

PSALMS - GOD BREATHED PRAYERS

Life can be a whirlwind, perhaps this sounds familiar? Lying awake at night worrying about the day to come, sat at the foot of a hospital bed, driving in the car, walking the dog, eating with friends and family. Searching for words to express pain, celebration, frustration. Pleading for words of wisdom, or a glimmer of hope. Searching for meaning, purpose, and answers.



The Psalms are like the prayer book of the Bible. We find 150 varied expressions of faith in God. Sometimes when we're struggling to come to God in faith, it can be amazing to turn to the prayers of the Psalms and find all sorts of prayer in joy, despair, or intercession, I'm yet to find an emotion or prayer need absent from the Psalms.

Life flashes us by and we can forget to come to God. Either we feel no need to pray when life is going well, or we feel forgotten by God when times are tough. Prayer can be hard. Let's be honest. Someone once called it the 'chief exercise of faith'. In other words, prayer is how our faith in God is expressed. When we trust Him, we talk to Him.

We struggle to depend upon and trust God at all times. That's why prayer is hard, because trusting Him in all things can be hard. If we understand prayer as an expression of our faith, prayer becomes less 'something we do', and more 'an overflow of who we are'. The more we trust in God, the more we find ourselves praying. If we find it hard to pray, are we finding it hard to trust God?

Within the Psalms we find a treasury of God breathed prayers for us to use, as well as a guide for faith expressed in prayer. Over the next few months our sermons will centre around different Psalms as we learn how to be authentic with God in our lives. We're so excited to see what God will do in our community as we journey through the Psalms together.

We don't want to shy away from the tough prayers to pray or hide the bits of our lives we'd really rather keep unseen. Instead, in love and faith, we are praying for an authenticity and a depth of faith in prayer as we adventure through the Psalms and see how they can accompany us in our lives and in the 'chief exercise of faith' - our prayer.

Harry Lamaison

Sunday 28 April

Psalms: Being Authentic with God - Next Generations

At St Paul's...

10am THE TEN - Nico Ohlsson

6pm THE SIX - Nico Ohlsson

At St Barnabas...

10:15am Service - Adam Hansen

Sunday 5 May

Psalms: Being Authentic with God - Praise

At St Paul's...

10am UNITED AT TEN

6pm THE SIX - Mark Turner

At St Barnabas...

10:15am Service - James Wakefield

Prayer at St PB - for details and Zoom connections, go to [Weekday Prayer](#)

Morning Prayer

10-10:30am Mon, Wed & Fri

Kingdom Come

8pm Wednesday 12 June

Evening Prayer

8:30-9pm Thursdays

St Paul's, 15 Northey Avenue, Cheam SM2 7HS

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Office hours 9:30am-1pm Monday to Friday

FOR YOUR PRAYERS

Please pray for:

- Our young people as they go on their YGR Weekend Away (Years 7-9) to Carrot Wood, that they would have great fun, grow strong friendships, and go deeper with Jesus.
- The local elections in May, that the Spirit would lead us as we vote and that the results will bring forward wise, godly leaders across the UK.
- The protection of our planet and all of its inhabitants. We ask that the Lord would be with those working to tackle climate change, and show us how we can better care for the world around us.

Prayer is available during our Sunday services and our monthly prayer meetings.

FOOD FOR THOUGHT

The next event is **Wednesday 1 May 11:30am** at St Paul's. Barrister James Wakefield KC will speak on 'Does God Love Lawyers?' followed by a tasty lunch. Sign up online: saintpauls.co.uk/foodforthought

COFFEE MORNING

Thursday 2 May 10am-12pm at St Barnabas. Enjoy a cuppa and a chat, and meet new friends. Everyone is welcome, with no need to book.

UNITED AT TEN

Sunday 5 May 10am at St Paul's. Come for breakfast at the start of our United at Ten service. Everyone is welcome for pastries and bacon butties, served on arrival at 10am. Food is free, no need to sign up!

MARRIAGE COURSE

Starts on both **Tuesday 7 May at 7:30pm** and **Sunday 12 May at 10:10am**, fortnightly at St Paul's. We'll be running two courses alongside one another (Tuesday evenings repeated on Sunday mornings). Dinner will be provided on Tuesdays, with coffee and pastries on Sundays. Sign up online: saintpauls.co.uk/tuesdaymarriage or saintpauls.co.uk/sundaymarriage

WORSHIP NIGHT

Friday 10 May 7:30-9pm at St Paul's. Come, let us worship our King! A monthly space where OLDR Youth and Young Adults can gather to praise our great God and spend time in His presence.

YEAR 5-6 WEEKEND AT HOME

Friday 17 May 5:30-8pm and **Saturday 18 May 11am-8pm** at St Paul's. Join your friends for lots of fun with nerf gun wars, cooking, dance workshops, and of course, diving deeper into our faith. The theme of the weekend is Becoming a Disciple of Jesus. Book online: saintpauls.co.uk/weekend

FOOD BANK DONATIONS

This week, the Food Bank would be grateful for ketchup, tinned spaghetti and 500g bags of sugar. More information: goodcompany.org.uk

LOST PROPERTY BOX

We have a lovely selection of items in the Lost Property box at St Paul's, including 10 travel mugs, 4 hats, 8 jumpers and a fluffy unicorn. The box is located in Main Street, near the lift. Please claim your treasures, before the box is emptied (and items are recycled/ donated to charity) on Friday 10 May.

ELECTORAL ROLL AND APCM

The Parish Electoral Roll is due its annual revision, you can check your name on the list in the Welcome Area at St Paul's and St Barnabas. It would also be appreciated if you could make sure your contact details are correct in ChurchSuite (address, phone, email) and update if necessary.

If you wish to be added to the Electoral Roll, please return an application form to St PB Office by **6 May** (these will be available in the Welcome Area or online: saintpauls.co.uk/APCM). Applications received after this date can't be entered until after the Annual Parochial Church Meeting (APCM) on **Wednesday 22 May**. Please note, this year there are no vacancies on Deanery Synod or PCC. Contact office@stpb.co.uk if you have any queries.

SAMUEL'S HUB CAFÉ

Thursdays 10am-2pm at St Paul's. Drop by for coffee, pastries or tasty sandwiches freshly made by Samuel's Artisan Bakery. We'd love to see you!

NEWS FROM CAP DEBT CENTRE

A client of the Epsom & Ewell CAP (Christians Against Poverty) Debt Centre has recently become the fourth client so far this year to become debt-free!

GIVING TO ST PAUL'S & ST BARNABAS

God's work at both churches is funded by our church family and we encourage planned giving. Information on how to give regularly is available online at saintpauls.co.uk/donate (Charity No 1128212) or stbarnabas-epsom.org.uk/giving