

November 28th, 2021

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# CITY DISCIPLESHIP PRESBYTERIAN CHURCH KUALA LUMPUR

SLOW • SMALL • SIMPLE • STILL



# WELCOME

Welcome to CDPCKL. In a city that defines success as Bigger! Better! Faster! More! we are a group of friends that want to practice **Slow** Church, **Small** Church, **Simple** Church, **Still** Church.

To us, these words - Slow, Small, Simple, Still - signify "rest". We believe worship should provide space for us to slow down and become like small children again, a place where we can remember the simple joys of relationship with one another and with our Father, a time for stillness before the One who created us all.

If this is your first time with us, we are glad to have you along for the ride! We know it can feel a little weird to walk into a new place, so don't worry: we will not be calling special attention to you. Feel free to follow along in this worship guide. Participate as much or as little as you would like.

So relax! Take your time to get to know us — and the God we worship.

## TWO THINGS:

**First:** if you have a particular need you would like us to pray for, please sms/ whatsapp your request to **012 364 7749** and we will pray for it during our service.

Even if you have never spoken to God before, please: don't be afraid! He is waiting to hear from you.

**Second:** worship will be followed by a 5 minutes break, and then a Q&A session. If anything you experience or hear today does not make sense, if you have any questions about the sermon or about Christianity in general, please ask! We will do our best to answer any questions you have.

## CDPCKL PHYSICAL SERVICE SAFETY MEASURES

Scripture tells us not to give up meeting together. It tells us to love one another. It also says that love always protects and always trusts.

During this pandemic we want to do our best to protect and trust one another by abiding by these SOPs:



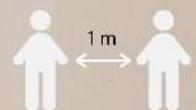
Be prepared to show your vaccination certificate on arrival and check-in using MySejahtera. Our "Guardians of the SOP" will help you.



Everyone will be temperature checked on arrival. If you're experiencing COVID symptoms or self-isolating please do not come to the on-site gathering for the safety of others in the room.



Please wear a mask as much as possible. We realise there are many good reasons to remove your mask, and that is ok. But let's try to remember to get it back in place when possible, and let's give each other permission to remind one another to do this without being offended.



Please practice a social distance of 1 meter, especially when seated. Families and flatmates may sit together in clusters: feel free to move chairs around. But let's try to avoid creating a Covid cluster!

If you have been experiencing symptoms of a cough, runny nose, shortness of breath, fever, or if you have had in-person contact with someone diagnosed with COVID-19 OR if you are feeling cautious and not ready to join us on location, please plan to worship with us at the Virtual location instead.



012 364 7749



[www.cdpckl.com](http://www.cdpckl.com)



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## TO THE PARENTS OF SMALL CHILDREN, MAY WE SUGGEST:

RELAX! God put the wiggle in children; don't feel you have to suppress it in God's House!

Sit toward the front, where it is easier for your little ones to see and hear what is going on. They get bored looking at the backs of other peoples' heads. Wouldn't you?

Quietly explain the different parts of the service. Sing the songs, voice the prayers, read the responses. Children learn to worship by copying you.

If your child becomes noisy or disruptive and you feel you need to take them outside, that is okay! Just remember to come back. As Jesus once said, "let the little children come to me!"

## TO EVERYONE ELSE, MAY WE SUGGEST:

RELAX! The presence of children is a gift to our church, and they are a reminder that we all need to grow in various ways!

Please welcome our children, and give their parents a smile of encouragement, especially when it looks like someone under their care is having a tough time sitting still. The bible says that Jesus loved us and died for us even while we were still being deliberately, rebelliously naughty (Colossians 1:21-22). The least we can do is show a little kindness to those children who are having the same struggle.

Remember that the way we welcome children directly affects the way they respond to worship, to God, and to one another. Please let them know that they are welcome (wiggles and all) in this house of worship!

