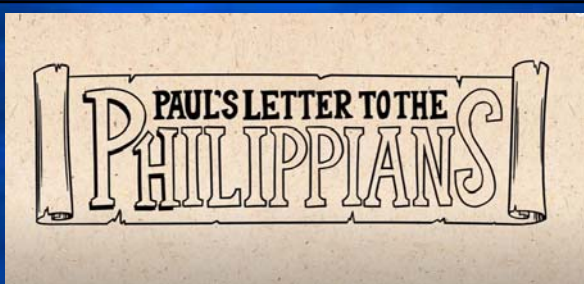


In your mercy
forgive what we have been,
help us to amend what we are,
and direct what we shall be;
that we may do justly, love mercy,
and walk humbly with you, our God.
Amen.

**Almighty God,
who forgives all who truly repent,
have mercy upon us, pardon and
deliver us from all our sins,
confirm and strengthen us in all
goodness,
and keep us in life eternal;
through Jesus Christ our Lord.
Amen.**



Chapter 3 v12 – Chapter 4 v1

¹² Not that I have already obtained all this, or have already arrived at my goal, but I press on to take hold of that for which Christ Jesus took hold of me. ¹³ Brothers and sisters, I do not consider myself yet to have taken hold of it. But one thing I do: forgetting what is behind and straining towards what is ahead, ¹⁴ I press on towards the goal to win the prize for which God has called me heavenwards in Christ Jesus.

¹⁵ All of us, then, who are mature should take such a view of things. And if on some point you think differently, that too God will make clear to you.

¹⁶ Only let us live up to what we have already attained.

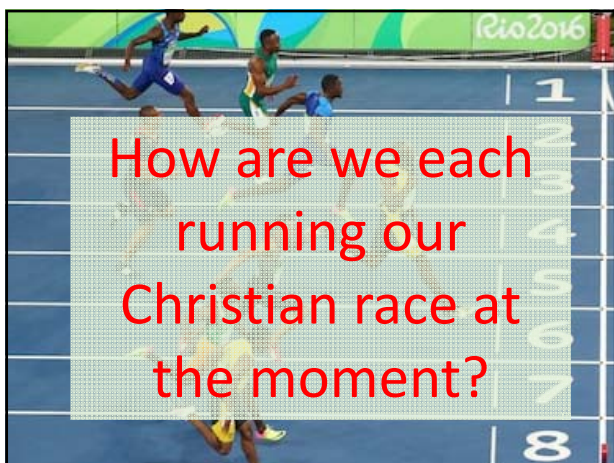
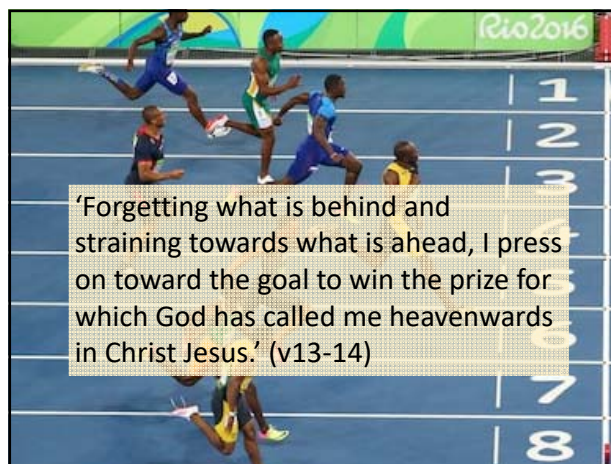
¹⁷ Join together in following my example, brothers and sisters, and just as you have us as a model, keep your eyes on those who live as we do.

¹⁸ For, as I have often told you before and now tell you again even with tears, many live as enemies of the cross of Christ. ¹⁹ Their destiny is destruction, their god is their stomach, and their glory is in their shame. Their mind is set on earthly things. ²⁰ But our citizenship is in heaven. And we eagerly await a Saviour from there, the Lord Jesus Christ,

²¹ who, by the power that enables him to bring everything under his control, will transform our lowly bodies so that they will be like his glorious body.

Therefore, my brothers and sisters, you whom I love and long for, my joy and crown, stand firm in the Lord in this way, dear friends!

This is the word of the Lord
Thanks be to God



Keep on Pressing on...

- Keep running towards Jesus... (v10)
- Don't let your past hold you back (v13)
- Find inspiring running partners (v17-18)
- Just stand firm (4:1)!



**KEEP PRESSING ON
KEEP GOING
KEEP STANDING**

And let's run together the race
set before us.

It Is Well
(Traditional)

Prayers

Lord, in your mercy
Hear our prayer



We do not presume to come
to this your table, merciful Lord,
trusting in our own righteousness,
but in your manifold and great mercies.
We are not worthy
so much as to gather up the crumbs
under your table.
But you are the same Lord
whose nature is always to have mercy.

Grant us therefore, gracious Lord,
so to eat the flesh of your dear Son
Jesus Christ and to drink his blood,
that our sinful bodies may be made
clean by his body
and our souls washed through his most
precious blood,
and that we may evermore dwell in him,
and he in us.
Amen.

We are the body of Christ.
In the one Spirit we were all baptized
into one body.
Let us then pursue all that makes for
peace and builds up our common life.

The peace of the Lord be always with
you.

And also with you.



The Lord is here.
His Spirit is with us.

Lift up your hearts.
We lift them to the Lord.

Let us give thanks to the Lord
our God.

It is right to give Him thanks and
praise.

It is right to praise you, Father,
Lord of all creation; in your love
you made us for yourself. When
we turned away you did not reject
us, but came to meet us in your
Son.

You embraced us as your children
and welcomed us to sit and eat
with you.

In Christ you shared our life that
we might live in him and he in us.

He opened his arms of love upon
the cross and made for all the
perfect sacrifice for sin.

On the night he was betrayed, at
supper with his friends he took bread,
and gave you thanks;
he broke it and gave it to them, saying:
Take, eat; this is my body which is
given for you;
do this in remembrance of me.

Father, we do this in remembrance of
him: his body is the bread of life.

At the end of supper, taking the cup of wine, he gave you thanks, and said:

Drink this, all of you; this is my blood of the new covenant, which is shed for you for the forgiveness of sins; do this in remembrance of me.

Father, we do this in remembrance of him: his blood is shed for all.

As we proclaim his death and celebrate his rising in glory, send your Holy Spirit that this bread and this wine may be to us the body and blood of your dear Son.

As we eat and drink these holy gifts make us one in Christ, our risen Lord.

With your whole Church throughout the world we offer you this sacrifice of praise and lift our voice to join the eternal song of heaven:

Holy, holy, holy Lord,
God of power and might,
Heaven and earth are full of your glory.
Hosanna in the highest.

As our Saviour taught us, so we 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

Every time we eat this bread and drink this cup

We proclaim the Lord's death until he comes

God's Holy Gifts for God's holy people

*Jesus Christ is holy
Jesus Christ is Lord
to the glory of God the Father.*



Almighty God, we thank you for feeding us with the body and blood of your Son Jesus Christ. Through him we offer you our souls and bodies to be a living sacrifice. Send us out in the power of your Spirit to live and work to your praise and glory. Amen.

(Romans 15v13)

May the God of hope fill you with all joy and peace as you trust in him, so that you may overflow with hope by the power of the Holy Spirit.

And the blessing of God Almighty, the Father, the Son, and the Holy Spirit, be among us and remain with us always. Amen

