

WELCOME TO...  
The Presbyterian Church of  
**Saint David**

October 25, 2015

**TEACH US TO  
NUMBER  
OUR DAYS**



Time is too slow for those who wait,  
too swift for those who fear,  
too long for those who grieve,  
too short for those who rejoice,  
but for those who love, time is eternity.  
– Henry Van Dyke

*Our God, our help in ages past.* In trust, we come today to worship God. *“You are my hiding place you always fill my heart with songs of deliverance.”* *“Our God, our help in ages past...”* In hope, we come today to worship God. *“Whenever I am afraid I will trust in you. I will trust in you; I will trust in you...”* *“Our God, our help in ages past...”* In anticipation of God’s gracious blessing – we come to

pray and praise our Liberating God, who blesses and reassures us. *“You are my hiding place you always fill my heart with songs of deliverance. Whenever I am afraid I will trust in you. I will trust in you; I will trust in you...”* Amen.

Hymn: Rock of Ages

(1-2)

240

**Scripture Psalm 90** *Lord, you have been our dwelling-place in all generations. Before the mountains were brought forth, or ever you had formed the earth and the world, from everlasting to everlasting you are God. You turn us back to dust, and say, ‘Turn back, you mortals.’ For a thousand years in your sight are like yesterday when it is past, or like a watch in the night. You sweep them away; they are like a dream, like grass that is renewed in the morning; in the morning it flourishes and is renewed; in the evening it fades and withers. For we are consumed by your anger; by your wrath we are overwhelmed. You have set our iniquities before you, our secret sins in the light of your countenance. For all our days pass away under your wrath; our years come to an end like a sigh. The days of our life are seventy years, or perhaps eighty, if we are strong; even then their span is only toil and trouble; they are soon gone, and we fly away. Who considers the power of your anger? Your wrath is as great as the fear that is due to you. So teach us to count our days that we may gain a wise heart. Turn, O Lord! How long? Have compassion on your servants! Satisfy us in the morning with your steadfast love, so that we may rejoice and be glad all our days. Make us glad for as many days as you have afflicted us, and for as many years as we have seen evil. Let your work be manifest to your servants, and your glorious power to their children. Let the favour of the Lord our God be upon us, and prosper for us the work of our hands -  
**O prosper the work of our hands!***

Hymn: Rock of Ages

(3-4)

240

**A question to consider:** When has life gotten you down? How do you pull yourself out of your funk? We all have moments, even seasons, of dejection. We seem to be on the losing end. Life just doesn’t seem fair. Our ambitions and life’s work comes to nought. While these depressing thoughts might not have a basis in reality,

their perception seems real enough. The author of Psalm 90 experienced such a funk. He appealed to God for help, but didn't seem to have hope. Yet, in the end, his faith overrode his depression.

**From: Soren Kierkegaard:** Alas, ultimately I know of no truer prayer than what I pray over and over, that God will at any rate allow me—that he will not be angry at me—that he will allow me to thank him continually, thanking him because he has done, and indeed, continues to do, so indescribably much more for me than I had ever expected. Surrounded with mockery; plagued day in and day out by the pettiness of people, even of those closest to me, I know of nothing else to do in my home or in my inmost being, but to give thanks and to thank God, for I understand that what he has done for me is indescribable...He permits me to weep before him in quiet solitude, to weep away my pain again and again, blessedly consoled in the knowledge that he is concerned for me—and at the same time he gives this life of pain a significance that almost overwhelms me, he grants me success and strength and wisdom in all my accomplishments...Now life is coming closer to me, or I am coming closer to myself, coming to myself.

**For further reflection:** \* To what extent do your own life experiences resonate with Psalm 90?

\* How does our culture treat ageing and the elderly, and how does that compare with other cultures?

\* What strategies have you observed that people use to embrace or deny what the Psalmist describes?

Hymn: O love that will not let me go

209

My time is my time, and I must live my time with as much fullness and significance as I am capable of, because my little segment of time is all the time that I have.

— Howard Thurman

**Invitation to the Table:** *Come: you from the East and you from the West, from the North and from the South. Come. Come with your doubts, come with your hopes, come with your inadequacies and with your strengths. We come, for this is a table where all are invited and all are welcome.*

Hymn: All who hunger, gather gladly (1)

534

Prayer of Thanksgiving: *The Lord is here. God's 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 thanks and praise. God our Creator, thank you for the gift of your son Jesus Christ, whose love pursues us our whole life long. Thank you Jesus, for giving your life to us in word and deed, even unto death, even death on a cross. Come Holy Spirit, feed us with your love that we may be filled with power to love God with all our hearts and souls and minds. United in our love for you and one another, we join together in the prayer that you taught your friends, saying: Our Father...*

Hymn: All who hunger, gather gladly (2-3)

534

### Communion

**Prayer following communion:** *God our help: We thank you for this supper, shared in the spirit with your son Jesus, who makes us new and strong, who brings us life eternal. We praise you for giving us all good gifts in Him and pledge ourselves to serve you, even as in Christ you have served us. Amen.*

Hymn: Go now in Peace

622

