



## Sunday 5 July 2020

- All the Bible readings come from the *New Revised Standard Version*.
- The liturgy assumes the service is Eucharistic. The prayers of consecration have been included at the end rather than in situ because many following the service will be in isolation and unable to celebrate the sacrament.
- The hymns are YouTube links. To hear the hymns please hover the mouse over each link, press Ctrl and then return.

## Introduction and welcome

**HYMN 1 I heard the voice of Jesus say**      (click on this link to hear the hymn)

## The Welcome

In the name of the Father, and of the Son, and of the Holy Spirit

**All    Amen.**

The Lord be with you

**All    And also with you.**

## The Preparation

**All    Almighty God,  
to whom all hearts are open,  
all desires known,  
and from whom no secrets are hidden:  
cleanse the thoughts of our hearts  
by the inspiration of your Holy Spirit,  
that we may perfectly love you,  
and worthily magnify your holy name;  
through Christ our Lord.  
Amen.**

Our Lord Jesus Christ said:

The first commandment is this:

‘Hear, O Israel, the Lord our God is the only Lord.

You shall love the Lord your God with all your heart,  
with all your soul, with all your mind,  
and with all your strength.’

And the second is this: ‘Love your neighbour as yourself.’

There is no other commandment greater than these.

On these two commandments hang all the law and the prophets.

**All    Amen. Lord, have mercy.**

God so loved the world that he gave his only Son Jesus Christ to save us from our sins, to be our advocate in heaven, and to bring us to eternal life. Therefore, let us confess our sins in penitence and faith, firmly resolved to keep God’s commandments and to live in love and peace with all.

**All** Almighty God, our heavenly Father,  
we have sinned against you  
and against our neighbour  
in thought and word and deed,  
through negligence, through weakness,  
through our own deliberate fault.  
We are truly sorry  
and repent of all our sins.  
For the sake of your Son Jesus Christ,  
who died for us,  
forgive us all that is past  
and grant that we may serve you in newness of life  
to the glory of your name. Amen.

Almighty God,  
who forgives all who truly repent, have mercy upon you,  
pardon and deliver you from all your sins,  
confirm and strengthen you in all goodness,  
and keep you in life eternal;  
through Jesus Christ our Lord.

**All** Amen.

## The Gloria

This version of the Gloria is sung to the tune of 'Cwm Rhondda'. Click [here](#) for the tune.

**All** Glory be to God in Heaven,  
Songs of joy and peace we bring,  
Thankful hearts and voices raising,  
To creation's Lord we sing.  
Lord we thank you, Lord we praise you,  
Glory be to God our King:  
Glory be to God our King.  
  
Lamb of God, who on our shoulders,  
Bore the load of this world's sin;  
Only Son of God the Father,  
You have brought us peace within.

**Lord, have mercy, Christ have mercy,  
Now your glorious reign begin:  
Now your glorious reign begin.**

**You O Son of God are Holy,  
You we praise with one accord.  
None in heav'n or earth is like you,  
Only you are Christ the Lord.  
With the Father and the Spirit,  
Ever worshipped and adored:  
Ever worshipped and adored.**

### **The Collect for the Fourth Sunday after Trinity**

Gracious Father,  
by the obedience of Jesus  
you brought salvation to our wayward world:  
draw us into harmony with your will,  
that we may find all things restored in him,  
our Saviour Jesus Christ.

**All Amen.**

### **First reading**

A reading from the second book of the Prophet Zechariah

Rejoice greatly, Daughter Zion! Shout, Daughter Jerusalem! See, your king comes to you, righteous and victorious, lowly and riding on a donkey, on a colt, the foal of a donkey. I will take away the chariots from Ephraim and the war-horses from Jerusalem, and the battle-bow will be broken. He will proclaim peace to the nations. His rule will extend from sea to sea and from the River to the ends of the earth. As for you, because of the blood of my covenant with you, I will free your prisoners from the waterless pit. Return to your fortress, you prisoners of hope even now I announce that I will restore twice as much to you. *Zechariah 9:9-12*

This is the Word of the Lord

**All Thanks be to God.**

### **Second reading**

A reading from St Paul's Letter to the Romans

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I do not understand what I do. For what I want to do I do not do, but what I hate I do. And if I do what I do not want to do, I agree that the law is good. As it is, it is no longer I myself who do it, but it is sin living in me. For I know that good itself does not dwell in me, that is, in my sinful nature. For I have the desire to do what is good, but I cannot carry it out. For I do not do the good I want to do, but the evil I do not want to do—this I keep on doing. Now if I do what I do not want to do, it is no longer I who do it, but it is sin living in me that does it.

