

# Sanctuary First

March 2011

## Theme Summary — Four Cups One Feast (a Meal)

Add Praise and Prayers as you wish

Item	Notes
	Find a suitable place to gather together and share in this pre-lenten meal. This is an opportunity for Sanctuary First to be more family friendly.
<b>Leader 1</b>	Sanctuary First this month takes the form of a meal
<b>BLESSING A CHILD IS INVITED TO LEAD THE SPOKEN OR SUNG GRACE</b>	Children's Blessing for the food. one that is well known by the congregation. for example <b>The Jonny apple seed blessing</b> The Lord is good to me, and so I thank the Lord, for giving me the things I need the sun the rain and the apple seed The Lord is good to me.
<b>READING</b>	<b>Isaiah 25:6-9</b>
<b>STARTER</b>	something easy and healthy, Dips with Carrots, cucumber and celery
<b>STARTER QUESTION</b>	you are God's chef - with those around you choose the perfect food for this occasion - making reference, if you are able, to the qualities of God's banquet we heard in the bible passage.

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<b>Leader 1</b>	Jewish people today as part of their worship of God use Meals or Feasts as a form of remembering. The bar mitzvah is a feast to celebrate the transition from boyhood to manhood. There are many others, the feast of Tabernacles to remind them that they were strangers who lived in tents and that they should be gracious to the strangers in their land.
<b>Leader 2</b>	Perhaps the most significant of these feasts is The Passover meal. It is celebrated to remind them that God rescued their nation from slavery and set them on a path to freedom. Christians have also used this story of the deliverance as a allegory or a parable that helps us all understand how God not only rescues a nation but that he can and does rescue individuals.
<b>Leader 1</b>	For Christians the story of deliverance and hope is told and retold within the context of the Lord's Supper. The last supper which Jesus shared with his disciples was intricately connected to the Passover and he instituted this act of fellowship and communion around the symbols of bread and wine both of these elements are key in the Passover meal.
<b>Leader 2</b>	This month Sanctuary First is going to use food as the primary medium through which we too can learn more about God and how his grace is revealed through sacrifice and celebration.
<b>Main Course</b>	<p>The service begins with fellowship around the table for all ages. A simple meal is cooked preferably one that is able to be shared around eg stew, spaghetti Bolognese, or simply order fish and chips or pizza. After the meal 5 cups are placed in the centre of the table and everyone receives four small glasses. (We can use the small communion cups)</p> <p>Served with the meal is a menu of suggestions, things to take up for lent, each designed to encourage thanksgiving and service to God among the community. From "The Heavenly Party" by Michele Guinness</p>

Item	Notes
<b>MENU</b>	<p><b>The Lent Menu</b></p> <p>The Menu is taken with the meal to tables, participants would share this menu and discuss the merits and difficulties of taking up for lent, one of the items on the menu:</p> <p>See separate RESOURCE for a suggested menu.</p>
<b>END OF THE MAIN COURSE</b>	
<b>Leader 1</b>	<p>After the main course is served the story of Shrove Tuesday is told. "Shrove" comes from the word "Shrive" which means to confess. In the middle Ages people used to confess their sins before Ash Wednesday. Just as the Jewish tradition before a time of fasting example the day of "Atonement" people would indulge themselves. The pancakes were seen as using up all the luxury ingredients of eggs and butter. In France the French catholics celebrated a day known as "Mardi Gras" or "Fat Tuesday" this was celebrated with a "carnival" Carnival is a latin word that means "farewell to meat or flesh" It has now become in New Orleans a festival that has little to do with its original meaning.</p>
<b>DESERT</b>	pancakes are served.

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<b>LEADER 1</b>	Ask everyone to consider the idea of preparing to go on a spiritual journey during lent . The pancakes represent using up all the things that are self indulgent in our lives and for the next few weeks invite everyone to consider a journey of service. Not about giving things up but about taking things up. As they enjoy the sweet pancakes with cream and jam perhaps they can think about things they can do for others that will bring sweetness and joy into their lives.
<b>5 CUPS OF PASSOVER</b>	As the part of the meal comes to an end five cups are place on the table.
<b>LEADER 1</b>	“Say therefore to the people of Israel, ‘I am the LORD, and I will bring you out from under the burdens of the Egyptians, and I will deliver you from slavery to them, and I will redeem you with an outstretched arm and with great acts of judgment. I will take you to be my people, and I will be your God, and you shall know that I am the LORD your God, who has brought you out from under the burdens of the Egyptians. (Exodus 6:6–7 ESV)