# OPPORTUNITY TO SERVE

We are looking for at least 9 volunteers to be part of CDPCKL's setup crew. Our church has a simple set-up to make our service run smoothly. Working mostly behind the scenes, some of the team's duties include setting up the sound system, arranging the chairs, displaying the banners as well as the registration table. Setup starts at 1pm and training will be provided.

Come fellowship over lunch (which will be provided) and serve together.

For more information, please contact KJ Wong @ +60 16-287 3105



# Carols by Candlelight

Friday, December 24th  
8:00pm

## Sometimes by Step | GATHERING SONG

Words & Music: Rich Mullins

Sometimes the night was beautiful  
Sometimes the sky was so far away  
Sometimes it seemed to stoop so close  
You could touch it but your heart would break

Sometimes the morning came too soon  
Sometimes the day could be so hot  
There was so much work left to do  
But so much You'd already done

[Chorus]

Oh God, you are my God and I will ever praise you  
Oh God, you are my God and I will ever praise you  
I will seek you in the morning and I will learn to walk in your ways  
And step by step you'll lead me  
And I will follow you all of my days

Sometimes I think of Abraham  
How one star he saw had been lit for me  
He was a stranger in this land  
And I am that, no less than he

And on this road to righteousness  
Sometimes the climb can be so steep  
I may falter in my steps  
But never beyond your reach

[Chorus]

## CALL TO WORSHIP | JOEL 2:12-19; 21

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[12] “Even now,” declares the Lord,  
“return to me with all your heart, with fasting and weeping and mourning.”

[13] Rend your heart and not your garments.

Return to the Lord your God, for he is gracious and compassionate,  
slow to anger and abounding in love, and he relents from sending calamity.

[14] Who knows? He may turn and relent and leave behind a blessing —  
grain offerings and drink offerings for the Lord your God.

[15] Blow the trumpet in Zion, declare a holy fast, call a sacred assembly.

[16] Gather the people, consecrate the assembly; bring together the elders,  
gather the children, those nursing at the breast.

Let the bridegroom leave his room and the bride her chamber.

[17] Let the priests, who minister before the Lord, weep between the portico and the altar.

Let them say, “Spare your people, Lord.

Do not make your inheritance an object of scorn, a byword among the nations.

Why should they say among the peoples, “Where is their God?”

[18] Then the Lord was jealous for his land and took pity on his people.

[19] The Lord replied to them:

“I am sending you grain, new wine and olive oil, enough to satisfy you fully;  
never again will I make you an object of scorn to the nations.

[21] Do not be afraid, land of Judah; be glad and rejoice.

Surely the Lord has done great things!

Grace to you and peace from God our Father and the Lord Jesus Christ!

## Come Thou Fount / I Will Sing | WORSHIP IN SONG

Words: Robert Robinson (1758) Music: Asahel Nettleton (1825); Chris Tomlin (@2016)

**Come, thou Fount of every blessing,  
Tune my heart to sing thy grace;  
Streams of mercy, never ceasing,  
Call for songs of loudest praise.  
Teach me some melodious sonnet,  
Sung by flaming tongues above.  
Praise the mount! I'm fixed upon it,  
Mount of thy unchanging love.**

Allah Bapa, Sumber kurnia,  
Ku memuja namaMu.  
Sungai rahmatMu, ya Bapa,  
Memb'ri kidung dalamku.  
Ajar aku t'rus bermadah,  
Ya laksana malakMu;  
Karna kasihMu melimpah,  
Bergembira hatiku.

**Here I raise mine Ebenezer;  
Hither by thy help I'm come;  
And I hope, by thy good pleasure,  
Safely to arrive at home.  
Jesus sought me when a stranger,  
Wandering from the fold of God;  
He, to rescue me from danger,  
Interposed his precious blood.**

Hingga saat s'karang ini  
PimpinanMu beserta.  
O semoga Kau sendiri  
Antar aku ke surga!  
Dulu kala kumerana  
Dalam dosa terjerat;  
DarahMu yang berkuasa  
Mencurahkan selamat.

