



## AT HOME SERVICE

Sunday 10<sup>th</sup> May 2026

*compiled by Rev Melvyn Cooke with reflection by  
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### Call to Worship

We gather today to worship the One who created us,  
The One who calls us,  
The One who equips us,  
The One who loves us without end.  
With joyful hearts, let us worship God.

### Hymn: StF 24

Come, now is the time to worship.  
Come, now is the time to give your heart.  
Come, just as you are to worship.  
Come, just as you are before your God, come.

One day every tongue will confess You are God,  
One day every knee will bow.  
Still the greatest treasure remains for those  
Who gladly choose You now.

Come, now is the time to worship.  
Come, now is the time to give your heart.  
Come, just as you are to worship.  
Come, just as you are before your God, come.

*Brian Doerksen (b. 1965)*

### Prayer

Dear Heavenly Father, I desire to learn how to worship You as You deserve.  
Help me Lord, to grow into the sort of worshipper that You are seeking,  
one who worships You in spirit and truth.

I pray that my life may be one that honours You in all I say and all I do, in all the circumstances of life,  
throughout the day and as I drift into sleep at night.

Lord, I pray that I may learn to walk in all of Your ways, to serve with all of my being and to learn to love  
You as You have loved me.

Teach me Lord, how to worship You in the beauty of holiness so that I may be one that bows my heart  
before You in spirit and truth, to Your honour and glory. In Jesus' name I pray. Amen

## Reading 1 John 4: 7 -21

Dear friends, let us love one another, for love comes from God. Everyone who loves has been born of God and knows God. Whoever does not love does not know God, because God is love. This is how God showed his love among us: He sent his one and only Son into the world that we might live through him. This is love: not that we loved God, but that he loved us and sent his Son as an atoning sacrifice for our sins. Dear friends, since God so loved us, we also ought to love one another. No one has ever seen God; but if we love one another, God lives in us and his love is made complete in us.

This is how we know that we live in him and he in us: He has given us of his Spirit. And we have seen and testify that the Father has sent his Son to be the Savior of the world. If anyone acknowledges that Jesus is the Son of God, God lives in them and they in God. And so we know and rely on the love God has for us.

God is love. Whoever lives in love lives in God, and God in them. This is how love is made complete among us so that we will have confidence on the day of judgment: In this world we are like Jesus. There is no fear in love. But perfect love drives out fear, because fear has to do with punishment. The one who fears is not made perfect in love.

We love because he first loved us. Whoever claims to love God yet hates a brother or sister is a liar. For whoever does not love their brother and sister, whom they have seen, cannot love God, whom they have not seen. And he has given us this command: Anyone who loves God must also love their brother and sister.

## Hymn: HP 687

1] When we walk with the Lord in the light of His Word,  
What a glory He sheds on our way!  
While we do His good will, He abides with us still,  
And with all who will trust and obey.

*Trust and obey, for there's no other way  
To be happy in Jesus, but to trust and obey.*

2] Not a shadow can rise, not a cloud in the skies,  
But His smile quickly drives it away.  
Not a doubt or a fear, not a sigh or a tear  
Can abide while we trust and obey.

3] Then in fellowship sweet we will sit at His feet,  
Or we'll walk by His side in the way;  
What He says we will do, where He sends we will go;  
Never fear, only trust and obey.

*John Henry Sammis (1846-1919)*

## Reflection

**There is no fear in love. But perfect love drives out fear, because fear has to do with punishment. The one who fears is not made perfect in love. 1 John 4:18 (NIV)**

How do you measure the growth of your soul? If my journey through life is one of becoming, how do I track my development? Is such a thing even a sensible question? This is something I have been pondering.

Metrics are helpful. If I want to lose weight, I use the bathroom scales as my metric. They keep me accountable. Oddly enough, desiring to lose weight for me doesn't often produce the desired result. I need the scales to measure me - they tell me whether I am making progress. I lie to myself all the time about the

progress I am making but the scales do not lie to me. They bring truthful revelation. They are faithful markers of my personal growth (or hopefully reduction!).