So I find this law at work: although I want to do good, evil is right there with me. For in my inner being I delight in God's law; but I see another law at work in me, waging war against the law of my mind and making me a prisoner of the law of sin at work within me. What a wretched man I am! Who will rescue me from this body that is subject to death? Thanks be to God, who delivers me through Jesus Christ our Lord! *Romans 7:15-25a*

This is the Word of the Lord

**All Thanks be to God.**

**HYMN 2 Jesus, name of all names**     (please click on this link to hear the hymn)

## **Gospel reading**

Hear the Gospel of our Lord Jesus Christ according to John

**All Glory to you O Lord.**

Jesus said, "To what can I compare this generation? They are like children sitting in the market-places and calling out to others: "We played the pipe for you, and you did not dance; we sang a dirge, and you did not mourn." For John came neither eating nor drinking, and they say, "He has a demon." The Son of Man came eating and drinking, and they say, "Here is a glutton and a drunkard, a friend of tax collectors and sinners." But wisdom is proved right by her deeds.

'I praise you, Father, Lord of heaven and earth, because you have hidden these things from the wise and learned, and revealed them to little children. Yes, Father, for this is what you were pleased to do. All things have been committed to me by my Father. No one knows the Son except the Father, and no one knows the Father except the Son and those to whom the Son chooses to reveal him. Come to me, all you who are weary and burdened, and I will give you rest.

'My yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. For my yoke is easy and my burden is light.'

*Matthew 11:16-19, 25-end*

This is the Gospel of the Lord

**All Praise to you O Christ.**

## Sermon

In the name of the Father and of the Son and of the Holy Spirit. Amen

‘Come to me, all you that are weary and are carrying heavy burdens, and I will give you rest.’

I think many of us feel we’ve been carrying very heavy burdens for the last few months, don’t we? Staying at home, trying to keep ourselves and other people safe, missing loved ones, not seeing friends, queuing to get into shops ... being furloughed from work whatever it is, we’ve all been carrying burdens of one kind or another. And it has been hard.

We’ve also had the sadness, it’s been a sadness in for me at least, of not being able to meet together in church, not to receive Holy Communion, not to worship together physically. Not to have that regular contact with the building and each other. Not to be able to share burdens and joys, if you like.

That is now in a very cautious way beginning to change, we may be back in the church building, returning to work, returning to school, seeing family and friends again although we may be aware of people who are not with us today and can’t be with us. We will be living with the changes and ‘new normal’ for a quite a while into the future.

So, although we may rejoice at returning to some semblance of normality, I’m sure we’re all aware that there are great challenges ahead in many areas of life. We’re already hearing of job losses and financial insecurity, the time ahead could be as worrying as the time we’ve been living through.

Amidst all this continuing uncertainty what does it mean for us to come to Jesus and allow him to carry the burdens? In another passage Jesus tells us not to worry about tomorrow, because today’s worries are enough. I’ve always been challenged by this teaching how can I not worry about things? How can I lay my burdens and weariness at Jesus’ feet? And what’s more leave them there?

I hope my response to these questions are not going to sound simplistic, but in a sense the answer is simple. As Christians and therefore as always, we return to Jesus. We return to his love, his forgiveness, his promise of life in all its fullness and we accept them to be true for us personally. We trust him to make those promises and that teaching true for us each day and in all situations.

These are very easy things to say, lovely to hear, obvious in some ways, of course we want to follow Jesus and live in his way but doing it and living it is the challenge.