### [Chorus]

**How your kindness yet pursues me  
How your mercy never fails me  
Till the day that death shall loose me  
I will sing, oh I will sing!**

**O to grace how great a debtor  
Daily I'm constrained to be!  
Let thy goodness, like a fetter,  
Bind my wandering heart to thee.  
Prone to wander, Lord, I feel it,  
Prone to leave the God I love;  
Here's my heart, O take and seal it,  
Seal it for thy courts above.**

KebajikanMu betapa  
Meliputi hidupku!  
Kasih karuniaMu, Bapa,  
Memb'ri damai di kalbu.  
Bila kuingin menyimpang,  
Luruskanlah jalanku;  
Bila imanku bergoncang,  
Curahkanlah kuasaMu!

### [Chorus]

**How your kindness yet pursues me  
How your mercy never fails me  
Till the day that death shall loose me  
I will sing, oh I will sing!**

## Who You Say I Am | WORSHIP IN SONG

Words & Music: Reuben Morgan and Ben Fielding  
©2018 Hillsong Music

**Who am I that the highest king would welcome me?  
I was lost but he brought me in  
Oh his love for me!  
Oh his love for me!**

### [Chorus 1]

**Who the Son sets free oh is free indeed  
I'm a child of God  
Yes I am**

Free at last he has ransomed me, his grace runs deep  
While I was a slave to sin  
Jesus died for me  
Yes he died for me!

[Chorus 2]

Who the Son sets free oh is free indeed  
I'm a child of God  
Yes I am  
In my Father's house there's a place for me  
I'm a child of God  
Yes I am

[Bridge]

I am chosen not forsaken  
I am who you say I am  
You are for me not against me  
I am who you say I am

[Chorus 2]

Who the Son sets free oh is free indeed  
I'm a child of God  
Yes I am  
In my Father's house there's a place for me  
I'm a child of God  
Yes I am

## READING OF THE LAW | EXODUS 20:1-17

*congregation reads the bold print*

[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.**

[3] "You shall have no other gods before me.

[4] **"You shall not make for yourself an idol in the form of anything in heaven above or on the earth beneath or in the waters below.**

[5] You shall not bow down to them or worship them; for I, the Lord your God, am a jealous God, punishing the children for the sin of the fathers to the third and fourth generation of those who hate me,

[6] **but showing love to a thousand generations of those who love me and keep my commandments.**

[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 labor 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 manservant or maidservant, nor your animals, nor the alien within your gates.**

[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.

[12] **"Honor your father and your mother, so that you may live long in the land the Lord your God is giving you.**

[13] "You shall not murder.

[14] **"You shall not commit adultery.**

[15] "You shall not steal.

[16] **"You shall not give false testimony against your neighbor.**

[17] "You shall not covet your neighbor's house. You shall not covet your neighbor's wife, or his manservant or maidservant, his ox or donkey, or anything that belongs to your neighbor."

### WHY READ THE 10 COMMANDMENTS?

A long time ago, God rescued his people from real, physical slavery in a real, physical country, and made them a free nation.

As part of the process, God gave his people this short list of commandments. These laws were designed to keep his people centred around a shared set of values, designed to keep them from abusing, enslaving, and tyrannizing one another.

They still work the same way, even all these thousands of years later. When we read these commandments together in worship, we are reminded of the values we share. Just think: if our nations were actually able to follow these simple commandments, we would be living in a world without workaholicism, without physical or sexual abuse, without cheating and unfaithfulness, without stealing or lying or gossip or even jealousy.

What a great hope to centre a community upon?

