

## **Bangor & Holyhead Methodist Circuit**

### **Sunday Worship Sheet, 1<sup>st</sup> March 2026**

Our worship for this week is written by Keith Alexander, Retired Visiting Preacher, Ordained Elder of the URC and member of Amlwch Methodist Church

You may wish to have your Bible to hand. Please note that the hymns are now at the back of the sheet for ease of printing. CCLI licence 556292

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#### **Call to worship**

“When I look at your heavens, the work of your fingers,  
the moon and the stars, which you have set in place,  
what is man that you are mindful of him,  
and the son of man that you care for him?”

**Hymn 73** Fill thou my life, O Lord my God

#### **Prayers of Adoration, Confession & Thanksgiving:**

##### **Adoration**

Creator God let us sing your praise! What more do we need to know about you, Lord? From the moment we were formed from the dust of this earth, imprinted upon our mortal frames was your precious hallmark, that we might know our true value in your eyes, and know your love and grace. Creator God let us sing your praise! What more do we need to know about you, Lord? There is nothing we can do to make you love us more or even make you love us less, for you gave your only son to be born and give his life, that we might know eternity with you. Creator God let us sing your praise!

##### **Confession**

If our lives do not always bring you joy, Lord, forgive. You brought peace, patience, forgiveness and grace to a world not at ease with itself. We bring impatience, intolerance and fear, none of which bring glory to you. If our lives do not always bring you joy, Lord, forgive, and restore to us the love we first knew, that followed wherever you led, and obeyed whenever you called. Lord forgive

##### **Thanksgiving**

Lord, you came to call not just a few to be your disciples and walk with you in Galilee, but to be known among all nations as Lord and King. Lord, you came to become the saviour, not just of the people among whom you were born and lived, but of all who take up their cross and follow you. Thank you, Lord - you came for us. Amen

**Hymn 455** All my hope on God is founded

**Readings: Psalm 121; John 3:1-17**

## **Reflection**

For a number of years after moving to Anglesey I acted as the North Wales representative of Mission Aviation Fellowship. It is an organisation that flies light aircraft all over the world to bring the Gospel to remote places and also distributes aid where needed. I was speaking at a meeting of a Rotary Club one day. After my presentation the chairperson asked me “Are you a born again Christian?” My answer was “Yes.” However, he was really asking if I was an evangelical Christian. By definition all Christians are born again. The expression comes from the gospel reading for today.

Nicodemus was a member of the Sanhedrin and had to visit Jesus under cover of darkness. His colleagues on the Sanhedrin would have been very annoyed, to say the least, if they knew he had any connection with Jesus. Coming at night, impressed by the news of what Jesus was doing, he wanted to know more. Like one of my teachers once said of me, Nicodemus had an enquiring mind. He did not simply consider Jesus to be a heretic but wanted to know more.

Jesus explained to Nicodemus that to be born again meant being born spiritually. He remarked that one could feel the wind but did not know where it came from. So it was with the Spirit. God was the power behind the Spirit and this was one way of working unseen. One would not see the Spirit but feel it in the heart.

This heart felt experience is what makes us Christians in the beginning. It is a sudden realisation that God is here and is at work through all agencies. It is the beginning of faith. In Hebrews 11 we read “Faith gives substance to our hopes and convinces us of realities we do not see.” Our new birth opens our eyes of faith so that we can accept what lies beyond our experience.

Of course, when we read of the meeting between Nicodemus and Jesus, we revel in verse 16: “For God so loved the world that he gave his only Son, so that everyone who believes in him may not perish but have eternal life.” This is how we discover the Good News that God loves the entire world. None of us are beyond the grace of God. Just a few words but they say so much. This empowers us with a determination to share that grace with others, no matter who they are. The first minister I got to know once repeated in the pulpit the words of St Augustine “God loves us as if we were the only ones to love.” I have never forgotten those words and they have carried me forward all through my life. Think about them and you will be inspired to continue in faith. Amen.

