

# spill the beans

worship and learning resources for all ages

**issue 51**

trinity to  
pentecost 12

26 may to  
11 august 2024



A resource with a Scottish flavour for  
Worship Leaders, Sunday Schools,  
Junior Churches and Youth Leaders.

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# introduction

Welcome to the third in a series of eight issues of Spill the Beans through which we are taking an alternative journey through the Scripture over a two year period. Having spent the previous year with The Women's Lectionary, and not at the beginning point of either the Revised Common Lectionary or the Narrative Lectionary, this has been an opportunity for thinking about a different way to engage the Scripture with a contemporary setting.

## Word And World Lectionary

Members of the Spill the Beans Resource Team took time out to consider the way forward and with enthusiasm embarked on creating our own two year lectionary. We had past experience with our "Path Less Travelled" lectionary in 2018-19 which was inspired by user feedback.

This time we decided to deliberately and methodically to engage Word and World using the device of special days and themes. For instance, using United Nations' focus days, or saints days, or particular festivals. We have shaped these into short thematic series. We would encourage engagement both with the Scriptural texts for each day and to use this as an opportunity for your congregation to engage with some of the international themes that arise.

This is a different approach for us and we hope it will be inspiring to you in your worship as we pray it will be for us as we lead worship in our own settings.

We have decided to keep the format for the layout of the issues as we have used in the past year, and to encourage the development of intergenerational worship.

## Intergenerational Worship

Spill the Beans has always been rooted in the power of story telling. Story binds generations together. In that shared bond of story lies the creative space for building relationships between generations. Using different ways to engage with the story recognises the variety amongst us all: some learn by listening, others by doing, others by creating. All are valuable and a part of our shared worship of God.

We are encouraging you to experiment as we will be doing with ways to worship intergenerationally in an authentic and inclusive manner. To that end we are still providing a rich variety of resources but grouped by how they help us **'tell the story'**, **'explore the story'**, and **'live the story'**. Mix and match, rewrite, contextualise for your own setting, try something different, and have fun with it! Please do give us feedback.

There are many resources online to help think more deeply about intergenerational worship. A simple but very helpful summary is provided by the Methodist Church, copied below.

## Intergenerational worship IS about:

- **building relationships**—offering a key time for people to get to know each other better and build a sense of connection;
- **a time of worship and learning that is offered in a simplified and participatory way**—simple does not mean shallow; rather it enables everyone to contribute and receive in a meaningful and appropriate way;
- **providing an inclusive experience and a sense of belonging**—helping everyone of all abilities to feel part of the body of Christ, whatever their experience;
- **being a bridge**—not only between ages but also for those who are exploring what being part of a church means. This relaxed service style can provide a comfortable place for some to discover more about Christianity;
- **encouragement, nurture and inclusiveness**—it is a means by which faith can grow and, in turn, inform life-making or life-changing decisions;
- **exploring vocation**—an opportunity to discover and develop gifts and calling.

## Intergenerational worship is NOT about:

- limiting the richness of resources used;
- oversimplifying the message or adding a children's talk into the 'usual' service;
- unstructured and chaotic worship;
- children having token responsibilities for roles and participation;
- limiting potential to explore faith and discipleship together;
- nuclear families exclusively worshipping together.

## Information

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Sleepless Nights Publications



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# the team

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## Key to Abbreviations

In the worship ideas section the following abbreviations may be used to indicate different sources of worship music:

ATAS	All the Assembly Songs You'll Ever Need
CG	Common Ground
CH4	Church Hymnary, 4th Edition
GTG	Glory To God: The Presbyterian Hymnal
JP	Junior Praise
MP	Complete Mission Praise
STF	Singing The Faith
SGP	Songs of God's People
WGP	Wild Goose Publications



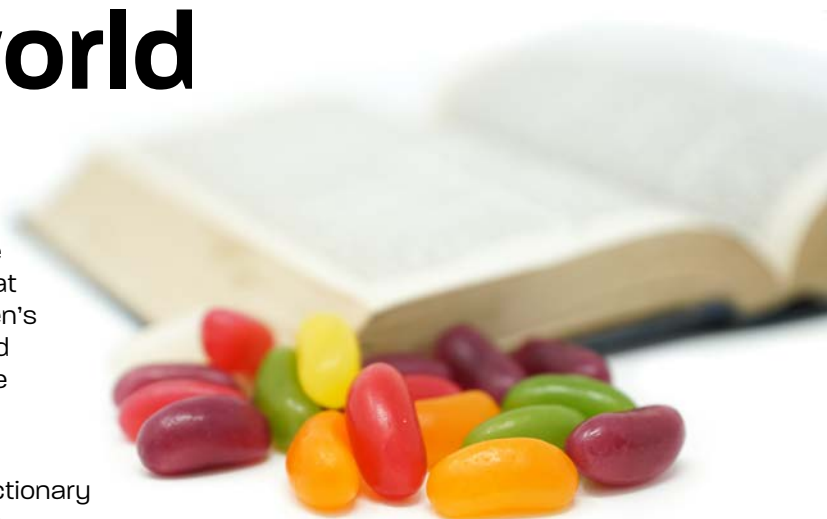
# word and world

## New Lectionary

December 2023—November 2025

**M**embers of the Spill the Beans Resource Team have been exploring ideas on what to do following our year with The Women's Lectionary. As we are mid-stream in both Revised Common Lectionary and Narrative Lectionary, we decided to take the opportunity to do something different.

