

### WELCOME AND CALL TO WORSHIP:

“I will give them an undivided heart and put a new spirit in them; I will remove from them their heart of stone and give them a heart of flesh. Then they will follow my decrees and be careful to keep my laws” (Ezekiel 11:19-20).

### OPENING PRAYER

Lord, we do indeed bless your holy name, for you are the God who made all things and who sustains all things. In love you gave your Son to be our Saviour and so offer us eternal life. And so, we worship you with our whole heart, mind and strength. **Amen.**

### CONFESSION

Lord, we confess that in common with others we have sinned against you, against one another and against ourselves. Forgive us, Lord, and turn us from evil to good, for your glory's sake. **Amen.**

### ASSURANCE OF PARDON

The Lord offers forgiveness to all who turn away from their sin. He says “You sins are forgiven.” Let us receive his forgiveness and follow him now and always. **Amen.**

### SONGS:

*Now thank we all our God.*

Now thank we all our God,  
with heart and hands and voices,  
who wondrous things has done,  
in whom this world rejoices;  
who from our mothers' arms  
has blessed us on our way  
with countless gifts of love,  
and still is ours today.

O may this bounteous God  
through all our life be near us,  
with ever joyful hearts  
and blessed peace to cheer us;  
and keep us still in grace,  
and guide us when perplexed;  
and free us from all ills,  
in this world and the next.

All praise and thanks to God  
the Father now be given;  
the Son, and him who reigns  
with them in highest heaven;  
the one eternal God,  
whom earth and heaven adore;  
for thus it was, is now,  
and shall be evermore.

Immortal, invisible.

Immortal, invisible, God only wise,  
In light inaccessible hid from our eyes,  
Most blessed, most glorious, the Ancient of Days,  
Almighty, victorious, Thy great name we praise.

Unresting, unchanging, and silent as light,  
Nor wanting, nor wasting, Thou rulest in might;  
Thy justice like mountains high soaring above  
Thy clouds which are fountains of goodness and love.

To all life Thou givest, to both great and small;  
In all life Thou livest, the true life of all;  
We blossom and flourish as leaves on the tree,  
And wither and perish, but nought changeth Thee.

Great Father of Glory, pure Father of Light  
Thine angels adore Thee, all veiling their sight;  
All laud we would render, O help us to see:  
'Tis only the splendour of light hideth Thee.

Immortal, invisible, God only wise,  
In light inaccessible hid from our eyes,  
Most blessed, most glorious, the Ancient of Days,  
Almighty, victorious, Thy great name we praise.

## NOTICES AND TIME OF SHARING

- Next Saturday 8<sup>th</sup> June – maintenance morning

## OFFERTORY

### OFFERTORY PRAYER:

**Gracious Lord, we offer to you all we have and all we are for your kingdom's sake, wherever we come from and wherever we're going. Amen.**

### INTRODUCTION TO THEME.

Is anyone here old enough like me to listen to Radio 4 on a Saturday morning and Saturday Live in particular. Well if you do then you will have heard segment they have on saying "Thank you" to someone who did you a good turn but whom you weren't able to thank at the time, It sounds a bit like this. (PLAY EXCERPT From BBC WEBSITE)

<https://www.bbc.co.uk/sounds/play/p021n64v>

I want you to take a few minutes around your table to discuss a time when someone did you a favour and you were not able to thank them fully at the time.

### READING:

**Jesus Heals Ten Men With Leprosy**

11 Now on his way to Jerusalem, Jesus travelled along the border between Samaria and Galilee. 12 As he was going into a village, ten men who had leprosy[a] met him. They stood at a distance 13 and called out in a loud voice, “Jesus, Master, have pity on us!”

14 When he saw them, he said, “Go, show yourselves to the priests.” And as they went, they were cleansed.

15 One of them, when he saw he was healed, came back, praising God in a loud voice. 16 He threw himself at Jesus’ feet and thanked him—and he was a Samaritan.

17 Jesus asked, “Were not all ten cleansed? Where are the other nine? 18 Has no one returned to give praise to God except this foreigner?” 19 Then he said to him, “Rise and go; your faith has made you well.”