## Good Good Father | WORSHIP IN SONG

Words & Music: Anthony Brown & Pat Barrett ©2014 Capitol CMG Paragon

I've heard a thousand stories of what they think you're like  
But I've heard the tender whisper of love in the dead of night  
You tell me that you're pleased and that I'm never alone

[Chorus]

You're a good good father, it's who you are  
It's who you are, it's who you are  
And I'm loved by you, it's who I am  
It's who I am, it's who I am

I've seen many searching for answers far and wide  
But I know we're all searching for answers only you provide  
'Cause you know just what we need before we say a word

[Chorus]

You're a good good father, it's who you are  
It's who you are, it's who you are  
And I'm loved by you, it's who I am  
It's who I am, it's who I am

[Bridge]

You are perfect in all of your ways  
You are perfect in all of your ways  
You are perfect in all of your ways to us

Love so undeniable I can hardly speak  
Peace so unexplainable I can hardly think  
As you call me deeper still, as you call me deeper still  
As you call me deeper still into love, love, love

[Chorus]

You're a good good father, it's who you are  
It's who you are, it's who you are  
And I'm loved by you, it's who I am  
It's who I am, it's who I am

I've heard a thousand stories of what they think you're like  
But I've heard the tender whisper of love in the dead of night

*congregation sits down and reads the bold print aloud*

Come, let us ask the mercy of God:

**[37] Who can speak and have it happen if the Lord has not decreed it?**

**[38] Is it not from the mouth of the Most High  
that both calamities and good things come?**

**[39] Why should the living complain when punished for their sins?**

**[40] Let us examine our ways and test them, and let us return to the Lord.**

**[41] Let us lift up our hearts and our hands to God in heaven, and say:**

**[42] “We have sinned and rebelled and you have not forgiven.**

*(Take this moment to confess your sins to God in silent prayer)*

**Lord, have mercy upon us.**

**Jesus, have mercy upon us.**

**Lord, have mercy upon us.**

**Where You Belong / Turn Your Eyes | SONG OF CONFESSION**

Words & Music: Peter Furler & Steve Taylor

**When you're dull from all that glitters  
When your thoughts have a hollow ring  
When you can't escape the feeling  
You're getting it wrong**

**All your fool proof plans seem foolish  
All your status is status quo  
All you really need to know is  
Where you belong**

**[Chorus]**

**Turn your eyes upon Jesus  
Look full in his wonderful face  
And the things of earth will grow strangely dim  
In the light of his glory and grace**

**I was used to the cold for so long  
That I couldn't feel anything  
And I shivered and stared like a beggar  
Who won't lift his hands**

**I was numb until he touched me  
I was deaf until he heard  
I was senseless 'till I met the one  
Who understands**

**[Chorus]**

**Turn your eyes upon Jesus  
Look full in his wonderful face  
And the things of earth will grow strangely dim  
In the light of his glory and grace**

**WHY CONFESSION?**

Having read the 10 Commandments together, one of the first things we notice is that we are not very good at keeping them. Even if we are sure we have kept the first nine perfectly, it is certain that each one of us has coveted something that belongs to someone else at least once in our lives!

Our God knew this, however. So he designed a way out: confession and sacrifice. “When anyone is guilty, he must confess in what way he has sinned and, as a penalty for the sin he has committed, he must bring to the LORD a female lamb or goat from the flock as a sin offering; and the priest shall make atonement for him for his sin (Leviticus 5:5-6).”

This system of animal sacrifices continued from the time of Moses until the time of Jesus — 1500 years! But with Jesus' death on the Cross, he became the last sacrificial Lamb, and the final Priest to make atonement for our sins.

Now, when we confess, we no longer bring an animal to be sacrificed; now we call upon God to remember the sacrifice of his Son, Jesus, and apply his atonement to us — not because we deserve it, but simply because we have asked.

congregation listens while the minister reads

[19] I remember my affliction and my wandering,  
the bitterness and the gall.  
[20] I well remember them, and my soul is downcast within me.  
[21] Yet this I call to mind and therefore I have hope:  
[22] Because of the Lord's great love we are not consumed,  
for his compassions never fail.  
[23] They are new every morning; great is your faithfulness.  
[24] I say to myself, "The Lord is my portion; therefore I will wait for him."  
[25] The Lord is good to those whose hope is in him,  
to the one who seeks him;  
[26] it is good to wait quietly for the salvation of the Lord.  
[27] It is good for a man to bear the yoke while he is young.  
[31] For no one is cast off by the Lord forever.  
[32] Though he brings grief, he will show compassion,  
so great is his unfailing love.