This is our second foray into creating our own lectionary following The Path Less Travelled in 2018/19. The inspiration for this new plan was to connect the worship of the church more systematically with events that are happening around and outside the church. This includes 'national' or 'world' days, particular seasonal events and people. We are excited at the opportunity this may give us to engage with other events. Some are very serious such as International Holocaust Memorial Day, while others may inspire some fun such as National Ice Cream Day and one close to our hearts... Jelly Bean Day!



Note that we are still fine tuning this, but the following table will give you the main basis of where we are planning to journey for the two years from Advent 2023.

As always, this is invitational, and you are welcome to join us as and how is right in your own setting. We pray it is a jumping off point for your own engagement of Word and World.

Date	Liturgical	Theme	Primary Text	Support Text	Links/Notes
<b>YEAR 1</b>					
3 Dec 23	Advent 1	Equality, Diversity, Inclusion	Isaiah 40:1-11	Matthew 8:1-4	Abolition of Slavery (2 Dec)/Persons of Disability
10 Dec 23	Advent 2		Malachi 3:1-7	Galatians 5:13-14	Human Rights Day
17 Dec 23	Advent 3		Isaiah 16:2-5	Luke 1:5-25	International Migrant's Day (18 Dec)
24 Dec 23	Advent 4	Christmas	Isaiah 9:2-7	Luke 1:39-56	
25 Dec 23	Christmas Day		Luke 2:1-20	1 John 4:7-9,13-21	
31 Dec 23	Christmas 1		Matthew 2:1-15	Micah 5:1-5a	
7 Jan 24	Epiphany 1	Unwrapping	Luke 1:1-4	John 1:19-31	Beginnings, setting up calendars, Orthodox Christmas
14 Jan 24	Epiphany 2		Luke 4:16-30	Psalm 119:97-108	Flourishing, St Mungo
21 Jan 24	Epiphany 3		Luke 6:20-26	Psalm 1	Blessings, use "A Man's A Man" by Robert Burns
28 Jan 24	Epiphany 4		Luke 8:16-18	Jonah 1:1-17	Lighting, Up-Helly-Aa (30 Jan)
4 Feb 24	Epiphany 5		Luke 8:22-25	Psalm 139:1-12	Calming, World Cancer Day
11 Feb 24	Transfiguration		Luke 9:10-17	2 Kings 5:1-6	Feeding, International Day of Women/Girls in Science
14 Feb 24	Ash Wednesday	Social Justice	Luke 11:37-44	Isaiah 55:6-11	Valentine's Day
18 Feb 24	Lent 1		Isaiah 58:6-12	1 Samuel 21:1-6	World Day of Social Justice (20 Feb)
25 Feb 24	Lent 2		Luke 6:27-36	1 Peter 3:8-14	
3 Mar 24	Lent 3		Luke 7:1-17	Psalm 68:4-10	Whuppity Scoorie Day (1 Mar)
10 Mar 24	Lent 4		Luke 7:36-50	Micah 7:14-20	Mothering Sunday, International Women's Day (8 Mar)
17 Mar 24	Lent 5		Luke 8:26-39	Psalm 102:1-6,18-22	International Day of Happiness (20 Mar), Red Nose
24 Mar 24	Palms/Passion		Matthew 21:1-11	Psalm 22:1-11	
25 Mar 24	Monday	Holy Week	John 15:1-13	Psalm 36:5-11	The true vine
26 Mar 24	Tuesday		John 16:4b-24	Psalm 74:1-14	Work of the Spirit
27 Mar 24	Wednesday		John 17:1-11	Psalm 70	Praying for friends
28 Mar 24	Maundy Thurs		John 18:1-12	Psalm 116:1-2,12-19	Betrayal and arrest
29 Mar 24	Good Friday		John 19:1-30	Psalm 40:1-14	Jesus and Pilate
30 Mar 24	Holy Saturday	John 19:38-42	Psalm 31:1-5	Jesus' burial	
31 Mar 24	Easter Day	Resurrection and New Creation	John 20:1-18	Psalm 18:16-21	Jesus and Mary in the garden
7 Apr 24	Easter 2		Isaiah 40:21-31	Matthew 6:25-34	Holy Humour Sunday, World Health Day
14 Apr 24	Easter 3		Isaiah 51:1-18	Matthew 13:24-29	National Gardening Day
21 Apr 24	Easter 4	Isaiah 61:1-11	Matthew 20:1-16	Mother Earth Day, Jelly Bean Day (both 22 Apr)	
28 Apr 24	Easter 5	Joy	Psalm 30	Romans 12:9-21	International Dance Day (29 Apr), Beltane's Day (1 May)
5 May 24	Easter 6		Psalm 16	1 Peter 1:3-12	World Laughter Day, St Catherine of Siena (29 Apr)
12 May 24	Easter 7	Christian Aid	Acts 1:15-17,21-26	1 John 5:9-12	RCL readings used this week to link to Christian Aid
19 May 24	Pentecost		Acts 2:1-21	2 Samuel 6:14-19	World Baking Day (home bakes to raise money for work of Christian Aid)

