



## Resources for Worship

“Be strong and courageous. Do not be afraid or terrified because of them, for the Lord you God goes with you: he will never leave you nor forsake you.”

Deuteronomy Chapter 31 verse 6

As Christians, followers of Jesus, looking after our relationship with God is going to be really important in this time of turmoil and sudden change. For many families, sadly, this could become a time of loss, and there will be days when we'll need to know God's comfort to sustain us as well.

Each of us will have our own preferred way of connecting with God at this time, depending on our situation and circumstances, our different rhythms of life and our personalities. And we'll have questions of course. There are many ways to hear God's voice and to know his presence, so here are just a few of them. Hopefully in this list there'll be something you find helpful.

### **Time and Space**

If you can, try and have a space, a personal place in your home or where you are, where you can pause in the presence of God. Many of us have a favourite pew or seat in Church, this is the same for our homes. It can also be helpful to have a regular time each week, or maybe even each day, when we set aside the other things we're doing to focus on God. We don't have to spend a long time in this place, and for some of us getting started can be the hardest step of all. Don't worry, it takes time to settle into a new rhythm, but it will be worth it.

### **Pray**

When Jesus' friends, the disciples, asked him to teach them to pray, he shared with them the words we know as the Lord's Prayer. If you're not used to praying at home, or on your own, it can be really helpful:

“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.”

Saying a prayer and pausing for a bit of quiet can be the best way to begin our time with God. If you'd like us to pray for you, do give us a call on 01642 657034 or 07803 137104. Please leave a message if we're not able to get to the phone. We can pray with you on the phone if that would be helpful. You can also contact us via email, [admin@billinghamcofe.org.uk](mailto:admin@billinghamcofe.org.uk) or join us on our Facebook page.

## **Bible**

Reading the Bible is always worthwhile. God has given us his word written to nourish us and encourage us. Not all the Bible makes for easy reading, and some passages can seem more relevant than others, but I've learned that to keep going in reading a passage of the Bible each day really helps me walk with Jesus. If you don't have daily Bible notes to follow, then a simple Bible reading plan can be a great resource. Do a search on the internet or look for Bible App's. Or if you need help, we can help you sign up to receive a study guide which will be helpful to you.

## **Keeping in touch**

There are several ways to keep in touch at this time: if you have the internet, then our Web page is a useful place to start [www.billinghamcofe.org.uk](http://www.billinghamcofe.org.uk) or you could join us on our Facebook page search for Billingham Team Parish. There is also or telephone numbers 01642 657034 or 07803 137104 or email [admin@billinghamcofe.org.uk](mailto:admin@billinghamcofe.org.uk). Please pass the telephone number around those who do not have internet access.

We'll be posting resources for Worship on our Website and Facebook page and will also be doing live Morning and Evening prayer on Facebook. If you want to receive these resources electronically by email do let us know your email address, or we can currently post things to you as well. If you know someone who'd like to receive thing's we are happy to send items out to people not currently connected to Billingham Team parish if it is helpful for them at this time.

## **Resources for Worship**

We are providing simple Morning and Evening prayer on our Facebook page and to help those who don't have access to this we have a simple sheet that can be sent out that will allow people to do Morning and Night prayer in their homes.

We are also being encouraged to pray as a nation for our nation, setting aside a few minutes every Sunday evening at 7pm for this. If you have a candle at home light it and put it in your window when you do this.

## **Radio and TV**

Radio has long been the perfect way to feel connected. For early risers, BBC Radio 4 has Prayer for the Day at 5.43am for two minutes each day (longer on Sundays). There is also Sunday Worship at 8.10am. If you have DAB radio you could look up UCB and Premier Radio.

BBC has a Sunday Morning Service for half an hour at 11.30am and Songs of Praise at 1.15pm.

## **Internet and on-line**

There is so much on the internet that searching for Christian Worship Resources can be overwhelming. The best advice can be to settle on some you find helpful and use them regularly for a bit before changing. We are doing live-streaming from Billingham Team Parish on our Facebook page at 9am and 8pm every day. If you have an Alexa or Google device why not ask it to play Christian music for you. Or even try Christian speakers.

Hopefully there's something in this list that you'll find helpful. Do keep in touch.

Rev Richard and Rev Paul