

Kensington Presbyterian Church Growing in faith and sharing God's love since 1786

Standing up for God

Welcome, to worship. We are offering a variety of ways for people to gather. We are welcoming people to worship n person (with singing), as well as through Zoom, YouTube, and this printable PDF. If this is how you are worshipping, know that you are not alone... and if you like, you can invite those who live with you to join you, or connect with others through the phone or outside.

If you have any prayer requests, ideas, or just want to talk, please reach out to your elder or Rev. Peter (Peter@Kensingtonchurch.ca)



Abrahams seed for web Grace Carol Bomer

Announcements

Clicking on or tapping blue text will take you to a web-site

Zoom Prayer Group: Thursday at 6:30 a.m.

You may use the worship login details us04web.zoom.us/j/773730107?

pwd=eUo2M09YMEw5dkZvdm9uQmpHNlUrUT09

or phone: 438-809-7799 Meeting ID: 773 730 107

Password: 7864826

Jesus & Java: Join us as we share the joys and questions of faith. Thursday, 3:30 pm at Beetz, 5914 Sherbrooke @ Clifton

Drop Box: Food donations are welcome for the local Food Pantry and diapers for young mothers through Head & Hands.

New Hope Boutique: The Senior's Centre that meets in our building is reopening their boutique. This will help them raise a little money, and allow isolated seniors to pick up some nice things (mostly clothes). If you'd like to donate anything, please let Rev. Peter or New Hope know.

Contacts

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I $\,\,\,$ note: that the footnotes are not as thorough as an academic paper.



Approaching God

Lighting of the Christ Candle
Jésus Christ est la lumière du monde.
Jesus Christ is the light of the world.

Call to worship

Let us worship the eternal God, the source of love and life, who creates us.

Let us worship Jesus Christ, the risen one, who lives among us.

Let us worship the Spirit, the holy fire, who renews us.

To the one true God be praise in all times and places, through the grace of Jesus Christ. ²

☐ Hymn: Love Divine, All Loves Excelling.....pg 10 (371)

www.youtube.com/watch?v=9eb6xfRzjhg

rayer of Approach

Loving God, we have gathered to meet you.

We have come to listen to you,

to seek you,

to worship you.

You are the beginning of all things,

knowing us before the worlds foundations were set.

Loving God,

we long to be closer to you.

To see the world from your point of view and to live in a way that is right

with your plans to bring peace.

In you we are still;

in you we live.

Loving God, we live in you; we worship you.

Loving God, you live in us; we worship you.

Amen.³



The Lord's Prayer (please use a version you are comfortable with)

Our Father in heaven,
hallowed be your name,
your kingdom come,
your will be done, on earth as it is in heaven.

Give us today our daily bread.

² Worship Sourcebook 1.2.26

³ adapted from Worship Sourcebook 1.4.16

Forgive us our sins
as we forgive those who sin against us.
Save us from the time of trial
and deliver us from evil.
For the kingdom, the power,
and the glory are yours

Amen.



Children's Time

What would you do to get ready for a trip?

- directions
- arrangements for activities & places to staygoals
- book or things to do
- clothes (check the weather)
- car, ...
- food
- savings
- charged cell phone



from The Sandcastle Castle. Michael Martchenko

All of life is a journey. There are many roads to chose from, but God has planned the best way.

Now, we can guess what the trip might be like. After all, God knows what we like and what we can do. But we still need to be prepared. This includes things we can do, and listening to God.

How? Talking to God (prayer). This will help us see the nice things and get through the hard parts.

Dear Jesus,

Help us be ready for our journey,
and thank you for always being with us.

Amen

Prayer for Illumination

Lord, open our hearts and minds
through the power of your Holy Spirit,
that today we may learn how to stand for your Kingdom.

