

**At Home Service Sunday January 9<sup>th</sup> 2022.**  
**Our Resolutions but God's Promises.**

Welcome to this time of worship & meditation. The format is slightly different this week as the reflection then leads onto a number of Bible verses for reading and meditation. Today's focus is on the many and wonderful promises of God contained in the Bible to bring us encouragement, guidance, strength and hope no matter what our circumstances may be.

**Prayer:** Loving Heavenly Father. Thank you for this time of worship. Please come Holy Spirit and be with me. Settle my busy mind to rest a while with you. Please help my eyes to see you & my ears to hear your word for me today. Amen.

The Lords Prayer.

**Hymn:** Standing on the promises of Christ my king,  
Through eternal ages let His praises ring,  
Glory in the highest, I will shout and sing,  
Standing on the promises of God.

*Refrain*

*Standing, standing,  
Standing on the promises of God my Saviour;  
Standing, standing,  
I'm standing on the promises of God.*

Standing on the promises that cannot fail,  
When the howling storms of doubt and fear assail,  
By the living Word of God I shall prevail,  
Standing on the promises of God.

*Refrain*

Standing on the promises I now can see  
Perfect, present cleansing in the blood for me;  
Standing in the liberty where Christ makes free,  
Standing on the promises of God.

*Refrain*

Standing on the promises of Christ the Lord,  
Bound to Him eternally by love's strong cord,  
Overcoming daily with the Spirit's sword,  
Standing on the promises of God.

*Refrain*

Standing on the promises I cannot fall,  
Listening every moment to the Spirit's call  
Resting in my Saviour as my all in all,  
Standing on the promises of God.

*Refrain*

**Prayers for others:**

Father God, thank you for the privilege of being able to come before your throne of grace. Today I bring to you my prayers for those I know are in need of a healing touch from you. As I name them before you, may they know your peace, strength and healing, right now in the precious and powerful name of Jesus. Amen I think of the world around me. Those who are hungry, cold, lonely, afraid, through war, greed or neglect. May they know your protection, peace, strength & hope by the power of your Holy Spirit & working through those who love and serve you. Amen

We continue to pray for the work of Fast Romania & Mind the Gap Africa. Bless & guide Daniel, Ema, Alina & Avram in Romania, Jenny & all her family and house mothers in Bulawayo, protect them all from the effects of Covid. Amen

### Reflection:

I wonder, are you someone who likes to make New Years Resolutions? Apparently the top 10 resolutions for 2022 are (looking back at previous years, they are all much the same):

- 1) Exercise more
- 2) Lose weight
- 3) Get organized
- 4) Learn a new skill or hobby
- 5) Live life to the fullest
- 6) Save more money / spend less money
- 7) Quit smoking
- 8) Spend more time with family and friends
- 9) Travel more
- 10) Read more.

A 'New Year's Resolution' can be defined as; 'a promise that you make to yourself to start doing something good or stop doing something bad on the first day of the year.' And so, my next question has to be, given that we are just over a week into 2022, how is it going? Are you just as motivated as when you first started, or is the novelty wearing off? Is the reality of trying to stick with something for a whole year rather less appealing than it seemed such a short time ago?

Just over a year ago I 'resolved' to listen to Nicky Gumble's 'Bible in a Year'. I decided that I would be more likely to achieve listening rather than reading as I'm not a great reader at the best of times. I have really enjoyed the App. Learning as I go along, enjoying Nicky's brief commentaries on each section. Yes, I'm still going as I have fallen about two months behind!

When we rely on our own strengths and abilities, to navigate through this topsy-turvy world, we are very prone to failure.

When it comes to making promises, I'm particularly cautious, as over the years, sadly I have made and broken more than I care to remember.

What can we rely on as we embark on another year?

The Bible Gateway defines 5467 promises of God in the Bible.

A promise is an assurance that a particular thing will happen. The promises of God in the Bible are just that. He gives us promises that we can stand on. God is perfect and He doesn't lie. He will never fail us like the things on this earth do.

God's promises are Truth and we can rest in them. We can claim these promises in faith and trust that God will supply every one of our needs.

The promises in the Bible are written for us. The Bible is full of examples of God's faithfulness and His promises have never failed. Paul makes it clear in the Bible that we can hold onto God's promises to us because we are in the family of God.

