

**Sunday 25 May 2025**

# **Morning Service**

**Who's going to help me?**

**Psalm 121**

**Rev Phil Hair**

**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,  
brothers and sisters, draw near,  
praise Him in glad adoration.**

**Praise to the Lord,  
above all things so mightily reigning;  
keeping us safe at His side,  
and so gently sustaining.**

**Have you not seen  
all you have needed has been  
met by His gracious ordaining?**

**Praise to the Lord,  
who shall prosper our work and defend us;  
surely His goodness and mercy  
shall daily attend us.**

**Ponder anew what the Almighty can do,  
who with His love will befriend us.**

**Praise to the Lord,  
who, when darkness and sin are abounding,  
who, when the godless are rampant,  
all goodness confounding,  
breaks forth as light,  
scatters the terrors of night,  
saints with His mercy surrounding!**

**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 we praise and adore Him.**

**Joachim Neander, Tr. Catherine Winkworth and Percy Dearmer**

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**Prayer**

## Psalm 121

**I lift up my eyes to the hills.**

**From where does my help come?**

**<sup>2</sup> My help comes from the LORD,**

**who made heaven and earth.**

## Psalm 121

**<sup>3</sup> He will not let your foot be moved;**

**he who keeps you will not slumber.**

**<sup>4</sup> Behold, he who keeps Israel**

**will neither slumber nor sleep.**

## Psalm 121

**<sup>5</sup> The LORD is your keeper;  
the LORD is your shade  
on your right hand.**

**<sup>6</sup> The sun shall not strike  
you by day,  
nor the moon by night.**

**<sup>7</sup> The LORD will keep you  
from all evil;  
he will keep your life.**

## Psalm 121

**<sup>8</sup> The LORD will keep your  
going out and your  
coming in  
from this time forth and  
for evermore.**

**Jesus said that if I thirst  
I should come to Him.  
No one else can satisfy,  
I should come to Him.**

**Jesus said, if I am weak  
I should come to Him.  
No one else can be my strength,  
I should come to Him.**

**For the Lord is good and faithful,  
He will keep us day and night.  
We can always run to Jesus,  
Jesus, strong and kind.**

**Jesus said that if I fear  
I should come to Him.  
No one else can be my shield,  
I should come to Him.**

**For the Lord is good and faithful,  
He will keep us day and night.  
We can always run to Jesus,  
Jesus, strong and kind.**

**Jesus said, if I am lost**

**He will come to me.**

**And He showed me on that cross**

**He will come to me.**

**For the Lord is good and faithful,  
He will keep us day and night.  
We can always run to Jesus,  
Jesus, strong and kind.**

**For the Lord is good and faithful,  
He will keep us day and night.  
We can always run to Jesus,  
Jesus, strong and kind.**

**Colin Buchanan, Michael Farren, Jonny Robinson and Rich Thompson**

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**Prayer**

**O the love of God is boundless  
perfect, causeless, full and free!**

**Doubts have vanished,**

**fears are groundless,**

**now I know that love to me.**

**Love, the source of all my blessing,**

**love that set itself on me,**

**love, that gave the sinless victim,**

**love, told out at Calvary.**

**O the cross of Christ is wondrous!  
There I learn God's heart to me  
'midst the silent, deep'ning darkness  
'God is light' I also see.  
Holy claims of justice finding  
full expression in that scene;  
light and love alike are telling  
what His woe and suff'ring means.**

**O the sight of heav'n is glorious!  
Man in righteousness is there.  
Once the victim, now victorious,  
Jesus lies in glory fair!  
Him, who met the claims of glory  
and the need of ruined man  
on the cross, O wondrous story!  
God has set at His right hand.**

**O, what rest of soul in seeing  
Jesus on His Father's throne!  
Yes, what peace for ever flowing  
from God's rest in His own Son!  
Gazing upward into heaven,  
reading glory in His face,  
knowing that 'tis He, once given  
on the cross to take my place.**

**Graham Kendrick © 2001 Make Way Music**

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A landscape photograph of layered mountains at sunset or sunrise. The sky is a gradient of orange and red, transitioning to a darker blue at the top. The mountains are silhouetted against the sky, with the foreground mountains being dark blue and the background mountains being lighter and more hazy. The text "PSALM 121" is overlaid in the center in a white, serif font.

