

Let the message about Christ, in all its richness, fill your lives.

May you never give up praying.

When you pray, may you keep alert and be thankful.

Pray that together we may make the message of the mystery of Christ  
as clear as possible.

Amen

(Based on Colossians 3 and 4)

**Welcome to our meeting.** *Our meetings are designed so that we may grow together spiritually in a relaxed atmosphere of mutual respect and honour, one another. Doubts and questions are welcome. We trust in God's unconditional love.*

**We begin** *by sharing time together then we pray, sometimes sing and read the scriptures for the day.*

**Then** *there is a short message and discussion and then we pray for one another and for what is on our hearts.*

**We finish** *by praying together the prayer Jesus taught.*

**The words in bold are spoken together as you feel able.**

#### FOURTH SUNDAY AFTER THE EPIPHANY

February 1, 2026

Year A, Revised Common Lectionary

**Perfect Light of revelation,  
as you shone in the life of Jesus,  
whose birth we celebrate,  
so shine in us and through us,  
that we may become beacons of truth and compassion,  
enlightening all creation with deeds of justice and  
mercy. Amen.**

Micah 6:1-8     Hear what the Lord says: Rise, plead your case before the mountains, and let the hills hear your voice. Hear, you mountains, the case of the Lord, and you enduring foundations of the earth, for the LORD has a case against his people, and he will contend with Israel. "O my people, what have I done to you? In what have I wearied you? Answer me! For I brought you up from the land of Egypt and redeemed you from

the house of slavery, and I sent before you Moses, Aaron, and Miriam. O my people, remember now what King Balak of Moab devised, what Balaam son of Beor answered him, and what happened from Shittim to Gilgal, that you may know the saving acts of the LORD." "With what shall I come before the LORD and bow myself before God on high? Shall I come before him with burnt offerings, with calves a year old? Will the LORD be pleased with thousands of rams, with ten thousands of rivers of oil? Shall I give my firstborn for my transgression, the fruit of my body for the sin of my soul?" He has told you, O mortal, what is good, and what does the LORD require of you but to do justice and to love kindness and to walk humbly with your God?

#### Psalm 15

- ✧ O LORD, who may abide in your tent? Who may dwell on your holy hill?
- ✧ **Those who walk blamelessly and do what is right and speak the truth from their heart;**
- ✧ who do not slander with their tongue and do no evil to their friends nor heap shame upon their neighbours;
- ✧ **in whose eyes the wicked are despised but who honour those who fear the LORD; who stand by their oath even to their hurt;**
- ✧ who do not lend money at interest and do not take a bribe against the innocent. Those who do these things shall never be moved.

1 Corinthians 1:18-31 For the message about the cross is foolishness to those who are perishing, but to us who are being saved it is the power of God. For it is written, "I will destroy the wisdom of the wise, and the discernment of the discerning I will thwart." Where is the one who is wise? Where is the scholar? Where is the debater of this age? Has not God made foolish the wisdom of the world? For since, in the wisdom of God, the world did not know God through wisdom, God decided, through the

foolishness of the proclamation, to save those who believe. For Jews ask for signs and Greeks desire wisdom, but we proclaim Christ crucified, a stumbling block to Jews and foolishness to gentiles, but to those who are the called, both Jews and Greeks, Christ the power of God and the wisdom of God. For God's foolishness is wiser than human wisdom, and God's weakness is stronger than human strength. Consider your own call, brothers and sisters: not many of you were wise by human standards, not many were powerful, not many were of noble birth. But God chose what is foolish in the world to shame the wise; God chose what is weak in the world to shame the strong; God chose what is low and despised in the world, things that are not, to abolish things that are, so that no one might boast in the presence of God. In contrast, God is why you are in Christ Jesus, who became for us wisdom from God, and righteousness and sanctification and redemption, in order that, as it is written, "Let the one who boasts, boast in the Lord."

Matthew 5:1-12      When Jesus saw the crowds, he went up the mountain, and after he sat down, his disciples came to him. And he began to speak and taught them, saying: "Blessed are the poor in spirit, for theirs is the kingdom of heaven. "Blessed are those who mourn, for they will be comforted. "Blessed are the meek, for they will inherit the earth. "Blessed are those who hunger and thirst for righteousness, for they will be filled. "Blessed are the merciful, for they will receive mercy. "Blessed are the pure in heart, for they will see God. "Blessed are the peacemakers, for they will be called children of God. "Blessed are those who are persecuted for the sake of righteousness, for theirs is the kingdom of heaven. "Blessed are you when people revile you and persecute you and utter all kinds of evil against you falsely on my account. Rejoice and be glad, for your reward is great in heaven, for in the same way they persecuted the prophets who were before you.

### *Message*

**Let the words of my mouth  
and the meditation of my  
heart be acceptable in your  
sight O Lord, my rock and my  
redeemer. Amen**

### *Discussion*

Church,  
let us lift our hearts in faith  
to the one who hears all prayers  
and holds close all those in need.

### ***Time of open prayer and singing***

Holy God, you gather the whole  
universe into your radiant  
presence  
and continually reveal your Son  
as our Saviour.

**As we live and breath, may we  
bring healing to all wounds,  
make whole all that is broken,  
speak truth to all illusion,  
and shed light in every  
darkness,  
that all creation will see your  
glory and know your Christ.  
Amen.**

**Glory be to the Father, the  
Son and the Holy Spirit, one  
God, now and forever,  
Amen**

### **Let us pray**

Our Father in heaven,  
hallowed be your name,  
your kingdom come,  
your will be done,  
on earth as in heaven.  
Give us today our daily  
bread.

Forgive us our sins  
as we forgive those who sin  
against us.

Lead us not into temptation  
but deliver us from evil.  
For the kingdom, the power,  
and the glory are yours  
now and for ever.  
Amen.

### **Numbers 6:24-26**

The LORD bless you and keep you;  
the LORD make his face to shine  
upon you, and be gracious to  
you; the LORD lift up his  
countenance upon you, and give  
you peace.

Please join us to find a place of prayer and rest in a busy week. From intimacy in prayer God is able to do many things. Wednesday at 8pm or 7pm for soup.

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