Date	Liturgical	Theme	Primary Text	Support Text	Notes
26 May 24	Pentecost 1	Witness and Journey	Exodus 3:10-17	Matthew 28:16-20	
2 Jun 24	Pentecost 2		Genesis 20:1-13	Acts 21:1-6	
9 Jun 24	Pentecost 3		Exodus 34:4-8	1 Samuel 3	St Columba
16 Jun 24	Pentecost 4	Refugees and Asylum Seekers	Exodus 2:1-10	Luke 15:11-32	Father's Day
23 Jun 24	Pentecost 5		Exodus 5:1-14	1 Corinthians 4:1-13	World Refugee Day (20 Jun), International Widow's Day
30 Jun 24	Pentecost 6	Stories of Travelling	John 4:1-15,28-30,39-42	1 Kings 17:7-16	Hospitality
7 Jul 24	Pentecost 7		Matthew 15:21-28	Hebrews 13:1-3	Encounters with strangers
14 Jul 24	Pentecost 8		Leviticus 25:10-12,35-41	Galatians 3:26-28	Towards equal opportunities
21 Jul 24	Pentecost 9		Mark 2:18-28	Genesis 2:1-2	Holidays and refreshing Sabbaths, Ice Cream Day
28 Jul 24	Pentecost 10		Psalms 139:1-12,23-24	Romans 8:31-39	God with us on the journey
4 Aug 24	Pentecost 11		1 Kings 19:1-8	Mark 8:1-9	Food for the journey
11 Aug 24	Pentecost 12		Psalms 71:16-18	Ephesians 4:11-16	Journey from youth to age, Inter. Youth Day (12 Aug)
18 Aug 24	Pentecost 13		Telling Our Stories	Deuteronomy 6:20-25	John 9:13-25
25 Aug 24	Pentecost 14	Exodus 12:21-28		Acts 26:1,9-18	
1 Sep 24	Pentecost 15	Jeremiah 29:1-14		Philippians 4:10-20	World Letter Writing Day, Amnesty International Write for Rights
8 Sep 24	Pentecost 16	Peacemaking	Leviticus 26:1-6	Matthew 5:9	World Suicide Prevention Day (10 Sep)
15 Sep 24	Pentecost 17		Psalms 34	Colossians 3:12-17	International Day of Democracy, Hildegard De Bingen (17 Sep)
22 Sep 24	Pentecost 18		John 14:25-31	Philippians 4:4-9	International Day of Peace
29 Sep 24	Pentecost 19	Environment and Harvest	Deuteronomy 16:9-15	James 2:14-26	World Heart Day, building up to Sukkot
6 Oct 24	Pentecost 20		Psalms 126	Joel 2:15-19	Restoring the environment
13 Oct 24	Pentecost 21		Exodus 16:9-16	2 Corinthians 9:6-15	World Food Day
20 Oct 24	Pentecost 22	Faith Heroes	Hebrews 12:1-2	Hebrews 11:8-22	
27 Oct 24	Pentecost 23		Hebrews 12:1-2	Hebrews 11:23-28	
3 Nov 24	Pentecost 24		Hebrews 12:1-2	Hebrews 11:29-40	All Saints Day (1 Nov), link to any local saints
10 Nov 24	Pentecost 25	Hope	Job 17:1-5,11-16	Matthew 12:9-21	Remembrance Sunday, World Kindness Day (13 Nov), St Machar, St Geradine
17 Nov 24	Pentecost 26		Lamentations 3:19-24	Romans 8:18-25	St Margaret (16 Nov), International Student's Day
24 Nov 24	Reign of Christ		John 3:11-21	Isaiah 42:1-10a	
<b>YEAR 2</b>					
1 Dec 24	Advent 1	Incarnating Love	Isaiah 11:1-9	Luke 5:12-13	World AIDS Day, St Aiden of May
8 Dec 24	Advent 2		Mark 1:1-8	Isaiah 2:2-4	International Anti-Corruption Day (9 Dec)
15 Dec 24	Advent 3		Isaiah 35	Galatians 5:13-16	
22 Dec 24	Advent 4		Luke 1:26-38	1 Corinthians 13:1-13	
24/5 Dec 24	Christmas Eve/Day		Luke 1:46-55 Matthew 1:18-25	Romans 13:11-12 1 John 3-11	
29 Dec 24	Christmas 1	Holocaust Memorial	John 1:1-14	Isaiah 43:1-7	Donald Caskie (died 27 Dec 1983)
5 Jan 25	Christmas 2		Daniel 2:8-23	Matthew 2:1-6	Thomas Aikenhead (died 8 Jan 1697)
12 Jan 25	Epiphany 1		Luke 11:14-28	Nehemiah 5:1-13	Awareness of evil
19 Jan 25	Epiphany 2		Exodus 1:15-22	Mark 9:42-48	Slaughter/protection of innocents, Jane Haining
26 Jan 25	Epiphany 3		Isaiah 61:5-11	Mark 15:33-34	International Holocaust Memorial Day (27 Jan)
2 Feb 25	Epiphany 4	Rediscovering Jesus	Luke 2:41-52	Proverbs 3:1-10	Jesus the Jew, Candlemass, Groundhog Day
9 Feb 25	Epiphany 5		Matthew 13:1-3,10-17	2 Samuel 12:1-7a	Jesus the Storyteller
16 Feb 25	Epiphany 6		Luke 4:38-41	Ezekiel 34:11-16	Jesus the Healer
23 Feb 25	Epiphany 7		Mark 6:45-52	Mark 8:11-14	Jesus the Wonder Worker
2 Mar 25	Transfiguration		Matthew 16:13-20	John 20:30-31	Jesus: the Christ?