*"For no matter how many promises God has made, they are "Yes" in Christ. And so through him, the "Amen" is spoken by us to the glory of God." 2 Corinthians 1:20 NIV*

Here are just a few of God's promises to us, as you read them, meditate on them and pray over them many you know God's blessing, encouragement & guidance today and throughout the coming year. Anna

And my God will supply every need of yours according to his riches in glory in Christ Jesus. Philippians 4:19  
For I know the plans I have for you, declares the Lord, plans for welfare and not for evil, to give you a future and a hope. Jer 29:11

Fear not, for I am with you; be not dismayed, for I am your God; I will strengthen you, I will help you, I will uphold you with my righteous right hand. Isa 41:10

Fear not, for I am with you; be not dismayed, for I am your God; I will strengthen you, I will help you, I will uphold you with my righteous right hand. John 3:16

If we confess our sins, he is faithful and just to forgive us our sins and to cleanse us from all unrighteousness. 1 John 1:9

Delight yourself in the Lord, and he will give you the desires of your heart. Psm 37:4

When you pass through the waters, I will be with you; and through the rivers, they shall not overwhelm you; when you walk through fire you shall not be burned, and the flame shall not consume you. Isa 43:2

Do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus. Finally, brothers, whatever is true, whatever is honourable, whatever is just, whatever is pure, whatever is lovely, whatever is commendable, if there is any excellence, if there is anything worthy of praise, think about these things. What you have learned and received and heard and seen in me—practice these things, and the God of peace will be with you. Phil 4:6-9

Peace I leave with you; my peace I give to you. Not as the world gives do I give to you. Let not your hearts be troubled, neither let them be afraid. Jn14:27

But they who wait for the Lord shall renew their strength; they shall mount up with wings like eagles; they shall run and not be weary; they shall walk and not faint. Isa 40:31

No weapon that is fashioned against you shall succeed, and you shall confute every tongue that rises against you in judgment. This is the heritage of the servants of the Lord and their vindication from me, declares the Lord.” Isa 54:17

Come to me, all who labour and are heavy laden, and I will give you rest. Take my yoke upon you, and learn from me, for I am gentle and lowly in heart, and you will find rest for your souls. Mat 11:28-29

Be strong and courageous. Do not fear or be in dread of them, for it is the Lord your God who goes with you. He will not leave you or forsake you.” Deut 31:6

Jesus said to her, “I am the resurrection and the life. Whoever believes in me, though he dies, yet shall he live, and everyone who lives and believes in me shall never die. Do you believe this?” Jn11: 25-26

And this is the promise that he made to us—eternal life. 1 John 25.

Then I saw a new heaven and a new earth, for the first heaven and the first earth had passed away, and the sea was no more. And I saw the holy city, new Jerusalem, coming down out of heaven from God, prepared as a bride adorned for her husband. And I heard a loud voice from the throne saying, “Behold, the dwelling place of God is with man. He will dwell with them, and they will be his people, and God himself will be with them as their God. He will wipe away every tear from their eyes, and death shall be no more, neither shall there be mourning, nor crying, nor pain anymore, for the former things have passed away.” And he who was seated on the throne said, “Behold, I am making all things new.” Also he said, “Write this down, for these words are trustworthy and true.” ... Rev21.

Not one word of all the good promises that the Lord had made to the house of Israel had failed; all came to pass. Jos 21:45

### **Hymn:**

Blessed assurance, Jesus is mine!  
Oh, what a foretaste of glory divine!  
Heir of salvation, purchase of God  
Born of his Spirit, washed in His blood  
This is my story, this is my song  
Praising my Saviour all the day long  
This is my story, this is my song  
Praising my Saviour all the day long  
Perfect submission, perfect delight  
Visions of rapture now burst on my sight  
Angels descending bring from above  
Echoes of mercy, whispers of love  
This is my story, this is my song  
Praising my Saviour all the day long  
This is my story, this is my song  
Praising my Saviour all the day long  
Praising my Saviour all the day long.

**Blessing:** Now to him who is able to keep you from stumbling and to present you unblemished in his glorious presence and with joy, to the only God our Saviour be glory, majesty, dominion, and authority through Jesus Christ our Lord before all time, and now, and for all eternity. Amen