

Sunday 8 August 2021

The Tenth Sunday after Trinity



Sermon © Lucie Reilly.

Prayers of intercession © Lay Anglicana (adapted).

Liturgy © 2000 The Archbishops' Council.

Bible readings © the publishers of the NRSV translation.

The liturgy assumes the service is Eucharistic. The prayers of consecration appear at the end.
The hymns are YouTube links. To hear the hymns please hover the mouse over each link, press Ctrl and then return.

To see service transcripts from previous weeks, please visit the page,
<http://www.medlockhead.co.uk/resources/index.htm>

Introduction and welcome

HYMN 1 [Amazing grace](#)

(please 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 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 Tenth Sunday after Trinity

Lord of heaven and earth,
as Jesus taught his disciples to be persistent in prayer,
give us patience and courage never to lose hope,
but always to bring our prayers before you;
through Jesus Christ our Lord.

All Amen.

First reading

A reading from the First Book of Kings

Ahab told Jezebel all that Elijah had done, and how he had killed all the prophets with the sword. Then Jezebel sent a messenger to Elijah, saying, 'So may the gods do to me, and more also, if I do not make your life like the life of one of them by this time tomorrow.' Then he was afraid; he got up and fled for his life, and came to Beer-sheba, which belongs to Judah; he left his servant there. But he himself went a day's journey into the wilderness, and came and sat down under a solitary broom tree. He asked that he might die: 'It is enough; now, O Lord, take away my life, for I am no better than my ancestors.' Then he lay down under the broom tree and fell asleep. Suddenly an angel touched him and said to him, 'Get up and eat.' He looked, and there at his head was a cake baked on hot stones, and a jar of water. He ate and drank, and lay down again. The angel of the Lord came a second time, touched him, and said, 'Get up and eat, otherwise the journey will be too much for you.' He got up, and ate and drank; then he went in the strength of that food forty days and forty nights to Horeb the mount of God.

At that place he came to a cave, and spent the night there. Then the word of the Lord came to him, saying, 'What are you doing here, Elijah?' He answered, 'I have been very zealous for the Lord, the God of hosts; for the Israelites have forsaken

your covenant, thrown down your altars, and killed your prophets with the sword. I alone am left, and they are seeking my life, to take it away.' He said, 'Go out and stand on the mountain before the Lord, for the Lord is about to pass by.' Now there was a great wind, so strong that it was splitting mountains and breaking rocks in pieces before the Lord, but the Lord was not in the wind; and after the wind an earthquake, but the Lord was not in the earthquake; and after the earthquake a fire, but the Lord was not in the fire; and after the fire a sound of sheer silence. When Elijah heard it, he wrapped his face in his mantle and went out and stood at the entrance of the cave. Then there came a voice to him that said, 'What are you doing here, Elijah?' He answered, 'I have been very zealous for the Lord, the God of hosts; for the Israelites have forsaken your covenant, thrown down your altars, and killed your prophets with the sword. I alone am left, and they are seeking my life, to take it away.' Then the Lord said to him, 'Go, return on your way to the wilderness of Damascus; when you arrive, you shall anoint Hazael as king over Aram.'

1 Kings 19:1-15

This is the Word of the Lord

All Thanks be to God.

Second reading

A reading from St Paul's Letter to the Ephesians

So then, putting away falsehood, let all of us speak the truth to our neighbors, for we are members of one another. Be angry but do not sin; do not let the sun go down on your anger, and do not make room for the devil. Thieves must give up stealing; rather let them labor and work honestly with their own hands, so as to have something to share with the needy. Let no evil talk come out of your mouths, but only what is useful for building up, as there is need, so that your words may give grace to those who hear. And do not grieve the Holy Spirit of God, with which you were marked with a seal for the day of redemption. Put away from you all bitterness and wrath and anger and wrangling and slander, together with all malice, and be kind to one another, tenderhearted, forgiving one another, as God in Christ has forgiven you.

Therefore be imitators of God, as beloved children, and live in love, as Christ loved us and gave himself up for us, a fragrant offering and sacrifice to God.

Ephesians 4:25—5:2

This is the Word of the Lord

All Thanks be to God.

