things we fain would grow eternally.

"No!" saith the Lord, "the hour is past," we go;  
Our home, our life, our duties lie below.  
While here we kneel upon the mount of prayer,  
The plough lies waiting in the furrow there!  
Here we sought God that we might know His will;  
There we must do it, serve Him, seek Him still.  
  
If man aspires to reach the throne of God,  
O'er the dull plains of earth must lie the road:  
He who best does his lowly duty here,  
Shall mount the highest in a nobler sphere:  
At God's own feet our spirits seek their rest,  
And he is nearest Him who serves Him best.

## Blessing

May God, our Father, Jesus Christ, our Brother, and the Holy Spirit, our Comforter, guide, us, support us, and be with us today and always. Amen

As we have gathered, so Jesus is here.

As we are connected, so the Spirit unites and inspires us.

As we worship, so the Creator hears our voices and sings with us.

Come, O come, Immanuel. Amen.

### Hymn 489 All I once held dear <https://www.youtube.com/watch?v=Merf00qcQik>

All I once held dear, built my life upon  
All this world reveres, and wars to own  
All I once thought gain I have counted loss  
Spent and worthless now, compared to this

*Knowing you, Jesus  
Knowing you, there is no greater thing  
You're my all, you're the best  
You're my joy, my righteousness  
And I love you, Lord*

Now my heart's desire is to know you more  
To be found in you and known as yours  
To possess by faith what I could not earn  
All-surpassing gift of righteousness

Oh, to know the power of your risen life  
And to know You in Your sufferings  
To become like you in your death, my Lord  
So with you to live and never die

### Prayers:

Hush. Be still. Rest in the House of God. You are welcome here.

Hush. Be still. Come with all you are, the bitter and broken bits, the shining and shimmering parts, the questions and the doubts, the convictions and the certainties.

Hush. Be still. Bow your knees in quiet humility as we confess that we worship together as a community of imperfect people. Listen to God's wisdom for new ways of being.

Hush. Be still. Open your heart to the generous grace of God. Reach out your hands to those who are marginalised, those who are hungry, the naked, the rejected. Let us all worship together, all loved immensely by God.

And now, raise your voice! Sing the praises of our God! Let us worship You, O God! Let us be your righteous ones! Let us be Your people, steadfast and trusting!

Raise your voice in hallelujahs! Loving God, bless our time together as we come together to sing and dance and praise you! God is good, Amen!

**Readings:** Isaiah 58:1-9a; Psalm 112:1-9; 1 Corinthians 2:1-12; Matthew 5:13-20

### Hymn 504 – May the mind of Christ my saviour <https://www.youtube.com/watch?v=gE5fOXSymBc>

May the mind of Christ, my Savior,  
live in me from day to day,  
by His love and power controlling  
all I do and say.

May the word of God dwell richly  
in my heart from hour to hour,  
so that all may see I triumph  
only through His power.

May the peace of God my Father  
rule my life in everything,

that I may be calm to comfort  
sick and sorrowing.

May the love of Jesus fill me  
as the waters fill the sea;  
Him exalting, self-abasing:  
this is victory.

May I run the race before me,  
strong and brave to face the foe,  
looking only unto Jesus  
as I onward go.

## Reflection

Never have we had to be more wary. Nowadays we seem to be surrounded by fakes and scams whether it is on social media, eBay, emails, the internet or phone calls. All of them claiming to be something that they are not; either cheap copies or out and out scams. It is sad when we have to question the veracity of every email, phone call and advert.

The lectionary readings today from Isaiah and Matthew take up that theme. Isaiah was writing at a time of exile in Babylon but was critical of the direction worship and religion had taken. People looked the part; they practiced all the right ceremonies of worship. They fasted and even lay on sackcloth and ashes but inside nothing had changed. They wanted God to act for them but at the same time exploited the poor and helpless and fought amongst themselves.

