

By Ashley litter and Jordan Wheawall.

# Book of Hours

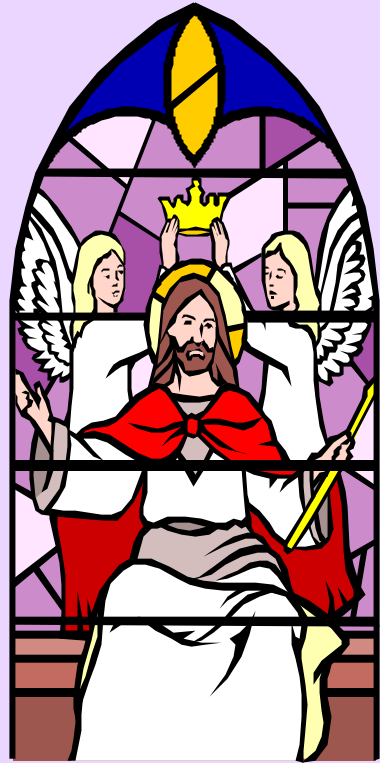
## 8:00 am

My heart is steadfast God,  
I will sing and make music with my soul.  
Awake, harp and lyre,  
I will praise you O lord among the nations  
I will sing of you lord among the peoples.  
For great your love, higher than the heavens.  
For great is your faithfulness which reaches to the skies.

## Jesus calms the storm

### Mark 4

35 That day when evening came, he said to his disciples, "Let us go over to the other side." Leaving the crowd behind, they took him along, just as he was, in the boat. There were also other boats with him. A furious squall came up, and the waves broke over the boat, so that it was nearly swamped. Jesus was in the stern, sleeping on a cushion. The disciples woke him and said to him, "Teacher, don't you care if we drown?" He got up, rebuked the wind and said to the waves, "Quiet! Be still!" Then the wind died down and it was completely calm. He said to his disciples, "Why are you so afraid? Do you still have no faith?" They were terrified and asked each other, "Who is this? Even the wind and the waves obey him!"



## Prayer and Glory

Dear lord in your vast world where we your people have to face many contradictions and abuse because of what we wear, how we speak and the colour of our skin. People think that money is king and forget what you did for us and the world by coming into your marvellous world band giving your life for us and many others who believe and betrayal you. Lord god help us face temptation from evil and people.

amen

## Psalm 146

Praise the LORD. <sup>[1]</sup> Praise the LORD, O my soul. I will praise the LORD all my life; I will sing praise to my God as long as I live. Do not put your trust in princes, in mortal men, who cannot save. When their spirit departs, they return to the ground; on that very day their plans come to nothing.

