

# REFRESH The Four pm Service

Gather, Connect, Engage - *words in bold spoken by everyone*

\* **Gather with God's community** (*led by Skye*)

We gather around the symbol of the Cross

By the Cross of Christ – **We are forgiven**

By the Cross of Christ – **We are restored**

By the Cross of Christ – **We are reconciled**

The Rainbow is sign given by God and reminds us of

- **His love for the world, his justice and his mercy**

## *Praise Songs*

1 Jesus is Lord! Creation's voice proclaims it,  
for by His power each tree and flower was planned and made.  
Jesus is Lord! The universe declares it;  
sun, moon and stars in heaven cry: 'Jesus is Lord!'

*Jesus is Lord! Jesus is Lord!*

*Praise Him with hallelujahs, for Jesus is Lord!*

2 Jesus is Lord! Yet from His throne eternal  
in flesh He came to die in pain on Calvary's tree.  
Jesus is Lord! From Him all life proceeding,  
yet gave His life a ransom thus setting us free.

*Jesus is Lord . . .*

3 Jesus is Lord! O'er sin the mighty conqueror,  
from death He rose and all His foes shall own His name.  
Jesus is Lord! God sends His Holy Spirit  
to show by works of power that Jesus is Lord.

*Jesus is Lord . . .*

Words and music: David J Mansell

Come and praise him, royal priesthood  
Come and worship, holy nation,  
worship Jesus, our Redeemer,  
He is precious, King of glory.

Words & Music A Carter

Open our eyes, Lord, we want to see Jesus  
to reach out and touch Him, and say that we love Him.  
Open our ears, Lord, and help us to listen:  
Open our eyes, Lord, we want to see Jesus.

Words & Music R. Cull

- 1 I am the bread of life;  
he who comes to Me shall not hunger;  
he who believes in Me shall not thirst.  
No-one can come to Me unless the Father draw him.  
*And I will raise him up,  
and I will raise him up,  
and I will raise him up  
on the last day.*
- 2 The bread that I will give  
is My flesh for the life of the world;  
and he who eats of this bread,  
he shall live for ever, he shall live for ever.  
*And I will raise . . .*
- 3 I am the Resurrection,  
I am the Life;  
he who believes in Me,  
even if he die, he shall live for ever.  
*And I will raise . . .*
- 4 Yes, Lord, we believe  
that You are the Christ,  
the Son of God,  
who has come into the world.  
*And I will raise . . .*

Words and music: S Suzanne Toolan

\* **Connect with God's Word** (led by Lucy)

Bible reading from Mark 6: 30-44 - **Feeding the 5000**

*Reflection on the Word*

*Song*

**My Lighthouse**

In my wrestling and in my doubts  
In my failures You won't walk out  
Your great love will lead me through  
You are the peace in my troubled sea  
You are the peace in my troubled sea  
In the silence, You won't let go  
In the questions, Your truth will hold  
Your great love will lead me through  
You are the peace in my troubled sea  
You are the peace in my troubled sea

*My lighthouse, my lighthouse  
Shining in the darkness. I will follow  
You*

*My lighthouse, my lighthouse*

*I will trust the promise*

*You will carry me safe to shore (oh-  
oh-oh-oh-oh)*

*Safe to shore (oh-oh-oh-oh-oh)*

*Safe to shore (oh-oh-oh-oh-oh)*

*Safe to shore*

I won't fear what tomorrow brings  
With each morning I'll rise and sing  
My God's love will lead me through  
You are the peace in my troubled sea  
You are the peace in my troubled sea

*My lighthouse, my lighthouse  
Shining in the darkness, I will follow  
You*

*My lighthouse, my lighthouse*

*I will trust the promise*

*You will carry me safe to shore (oh-  
oh-oh-oh-oh)*

*Safe to shore (oh-oh-oh-oh-oh)*

*Safe to shore (oh-oh-oh-oh-oh)*

*Safe to shore*

Fire before us, You're the brightest  
You will lead us through the storms  
Fire before us, You're the brightest  
You will lead us through the storms  
Fire before us, You're the brightest  
You will lead us through the storms  
Fire before us, You're the brightest  
You will lead us through the storms  
Fire before us, You're the brightest  
You will lead us through the storms

*My lighthouse, my lighthouse*

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## \* Engage with God's world: Intercessions

1. Brother, sister, let me serve you;  
let me be as Christ to you;  
pray that I may have the grace to  
let you be my servant too.
2. We are pilgrims on a journey,  
and companions on the road;  
we are here to help each other  
walk the mile and bear the load.
3. I will hold the Christlight for you  
in the nighttime of your fear;  
I will hold my hand out to you,  
speak the peace you long to hear.
4. I will weep when you are weeping;  
when you laugh, I'll laugh with you;  
I will share your joy and sorrow,  
till we've seen this journey through.
5. When we sing to God in heaven,  
we shall find such harmony,  
born of all we've known together  
of Christ's love and agony.
6. Brother, sister, let me serve you;  
let me be as Christ to you;  
pray that I may have the grace to  
let you be my servant too.

Words and music: R Gillard

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Christ behind us in all our yesterdays  
Christ with us in our today  
Christ before us in all of our  
tomorrows

Alpha and Omega, Christ, Lord of all  
**By the Cross of Christ,**  
**May God guard and keep us. Amen**

*The Grace (said together)*

**May the grace of our Lord Jesus Christ, and the love of God, and the  
fellowship of the Holy Spirit be with us all and evermore. Amen.**

Go in the peace of Christ. **Thanks be to God**

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