

## Sunday 29<sup>th</sup> May @ 10am

### Readings

Acts 16 16-34

Revelation 22 12-14, 16-17, 20-end

John 17 20-end

### Collect for the Seventh Sunday of Easter

O God the King of glory, you have exalted your only Son Jesus Christ with great triumph to your kingdom in heaven: we beseech you, leave us not comfortless, but send your Holy Spirit to strengthen us and exalt us to the place where our Saviour Christ is gone before who is alive and reigns with you, in the unity of the Holy Spirit, one God, now and for ever.

### Thought for the Week Looking Up

As Jesus ascended, the disciples looked up. God asks us to lift up our hearts in prayer, to look up in praise, but then to get up and go out to put the worship into practice, even as the disciples were told to go and begin their mission.

But when trouble comes, we often look down at the problem itself or sideways, as we relate it in detail to anyone who will listen. Neither downward or lateral vision will extricate us from the trouble.

Only when we look up, and lift that burden to God, does it ease. And lifting takes more effort than dropping the burden down, or sliding it sideways. But the effort must be made.