This is the Word of the Lord  
**Thanks be to God**

### **ACTION SONG:**

If you’re thankful and you know it.

If you’re thankful and you know it, praise the Lord. (clap, clap)  
If you’re thankful and you know it, praise the Lord. (clap, clap)  
If you’re thankful and you know it, then your prayers will surely show it,  
If you’re thankful and you know it, praise the Lord. (clap, clap)

If you’re thankful and you know it, praise the Lord. (stomp, stomp)  
If you’re thankful and you know it, praise the Lord. (stomp, stomp)  
If you’re thankful and you know it, then your prayers will surely show it,  
If you’re thankful and you know it, praise the Lord. (stomp, stomp)

If you’re thankful and you know it, praise the Lord. (raise your arms)  
If you’re thankful and you know it, praise the Lord. (raise your arms)  
If you’re thankful and you know it, then your prayers will surely show it,  
If you’re thankful and you know it, praise the Lord. (raise your arms)

If you’re thankful and you know it, praise the Lord. (clap, clap), (stomp, stomp), (raise your arms)  
If you’re thankful and you know it, praise the Lord. (clap, clap), (stomp, stomp), (raise your arms)  
If you’re thankful and you know it, then your prayers will surely show it,  
If you’re thankful and you know it, praise the Lord. (clap, clap), (stomp, stomp), (raise your arms)

### **ACTIVITY AT THE TABLES: for everyone to do.**

Around the table I want you to either make a Thank you card to give to that someone you weren’t able to thank at the time they helped you or to start your own list of things that you need to thank God for all he has done in your life.

## REFLECTION:

Thank you!

How often do we thank someone for what they have done for us. Drivers – do we wave to say thank you when someone lets us out or make a turn in heavy traffic. Cyclists – do we acknowledge other riders, motorists when they give way to us, or leave us enough room especially when going uphill! Do we thank waiters and waitresses when they service us. Do we thank shopkeepers for serving us. Do we thank our service men and women for their service to our country or is that just too American for us Brits. Would we be one of the nine or would we be the one who turned back to Christ to give him thanks? In our reading this morning we heard the incident where Jesus healed ten lepers but only one leper returned to give thanks to Jesus. This shows us how difficult we find it to give thanks to Jesus despite all he has done for us. I am also touched by the fact we are told that the man was a Samaritan. He was one of a despised nation but one which shared a common origin but differed in where they thought God dwelt. Rather than give thanks for the diversity and richness of the ways we can worship God the Jewish leaders and scholars focussed on their differences and used it to erect barriers. Yet here we see a member of this despised race being the only one to recognise Jesus and to thank him for his healing.

God says to give thanks in everything as in 1 Thessalonians 5:18: "Give thanks in all circumstances; for this is the will of God in Christ Jesus for you." Then we too have things we are thankful for a job that allows us to pay our bills, work that is satisfying and rewarding beyond simply financial such as teachers, nurses and doctors, a country where we have the freedom to express ourselves, for our spouses or partners, for our children and our families, for our friends. Ah yes but I hear you say that's all well and good when things are going well but what about when things are not going so well? God says to give thanks in everything. "That doesn't mean you need to give thanks FOR everything. You don't need to give thanks FOR that bad day. Or FOR that bad relationship. Or being passed over at work. Financial hardship. Whatever it is – you are not to give thanks FOR the difficulties, but rather IN the difficulties." (Tony Evans American preacher).

Rick Warren at Saddleback Church put it this way "In happy moments, PRAISE GOD. In difficult moments, SEEK GOD. In quiet moments, WORSHIP GOD. In painful moments, TRUST GOD. Every moment, THANK GOD."

CS Lewis said, "We ought to give thanks for all fortune: if it is good, because it is good, if bad, because it works in us patience, humility and the contempt of this world and the hope of our eternal country." Therefore I say We can give thanks in anything because Jesus Christ is Lord and He has overcome the world! See John 16:33

It is perhaps easier to thank people when they have done something nice like give us a present, but do we recognise God's gifts to us. JAMES 1:17 Every good and perfect gift is from above, coming down from the Father of the heavenly lights, who does not change like shifting shadows. Do we take the time to thank God for all the good and perfect gifts he has given us or do we get so busy we forget to say it.