Amen.4

🛊 Intro to the readings

When you read Ephesians you'll notice that it has two distinct halves. The first half is prayer and talking to us readers in a way flows with the prayer. It starts with praise (always a good idea) and then draws in our inability to save ourselves (also important to admit). The second half of the letter gets into the practicality of how we live our faith in God's kingdom/reign. Various details are considered, some of which we'll get to next week. Then it

adapted from Worship Sourcebook 3.1.10 & 23

wraps up with some broad basics at the end. Today, we'll be skipping to that. It feels like the map which we follow in living out the details of our faith

To help us relate to what's needed, and perhaps remember them, the writer uses an image. In this case the imagery can be distracting. We're told to "take up the whole armour of God".

Some people like this imagery. They remember places where the Bible talks about wrestling with the devil. Some people find it uncomfortable. They remember that Jesus refused to use military might. I encourage you to acknowledge your 'gut response', and then try not to let the image get in the way of the message.

We also have part of psalm 37. It's a long one, so we're only saying part of it. How does this psalm relate to the reading from Ephesians?



Reading: Please look up the passages in your own Bible,⁵ or click on the name to be taken to an online version.

Ephesians 6: 10-20 Psalm 37: 1-6, 27-33



Sermon: Thank you God

Dear Lord, please bless these words and the meditations of our hearts. Amen.

Did you find anything about the passage from Ephesians hard? Did you find parts that resonated?

How did you feel about the talk of the devil? That's not something we usually talk about in reasonable Presbyterian churches. Evil, yes, but "the wiles of the devil" - not so much.

C.S. Lewis says that's dangerous. In his backwards book, The

Screwtape Letters, he has a senior devil give advice to a junior devil. It's backwards because what's good advice for a devil is bad for us. One piece of advice is to encourage the human to either think of devils as red people with horns and a tail - which is silly - or to become very worried (obsessed) with these evil



spirits - which gives them more power than they really have. The point is that we need to remember that there is a power trying to undermine God. Even though it has lost, it is still trying to drag as many down as it can.

An interesting aspect of this passage, and Lewis' book, is that the source of evil isn't in this world. The bad guy, as my boys would say, isn't a person. That's not to say there aren't people who do bad things - even horrific things - but it's important to remember that they are not the source of the evil. Where is the source? According to Ephesians, it's in "the heavenly places". This is the same word used earlier to describe from where God has blessed the believers, and where Christ has lifted up believers. This isn't some fiery hell, but the same dimension that God is working from.

This realization of the world affects how we treat others especially people who hurt others or creation. It is important to keep people safe, but it is also important to remember that all people are created good. Their evil actions are a sign they need healing. Instead of capital punishment or locking them up forever, the question becomes how to bring healing to them and the community. (More on that in a minute.)

If you'd like a new Bible with helpful notes, I recommend the 'Life with God Bible' NRSV from Renovaré. ISBN 0061834963 or for the more academically inclined, The New Oxford Study Bible NRSV

Sometimes the evil, or devil as Ephesians names it, works on a bigger scale than a person. It has corrupted whole ways of living it is systemic. In parts of Montreal there are complaints about increased crime from homeless people. Is this because people don't want to live inside, or does our society function in ways that lead to them to become homeless? There's also the way people are taught to treat people who are different. It might be different skin colour, or cultural background, or age. Are they taught to see diversity as positive or a threat? This makes the news when people fail to receive medical care or are singled out by the police... but people are not respected in places that don't make the news because it's considered normal. It's the way things are. This is the devil infecting entire social systems to attack the coming Kingdom of Heaven.

...and infecting is a good analogy. It comes from outside. Often we don't realize when it arrives, or where it came from. The virus can change our behaviour and view of life. When infected with a virus, most people become grumpy or have the life sucked out of them. Sometimes our bodies have learned to fight it off, and sometimes they need to be taught by an outside source (vaccine). Evil can infect anyone, though with certain practices you are less likely to become sick. These same practices can help bring health to you, and the whole community.

I say community to emphasize something that doesn't come across in the translation. All the verbs and pronouns in this passage in the Greek are plural. This passage isn't about what one person does - it's about what the community does.

