

# AS ONE AT 10

Join us to be 'As One at 10' on Sunday morning... to continue to keep that time set aside for God in prayer, worship and by opening His word - with the whole church family - but to do so at home with your household, or on your own, or wherever you happen to be.

**[Click here for all videos, audio and transcripts.](#)**

*This link will take you to our talks page. Look for this week's 'As One At 10' post*

**Opening Prayer** - *Open with your own prayer this morning*

**Welcome** - *from Fran Youings*

**Song** - 'My Lighthouse'

## **Age Groups with activities**

'Fear Not'  
(Bubbles and Splash )  
*Led by Jo Gleghorn*

'Faith Not Fear'  
(Lightsharers and Ignite)  
*Led by Yein Pang*

## **Readings**

Exodus 1:8-22; Isaiah 43:1-4

**Short Talk** - *Tim Gleghorn*  
- 'Fear Not'

## **Questions for Discussion or Personal Reflection**

1. What do you really fear in your life?
2. Share how faith in Jesus can lead us from being fearful
3. Read Isaiah 43:1-4 together

**Prayers** - *We pray together:*

Remind us, Jesus, that You lay sleeping in the boat in the middle of the storm at sea. You are neither surprised nor distressed by the mounting chaos. You are not a God who panics. O Christ, who defeated the sting of death upon the cross, be near and calm the sea within us with one word, so that we may then comfort others with the same comfort You give to us. Out of Your lovingkindness You do not condemn our fear, but rather call us into something far more magnificent: wild, glorious trust in the One who holds the whole world together. Amen.

**Songs** - Oceans

**Closing Prayer** - *We pray together:*

The Blessing of God Almighty, Father, Son and Holy Spirit, be with us all now and forever. AMEN