We have many things to be thankful for that perhaps we ought to take time to note down those things we were thankful for so that when times are not so good we can recognise what we have rather than what we don't have. That's where our list of things we are thankful for come in handy in helping us, in the chaos of modern life, to acknowledge what we have, where it has come from, i.e. God, and be grateful for his bounty to us. Those two words bear a common root thankfulness is something we might express when someone gives us a present and we say thank you, gratefulness is something we express when we recall our friends love for us in giving us the present in the first place we are grateful for their friendship and we act out of that gratitude and send them a personal thank you note or return the favour and give them a gift to let them know they are appreciated and loved. Gratitude also helps us accept we have been blessed and have received sufficient to our needs (note needs not wants); it helps us to be happy with our lot. According to research at John Hopkins in America, there is a direct correlation between a positive attitude and your mental health. Their research showed that such positivity can even improve your physical health. So noting things to be thankful for can be good for our physical and mental health. "Gratitude unlocks the fullness of life. It turns what we have into enough and more. It turns denial into acceptance, chaos to order, and confusion into clarity. It can turn a meal into a feast, a house into a home, a stranger into a friend. Gratitude makes sense of our past, brings peace for today, and creates a vision for tomorrow" (Beattie, 1990). I wish those were my words, but I have borrowed them from an American psychologist. In particular I like the sentence that says, It (that is gratitude) can turn a meal into a feast, a house into a home, a stranger into a friend. So do yourselves a favour make that list of things you need to thank God for, even if like on Saturday Live you did not have the chance to at the time.

When we have our list then we can thank God with a grateful heart for all he has given us. As the poet Elizabeth Barrett- Browning wrote *How do I love thee? Let me count the ways.* Our "Thank You" list, counts the ways God shows he love us. "Genuine thankfulness is an act of the heart's affections, not an act of the lips' muscles." – again borrowed from an American preacher John Piper

So as Paul wrote to the church in Philippi "Do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God." Philippians 4:6. We don't know what the future holds for us but we can be sure in all things God is with us, we can recognise his gifts to us in the past, the present and we look forward to his future gifting to us. Let us remember though to thank him for those gifts.

**Amen**

### **PRAYER AFTER MESSAGE**

Lord, we thank you for all you have done for us and that you have written your laws on our hearts by the work of your Spirit. Help us, Lord, to walk in your ways however old or young we may be. In Jesus' name. **Amen.**

### **THE LORD'S PRAYER**

**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.**

### **CLOSING SONG:**

Praise to the LORD, the Almighty, the King of Creation  
Praise to the Lord, the Almighty, the King of creation!  
O my soul, praise him, for he is your health and salvation!  
Come, all who hear; now to his temple draw near,  
join me in glad adoration.

Praise to the Lord, above all things so wondrously reigning;  
sheltering you under his wings, and so gently sustaining!  
Have you not seen all that is needful has been  
sent by his gracious ordaining?

Praise to the Lord, who will prosper your work and defend you;  
surely his goodness and mercy shall daily attend you.  
Ponder anew what the Almighty can do,  
if with his love he befriends you.

Praise to the Lord! O let all that is in me adore him!  
All that has life and breath, come now with praises before him.  
Let the Amen sound from his people again;  
gladly forever adore him.

### **CLOSING PRAYER AND BLESSING**

As we take our worship, praise, and prayer from this place and into our daily lives, with thanksgiving in our hearts we ask that our lives be sustained through the love of our Heavenly Father. May we feel the presence of our Saviour walking beside us and know the power of the Spirit in both our actions and our words. **Amen.**

And the blessing of God Almighty, the Father, the Son and the Holy Spirit be among you and remain with you always. **Amen.**

Go in peace to love, serve and share the Lord  
**In the name of Christ. Amen.**