Date	Liturgical	Theme	Primary Text	Support Text	Notes
5 Mar 25	Ash Wednesday	Health and Wellbeing	Matthew 6:1-6,16-21	2 Corinthians 5:20b-6:10	Wellbeing
9 Mar 25	Lent 1		Romans 12:1-8	Proverbs 16:21-24	Self Care I
16 Mar 25	Lent 2		Romans 12:9-21	Psalms 1	Self Care II
23 Mar 25	Lent 3		John 6:35-40	Proverbs 3:5-8	Food
30 Mar 25	Lent 4		Hebrews 4:1-11	Matthew 11:28-29	Rest, Mothering Sunday
6 Apr 25	Lent 5		1 Timothy 4:6-16	Isaiah 40:25-30	Health
13 Apr 25	Palm/Passion	You want it darker	Mark 11:1-11	Isaiah 52:13-53:12	The Gate
14 Apr 25	Monday		Mark 11:15-19	Isaiah 48:6-11	The Temple Courtyard
15 Apr 25	Tuesday		Mark 11:12-14,20-25	Isaiah 34:1-4	The Mount of Olives
16 Apr 25	Wednesday		Mark 14:1-11	Isaiah 61:1-4	The Home at Bethany
17 Apr 25	Maundy Thurs		Mark 14:12-16	Isaiah 53:7-12	The Upper Room, Gethsemane
18 Apr 25	Good Friday		Mark 14:43-15:41	Joel 2:1-2	The Hill, Golgotha
19 Apr 25	Holy Saturday		Mark 15:42-47	Psalms 22:27-31	The Tomb
20 Apr 25	Easter Day		Mark 16:1-8	Luke 24:13-35	The Garden (use Emmaus story for an evening service)
27 Apr 25	Easter 2	Community Wellbeing	John 21:1-14	Mark 1:16-20	Back at the Beginning I
4 May 25	Easter 3		John 21:15-21	Mark 14:66-72	Back at the Beginning II, Mental Health Awareness Week, death of David Livingstone (1 May 1873)
11 May 25	Easter 4		Acts 9:36-43	Revelation 7:9-17	Christian Aid Week
18 May 25	Easter 5	Creative Communities	Micah 6:6-8	1 Corinthians 12:4-14	The Why Behind the How
25 May 25	Easter 6		Colossians 3:12-17	Micah 6:6-8	Creative People, death of Thomas Chalmers (31 May 1847)
1 Jun 25	Easter 7		Ephesians 5:1-20	Micah 6:6-8	Creative Living
8 Jun 25	Pentecost		Galatians 5:13-26	Micah 6:6-8 Acts 2:1-13	Creative Spirit
15 Jun 25	Pentecost 1	Thankful and Grateful	Psalms 100	Romans 5:1-11	Father's Day, National Beer Day
22 Jun 25	Pentecost 2		Psalms 118	1 Thessalonians 5:12-24	International Picnic Day (18 Jun)
29 Jun 25	Pentecost 3		Psalms 145	2 Corinthians 4:7-18	Death of George MacLeod (27 Jun 1991)
6 Jul 25	Pentecost 4		1 Chronicles 16:8-36	Romans 11:33-36	Thank You Day
13 Jul 25	Pentecost 5	Crossroads of Culture and Faith	Psalms 95	Luke 2:22-32	Music, St Swithin
20 Jul 25	Pentecost 6		2 Chronicles 1:1,7-13	Luke 3:7-18	Politics, St Thenew
27 Jul 25	Pentecost 7		Exodus 31:1-11	Luke 6:43-45	Art
3 Aug 25	Pentecost 8		2 Samuel 12:1-9	Luke 9:1-6	Literature
10 Aug 25	Pentecost 9		Song of Songs 2:8-17	Luke 12:49-53	Poetry
17 Aug 25	Pentecost 10		1 Kings 4:29-34	Luke 17:11-19	Science
24 Aug 25	Pentecost 11		1 Samuel 8:1-21	Luke 20:20-26	Civic Space, death of George Matheson (28 Aug 1906)
31 Aug 25	Pentecost 12		Prayer	Jeremiah 20:7-18	1 Samuel 1:1-18
7 Sept 25	Pentecost 13	Luke 10:1-9,17-21		1 Samuel 2:1-10	Thanksgiving
14 Sept 25	Pentecost 14	Genesis 32:3-21		Luke 18:1-18	Protection
21 Sept 25	Pentecost 15	John 17:10-26		Luke 2:36-38	Intercession
28 Sept 25	Pentecost 16	2 Samuel 12:15b-23		Psalms 98	Unanswered
5 Oct 25	Pentecost 17	Reforming Our Faith	Psalms 96:1-9	1 Corinthians 12:12-13, 14:26	Songs and Liturgy
12 Oct 25	Pentecost 18		Ecclesiastes 3:1-8	Matthew 22:34-39	Times and Priorities
19 Oct 25	Pentecost 19		Joshua 10:36-43	2 Timothy 3:14-17	Lectionaries
26 Oct 25	Pentecost 20		Exodus 3:1-10	Ephesians 3:14-20	Experiences of God, Reformation Day (31 Oct)
2 Nov 25	Pentecost 21	Christ on the Edge	Mark 12:41-44	Deuteronomy 24:17-22	All Souls Day
9 Nov 25	Pentecost 22		Matthew 5:38-44	Genesis 22:1-14	Remembrance Sunday
16 Nov 25	Pentecost 23		Luke 10:25-37	Deuteronomy 10:17-22	Home Made Bread Day (17 Nov), St Margaret of Scotland
23 Nov 25	Reign of Christ		Mark 10:17-21	Luke 12:13-21	Stir Up Day, death of James Hogg (21 Nov 1835)