We have to consciously give our burdens and worries to Jesus. And we do this by coming to him regularly in prayer, in praise, in thanksgiving and in supplication.

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We give the particular burden or worry to him and ask him to carry it for us. That doesn't mean we don't deal with it, Jesus is unlikely to miraculously sort everything out for us but he does stand and walk with us through all things, if we ask him.

We have been carrying burdens for such a long time, and of course not just during the Covid crisis, there are always things that we face in life that we could describe as burdens, but perhaps this is an opportunity to learn to give those burdens to Jesus, if we haven't already.

I'll leave you with those verses from the end of today's gospel reading. They are well worth praying with this week. Let them become your prayer for yourself and others:

'Come to me, all you that are weary and are carrying heavy burdens, and I will give you rest. Take my yoke upon you, and learn from me; for I am gentle and humble in heart, and will find rest for your souls. For my yoke is easy, and my burden is light.' Amen

## The Creed

Do you believe and trust in God the Father,  
the source of all being and life,  
the one for whom we exist?

**All We believe and trust in him.**

Do you believe and trust in God the Son,  
who took our human nature,  
died for us and rose again?

**All We believe and trust in him.**

Do you believe and trust in God the Holy Spirit,  
who gives life to the people of God  
and makes Christ known in the world?

**All We believe and trust in him.**

This is the faith of the Church.

**All This is our faith.**

**We believe and trust in one God,  
Father, Son and Holy Spirit.  
Amen.**

## Prayers of intercession

Creator God,  
you call us to love and serve you  
with body, mind, and spirit  
through loving your creation  
and our sisters and brothers.  
Open our hearts in compassion  
and receive these petitions  
on behalf of the needs of the church and the world.

*(pause)*

Holy One,  
hear our prayers and make us faithful stewards  
of the fragile bounty of this earth  
so that we may be entrusted with the riches of heaven.

**All Amen.**

We praise your abiding guidance, O God,  
for you sent us Jesus, our Teacher and Messiah,  
to model for us the way of love for the whole universe.  
We offer these prayers of love  
on behalf of ourselves and our neighbors,  
on behalf of your creation and our fellow creatures.

*(pause)*

Loving God,  
open our ears to hear your word  
and draw us closer to you,  
that the whole world may be one with you  
as you are one with us in Jesus Christ our Lord.

**All Amen.**

God of mercy and healing,  
you who hear the cries of those in need,  
receive these petitions of your people  
that all who are troubled  
may know peace, comfort, and courage.

*(pause)*

Life-giving God,  
heal our lives,  
that we may acknowledge your wonderful deeds  
and offer you thanks from generation to generation  
through Jesus Christ our Lord.

**All Amen.**

God of salvation,  
who sent your Son to seek out and save what is lost,  
hear our prayers  
on behalf of those who are lost in our day,  
receiving these petitions and thanksgivings  
with your unending compassion.

*(pause)*

Redeeming Sustainer,  
visit your people  
and pour out your strength and courage upon us,  
that we may hurry to make you welcome  
not only in our concern for others,  
but by serving them  
generously and faithfully in your name.

**All Amen.**

Merciful Father,

**All accept these prayers  
for the sake of your Son,  
our Saviour Jesus Christ. Amen.**

## **The peace**

The fruit of the Spirit is love, joy and peace.

The peace of the Lord be always with you,

**All And also with you.**

**HYMN 3 Come and see the King of Love**      (click on this link to hear the hymn)

The liturgy of the Communion Service appears below

# The Dismissal

The Lord bless you and keep you.

The Lord make his face to shine upon you and  
be gracious to you.

The Lord lift up the light of his countenance upon you  
and give you his peace;

and the blessing of God the Almighty:

Father, Son, and Holy Spirit,

be with you now and remain with you always.

**All Amen.**

**HYMN 4** [When the saints go marching in](#) (click on this link to hear the hymn)

Go in peace to love and serve the Lord.

**All In the name of Christ. Amen.**

# The Liturgy of the Sacrament

## Eucharistic Prayer (prayer E)

The Lord be with you

**All and also with you.**

Lift up your hearts.

