

# Outlook

*"I am the Lord  
your God,  
who brought you  
out of Egypt,  
out of the land of  
slavery."*

*"Do not misuse the  
name of the Lord  
your God..."*

*...Remember the  
Sabbath Day."*

from Exodus 20

Good morning and welcome to another Sunday of worship with Eastleigh Parish Church. We're continuing our short series in the 10 Commandments and today we'll take a moment to reflect on 'taking the Lord's name in vain' and 'remembering the Sabbath.'

These commandments were given by God as a gift to his people. For generations they had lived as slaves, and now as they made their way towards the Promised Land God's heart was to offer them a new way of life. Although he gave them rules to live by, if followed, these rules would actually bring the greatest possible freedom. God's vision for his people then, as it is today, is for people to live lives free from sin and its consequences.

Why not take a moment to consider the 3 pictures we've been using to help describe the commandments?

## **The Magnifying Glass:**

How do these commands clarify the beauty and majesty of God?

## **The Megaphone:**

What is the important warning message that God seeks to communicate through these commands?

## **The Mirror:**

How do these commands help us to see ourselves as God sees us?

## A Collect for this Week



God of heaven, you send the gospel to the ends of the earth and your messengers to every nation: send your Holy Spirit to transform us by the good news of everlasting life in Jesus Christ our Lord. Amen.

### Exodus 20:1-2, 7-11

1 And God spoke all these words:  
2 'I am the Lord your God, who brought you out of Egypt, out of the land of slavery.

7 'You shall not misuse the name of the Lord your God, for the Lord will not hold anyone guiltless who misuses his name.

8 'Remember the Sabbath day by keeping it holy. 9 Six days you shall labour and do all your work, 10 but

the seventh day is a sabbath to the Lord your God. On it you shall not do any work, neither you, nor your son or daughter, nor your male or female servant, nor your animals, nor any foreigner residing in your towns.

11 For in six days the Lord made the heavens and the earth, the sea, and all that is in them, but he rested on the seventh day. Therefore the Lord blessed the Sabbath day and made it holy.

### Matthew 4:12-17

12 When Jesus heard that John had been put in prison, he withdrew to Galilee. 13 Leaving Nazareth, he went and lived in Capernaum, which was by the lake in the area of Zebulun and Naphtali – 14 to fulfil what was said through the prophet Isaiah:

15 'Land of Zebulun and land of Naphtali,  
the Way of the Sea, beyond the

Jordan,  
Galilee of the Gentiles –  
16  
the people living in darkness  
have seen a great light;  
on those living in the land of the  
shadow of death  
a light has dawned.'

17 From that time on Jesus began to preach, 'Repent, for the kingdom of heaven has come near.'

## When You Pray...



**"Continue steadfastly in prayer...**

***being watchful in it with thanksgiving."***

Colossians 4:2

Since taking up her role as Children & Families' Minister, Naomi has been a terrific encouragement to many people. One great idea of hers can be seen in this picture of Lego! It may not look like much yet, but the idea is for the children to place another Lego block on the board every time they recognise that God has answered one of their prayers. If you look closely, you'll see that they've already given thanks for 5 specific answers to prayer. Let's hope - and pray - that this "Lego Wall of Answered Prayer" grows as our children & young families also grow in their faith and walk with the Lord.

## Lent Course 2026



We plan to run a Lent Course this year. The same material will be repeated on Tuesday evenings and Wednesday afternoons through Lent (so you only need to attend one or the other). Might you join us?

EASTLEIGH  
PARISH



**CHRISTIANITY | EXPLORED**

WHAT'S THE BEST NEWS  
YOU'VE EVER HEARD?

A 7-week course for Lent 2026. Reading the Gospel of Mark we will see who Jesus says he is and why his death & resurrection are so important.

**7:30pm Tuesdays 17<sup>th</sup> Feb - 31<sup>st</sup> March**

**1:45pm Wednesdays 18<sup>th</sup> Feb - 1<sup>st</sup> April**

(same material both sessions - attend either Tues eve or Weds afternoon)

More info via [ChristianityExplored.org](http://ChristianityExplored.org) & 07809 668 118

## Holocaust Memorial Event: 7pm Thursday 5th Feb in All Saints'



A special event to mark this year's Holocaust Memorial Day named "**The Fiddle**" has been organised to take place in All Saints' on Thursday 5th Feb. Our special guest Natalie Cumming will share the story of a particular fiddle that has been passed down through the generations - an instrument that, like her family, has lived through the Jewish persecution of the Russian Revolution and also through the horrors of Auschwitz. Natalie inherited the violin from her father in 1985 and during the evening will be playing it for us and telling their story.

## Supporting the Persecuted and Suffering Church



**Barnabas Aid** are hosting a candlelit prayer evening here in All Saints' at 7pm on Saturday 31st January. [Click here](#) to reserve a seat or visit [BarnabasAid.org/events](http://BarnabasAid.org/events). **Everyone** is warmly invited to attend.

## Serving in the Life of Church: How might YOU serve in 2026?



Romans 12 tells us, "We have different gifts, according to the grace given to each of us. If your gift is prophesying, then prophesy in accordance with your faith; if it is serving, then serve; if it is teaching, then teach; if it is to encourage, then give encouragement; if it is giving, then give generously; if it is to lead, do it diligently; if it is to show mercy, do it cheerfully."

>>> Might you serve in one of the following ways?

- \* We need someone to take care of the gardens/lawns outside All Saints' - we'd love to have this in place by the end of Feb.
- \* After quite a few years in post, Phil is keen to step down as Treasurer. Do you have the skills needed to serve in this way?
- \* Can you give financially to the church? Might you set up a regular gift?
- \* Have you got DIY skills? Keith would love a hand with maintenance.

>>> Speak to Sue for more information about serving.

## Keep in Touch



**Wardens:** Keith 07905 249 860 & Dot 07446 072 097

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