PSALM 121

**Prayer**

**Unto the hills around me I lift up  
my longing eyes;  
from where for me shall my salvation come,  
my help arise?  
From God the Lord shall come my certain aid,  
from God the Lord,  
who heaven and earth has made.**

**Your God will never let your footsteps stray,  
His grasp is sure;  
He will not sleep, but holds your life in His;  
you are secure:  
God never slumbers; He is always there,  
and keeps His people in His holy care.**

**God is the Lord, your stronghold and defence,  
your shield and shade;  
He will protect by His almighty power  
the life He made:  
no sun shall harm you  
from its noonday height;  
nor moon afflict you in the silent night.**

**From every evil He shall keep your soul,  
from every sin;  
God shall preserve your life as you go out,  
as you come in:  
watching above you, He whom we adore  
will keep you henceforth and for evermore.**

**JDS Campbell, 1845-1914**

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

# **Evening Service**

**Safe and secure**

**Psalm 91**

**Rev Phil Hair**

**To render thanks unto the Lord  
it is a comely thing,  
and to Thy name, O Thou most high.  
due praise aloud to sing.**

**Thy loving-kindness to show forth  
when shines the morning light;  
and to declare Thy faithfulness  
with pleasure ev'ry night.**

**On a ten-stringed instrument,  
upon the psaltery,  
and on the harp with solemn sound,  
and grave sweet melody.**

**For Thou, Lord, by Thy mighty works  
hast made my heart right glad;  
and I will triumph in the works  
which by Thine hands were made.**

**Psalm 92:1-4**

**Prayer**

## **Psalm 91**

**He who dwells in the  
shelter of the Most High  
will abide in the  
shadow of the Almighty.**

**<sup>2</sup> I will say to the LORD,  
“My refuge and my  
fortress,  
my God, in whom I  
trust.”**

## **Psalm 91**

**<sup>3</sup> For he will deliver you  
from the snare of the  
fowler**

**and from the deadly  
pestilence.**

**<sup>4</sup> He will cover you with his  
pinions,**

**and under his wings you  
will find refuge;**

**his faithfulness is a shield  
and buckler.**

## Psalm 91

**<sup>5</sup> You will not fear the  
terror of the night,  
nor the arrow that flies  
by day,  
<sup>6</sup> nor the pestilence that  
stalks in darkness,  
nor the destruction that  
wastes at noonday.**

## Psalm 91

**<sup>7</sup> A thousand may fall at  
your side,  
ten thousand at your  
right hand,  
but it will not come  
near you.**

## **Psalm 91**

**8 You will only look with  
your eyes  
and see the  
recompense of the  
wicked.**

## **Psalm 91**

**9 Because you have  
made the LORD your  
dwelling place—**

**the Most High, who is  
my refuge —**

**10 no evil shall be allowed  
to befall you,**

**no plague come near  
your tent.**

## **Psalm 91**

**<sup>11</sup> For he will command  
his angels concerning  
you**

**to guard you in all your  
ways.**

**<sup>12</sup> On their hands they will  
bear you up,**

**lest you strike your foot  
against a stone.**

## Psalm 91

**<sup>13</sup> You will tread on the  
lion and the adder;  
the young lion and the  
serpent you will trample  
underfoot.**

## **Psalm 91**

**14 “Because he holds fast  
to me in love, I will  
deliver him;**

**I will protect him,  
because he knows my  
name.**

## **Psalm 91**

**<sup>15</sup> When he calls to me, I  
will answer him;**

**I will be with him in  
trouble;**

**I will rescue him  
and honour him.**

**<sup>16</sup> With long life I will  
satisfy him**

**and show him my  
salvation.”**

**Safe in the shadow of the Lord  
beneath His hand and power,  
I trust in Him,  
I trust in Him,  
my fortress and my tower.**

**My hope is set on God alone  
though Satan spreads his snare;  
I trust in Him,  
I trust in Him,  
to keep me in His care.**

**From fears and phantoms of the night  
from foes about my way,  
I trust in Him,  
I trust in Him,  
by darkness as by day.**

**His holy angels keep my feet  
secure from every stone;  
I trust in Him,  
I trust in Him,  
and unafraid go on.**

**Strong in the everlasting name,  
and in my Father's care,  
I trust in Him,  
I trust in Him,  
who hears and answers prayer.**

**Safe in the shadow of the Lord,  
possessed by love divine,  
I trust in Him,  
I trust in Him,  
and meet His love with mine.**

**Timothy Dudley-Smith**

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# PSALM 91



**Prayer**

**Shelter safely in the shadow  
of the Almighty, God most High;  
call the Lord your rock and fortress,  
God on whom your hopes rely.  
Kept by Him from mortal danger,  
saved from hazards well concealed,  
you will find His wings a refuge  
and His faithfulness a shield.**

**Fear, then, neither days of violence,  
nor the terror of the night,  
nor the plague that stalks in darkness  
or destroys by noonday light;  
though a thousand fall beside you,  
it will not endanger you:  
you will only watch and witness  
sin receiving all its due.**

**If you make the Lord your refuge,  
God most High your lifelong home,  
no disaster will befall you,  
near your tent no trouble come.**

**Neither will His angels let you  
dash your foot against a stone;  
you will tread on lion and serpent,  
trample every evil down.**

**“Since you set your heart upon Me  
I will keep you safe from them,  
covering you with my protection,  
for you know and trust my name.  
Call on me and I will answer,  
I’ll be with you in distress,  
grant you freedom, life and glory,  
saved for ever by My grace.”**

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