The first practice listed is Truth. We make truth a complicated thing. For good reasons we talk about your truth and my truth. We realize that people see the world differently depending on their experiences. Then we make it more complicated with shades of truth. Do we need the whole truth? What about little white lies? The Bible is much simpler. There is one Truth, and that's God's. It is different from our perspective, but we try to see the world God's way. This includes basics like being honest (which includes not telling little white lies). Open communication helps prevent confusion, mistaken expectations, and hurt - even when it's hard. As none of us are God, we live the truth with humility because we may not see the full picture. We are not the authority. Thinking of yourself as the expert of the truth, or of not living out the truth, will both make a mess of your life - and the whole community. In Ephesians the Truth is like a belt that you can use to hitch up your toga to stop from tripping over it... and becoming a hazard to others. Truth is a practice we can live to

help prevent the evil forces from tripping us up.

Then there's "the breastplate of righteousness." A breastplate protects your vital organs, including your heart. In Roman times the heart. was where your feelings and thoughts were located. Righteousness is living the right way, ie. God's way. This reminds us that living with God's rules and values will protect your heart & mind - the core of who you are - from attack.



Another thing you can do is to "lace up your sandals in preparation for the gospel of peace." Gospel is a message of good news - and this good news is peace. It's peace within yourself and peace between people. Does that sound nice? It is - and not the news that the devil wants spread. The evil forces want people to think that God has lost or doesn't exist. We are to be ready to spread the good news we hear. Any signs of love, hope or healing... run with your sandals, call someone, send a card or email or text. Tell your neighbour. And before that, be ready.

These are three practices you can have to help bring health and stand against "the wiles of the devil." The next ones are gifts you can accept from God. They aren't practices you can do by yourself, but God offers them and helps you.

There's "the shield of faith". Faith is the belief/trust that God will be there even when it doesn't look like it. It sounds like something that's up to you, but really it's a gift we can receive. This involves putting down our own defences to take up the 'shield of faith'. Your part is being willing to trust God. When the shield is strong, it deflects the arrows of the evil one trying to piece your heart.

Salvation is God saving us from our sins - or healing us of our brokenness. I'm not sure why a helmet represents this. As was covered earlier in Ephesians, we can't save ourselves. It's like you're sinking in quicksand. The more you move to save yourself, the faster you sink. The good news is that God has thrown us a rope - all we have to do is grab it and follow the instructions.

The last bit of armour is the "sword of the Spirit". This is the only part of the original image that is interactive. All the rest are purely defence. A sword engages with others. In this case, we are reminded that this engagement is by God - it's not the sword of our spirit, but God's Spirit. We carry the Spirit, but God is the one who does the work. There are many examples of Christians

who have taken it upon themselves to attack the evil they see. Unfortunately, this is often an excuse for increasing their own power or hiding their fears. If we are going to challenge evil, we need to make sure it's about bringing the gospel of peace.

...and that all this is done with prayer. This is important. In this passage about practices to stand against the evil one, praying gets the most words. Talking with God; sharing with God; this builds your relationship with God. "*Pray in the Spirit at all times*". It helps strengthen all those gifts that God offers you.



Aquamen - Phil Irish

Updating an image in the Bible is always a good way to help understand it. To conclude, let's change the image of armour to one of canoe tripping with God.

To start off with, the lakes and rivers are beautiful. God is there... but they are also dangerous. Evil is there too. Thankfully, there are things we can do to be prepared.

- This isn't a solo trip it's done in community.
- Use the map of Truth. It will help you not end up in the wrong place, and to avoid rapids that will drag you down.
- Be fit enough not to have a heart attack. Live righteously in a way that prepares you for the voyage.

- Know that the good news of peace is coming, and have your paddle ready to go.
- There will be dangers, so accept the life-jacket of faith.
- There will even be times when you end up over your head. Admit it and grab the life-line of salvation that God throws you.

and remember to communicate with the one who has planned this journey - pray with God.

and to God be all the glory Amen.