Note that the double-lined breaks in the table delineate between issues.





# i am what i am

## Trinity

Sunday 26 May 2024

## Theme

Trinity: Witness and Journey

## Word

Exodus 3:10-17  
Matthew 28:16-20

## World

General Assembly of the Church of  
Scotland (18-23 May)

*tell the story*

## Bible Notes

For Church of Scotland readers, this is the Sunday after the General Assembly, during which there will undoubtedly have been reminders of our call to mission. Commissioners will have been exhorted to do more, to try harder to “share the good news” and reverse the seemingly inexorable decline of the church. Our secondary text, from Matthew 28, may well have been quoted in this regard, despite the very different context in which the ‘great commission’ was issued by the risen Jesus to his disciples.

Moses, like the eleven disciples, had a genuine calling from God and vitally important work to do, but one or two points are worth noting before rushing to superimpose his story on to our own:

1. The call came from God—however the divine voice was heard—and not from his fellow-Israelites, who would not even have recognised him as one of themselves.
2. Moses’ calling, like that of the apostles, came when the time was right, and not before. Moses had to be ready, even if he did not think he was.
3. God’s commission came as a complete surprise to him. He was terrified and utterly daunted by what God seemed to be expecting of him, and this is true of many of the Biblical ‘call’ narratives (cf. Isaiah 6:1-8; Jeremiah 1:4-10; Jonah 1:1-3).

Real discernment is needed if we find ourselves in a similar situation. Do I feel daunted because this task is not the right one for me, or because, deep down, I know it is? If the former, then saying ‘no’ is the right answer,

however clamorous the voices telling us otherwise. If the latter, then we need to trust that God, with the task, will give us the strength to complete it.

Moses had blood on his hands (Exodus 2:11-12); he had



been brought up in the Egyptian court away from his mother's people (Exodus 2:5-10; Acts 7:20-22); his self-esteem was low (3:11) and he was full of doubts and questions. He needed assurance about who he was and who God was before he could think about approaching Pharaoh on the people's behalf.

His first question (v. 11) is about himself and his own inadequacy. His second (v. 13) is about the identity of the one who is putting this massive responsibility on his shoulders, expecting him to risk everything for the sake of people whom he hardly knows. The answer he gets is enigmatic to say the least. "I am who I am" replies the one who has many names and none.

Unsatisfactory as this answer may have been for Moses, it opens up the potential for rich inter-faith dialogue. Although for Moses the nameless one is the God of his ancestors, "of Abraham, Isaac and Jacob", there is space for "I am" to be encountered differently in the stories of other nations and peoples. It may also resonate with people who do not want or are unable to be pinned down to one pronoun, description or gender. When asked, "Are you male or female, gay or straight, Christian or agnostic?" their answer could legitimately be, "I am who I am—like the one who made me."

God—to use the convenient shorthand—is able to use Moses with all his doubts and uncertainties, and there is hope in that for all of us. We do not need to be completely sorted before we go out and serve. Moses, who feels himself to be nothing (v. 11) becomes 'somebody' through God's interaction with him. Reassurance comes not from a reminder of his own abilities, but from the fact that "I am" will be with him. This is exactly the same promise given by the risen Jesus to his fearful disciples. Not "You can do it" or "Everything will be fine" but "I will be with you—no matter what".

