

Worship at Home – 1 February 2026

A short act of worship for use in people's homes prepared by Karen Frost.

Welcome

Hello! It's the start of a new month today. Daylight hours are slowly increasing and I can see from my office window, lots of snowdrops poking their beautiful pure white delicate flowers out from under our copper beech hedge. Brighter days are on their way.

Call to worship

Lord of fresh starts and new beginnings, at the start of this new month, show me how to start again, show me how to love you and follow in your way, this and every day. **Amen.**

Hymn

STF 6 Father, we love you

1 Father, we love you,
we worship and adore you :
glorify your name
in all the earth.

Glorify your name,
glorify your name,
glorify your name,
in all the earth.

2 Jesus, we love you,
we worship and adore you :
glorify your name
in all the earth.

Glorify your name,
glorify your name,
glorify your name,
in all the earth.

3 Spirit, we love you,
we worship and adore you :
glorify your name
in all the earth.

Glorify your name,
glorify your name,
glorify your name,
in all the earth.

Donna Adkins (*b.* 1940)

Reproduced from *Singing the Faith* Electronic Words Edition, number 6

Words and Music: © 1976 CCCM Music / Maranatha! Music, Administered by Song Solutions CopyCare, 14 Horsted Square,

Uckfield, East Sussex, TN22 1QG. <www.songsolutions.org> Used by permission.

Prayer

Let everything that has breath sing praises to God! Let us praise God with all of ourselves.

Let our praise run through the very sinews of our bodies, pulse through our veins, flow in our

lungs, for it is you, Almighty God, who blessed us with hearts to praise you!

And as we come today to praise you together, we acknowledge that we can carry the burdens

of this earthly world.

[space for your quiet reflection]

Loving God, thank you that we may come to you, knowing that your grace makes us whole again. We worship you in the gladness of being new people each day. Let us fill your sacred tent with righteous people. Help our walk be blameless and open our hearts to the ways you call us to be the faithful followers of Lord Jesus. **Amen**

Reading Matthew 5:1-12

Jesus Teaches the Disciples and Crowds

5 Jesus saw the crowds. So he went up on a mountainside and sat down. His disciples came to him. ² Then he began to teach them.

Jesus Gives Blessings

He said,³ “Blessed are those who are spiritually needy. The kingdom of heaven belongs to them.

⁴ Blessed are those who are sad. They will be comforted.

⁵ Blessed are those who are humble. They will be given the earth.

⁶ Blessed are those who are hungry and thirsty for what is right. They will be filled.

⁷ Blessed are those who show mercy. They will be shown mercy.

⁸ Blessed are those whose hearts are pure. They will see God.

⁹ Blessed are those who make peace. They will be called children of God.

¹⁰ Blessed are those who suffer for doing what is right. The kingdom of heaven belongs to them.

¹¹ “Blessed are you when people make fun of you and hurt you because of me. You are also blessed when they tell all kinds of evil lies about you because of me. ¹² Be joyful and glad. Your reward in heaven is great. In the same way, people hurt the prophets who lived long ago.

Hymn STF255 The kingdom of God is justice and joy

1 The kingdom of God
is justice and joy,
for Jesus restores
what sin would destroy;
God's power and glory
in Jesus we know,
and here and hereafter
the kingdom shall grow.

2 The kingdom of God
is mercy and grace,
the prisoners are freed,
the sinners find place,

the outcast are welcomed
God's banquet to share,
and hope is awakened
in place of despair.

3 The kingdom of God
is challenge and choice,
believe the good news,
repent and rejoice!
His love for us sinners
brought Christ to his cross,
our crisis of judgement
for gain or for loss.

4 God's kingdom is come,
the gift and the goal,
in Jesus begun,
in heaven made whole ;

the heirs of the kingdom
shall answer his call,
and all things cry glory
to God all in all !

Bryn Rees (1911–1983)

Reproduced from *Singing the Faith* Electronic Words Edition, number 255

Words: © Alexander Scott

Reflection

I have two questions for us today: you're welcome to think about them for yourself or chat to a

friend if you're listening together. I would like you to imagine the situation that you have become a leader for the day. It could be of a local area/country or even the world, and there are two questions for you.

Here's the first one:

1. What rule would you make? (It can be sensible or silly, it's entirely up to you.)

And here's the second question:

2. How would you encourage others to follow your new rule? (e.g. what would you need to do, who would you need to speak to?)

How easy was it to make a rule?

Did it continue to be easy, knowing that you then had to think about encouraging others?

Winning people over with power, or with influence can have both positive and negative consequences and we need to be mindful of the impact on fellow humans. Perhaps some of our world leaders could keep this in mind when wielding around their power in our world.

Today we are looking at the Beatitudes: a moment in Jesus' life where he is starting his public

role, he's just stood up in front of the crowds for the first time and instead of trying to win over

the powerful leaders, he is choosing to talk about God's blessing over people who are

struggling, often who the world doesn't care for. And so from the beginning of Jesus' ministry he is

showing how he is different, and how God cares for everyone: no matter what hardships they

face. Isn't that comforting to hear and to remind ourselves of, especially when we face struggles in our lives?