Responding to God

☐ Hymn: Spirit of the living God......pg 12 (400)

www.youtube.com/watch?v=jrwRS1h-rmY

FaithTalk: These are some questions for you to discuss with somebody... or many somebodies. Do what you feel safe (and practice stretching a little).

Values: How do you feel about the talk of the devil - and that this source of evil is in the same plane as God is blessing us?

Values: Share how do you feel about military images in the Bible?

Wonder: Describe another analogy to explain 'the armour of God'.

Actions: Ephesians lists truth, righteousness, preparation for the gospel of peace, accepting faith, salvation & the Spirit, and prayer as practices that help resist the evil forces at work. Identify one you want to work on this week and brainstorm together how.

Prayer: ...to be prepared for whatever comes.

🗚 Spirit Sightings

Action Réfugiés is a local organization that was started by Presbyterians. They provide hope and assistance to refugees through social programming, sponsorship and raising awareness of refugee rights. Presbyterians Sharing still helps to support it's ministry.

One of their programs 'twins' newly arrived refugee women with women living in Montreal.

Through regular meetings and group activities, the 'twins' create bonds of friendship and solidarity.

The program helps to reduce isolation and overcome barriers that the women face in their day-to-day lives.



Action Réfugiés tries to speak truth, live out God's mandate to help the 'alien' in our midst, and bring peace. A sword is not a good analogy, but they are a vehicle for the Holy Spirit.

→ Offering

Financially, we have set up a donation option on our **website**. Just click the '**Donate Now**' button, and then the pretty button. It gives you various options that are easy to follow.

You can now donate through **interac e-transfer**. Our name is Kensington Presbyterian Church and the e-mail address is info@kensingtonchurch.ca.

Mailing a cheque or signing up for Pre-Authorized Remittance (**PAR**) are also good options.

Prayers of the people

Gracious God,

You call us to live in Truth. It's hard.

We worry that the truth might break relationships, but you teach that it is one of the footings that community must be built on.

In living truth-full lives,

we see people whose idea of truth is warped by their fears to the point where they hurt others and themselves.

Help us also to see when our own idea of truth is distorted.

Help us to see your Truth about the world, and to live into this. . .

Gracious God, hear our prayer.

And in your love answer.

You call us to live to live your way.

We see in Jesus that you call us to be a servant to our friends, and to those who need a friend.

Help us to be a friend to all, regardless of our differences. . .

Gracious God, hear our prayer.

And in your love answer.

May all this prepare us to share your good news - that evil is defeated and you have won.

The idea of sharing this can bring turmoil to our bellies, but give us the relationships that will support sharing the good news that peace is coming. . .

Gracious God, hear our prayer.

And in your love answer.

Thank you for your Spirit that works within us,

helping us to notice all you do; growing faith with in us so that we can stand against troubles/attacks that come.

Help us to embrace your faith in us, allowing it grow in us so that it overflows and nurtures all we encounter. . .

Gracious God, hear our prayer.

And in your love answer.

Help us to admit that we can't do it on our own.

We need you to save us:

from the evil that is lose in the world; and from the evil that is lose within us.

We need you to make the world right; to make us right. . .

Not all the healing we need is about sins.

Jesus, you also know that our health needs healing.

Please bring healing to those suffering physical illness and mental illness. . .

Gracious God, hear our prayer.

And in your love answer.

We especially thank you for Your Spirit that flows in us, and between all things uniting everything.

Help us to know when to trust you to be working, and when you want us to actively participate as a part of your salvation to the world. . .

Gracious God, hear our prayer.

And in your love answer.

And so we come to you in prayer

putting our lives into your hands; trusting that your love is bring peace in ways beyond our hopes and imaginations.

In Jesus name Amen.



As you go from this place, try to live out Truth and righteousness, to accept God's salvation and Spirit - and to pray.

