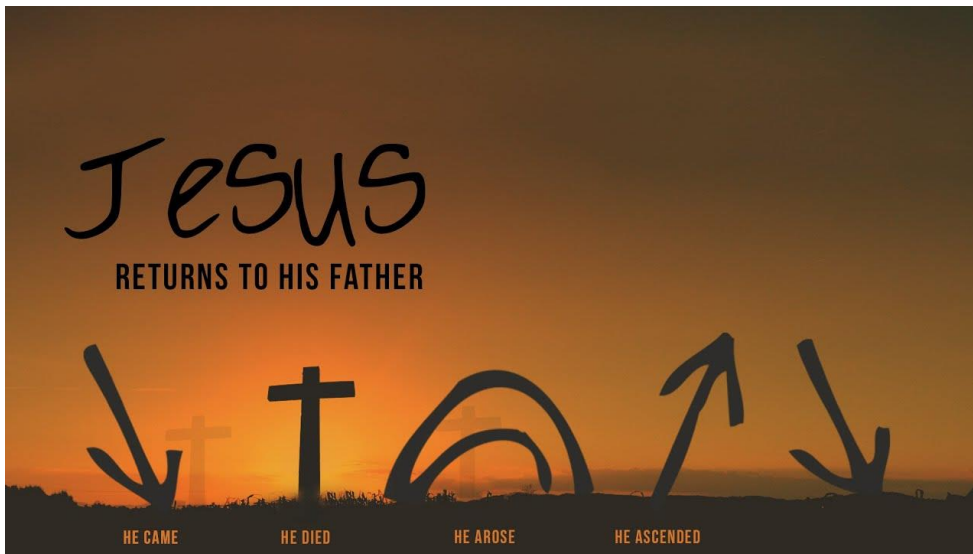


Youtube Link – <https://youtu.be/qKJxRWTux4>

OOS for 17th May 2026 - ONLINE



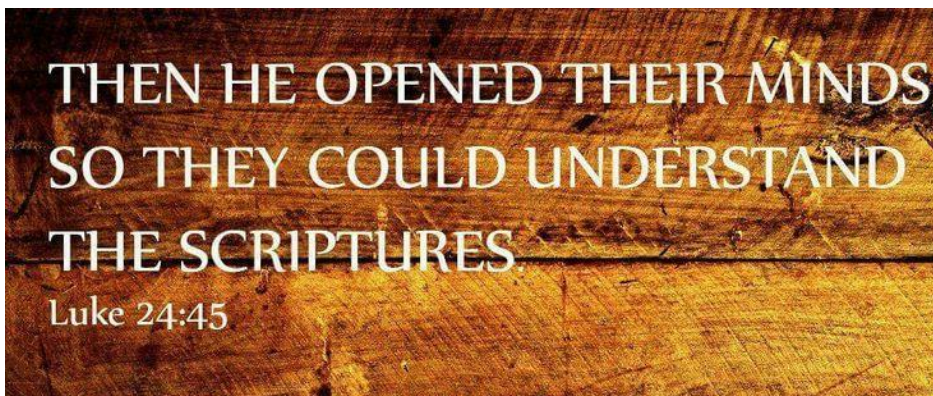
READING – Luke 24:44 52

⁴⁴ He said to them, “This is what I told you while I was still with you: Everything must be fulfilled that is written about me in the Law of Moses, the Prophets and the Psalms.”

⁴⁵ Then he opened their minds so they could understand the Scriptures. ⁴⁶ He told them, “This is what is written: The Messiah will suffer and rise from the dead on the third day, ⁴⁷ and repentance for the forgiveness of sins will be preached in his name to all nations, beginning at Jerusalem. ⁴⁸ You are witnesses of these things. ⁴⁹ I am going to send you what my Father has promised; but stay in the city until you have been clothed with power from on high.”

The Ascension of Jesus

⁵⁰ When he had led them out to the vicinity of Bethany, he lifted up his hands and blessed them. ⁵¹ While he was blessing them, he left them and was taken up into heaven. ⁵² Then they worshiped him and returned to Jerusalem with great joy. ⁵³ And they stayed continually at the temple, praising God.



PRAYER

Risen, ascended Lord,
you came down to lift us up
You descended to earth
that earth might ascend to heaven
You descended to the dead
that the dead might rise to life

In our struggles lift us up
In our tiredness. lift us up
Lift us Lord
out of darkness into light,
out of despair into hope
Lift us Lord
out of sadness into joy,
out of failure into trust
Lift us Lord
out of anger into forgiveness
out of pride into humility
Lift us Lord
out of doubt into faith
out of loneliness into community
Lift us Lord
out of death into life.
Lift us into your heart
to be with you for all eternity.
Amen.

(Adapted from Liturgies from Lindisfarne)



SONG

**From the breaking of the dawn
to the setting of the sun,
I will stand on every promise of your word.
Words of power, strong to save,
that will never pass away;
I will stand on every promise of your word.
For your covenant is sure,**

**and on this I am secure:
I can stand on every promise of your word.**

**When I stumble and I sin,
condemnation pressing in,
I will stand on every promise of your word.
You are faithful to forgive,
that in freedom I might live,
so I stand on every promise of your word.
Guilt to innocence restored;
you remember sins no more.
So I'll stand on every promise of your word.**

**When I'm faced with anguished choice
I will listen for your voice
and I'll stand on every promise of your word.
Through this dark and troubled land,
you will guide me with your hand
as I stand on every promise of your word.
And you've promised to complete
every work begun in me,
so I'll stand on every promise of your word.**

**Hope that lifts me from despair;
love that casts out every fear
as I stand on every promise of your word.
Not forsaken, not alone,
for the Comforter has come;
and I stand on every promise of your word.
Grace sufficient, grace for me;
grace for all who will believe.
We will stand on every promise of your word**