## **Prayer of Intercession**

Great and glorious God,  
we see your holy city of light,  
gates wide open

to receive all nations;  
and yet we know  
that the nations of earth are not worthy  
to enter there.

The cities of the earth are dark places  
full of fear  
where eyes brim with tears,  
hearts break in sorrow,  
bodies are racked with pain:  
while some pass by  
unmoved,  
uncaring,  
concerned only with self-preservation;  
but all engulfed in night.

Living God,  
let your healing rays stream  
through every narrow opening in our lives;  
that their brightness may illuminate  
and challenge us  
to build your holy city  
into which the world may come  
to drink the water from the river,  
taste the fruits of the tree,  
receive healing from its leaves  
that they might live eternally  
in your light. Amen

### **Lord's Prayer**

**Hymn 503** Love divine, all loves excelling

### **Blessing:**

**The Lord bless you and keep you. The Lord make his face to shine upon you, and be gracious unto you. The Lord lift up his countenance upon you, and give you peace. Amen**

### **Hymn 73**

- 1 Fill thou my life, O Lord my God,  
in every part with praise,  
that my whole being may proclaim  
thy being and thy ways.
- 2 Not for the lip of praise alone  
nor e'en the praising heart

I ask, but for a life made up  
of praise in every part :

- 3 Praise in the common things of life,  
its goings out and in ;  
praise in each duty and each deed,  
however small and mean.
- 4 Fill every part of me with praise ;  
let all my being speak  
of thee and of thy love, O Lord,  
poor though I be and weak.
- 5 So shalt thou, gracious Lord, from me  
receive the glory due ;  
and so shall I begin on earth  
the song for ever new.
- 6 So shall no part of day or night  
from sacredness be free ;  
but all my life, in every step,  
be fellowship with thee.

Horatius N. Bonar (1808–1889)

#### **Hymn 455**

- 1 All my hope on God is founded ;  
he doth still my trust renew.  
Me through change and chance he guideth,  
only good and only true.  
God unknown,  
he alone  
calls my heart to be his own.
- 2 Human pride and earthly glory,  
sword and crown betray our trust ;  
what with care and toil we fashion,  
tower and temple, fall to dust.  
But God's power,  
hour by hour,  
is my temple and my tower.
- 3 God's great goodness aye endureth,  
deep his wisdom passing thought ;  
splendour, light, and life attend him,  
beauty springeth out of naught.  
Evermore  
from his store  
new-born worlds rise and adore.
- 4 Daily doth the almighty giver  
bounteous gifts on us bestow ;  
his desire our soul delighteth,  
pleasure leads us where we go.

Love doth stand  
at his hand ;  
joy doth wait on his command.  
5 Still from earth to God eternal  
sacrifice of praise be done,  
high above all praises praising  
for the gift of Christ his Son.  
Christ doth call  
one and all  
ye who follow shall not fall.

Robert Bridges (1844–1930) (*alt.*)  
*based on* Joachim Neander (1650–1680)

### **Hymn 503**

1 Love divine, all loves excelling,  
joy of heaven to earth come down,  
fix in us thy humble dwelling,  
all thy faithful mercies crown.  
Jesu, thou art all compassion,  
pure, unbounded love thou art ;  
visit us with thy salvation,  
enter every trembling heart.

2 Come, almighty to deliver,  
let us all thy life receive ;  
suddenly return, and never,  
never more thy temples leave.  
Thee we would be always blessing,  
serve thee as thy hosts above,  
pray, and praise thee, without ceasing,  
glory in thy perfect love.

3 Finish then thy new creation,  
pure and spotless let us be ;  
let us see thy great salvation,  
perfectly restored in thee :  
changed from glory into glory,  
till in heaven we take our place,  
till we cast our crowns before thee,  
lost in wonder, love, and praise !

Charles Wesley (1707–1788)