

# Be Still



## A Quiet Morning

### **Welcome and Tea/Coffee**

### **Introduction 9.35 - 10.00**

Introduction to the morning

Song: "Be Still"

Meditation on Mark 4.35-41

Opening Prayer

Teaching: *Do not fret ...*

### **Quiet Space 10.00 - 10.50**

### **Refreshments 10.50 - 11.10**

### **Teaching 11.10 - 11.20**

*"Know that I am God"*

### **Quiet Space 11.20 - 12.10**

### **Concluding prayers 12.10 - 12.30**

Optional feedback from the quiet times

Anointing

Song: "In Christ Alone"

Closing Prayer: Ephesians 3.14-21

Be still, for the presence of the Lord,  
The Holy One is here.

Come, bow before Him now,  
With reverence and fear.

In Him no sin is found.

We stand on holy ground.

Be still, for the presence of the Lord,  
The Holy One is here.

Be still, for the glory of the Lord  
Is shining all around.

He burns with holy fire,

With splendour He is crowned.

How awesome is the sight:

Our radiant King of light!

Be still, for the glory of the Lord  
Is shining all around.

Be still, for the power of the Lord  
Is moving in this place.

He comes to cleanse and heal,

To minister His grace.

No work too hard for Him:

In faith receive from Him.

Be still, for the power of the Lord  
Is moving in this place.

Be still before the Lord, all mankind.

**All: Because he has roused himself from his holy dwelling.**



Then he got into the boat and his disciples followed him. A furious squall came up, and the waves broke over the boat, so that it was nearly swamped. Jesus was in the stern, sleeping on a cushion. The disciples woke him and said to him, Teacher, don't you care if we drown? He got up, rebuked the wind & said to the waves Quiet! Be still! Then the wind died down and it was completely calm. He said to his disciples, Why are you so afraid? Do you still have no faith? They were terrified and asked each other, Who is this? Even the wind and the waves obey him!

Ascribe to the Lord the glory due to his name;

**All: worship the Lord in the splendour of his holiness.**

The voice of the Lord is over the waters; the God of glory thunders,

**All: the Lord thunders over the mighty waters.**

The voice of the Lord is powerful; the voice of the Lord is majestic.

**All: And in his temple all cry, Glory!**

The Lord sits enthroned over the flood;

**All: the Lord is enthroned as King for ever.**

The Lord gives strength to his people

**All: the Lord blesses his people with peace.**

Lord, set your blessing upon us as we begin this time together.

**All: Confirm us in the truth by which we rightly live;**

**confront us with the truth from which we wrongly turn.**

**We ask not for what we want,**

**but for what you know we need,**

**as we offer this time and ourselves to you.**

**Bring us to the close of this morning**

**blessed through having shared together. Amen.**

In Christ alone my hope is found,  
He is my light, my strength, my song;  
this cornerstone, this solid ground,  
firm through the fiercest drought and storm.  
What heights of love, what depths of peace,  
when fears are stilled, when strivings cease!  
My comforter, my all in all,  
here in the love of Christ I stand.

In Christ alone – who took on flesh,  
fullness of God in helpless Babe!  
This gift of love and righteousness,  
scorned by the ones he came to save  
till on that cross as Jesus died,  
the wrath of God was satisfied,  
for every sin on Him was laid;  
here in the death of Christ I live.

There in the ground his body lay,  
light of the world by darkness slain,  
then, bursting forth in glorious day,  
up from the grave He rose again!  
And as he stands in victory  
sin's curse has lost its grip on me,  
for I am His and He is mine –  
bought with the precious blood of Christ.

No guilt in life, no fear in death,  
this is the power of Christ in me;  
from life's first cry to final breath,  
Jesus commands my destiny.  
No power of hell, no scheme of man  
can ever pluck me from His hand;  
till He returns or calls me home,  
here in the power of Christ I'll stand!