But what of my soul? Ancient Egyptians believed that after death, the heart (their seat of the soul) was weighed against a feather. Too much weight from moral failings and the soul would be considered overweight and consequently consumed by a God thus ending the soul's life. Sounds messy - and probably quite fattening for the God in question. I like the picture though... me working out my soul in the gym, growing it to make it leaner, fitter and lighter... I like the idea of shaking off the heaviness and weight I so often feel in my soul, and instead becoming lighter and more agile. But how do I keep monitoring myself for the soul-weight gain? How do I keep myself accountable? Where is my truth-revealing scale for my ongoing journey?

I posed this question to a fellow soul journeyer recently and for them, they had a metric for their soul. Fear. I can see the growth of my soul by seeing the diminishing fear it contains. What fears does your soul contain? I fear many things; humiliation, not paying the bills, my children not thriving, being a poor husband, being exposed as being ignorant... I could go on. When I think on these things they do feel heavy. God tells me that fear is rooted in imperfect love, which threatens a withdrawal of a privilege. Fear of humiliation is perhaps rooted in the imperfect love of public approval, fear of not having enough money is rooted in the imperfect love of possessions and control, fear that my children will thrive is rooted in the love of worldly success measures. For all these imperfect loves, if I don't fulfil the obligations of that love then it may be withdrawn - I will be punished with the absence of what I love. If I don't meet the approval of the public, then I am punished with public disapproval. Hopefully you get the idea.

Perfect love is different. This is fully and freely given. Perfect love is not withdrawn because of failings but instead it is continually given regardless. Perfect love does not punish through absence. Perfect love is constant and dependable. There is no fear with perfect love.

It's a scary thought - I can measure the growth of my soul through the diminishing levels of fear within it. It's scary because it means I need to open myself to do the things I fear. I may well need to embrace the things I fear in order to not fear them. What do you fear doing? Well if you want to grow your soul do that thing. Appropriate caveats here about not taking unnecessary risk to life and limb etc notwithstanding. I fear public humiliation and so I must seek an opportunity to embrace humiliation. I fear losing control of my finances, and so I must seek opportunities to give up control of my finances. If I want my soul to be filled with perfect love - I must relinquish the fears it contains until all that is left is perfect love. Not an easy weight loss regime - but of such an important diet to stick to.

## **Prayer**

"Dear Lord,

I come before You today, seeking Your guidance and strength as I strive for personal growth. Help me to recognize areas where I need improvement and grant me the courage to make positive changes.

Where I am weak, strengthen me to form new, healthy habits and mindsets. Take away my fear of change and help me to be humble, allowing You to create in me a new heart that is more like Yours

Give me perseverance to push past obstacles. Help me to release old, toxic habits and negative influences that hinder my growth. As I walk this path, let me grow in grace, knowledge, and wisdom, becoming a better version of myself.

I trust in Your gentle hand to mould me, making all things new in my life.

In Your name, I pray. Amen."

***You are invited to pray for the needs of others known to you, and to conclude with the Lord's Prayer***

**Hymn: StF 471**

1] Lord, I come to You,  
Let my heart be changed renewed.  
Flowing from the grace  
That I found in You.  
And Lord I've come to know  
The weaknesses I see in me  
Will be stripped away  
By the power of Your love.

*Hold me close,  
Let your love surround me;  
bring me near, draw me to your side.  
And as I wait,  
I'll rise up as the eagle,  
And I will soar with you,  
your Spirit leads me on,  
In the power of your love.*

2] Lord unveil my eyes  
Let me see You face to face  
The knowledge of Your love  
As You live in me.  
Lord renew my mind  
As Your will unfolds in my life  
In living every day  
by the power of Your love.

*Hold me close .....*

*Geoff Bullock (b.1956)*

**Blessing**

May the love of the Father,  
the tenderness of the Son,  
and the presence of the Spirit,  
gladden your heart  
and bring peace to your soul,  
this day and all days, Amen.