HYMN 2 [Amazing love](#)[\(click on this link to hear the hymn\)](#)

Gospel reading

Hear the Gospel of our Lord Jesus Christ according to John

All Glory to you O Lord.

Jesus said to them, 'I am the bread of life. Whoever comes to me will never be hungry, and whoever believes in me will never be thirsty'.

The Jews began to complain about him because he said, 'I am the bread that came down from heaven.' They were saying, 'Is not this Jesus, the son of Joseph, whose father and mother we know? How can he now say, "I have come down from heaven"?''

Jesus answered them, 'Do not complain among yourselves. No one can come to me unless drawn by the Father who sent me; and I will raise that person up on the last day. It is written in the prophets, "And they shall all be taught by God." Everyone who has heard and learned from the Father comes to me. Not that anyone has seen the Father except the one who is from God; he has seen the Father. Very truly, I tell you, whoever believes has eternal life. I am the bread of life. Your ancestors ate the manna in the wilderness, and they died. This is the bread that comes down from heaven, so that one may eat of it and not die. I am the living bread that came down from heaven. Whoever eats of this bread will live forever; and the bread that I will give for the life of the world is my flesh.' *John 6:35, 41-51*

This is the Gospel of the Lord

All Praise to you O Christ.

Sermon

I know that I am not the only one who has felt the tension and anxiety from the isolation and social situations in the last 18 months. We have been experiencing fear for our mental and physical health and the health of those we love. We have experienced worry and anxiety about what months of quarantine and isolation has meant for our financial security and the financial security of local businesses, restaurants, and our church. We have all felt the weight of this shared trauma, without the comfort of being able to gather in person to support each other.

All of this has been hard. This week, our scripture reading about Elijah in the wilderness has been on my mind. It seems quite fitting as we reflect on the last 18 months of restrictions.

The Bible is full of stories of people being tested, confronted, and formed in the

wilderness. Throughout the book of Genesis, Abram, Isaac, and Jacob all have wilderness excursions. The ancient Israelites escaped slavery to spend years in the wilderness searching for the Promised Land. John the Baptist was in the wilderness when he cried, "Prepare the way of the Lord!" And after his baptism, Jesus spent 40 days and nights praying and being tested in that same wilderness.

Living or journeying through the wilderness is difficult. This is true of the metaphorical wildernesses we faced over lockdown as well. Wilderness days can teach how to be strong and how to persevere during intense obstacles. The lessons which can be learned in our wilderness times help to make us who we are. When we make it through them, they help us to learn and grow and come out the other side as more resilient people.

But first, we must go through them. Which brings me back to Elijah. In the days before he fled into the wilderness, Elijah had been a champion for God. He had stood strong against wicked King Ahaz and Queen Jezebel and had come out on the other side as the victor! But then, a messenger came to him saying that the Jezebel was coming to kill him. So, he fled into the wilderness, alone and afraid for his life.

We read that he '... went a day's journey into the wilderness and came and sat down under a solitary broom tree. He asked that he might die: "It is enough; now, O Lord, take away my life, for I am no better than my ancestors." Then he lay down under the broom tree and fell asleep.'

Anyone who has spent time in the desert can imagine the exhaustion that comes from trying to walk in the heat for 24 hours. By the time he found that broom tree he was unbearably tired, and hungry, and thirsty. I'm sure he was dirty and had felt the sting of dust in his eyes and his mouth. He had gone from God's champion to a broken and depressed man, isolated in brutal conditions. Elijah was done. He had had enough. He gave up.

Elijah finds himself physically in the wilderness, but he also finds himself in the type of mental and emotional wilderness that many of us have found ourselves in at some point in our lives.

This past year, we all have experienced wilderness. As I've talked with friends and family, I've seen the fear and the anxiety and the stress that has been brought on by the Corona virus.

Like Elijah, so many of us have been overwhelmed, exhausted, and defeated. Wandering through our own wilderness, isolation, and lockdown unable to see a way out.

But the good news is, we are not alone in this wilderness, and we will not be wandering through it forever—this is all temporary.