Hymn

STF 615 – Let love be real, in giving and receiving

1 Let love be real, in giving and receiving,
without the need to manage and to own ;
a haven free from posing and pretending,
where every weakness may be safely known.
Give me your hand, along the desert pathway,
give me your love wherever we may go.
*As God loves us, so let us love each other :
with no demands, just open hands and space to grow.*

2 Let love be real, not grasping or confining,
that strange embrace that holds yet sets us free ;

that helps us face the risk of truly living,
and makes us brave to be what we might be.

Give me your strength when all my words are weakness ;
give me your love in spite of all you know.

3 Let love be real, with no manipulation,
no secret wish to harness or control ;
let us accept each other's incompleteness,
and share the joy of learning to be whole.

Give me your hope through dreams and disappointments ;
give me your trust when all my failings show.

Michael Forster (b. 1946)

Reproduced from *Singing the Faith* Electronic Words Edition, number 615

Words: © 1995, Kevin Mayhew Ltd, Buxhall, Stowmarket, Suffolk IP14 3BW Used by permission.

Prayers for our world

Let us come before God, who chooses the lowly, lifts up the despised, and reveals wisdom where the world sees foolishness.

Let us pray for the Church, that it may live in the light of the cross, not seeking status, recognition, or power, but embracing humility, solidarity, and mutual care. May every voice within the Church be heard, every gift celebrated, and every member honoured for their unique contribution. May our communities of faith bear witness to God's transforming love and model justice, mercy, and compassion for the world.

Hear us, O Lord, and strengthen us in your ways.

We pray for our local communities, that they may become spaces of welcome,

inclusion, and care. May divisions be healed, differences respected, and those often overlooked empowered to speak and act. Grant us the courage to challenge injustice and the insight to recognise the wisdom and strength present in the most vulnerable and humble members of society.

Hear us, O Lord, and strengthen us in your ways.

For our nation, that those in positions of authority may act with integrity, fairness, and compassion. May decisions be guided by justice and concern for all citizens. Inspire a spirit of unity, equality, and service, so that our national life reflects God's vision of flourishing for every person.

Hear us, O Lord, and strengthen us in your ways.

For the world, where human systems often elevate the powerful while silencing the weak, that God's wisdom may be revealed in unexpected places and through unexpected people. May those suffering through oppression, conflict, displacement, or poverty find protection, hope, and courage. And may we, as God's people, bear witness to God's liberating love, showing that true strength is revealed in humility, compassion, and faithfulness.

Hear us, O Lord, and strengthen us in your ways.

For those who struggle with fear, doubt, or despair, weighed down by grief, anxiety, or uncertainty: may they encounter God's sustaining presence. Strengthen them through the example of Christ crucified, reminding us all that God's power is perfected in vulnerability, and that hope is found even in the places the world deems hopeless.

Hear us, O Lord, and strengthen us in your ways.

For those who proclaim the gospel, that they may speak faithfully, courageously, and without compromise, revealing God's power and wisdom in the weak and despised. May the message of the cross continue to challenge human assumptions, inspire justice, and bring life to those longing for truth and liberation.

Hear us, O Lord, and strengthen us in your ways.

For ourselves, that we may boast only in the Lord, trusting not in our own achievements, intelligence, or influence. May we receive God's gifts with humility, act with integrity and compassion, and bear witness to the wisdom and power of

God wherever we are. May our lives reflect the upside-down values of the gospel, where the last are first and the weak are honoured.

Hear us, O Lord, and strengthen us in your ways.

Eternal God, you choose the foolish to confound the wise, the weak to shame the strong, and the despised to reveal true wisdom. May we live in awe of your ways, trust in your gifts, and bear witness to your transformative love, so that all glory and honour are yours alone. **Amen.**

You may now wish to say **The Lord's Prayer** in a version or translation with which you are familiar.

Hymn

STF 287 When I survey the wondrous cross

- | | |
|--|--|
| 1 When I survey the wondrous cross,
on which the Prince of Glory died,
my richest gain I count but loss,
and pour contempt on all my pride. | did e'er such love and sorrow meet,
or thorns compose so rich a crown ? |
| 2 Forbid it, Lord, that I should boast
save in the death of Christ my God ;
all the vain things that charm me
most,
I sacrifice them to his blood. | 4 His dying crimson, like a robe,
spreads o'er his body on the tree ;
then am I dead to all the globe,
and all the globe is dead to me. |
| 3 See from his head, his hands, his
feet,
sorrow and love flow mingled down ; | 5 Were the whole realm of nature
mine,
that were an offering far too small ;
love so amazing, so divine,
demands my soul, my life, my all. |

Isaac Watts (1674–1748)

Reproduced from *Singing the Faith* Electronic Words Edition, number 287

Blessing

May the blessing of God, Father, Son and Holy Spirit, remain with you and all those you love, this day and forever more. **Amen**

Acknowledgements

¹New International Reader's Version (NIRV)

Copyright © 1995, 1996, 1998, 2014 by Biblica, Inc.®. Used by permission. All rights reserved worldwide.

All other material from The Worship Cloud, Twelvebaskets. Used with permission.

CCLI Licence number 54165.