## Story Retelling

### Ducking The Questions

*Moses and God run through things again.*

- Moses: Who do I think I am?  
That'll be the first thing I get asked.  
Who do I think I am?
- God: And who do you think you are?
- Moses: Well, I'm nobody special, am I?
- God: I'm not looking for a superstar.
- Moses: What are you looking for?
- God: Nobody special.
- Moses: Haha! OK. But I mean, I'm just me.
- God: Perfect.
- Moses: Look, you can't just show up and ask some little guy to do some huge thing, just like that.
- God: Abraham was OK with it.
- Moses: Abraham was a hero! He's famous. A real man of faith.
- God: He didn't feel like that when we first spoke. I'd guess he felt like... nobody special.
- Moses: I'll never have his faith, or his fame.
- God: Let's wait and see.
- Moses: Who are you anyway?
- God: I'm just me.
- Moses: That's my line!
- God: I borrow from the best.
- Moses: Can't you say a bit more about yourself? People are going to ask.
- God: You're going to go to them then? And to Pharaoh? Excellent!
- Moses: I didn't say that. Stop ducking the question. Who are you?
- God: I'm Abraham's God. And Isaac's God. And Jacob's God.
- Moses: *(after a silence)* Do you really think I can do this?
- God: Do you really think you can do this?
- Moses: You know I don't.
- God: I'll be with you.
- Moses: Our ancestors' God, of no name and no answers, who asks big things of little people?
- God: That's me. I'll be with you.



## Discussion Starters

Both of this week's passages entail a commissioning for a task. In groups talk about different tasks that people have been involved in, which could be within a church context, within the community, or perhaps in a work environment.

- What was the task and what were the challenges that the task brought?
- Who was involved in choosing who would manage that task?
- What was your part in that task and how did you feel about being asked to be involved?

Another aspect of both of these passages is that the commissioning to a new task also comes with some doubting and questioning. And it is not all easily resolved, rather the tasks begins with those doubts and questions still hanging in the air, perhaps to be overcome in the very action and doing that God and Jesus commission.

- What doubts or questions have you encountered when meeting a difficult new challenge?
- How did you change in the process of working through that challenge?
- What was good about that process, and what had negative consequences for you?

There is a powerful contrast between verses 11 and 14 in Exodus 3. Verse 11 has Moses declares "Who am I that I should..." It is as though he is saying in response to God's request: I am nothing, what can I bring, give up on me. Which we contrast with God's powerful statement in v. 14 "I am who I am."

One of the singer Gloria Gaynor's well known anthemic songs is "I am what I am" written by Jerry Herman, originally from the Broadway musical *La Cage aux Folles*. It is a song of empowerment, and, of course, taken up as a song of defiance in the LGBT community against all who would try to say "you are nothing".

*It's my world that I want to have a little pride in  
My world and it's not a place I have to hide in  
Life's not worth a damn  
'Til you can say, I am what I am*

The song fades to the singer crying out:

*Oh, I am  
I am, I am, I am good  
I am, I am, I am strong  
I am, I am, I am worthy  
I am, I am, I belong, oh  
I am, I am*

*Oh, oh, I am  
I am, I am, I am useful  
I am, I am, I am true  
I am, I am, I am somebody  
I am as good as new, uh huh  
Oh, yes I am  
I am*

- Who are you?
- How does knowing that God has a commission for you affect how you understand yourself?
- How do you experience a sense of belonging and worth in your church or community?
- What can we do to bring a greater sense of belonging and dignity to all?



# explore the story

## Engaging The Text

**You will need: A6 size cards (with "I Am" printed on one side, in different colours and font styles), central table, facility to play some music.**

Lay all the cards with the "I Am" side facing up on a central table so that people can see the range of different styles.

Read the Exodus passage dramatically, with three voices representing a narrator, God and Moses.

Following the passage explain that the name of God: 'I Am' can mean a number of things but one explanation is 'I am who you need me to be'. Let there be some silence allowing people to reflect on that.

Then invite people to take a card, and on the blank side write who they need God to be right now for them. Do not write any names or details that identify the person. Explain that others are going to be able to see what folk have written.

Ask everyone to place the card back on the table with the 'I Am' showing once more.

With some music playing in the background, invite everyone to tour the table, turning over an 'I Am' and offering a silent prayer of thanks or intercession for what is written on the other side. Replace it.

If appropriate, invite people to take a card away with them to hold in prayer throughout the week.



## People On The Go

**You will need: card shapes of people, felt tip pens, scissors, glue sticks, print out or photocopies of local area maps.**

Give a person-shaped card to each person participating. Ask them to cut up the map sheets into small pieces and to stick these onto their people-shaped cards until one side of the card is covered and then draw features onto the face using felt tip pens

Talk about the stories and the connections between them regarding God sending people out to be messengers. Discuss where and how people feel they are being called to serve and to be messengers in their own local community.

## Burning Bush

**You will need: twigs of various lengths, plant pot, stones, red, yellow and orange paper, pencils, scissors, sticky tape.**

This could be done individually, in small groups or in one group. Whichever way you choose will determine the size of the pots and twigs. Ask those participating to place stones into the pot filling to about two thirds level and then to put twigs into the stones making sure that twigs are quite firmly planted. Ask those participating to draw some leaf shapes onto the paper and to cut those out. They should now ask others in the group/ congregation to write their names on the leaves and then the leaves should be attached to the twigs using sticky tape

Discuss the story and the call of Moses. What do those who have written their names on the twigs feel God is calling them to do at this time?