Ephesians 6: 23-24

Peace be to the whole community, and love with faith from God the Father and the Lord Jesus Christ. Grace be with all who have an undying love for our Lord Jesus Christ. Amen.



Sunday, July 9 ·

MISSION MOMENT

With support from Presbyterians Sharing, Action Réfugiés Montréal provides hope and assistance to refugees through social programming, sponsorship and raising awareness of refugee rights. The organization runs the popular "Twinning Program" that matches newly arrived refugeed women with women living in Montreal. Through regular meetings and group activities, the "twins" create bonds of friendship and solidarity. The program helps to reduce isolation and



overcome barriers that the women face in their day-to-day lives. Who are the people in your community that could benefit from having someone come alongside them in a supportive and empowering way?

DAILY PRAYERS

Sunday, July 9 We pray for farmers in Guatemala as they receive support from PWS&D to train local Indigenous women to establish small dairy businesses and vegetable gardens. As a result, the women see great improvements in their health and nutrition.

Monday, July 10 We pray for the joyful rejuvenation of those who are on vacation. "He makes me lie down in green pastures; he leads me beside still waters; he restores my soul." (Psalm 23:2-3)

Tuesday, July 11 We pray for all who are sensing a call to ministry. May they be affirmed and supported as they seek God's guidance.

Wednesday, July 12 We pray for young adults participating in the Journey for Justice program (July 8-16) as they experience the daily life of Palestinian youth and listen to their stories.

Thursday, July 13 We pray for the people, ministries and mission of the Presbytery of Western Han Ca.

Friday, July 14 We give thanks for the gift of music and for the summer music festivals that bring people together in celebration and harmony.

Saturday, July 15 We pray for the children of ministers who are moving to new congregations. May they find friends and a comfortable sense of belonging as they adjust to their new environment.

Love divine, all loves excelling





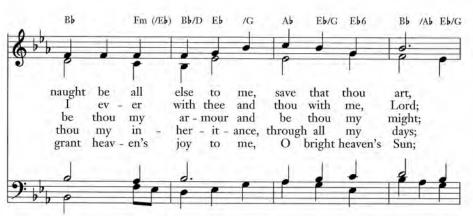




Be thou my vision

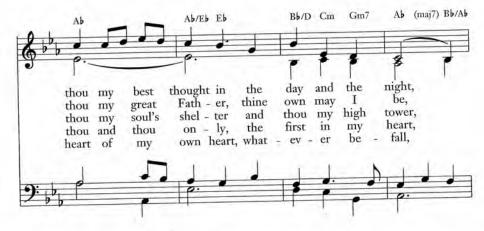


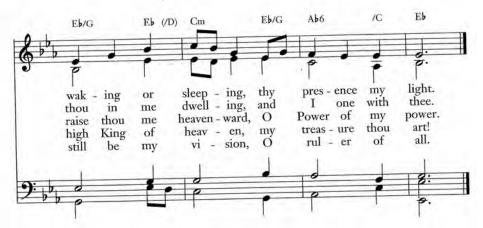




Words: Irish anonymous, 8th century, translation, Mary Byrne (1880–1931), paraphrase, Eleanor Hull (1860–1935), alt Music: Irish traditional; harmony, Erik Routley (1917–1982); descant, John Wilson (1905–1992) CCLI No, 4440603

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1 Com-mit your way to God 2 Be still be-fore the Lord 3 Sal - va - tion comes from God 4 Com-mit your way to God



Commit Your Way to God the Lord 37A

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to do God's ho shine bright as fire; de - light as when wrong suc-ceeds; re-frain from an - ger, turn fret from their help know is sure; to heav - en all our needs are truth and grace as - pire; then mer - cy shall be your re -





Guitar chords do not correspond with keyboard harmony.

Words: Michael Perry © 1989 The Jubilate Group, admin. Hope Publishing Company Music (ROCKINGHAM 8.8.8.8): Second Supplement to Psalmody in Miniature, ca. 1780; adapt. Edward Miller (1731-1807), 1790, P.D.



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