In Matthew chapter 5, Jesus questions the righteousness of the Pharisees and teachers of the law. Again, they followed every minute law from their scriptures but missed the whole point of why they were doing so. The outward show had not resulted in an inward change. Jesus takes that a lot further in Matthew 23. The woes!

One reason that the church and Christianity are seen as an irrelevance by many today is precisely that. Sexual scandals, abuse by clergy, millionaire preachers and Christian politicians who only care for themselves confirm opinions that the faith they profess is skin deep. It has not made any real difference.

That is why the first part of the Matthew reading is so vital. Jesus tells us that as his followers we are the salt and light of the earth. In other words, we make a real difference to the situations we find ourselves in as we demonstrate God's compassion and love to those around us. As Christians we are how others judge Christ. Has he made a difference to our lives? Are we the real thing?

## Prayer of response and Intercession

Lord, in the dank dreariness of winter we long for warmth and light. In our confusion, we turn to you. We pray for the powerful and the influential, that they may be servants of the common good. In a world of deep fakes and deceptions, we seek your truth, your light, your will for us, your people. Help us to be truly holy, set apart for you in service to others.

Christ our Light

**Make us salt and light for others, so that your Kingdom may come**

Lord, we pray for true peace, not just the absence of war.

We pray for those whose lives are threatened by warfare and aggression. We call to mind the peoples of the places that figure all too often in our news feeds: the people of Ukraine and Russia, of Palestine and Israel, of the Congo and of Sudan... We pray for warmongers and for peacemakers. Change hearts bring your reign of peace and security for all peoples. Enable us to speak out for peace and champion those who are victims of aggressors.

Christ our Light

**Make us salt and light for others, so that your Kingdom may come**

We pray for all farmers and food producers.

We pray for food security for those in lands where crops have failed owing to drought, flood, disease or other disaster. Lord, in a world of plenty, where the rich can gorge on the good things, where some go on diets whilst others stare starvation in the face, when, even in our own area, there are those who must choose between eating or heating, bless the endeavours of relief charities worldwide and those of our local foodbanks and food pantries. Help us to share.

Christ our Light

**Make us salt and light for others, so that your Kingdom may come**

We give thanks for homes to go to places where we feel warm and secure, we pray for the homeless, the rough sleepers and sofa-surfers. We pray for those helped by homelessness charities. We pray for those evicted by uncaring landlords for those for whom rents on habitable properties are unaffordable.

For anyone struggling to find a place in which to live in an unfamiliar town for all who need a new place to call home. Inspire us to welcome newcomers and those who relocate to our communities.

Christ our Light

**Make us salt and light for others, so that your Kingdom may come**

We hold before you, Lord, all who are sick or sorrowing. We think of loved ones lost and those who mourn them. We pray for those undergoing or awaiting medical treatment and for any fearing what tests will reveal. We remember those who care at home for loved ones help us to reach out to all in need, in your name.

Christ our Light

**Make us salt and light for others, so that your Kingdom may come. Amen.**

**The Lord's prayer:**

**Hymn 505 – More like you Jesus**<https://www.youtube.com/watch?v=9hlilji0f2Q>

*More like you, Jesus, more like you,  
Fill my heart with your desire  
To make me more like you  
More like you, Jesus, more like you,  
Touch my lips with holy fire  
and make me more like you.*

Lord, you are my mercy,  
Lord, you are my grace,  
All my deepest sins have  
Forever been erased.  
Draw me in your presence,  
Lead me in your ways,  
I long to bring you glory  
In righteousness and praise.

Lord, you are compassion,  
And never-ending love,  
For you have redeemed me  
by your precious blood.  
Create in me a clean heart,  
A spirit that is new,  
The joy of my salvation  
Is only found in you

**Closing Blessing**

God of all grace, as we go from this space, may we also go with God's grace in our hearts, may we know the love of God in our midst, and may we be inspired by the Spirit, moving through the world, ahead of us, lighting the way,

**Amen.**

Now may the grace of our Lord Jesus Christ, the love of God, and the fellowship of the Holy Spirit be with us now and evermore.