

melody = 105

You have
You're the

rescued me
peace in war

You have tak- en me
You re- leased these chains

You've trans- formed my life
You have covered me

You for- give my sin
to bring com- fort's light

healing
lifting

every scar
me higher

bring- ing life
to a place of hope

You have shel- tered me
li- ving wa- ters flow

in the storms of life
wash me clean again

and i will sing

and i will dance

and i'll worship

i'll lift my hands

Ha- lelu-jah

glory to the King

praises to our Lord

all hon- our to Him

Ho- ly Spirit comes in light the fi- re bring sa- yation to the ends of the earth Fath- er
 Ho- ly Spirit descends show us Your will to pro- claim the wonders the strength of the

Father we see the doors of Heaven open as we sing Your praises let Your presence fill this place let Your

mercy flow from the throne of grace heal our broken lives touch our souls renew our minds give us a new heart so that we can love as

Je- sus loved

my heart rejoices at the sound of Your name
You call me by name into love's deep reserves

I lift up my hands to receive Your mercy
no words can express all that I want to say

my soul sings praises I will sing a new song
my deepest desires are fulfilled in Your plan

my mind longs for You seeking more of Your grace
for nothing I do is sufficient to You

I just wanna worship You dance in Your presence
bring an offering of praise bring a sacrifice

stand up lifting up Your name bow down in reverence
praying ceaselessly so can say to You I

love You I love You I love You I love You I love You I love You I love You

moderate

Ho- ly Spi- rit rain down

Ho- ly Spi- rit rise up

open these eyes to see Your love overwhelm us with Your presence give me the words to speak of You open these ears to hear Your voice Touch us to mend with healing balm wash every part of us again give me the strength to move ahead lead us reveal Your will for me let mercy flow O- pen my mind take it all Lord

Ho- ly Spi- rit Ho- ly Spi- rit come-

i sur-

You are ho- ly
 creation looks fo Your fo life- & the
 this unexpected love and mer- cy for the

heavens tremble at Your name, & the earth will shake as You speak when the trumpet sounds we will bow down the angels begin singing
 grace is undeserved this free gift for You gave it all just for me in the giving of Your Son to die by our human rules and justice

ho- ly so ho- ly is the Lord-

lively and fast
 we have heard Your voice we have seen Your face we have read Your Word we have sung our praise

we have said our prayers we have brought our gifts we have left our cares we have yes we have

so we depart Your house let's live lives as You've said and all that we will do and all that we will

say in worship and in prayer that God is glorified and magnified a- men

School of Grace:

Reading: 1 Thessalonians 4:1-12; Matthew 15:21-28

What is it that you and I do every day?

We can be a little cynical, and say we wake up, go to work/school, come home, veg out and go to bed, repeating the process. That may be a very bare boned summary, but how many of us feel that way?

Do you get up excited about the work you're doing today?

Do you get up ready to spend time with your family?

Do you come home feeling good about what has been accomplished?

Of course, there are days when it is impossible to answer those questions truthfully without saying no, but when it starts becoming routine then you have a problem.

For much of my life I've been rushing around. At school as soon as I finished one assignment I began another. My relaxation time was always limited by the feeling that I should be doing something productive. Eventually it had to end as my physical health couldn't cope and my mental health finally slowed to turtle pace.

For a long time here in Australia, there was a Life Be In It campaign, encouraging us to exercise, showing us the many possibilities from team sports to individual walks. But I wonder if we should expand it to beyond just exercise?

What if we all did the job we wanted? Not the job that is required to fit into some overarching plan

What if we spent more time with our family instead of trying to earn enough to support our family?

What if we enjoyed doing things rather than spending our time in winding down and gearing up?

It may come as a surprise, but Christians, particularly Christian leaders, find themselves in the routine of doing 'good work' rather than actually enjoying life. We keep demanding more and more from these leaders, and get disappointed when they don't measure up.

Can we slow down our rushing to be graceful?

Can we stop long enough to be merciful?

Can we actually enjoy life the way it was meant to be?

**You have rescued me You have taken me
You've transformed my life Your forgive my sin
Healing every scar bringing life to all
You have sheltered me in the storms of life**

**& I will sing & I will dance
& I'll worship I'll lift my hands**

**Hallelujah Glory to the King praises to our Lord
All honour to Him Holy is the Lord
Worthy is the Lamb that was slain
Mercy undeserved grace unmerited
Love unexpected in the name of God
By His pow'r & strength & I will bow down amen**

**You're the peace in war You released these chains
You have covered me to bring comfort's light
Lifting me higher to a place of hope
Living waters flow wash me clean again**

**This is the Church of God God's family
All around the world we worship You Jesus
As the Holy Spirit comes in light the fire
Bring salvation to the ends of the earth Father**

**This is the Church of God God's family
All around the world we baptized them Jesus
As the Holy Spirit descends show us Your will
To proclaim the wonders the strength of the Father**

**We see the doors of Heaven open
As we sing Your praises
Let Your presence fill this place
Let Your mercy flow from the throne of grace
Heal our broken lives touch our souls
Renew our minds give us a new heart
So that we can love as Jesus loved**

**My heart rejoices at the sound of Your name
I lift up my hands to receive Your mercy
My soul sings praises I will sing a new song
My mind longs for You seeking more of Your grace**

**I just wanna worship You
Dance in Your presence
Bring an offering of praise bring a sacrifice
Stand up lifting up Your name
Bow down in reverence praying ceaselessly
So I can say to You
I love You I love You I love You I love You
I love You I love You I love You**

**You call me by name into love's deep reserves
No words can express all that I want to say
My deepest desires are fulfilled in Your plan
For nothing I do is sufficient to You**

**Holy Spirit rain down Holy Spirit rise up
Open these eyes to see Your love
Open these ears to hear Your voice
Hold us within Your arms of grace
Let mercy flow
Holy Spirit Holy Spirit come**

**Holy Spirit rain down Holy Spirit rise up
Overwhelm us with Your presence
Touch us to mend with healing hands
Wash every part of us again open my mind
Holy Spirit Holy Spirit come**

**Holy Spirit rain down Holy Spirit rise up
Give me the words to speak of You
Give me the strength to move ahead
Lead us reveal Your will for me take it all Lord
Holy Spirit Holy Spirit come**

**I surrender everything to You
Jesus I surrender all that I am
I surrender what I hope to be
Jesus I surrender all I have done**

**Your grace covers all I do
Your mercy removes all the hurt and pain
I can't do anything else
There's nothing I can do to earn Your love
I surrender**

**This hope God living in me
I call out to You and You hear my prayer
I'm never the same again
For it's no longer I who lives in fear
I surrender**

**You take my sin on the Cross
My death is transformed into life and joy
Complete healing every scar
I find strength when I'm weak You carry me
I surrender**

**You are holy above all else no one is like You
You are holy creation looks to You for life
& the heavens tremble at Your name
& the earth will shake as You speak
When the trumpet sounds we will bow down
The angels begin singing
Holy so holy is the Lord**

**You are holy beyond all comprehension's
knowledge
You are holy this unexpected love and mercy
For the grace is undeserved this free gift
For You gave it all just for me
In the giving of Your sin to die
By our human rules and justice
Holy so holy is the Lord**

**We have heard Your voice
We have seen Your face
We have read Your Word
We have sung our praise
We have said our prayers
We have brought our gifts
We have left our cares
We have yes we have**

**So we depart Your house
Let's live lives as You've said
In all that we will do
In all that we will say
In worship and in prayer
That God is glorified and magnified amen**