## Walk My Way

**You will need: old shoes, frieze paper or lining paper, poster paint in a few different colours (this should be poured onto paper plates, one colour per plate), paintbrushes.**

Roll out the frieze paper or lining paper onto a long table. Ask those participating to choose a shoe and to paint the sole of the shoe. They should then make a print of the sole of the shoe onto the paper (you should be able to get a couple of prints from one layer of paint). Each person should repeat this a few times or take turns in using the shoes. Use different colours and build up a picture of shoe prints. It works well either by having all the shoe prints in pairs as though people are 'walking' or filling the whole sheet with footprints going in different directions and overlapping.

Talk about the stories and the connections between them regarding God sending people out to be messengers of good news. Discuss how your church does that... if you have partnerships with charities at home or across the world, this might be a good opportunity to highlight that aspect of your church's mission.

## Holy Ground

**You will need: hula hoops or carpet tiles or chalk to mark out areas on floor.**

Set out the hula hoops or carpet tiles randomly spaced around your meeting area or draw some circles about hula hoop size on floor. Ask participants to move about the area and when you call out "Holy ground" those participating stand in hoops, circles or on carpet tiles. They can help by making space for each other. Repeat a few times and each time reduce the number of holy ground options to stand on. The last area should be named 'I am who I am'.

Talk about the story and how Moses was surprised to meet God and to be standing on holy ground. Discuss times when we have been surprised by an awareness of God's presence.

## Send Me

Gather those participating in the one central area and give them each a number. Then give instructions such as 'numbers 2, 3 & 7 take 4 small steps to the left' then 'numbers 4, 6 & 7 take 8 big steps forward'. Vary the combination of numbers, the direction in which people are travelling and the number of steps. After about 4 or 5 minutes, stop and see where all the people have ended up. You could also do this activity outside if you have a safe outdoor space, and the weather is nice.

Talk about the stories and the people being willing to go, to being sent, even though they did not know where the journey would take them.

## Go Into All The World

**You will need: copies of the activity wordsearch available on page 102, pencils.**

Ask those participating to form small groups of 2 or 3 people mixing adults and children. Ask the groups to see how many different countries they can find within a certain time limit within the wordsearch. Note that the countries can be spelled out in any direction.

Talk about the followers being sent out 'into all the world' in Matthew 28. Discuss how people think they would have felt. Discuss Jesus' promise to be with them. Do you think that changed the way they felt? Discuss times people have had similar feelings.





# live the story

## Call To Worship

In a world of identity politics  
where fame is significant  
and legacy more so,  
where names shape prejudice  
and offer opportunity,  
there is one name  
all recognise,  
yet is still unknown:  
'I Am'.

And in this name,  
in this invitation,  
in this undefined definition  
we take off our shoes  
and worship.

## Prayer Of Dedication

Generous God,  
you are with us,  
your presence provides for us.  
We give you thanks  
for your authority in heaven  
and on earth,  
and we recognise  
with these gifts  
our call to make disciples  
of all nations.

Take the gifts of our money  
and of our talents  
to further your kingdom,  
to spread the news  
that you are with us always,  
even until the end of the age.  
Thanks be to God.  
Amen.

## Prayer Of Adoration And Confession

Holy God,  
you identify yourself  
as the God of Abraham,  
Jacob and Isaac.  
You are the God of miracles  
and relationships,  
and we come to worship  
to praise you today,  
the one-in-three,  
incomprehensible,  
the great I AM.

Knowing the stories of our history,  
of those particular named individuals,  
we, too, are confident  
that you can love us,  
in our humanity.  
That we can make errors  
and still serve your purposes.  
We give you thanks  
for your great, forgiving love.

We come to you now,  
confessing our doubts,  
our inability to love our neighbour,  
our persistence in following our own way.  
We do not care  
for this exquisite world  
in which we have been placed,  
and we must look beyond  
our selfish ways  
to live reverently for your Creation.  
We cry out for respect  
for the planet  
and respect for your people.  
Return us to your right paths,  
teach us to obey your commands.  
Jesus models incomparably for us  
the way to live.  
Most of all to love:  
you,  
and your creation.  
Forgive us.

Gracious God,  
we bring these prayers  
in the name of Christ, Jesus,  
Amen.

## Prayers For Others And Ourselves

God of the great Commissioning,  
let us hear your call.  
May we act on what we hear.  
We pray now  
for your kingdom come,  
for your world  
where warring people  
and nations  
destroy ways to peace.  
For people  
who have limited vision  
based on tribal assumptions  
when all along  
you are a God  
that calls for widening our expectations  
of your love,  
a God that is alongside us,  
Emmanuel.

Gracious Lord,  
be with individuals  
who forget  
what it is to be loved by you,  
who feel their own self-worth  
is worthless.  
We lose sight of who we are,  
forgetting that  
in relationship with you  
we can no longer say,  
I am nothing,  
because you are creator,  
generous and bountiful  
in gift bestowing.  
We come to you  
as a work-in-progress,  
realising you love us now  
and you love us in Christ  
knowing we will one day be  
wholly,  
perfectly, yours.