**All We lift them to the Lord.**

Let us give thanks to the Lord our God.

**All It is right to give thanks and praise.**

Father, you made the world and love your creation.  
You gave your Son Jesus Christ to be our Saviour.  
His dying and rising have set us free from sin and death.  
And so we gladly thank you,  
with saints and angels praising you, and saying,

**All Holy, holy, holy Lord,  
God of power and might,  
heaven and earth are full of your glory.  
Hosanna in the highest.  
Blessed is he who comes in the name of the Lord.  
Hosanna in the highest.**

We praise and bless you, loving Father,  
through Jesus Christ, our Lord;  
and as we obey his command,  
send your Holy Spirit,  
that broken bread and wine outpoured  
may be for us the body and blood of your dear Son.

On the night before he died he had supper with his friends  
and, taking bread, he praised you.  
He broke the bread, gave it to them and said:  
Take, eat; this is my body which is given for you;  
do this in remembrance of me.

When supper was ended he took the cup of wine.  
Again he praised you, gave it to them and said:  
Drink this, all of you;

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this is my blood of the new covenant,  
which is shed for you and for many for the forgiveness of sins.  
Do this, as often as you drink it, in remembrance of me.

So, Father, we remember all that Jesus did,  
in him we plead with confidence his sacrifice made once for all upon the cross.

Bringing before you the bread of life and cup of salvation,  
we proclaim his death and resurrection  
until he comes in glory.

Great is the mystery of faith:

**All Christ has died.**  
**Christ is risen.**  
**Christ will come again.**

Lord of all life,  
help us to work together for that day  
when your kingdom comes  
and justice and mercy will be seen in all the earth.

Look with favour on your people,  
gather us in your loving arms  
and bring us with all the saints  
to feast at your table in heaven.

Through Christ, and with Christ, and in Christ,  
in the unity of the Holy Spirit,  
all honour and glory are yours, O loving Father,  
for ever and ever.

**All Amen.**

## The Lord's Prayer

As our Saviour taught us, so we pray

**All Our Father in heaven,  
hallowed be your name,  
your kingdom come,  
your will be done,  
on earth as in heaven.  
Give us today our daily bread.  
Forgive us our sins  
as we forgive those who sin against us.  
Lead us not into temptation  
but deliver us from evil.  
  
For the kingdom, the power,  
and the glory are yours  
now and for ever. Amen.**

## Breaking of the Bread

We break this bread to share in the body of Christ.

**All Though we are many, we are one body,  
because we all share in one bread.**

**All Lamb of God,  
you take away the sin of the world,  
have mercy on us.**

**Lamb of God,  
you take away the sin of the world,  
have mercy on us.**

**Lamb of God,  
you take away the sin of the world,  
grant us peace.**

Draw near with faith.

Receive the body of our Lord Jesus Christ  
which he gave for you,  
and his blood which he shed for you.

Eat and drink in remembrance that he died for you,  
and feed on him in your hearts  
by faith with thanksgiving.

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**All** We do not presume  
to come to this your table, merciful Lord,  
trusting in our own righteousness,  
but in your manifold and great mercies.  
We are not worthy  
so much as to gather up the crumbs under your table.  
But you are the same Lord  
whose nature is always to have mercy.  
Grant us therefore, gracious Lord,  
so to eat the flesh of your dear Son Jesus Christ  
and to drink his blood,  
that our sinful bodies may be made clean by his body  
and our souls washed through his most precious blood,  
and that we may evermore dwell in him,  
and he in us. Amen.

Communion is distributed

**Prayer after Communion**

Eternal God,  
comfort of the afflicted and healer of the broken,  
you have fed us at the table of life and hope:  
teach us the ways of gentleness and peace,  
that all the world may acknowledge  
the kingdom of your Son Jesus Christ our Lord.

**All** Amen

**All** Almighty God,  
we thank you for feeding us  
with the body and blood of your Son Jesus Christ.  
Through him we offer you our souls and bodies  
to be a living sacrifice.  
Send us out  
in the power of your Spirit  
to live and work  
to your praise and glory. Amen.