Elijah's story does not end with him lying down and asking God to just let him die. Elijah may have felt at that moment that he could not go on, but God had other

plans for Elijah. The story continues, ‘Suddenly an angel touched him and said to him, “Get up and eat.” He looked, and there at his head was a cake baked on hot stones, and a jar of water. He ate and drank and lay down again. The angel of the Lord came a second time, touched him, and said, “Get up and eat, otherwise the journey will be too much for you”.’

Elijah wasn’t automatically healed the moment the angel appeared. He sat up, and ate, and drank ... but then he laid back down and continued to sleep. Because sometimes healing takes a while.

The angel had to return a second time and again tell Elijah that he had to get up and eat so he could continue. And then Elijah did. He got up, and he ate a second time, and he had the strength and the resolve to continue his journey.

Sometimes, like Elijah, we are alone in the wilderness, in desperate need of an angel. We need the helpers who will feed us, and encourage us, and help us to stand up and continue. We need people who show up and do what they can to help ease a little bit of the hurt in the world.

If we can learn anything from the story of Elijah, it is that sometimes the weight of what we are carrying is too much and we need to rest. And when the pain we are feeling is too much for us to bear, we need other people to be in solidarity with us, and feed us, and help us to get back up.

We are surrounded by angels, by helpers, by the goodness of humanity. So, despite the fear that so many of us are feeling right now, I urge you to hold on to the good things that can sustain us.

Elijah took the time he needed to recover, and that’s maybe what we are doing right now. So, hold on. there is a small but bright light at the end of the tunnel, but just like Elijah, now we have had some rest it’s time come through this, we must stand back up and keep moving. 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

The Church of Christ

Lord, we thank you for being a part of our lives in every moment of our day, not just at Sunday worship. In manifesting yourself through the very bread that we eat, you are with us in all the ordinariness of our lives. And through your presence in the everyday, the ordinary becomes charged with your grace. When we share the living bread at the altar, may we remember that we are also members one of another, working as your Church for the coming of your kingdom here on earth. Lord, help us to live simply that others may simply live

All In your mercy, hear our prayer.

Creation, human society, the Sovereign and those in authority

Lord, you have created this wonderful world, and filled it with your abundant gifts. But we have exploited it for our own ends, and with little thought for future generations. Lord, help us now to work together as good stewards of this earth and its creatures that we may yet save it with good husbandry and your grace.

Lord, help us to live simply that others may simply live

All In your mercy, hear our prayer.

The local community

Lord, as the tide draws the waters close in upon the shore, make each of us an island, set apart with you, alone with you and holy to you. Leave us each alone with you as often, and for as long, as may be. And then, as the waters recede with the turning of the tide, prepare us to carry your presence out into the busy world beyond, the world that rushes in on us, until once more the waters return and fold us back into you.

Lord, help us to live simply that others may simply live

All In your mercy, hear our prayer.

Lord, we remember before you all those for whom finding even daily bread to eat is a constant struggle. We pray for those who have been displaced by war, with their homes and communities destroyed and, with them, their way of life. We pray for those who set out into uncharted waters in the hope of finding a better future for themselves and their families. We pray for all those who suffer.

Lord, help us to live simply that others may simply live

All In your mercy, hear our prayer.

The communion of saints

Lord, according to your promise, grant eternal life to those who have died in the faith of Christ. As they were strengthened by the bread of life in this world, grant them everlasting presence in your heavenly kingdom.

Merciful Father,

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

The peace

Peace to you from God our heavenly Father.

Peace from his Son Jesus Christ who is our peace.

Peace from the Holy Spirit, the Life-giver

The peace of the Lord be always with you,

All And also with you.

HYMN 3 One thing I ask

[\(please click on this link to hear the hymn\)](#)

The liturgy of the Communion Service appears below

The Dismissal

The peace of God which passes all understanding,
keep your hearts and minds in the knowledge and love of God,
and of his Son Jesus Christ our Lord;
and the blessing
and the blessing of God almighty,
the Father, the Son, and the Holy Spirit,
be among you and remain with you always.

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 [The steadfast love of the Lord](#) (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;
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.

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

God of our pilgrimage,
you have willed that the gate of mercy
should stand open for those who trust in you:
look upon us with your favour
that we who follow the path of your will
may never wander from the way of life;
through 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.