Your church feels this way, too,  
as some of us have left General Assembly.  
Help us to not be paralysed  
into inactivity,  
to not feel we must wait  
until everything  
is in place  
to begin to do your work.  
Grant your church  
the confidence and opportunity  
to make a start on decisions made.  
To always pray  
and listen first for your will.  
To remember that loving one another  
IS that will.

Thank you for leaders,  
for peacekeepers  
and peacemakers.  
Open up hearts  
to be willing to compromise,  
to be willing to admit error  
and to place everything  
secondary to you, O God.  
Listening for your Word  
of hope and healing  
bringing reconciliation  
to hurting souls.

We bring prayers now  
for those joys and concerns  
we hold in our hearts...

### **Silence**

Loving God, we are ever grateful that  
you hear our prayers,  
in Jesus' name.  
Amen.

## Reflection

I AM!  
You are?  
I AM!  
Are you?  
I AM!  
And who am I?

I AM WHO I AM!  
And who are you?  
I AM WHO I AM!  
How do I know?  
I AM WHO I AM!  
But who am I?

I AM SENT YOU!  
Sent me where?  
I AM SENT YOU!  
What if I am not ready?  
I AM SENT YOU!  
What if I refuse?

I AM!  
Is that enough for me?  
I AM!  
Enough for me to act?  
I AM!  
I am what I am...  
what I do...  
what I say...  
may it be enough.

## Reflective Prayer

Sending God,  
where are we being sent?  
May we follow  
without having to be sure.  
Make your ways straight for us.

We have just gathered,  
seeking your Word,  
your direction,  
your will.

Pursuing you.  
You whose name is  
"I AM"  
stative being,  
existence.

Let us take time  
to exist in your presence,  
to shelter in your grace,  
to renew ourselves for your work.

To listen for your responses  
to our questions,  
our challenges,  
our worries.

To hold the Trinitarian mystery  
in awe,  
in wonder,  
and in love.  
Amen.

## Sending

I am,  
you are,  
we are,  
disciples of Jesus.  
May we go into the week ahead  
aware of all we say and do.  
And may that be to the glory of  
the Creator, the Redeemer and the Sustainer.  
Know that you are blessed by all three.

## Praise/Hymns

As a fire is meant for burning	CH4 252
Be still, for the presence of the Lord	CH4 189 / MP 50
Come, living God, when least expected	CH4 609
Deep in the shadows of the past	STF 463
Father, hear the prayer we offer	CH4 255
'For my sake and the gospel's, go	CH4 248
God it was who said to Abraham	STF 464
God, the mountains tell your glory	online at <a href="https://www.carolynshymns.com/god_the_mountains_tell_your_glory.html">https://www.carolynshymns.com/god_the_mountains_tell_your_glory.html</a>
Holy, holy, holy! Lord God almighty!	CH4 111 / MP 237
I, the Lord of sea and sky	CH4 251 / MP 857
Jesus, wherever thy people meet	online at <a href="https://hymnary.org/text/jesus_whereer_thy_people_meet">https://hymnary.org/text/jesus_whereer_thy_people_meet</a>
Moses, I know you're the man	STF 473
O God, you called to Moses	online at <a href="https://www.carolynshymns.com/our_god_you_called_to_moses.html">https://www.carolynshymns.com/our_god_you_called_to_moses.html</a>
Sent by the Lord am I	CH4 250
The God of Abraham praise	CH4 162 / MP 645
When Israel was in Egypt's land	online at <a href="https://hymnary.org/text/when_israel_was_in_egypts_land">https://hymnary.org/text/when_israel_was_in_egypts_land</a>





extra resources  
and activity sheets

# Go Into All The World!

Can you find the countries?

t	h	a	i	l	a	n	d	i	r	e	l	a	n	d
c	s	z	s	y	s	l	t	n	y	a	w	r	o	n
g	r	p	r	p	c	h	i	n	a	t	b	l	r	a
e	w	n	a	t	s	i	k	a	p	l	n	u	n	l
r	a	i	e	r	u	s	s	i	a	z	t	a	c	g
m	n	d	l	f	e	p	x	e	k	s	t	o	s	n
a	d	l	a	g	u	t	r	o	p	s	y	e	c	e
n	a	c	y	n	b	r	b	q	i	j	l	r	x	s
y	f	p	n	r	a	e	e	n	r	a	o	d	i	q
i	t	r	a	e	l	c	a	p	w	p	n	t	j	a
w	n	z	a	g	d	h	u	k	r	a	i	n	e	r
a	i	d	i	n	g	w	w	n	l	n	a	r	i	i
l	r	u	i	f	c	r	w	n	o	c	i	x	e	m
a	m	k	a	a	j	e	i	s	t	u	r	k	e	y
m	y	l	a	t	i	f	n	i	g	e	r	i	a	q

afghanistan   belgium   brazil   canada   china   cuba   egypt  
 england   finland   france   germany   india   iran   iraq  
 ireland   israel   italy   japan   malawi   mexico   nigeria  
 norway   pakistan   peru   portugal   russia   rwanda   scotland  
 spain   sweden   syria   thailand   turkey   ukraine   wales

# sampler

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