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<p><b>LEADER 2</b></p>	<p>In the next part of the service we are going to base aspects of the worship and teaching around the</p> <ul style="list-style-type: none"> <li>• The Cup of thanksgiving and sanctification – based on God’s statement, “I will bring you out from under the burdens of the Egyptians”– thanksgiving</li> <li>• The Cup of Judgment or Deliverance– based on God’s statement, “I will deliver you from slavery to them” This is the cup of Freedom!</li> <li>• The Cup of Redemption – based on God’s statement, “I will redeem you with an outstretched arm”</li> <li>• The Cup of Praise or Restoration – based on God’s statement, “I will take you to be my people, and I will be your God”</li> </ul>
<p><b>LEADER 1</b> Stands and lifts the first Cup and says</p>	<p>The first Cup speaks of Thanksgiving and sanctification. We are asked to give thanks for all God gives us in the good times and the bad times. Our trials and sufferings can make us stronger and more resilient people.</p> <ul style="list-style-type: none"> <li>• The Cup of thanksgiving and sanctification – based on God’s statement, “I will bring you out from under the burdens of the Egyptians”– thanksgiving</li> </ul>
<p>A Child is asked to read a simply prayer out</p>	<p>a prayer to thank God for all we receive at his hand and remembering those who are in prison or held captive, or nations or people who are afraid to speak their mind because they are afraid they will be persecuted. Help us believe that God will hear their prayer and bring deliverance.</p>

Item	Notes
	Then everyone stands and drinks the first cup and we say together
<b>ALL</b>	We drink this cup to remind ourselves that all things good and bad in life can and will work together for our good. Thanks be to God.
<b>LEADER 2</b> The second cup is held up and the person says.	<p>This second Cup is the Cup of liberation and Freedom.</p> <p>“I will deliver you from slavery to them” This is the cup of Freedom!</p> <p>The leader talks about what it means to be delivered from an addiction be it alcohol or a guilty past. God not only delivers his people out of slavery he is the God who sets us free.</p>
	We all sing a song about being free in Christ
	We are all invited to stand and together repeat
<b>ALL</b>	We drink this cup to remind ourselves that we have been freed from the power of our past sinful lives. We long to live in the freedom of Christ.
<b>LEADER 1</b> The third Cup is held up saying	<p>This is the cup of Redemption. It reminds us that God has redeemed us. This means that God has given back to us all that we could and should have been. The cup of redemption speaks of a costly journey in which God in Christ took upon himself the sins of the world and has redeemed us and brought us back into fellowship and a right relationship with God.</p> <p>The Cup of Redemption – based on God’s statement, “I will redeem you with an outstretched arm”</p>

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<b>VIDEO</b>	Video Clip from Shawshank Redemption is played, or a story of redemption is told.
<b>ALL</b> We stand together and take the third cup and say together	We drink this cup because you have first drunk from it and saved us by your selfless act of sacrificial love. We have been redeemed.
<b>LEADER 2</b> The Fourth Cup is raised saying	<p>this is the cup of Restoration. “ I will take you to be my people and I will be your God.</p> <ul style="list-style-type: none"> <li>• The Cup of Praise or Restoration – based on God’s statement, “I will take you to be my people, and I will be your God”</li> </ul> <p>We are no longer orphans and strangers people alone and afraid in the world with no future or hope. In Christ we have a sure hope and a steady foundation thanks be to God.</p>
<b>VIDEO</b>	Show a video of some people in our community ho feel they have a better future because they have discovered the message of the gospel of redemption for themselves or people round the table share a story of redemption

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<p><b>ALL</b> The Fourth Cup is raised</p>	<p>We drink this cup to celebrate the joy of belonging to God's family.</p>
<p><b>SONG</b></p>	<p>Let's rejoice, lets rejoice let us dance and sing or an alternative</p>
<p><b>LEADER 1</b></p>	<p>The Fifth Cup is not for us to raise or drink its that which belongs to Lord Jesus the Messiah King . Therefore with the whole of heaven we worship and bless the Lord our God for all we have received from his hand in the past the present and in the days to Come.  Amen</p>

## RESOURCE

# The Lent Menu

Choose one of the items from this menu and

Take it up for Lent

### **Hand of Encouragement:**

Send a card during lent before Easter to someone who might appreciate it.

### **Voice of Thanksgiving:**

Phone a person each night encouraging/thanking/appreciating them

### **Feet of Service:**

Visit someone with a gift, it's the visit that counts

### **Heart of Compassion:**

Make list of 4/5 people in need of prayer

### **Mind of Patience:**

Make a list of frustrations/people who annoy, forgive and learn to live with these/them.

### **Life of love:**

Suggest an activity you are going to share without someone you don't normally do this with.