Our gracious God forgives you your sin, strengthens you by the Spirit,  
and will keep you in life eternal, through Jesus Christ our Lord.

### Great is Your Faithfulness | SONG OF PRAISE

Words: Thomas Chisholm (1923) Music: William Runyan (1923)

**Great is your faithfulness, O God my Father,  
There is no shadow of turning with thee;  
Thou changest not, thy compassions they fail not  
As thou has been thou forever wilt be.**

[Chorus]

**Great is your faithfulness!  
Great is your faithfulness!  
Morning by morning new mercies I see.  
All I have needed your hand has provided  
Great is your faithfulness, Lord unto me.**

**Summer and winter, and springtime and harvest,  
Sun, moon, and stars in their courses above  
Join with all nature in manifold witness  
To your great faithfulness, mercy and love.**

[Chorus]

**Great is your faithfulness!  
Great is your faithfulness!  
Morning by morning new mercies I see.  
All I have needed your hand has provided  
Great is your faithfulness, Lord unto me.**

**Pardon for sin and a peace that endureth,  
Thine own dear presence to cheer and to guide.  
Strength for today and bright hope for tomorrow  
Blessings all mine, with ten thousand beside.**

[Chorus]

Besar setia-mu Allah Bapaku,  
Besarliah kasih-mu yang melimpah.  
Tiada kurang dan tidak berubah,  
Sempurna dan tetap selamanya.

[Reff]

Besar setia-mu!  
Besar setia-mu!  
Tiap pagi b'rikan rahmat baru,  
S'gala yang kuperlu kau sediakan,  
Besar setia-mu, kepadaku.

Musim pun berganti, musim apapun,  
Hari pun berganti hari baru.  
Alam s'mesta dan semua ciptaan-mu,  
Menyaksikan kasih setia-mu.

[Reff]

Besar setia-mu!  
Besar setia-mu!  
Tiap pagi b'rikan rahmat baru,  
S'gala yang kuperlu kau sediakan,  
Besar setia-mu, kepadaku.

Pengampunan dosa, b'ri damai kekal,  
Kau menghibur dan kau menuntunku.  
Kekuatan dan pengharapan kelak,  
Kasih setia-mu selamanya.

[Reff]

### WHAT DOES TRUE FORGIVENESS MEAN?

Forgiveness does not mean that God simply waves his hand and pretends nothing happened. That would be a terrible injustice, leaving abused and abusers alike without resolution!

Forgiveness means that God has taken what we did wrong and made it right. Everything that we owe to those we have hurt will be repaid; everything that has been stolen from us will be restored.

How does this happen? We don't know exactly how it works, but somehow when Jesus, the God-Man, died on a Roman cross two thousand years ago, he atoned (payed the debt) for all our sins, and rescued us from slavery to the powers of fear and death.

For Christians, accepting our Father's forgiveness is an act of faith. This is because we do not always see clearly in this life how everything we have lost or stolen is being restored. We have only the words of his promise that it is true even now, and that one day we will see it clearly.

## His Mercy is More | SONG OF PREPARATION

Words & Music: Matt Boswell, Matt Papa ©2016 Messenger Hymns

What love could remember no wrongs we have done  
Omniscient, all knowing, he counts not their sum  
Thrown into a sea without bottom or shore  
Our sins they are many, his mercy is more

[Chorus]

Praise the Lord, his mercy is more  
Stronger than darkness, new every morn  
Our sins they are many, his mercy is more

What patience would wait as we constantly roam  
What Father, so tender, is calling us home  
He welcomes the weakest, the vilest, the poor  
Our sins they are many, his mercy is more

[Chorus]

Praise the Lord, his mercy is more  
Stronger than darkness, new every morn  
Our sins they are many, his mercy is more

What riches of kindness he lavished on us  
His blood was the payment, his life was the cost  
We stood 'neath a debt we could never afford  
Our sins they are many, his mercy is more

[Chorus]

Praise the Lord, his mercy is more  
Stronger than darkness, new every morn  
Our sins they are many, his mercy is more

## GIVING OF TITHES AND OFFERINGS

### ONLINE GIVING

make your tithes & offering online

Name: City Discipleship  
Presbyterian Church

Bank: Hong Leong Bank

Account No: 045-000-47806

Remarks: Please indicate "KL Tithe"  
or "KL Offering"

### GIVING

Generosity is one of the marks of a Christian. At one point, the bible asks, "if anyone has material possessions and sees his brother in need but has no pity on him, how can the love of God be in him?" (1John3:17)

The tithe is an act of worship commanded by God. Christians give at least 1/10th of their income to their home church for the support of their pastors, for those within the congregation who are in need, and for the care of orphans, widows, and refugees.

This part of our worship is especially for those who call CDPCKL their church home. Visitors, please, keep your cash! Spend it on dinner with your family.

## PASTORAL PRAYER

congregation reads the bold print

Minister: And now, as our Saviour has taught us,  
let us pray together:

**Our Father who is in heaven, holy is your name. May your kingdom come,  
may your will be done, on earth as it is in heaven.**

**Give us today our daily bread.**

**And forgive us our sins, as we forgive those who sin against us.**

**And lead us not into temptation, but deliver us from the evil one.**

**For yours is the kingdom, and the power,  
and the glory forever and ever.**

**Amen**

## PRAYER

As a church centred on the throne of Jesus Christ, every week we approach that throne boldly to ask our God for help with the daily cares of life. We speak up like children, and we go away having drunk our fill.

As one of our shepherds prays for our requests, for our church, for our city and for the rulers of our nation, join with him. Add to this prayer your own cares and troubles - and your joys as well.

## THE READING OF GOD'S WORD | ESTHER 4:3-17

[3] In every province to which the edict and order of the king came, there was great mourning among the Jews, with fasting, weeping and wailing. Many lay in sackcloth and ashes.

[4] When Esther's eunuchs and female attendants came and told her about Mordecai, she was in great distress. She sent clothes for him to put on instead of his sackcloth, but he would not accept them. [5] Then Esther summoned Hathak, one of the king's eunuchs assigned to attend her, and ordered him to find out what was troubling Mordecai and why.

[6] So Hathak went out to Mordecai in the open square of the city in front of the king's gate. [7] Mordecai told him everything that had happened to him, including the exact amount of money Haman had promised to pay into the royal treasury for the destruction of the Jews. [8] He also gave him a copy of the text of the edict for their annihilation, which had been published in Susa, to show to Esther and explain it to her, and he told him to instruct her to go into the king's presence to beg for mercy and plead with him for her people.

[9] Hathak went back and reported to Esther what Mordecai had said. [10] Then she instructed him to say to Mordecai, [11] "All the king's officials and the people of the royal provinces know that for any man or woman who approaches the king in the inner court without being summoned the king has but one law: that they be put to death unless the king extends the gold scepter to them and spares their lives. But thirty days have passed since I was called to go to the king."

[12] When Esther's words were reported to Mordecai, [13] he sent back this answer: "Do not think that because you are in the king's house you alone of all the Jews will escape. [14] For if you remain silent at this time, relief and deliverance for the Jews will arise from another place, but you and your father's family will perish. And who knows but that you have come to your royal position for such a time as this?"

[15] Then Esther sent this reply to Mordecai: [16] "Go, gather together all the Jews who are in Susa, and fast for me. Do not eat or drink for three days, night or day. I and my attendants will fast as you do. When this is done, I will go to the king, even though it is against the law. And if I perish, I perish."

[17] So Mordecai went away and carried out all of Esther's instructions.

Reader: This is the Word of the Lord.

**People: Thanks be to God!**



# SERMON IN A BOX

THE SERMON | PS. IAN

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## Sometimes by Step | SONG OF RESPONSE

Words & Music: Rich Mullins

Sometimes the night was beautiful  
Sometimes the sky was so far away  
Sometimes it seemed to stoop so close  
You could touch it but your heart would break

Sometimes the morning came too soon  
Sometimes the day could be so hot  
There was so much work left to do  
But so much You'd already done

[Chorus]

Oh God, you are my God and I will ever praise you  
Oh God, you are my God and I will ever praise you  
I will seek you in the morning and I will learn to walk in your ways  
And step by step you'll lead me  
And I will follow you all of my days

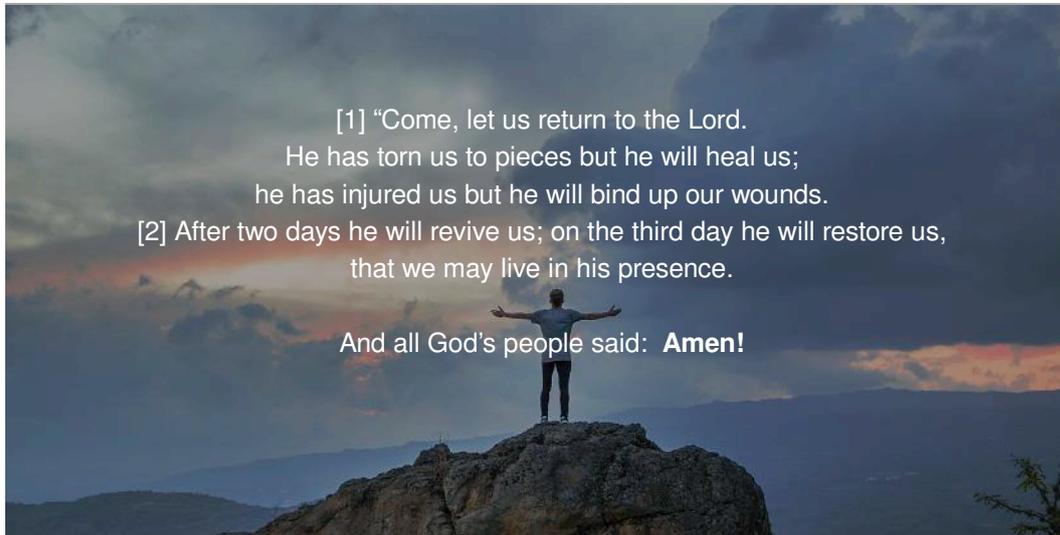
Sometimes I think of Abraham  
How one star he saw had been lit for me  
He was a stranger in this land  
And I am that, no less than he

And on this road to righteousness  
Sometimes the climb can be so steep  
I may falter in my steps  
But never beyond your reach

[Chorus]

Oh God, you are my God and I will ever praise you  
Oh God, you are my God and I will ever praise you  
I will seek you in the morning and I will learn to walk in your ways  
And step by step you'll lead me  
And I will follow you all of my days

## BENEDICTION | HOSEA 6:1-2



[1] "Come, let us return to the Lord.

He has torn us to pieces but he will heal us;  
he has injured us but he will bind up our wounds.

[2] After two days he will revive us; on the third day he will restore us,  
that we may live in his presence.

And all God's people said: **Amen!**

### BLESSING

The benediction (meaning "Words of Blessing") is the close of our corporate conversation with God.

It is not actually a prayer **to** God, but actually a blessing **from** God. Traditionally, people will turn their faces toward heaven, and will often extend open hands, palms up, in a posture of receiving.