

Sunday 20 June 2021

The Third Sunday after Trinity



Sermon © Rosie Kingham.

Prayers of intercession © [Lay Anglicana](#).

Liturgy © 2000 The Archbishops' Council.

Bible readings © the publishers of the NRSV translation.

- The liturgy assumes the service is Eucharistic. The prayers of consecration are included 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 [Crown Him with many crowns](#) (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 Third Sunday after Trinity

God our saviour,
look on this wounded world
in pity and in power;
hold us fast to your promises of peace
won for us by your Son,
our Saviour Jesus Christ.

All Amen.

First reading

A reading from the First Book of Kings

David said to Saul, 'Let no one's heart fail because of him; your servant will go and fight with this Philistine.' Saul said to David, 'You are not able to go against this Philistine to fight with him; for you are just a boy, and he has been a warrior from his youth.' But David said to Saul, 'Your servant used to keep sheep for his father; and whenever a lion or a bear came, and took a lamb from the flock, I went after it and struck it down, rescuing the lamb from its mouth; and if it turned against me, I would catch it by the jaw, strike it down, and kill it. Your servant has killed both lions and bears; and this uncircumcised Philistine shall be like one of them, since he has defied the armies of the living God.' David said, 'The Lord, who saved me from the paw of the lion and from the paw of the bear, will save me from the hand of this Philistine.' So Saul said to David, 'Go, and may the Lord be with you!' Saul clothed David with his armour; he put a bronze helmet on his head and clothed him with a coat of mail. David strapped Saul's sword over the armour, and he tried in vain to walk, for he was not used to them. Then David said to Saul, 'I cannot walk with these; for I am not used to them.' So David removed them.

Then he took his staff in his hand, and chose five smooth stones from the wadi, and put them in his shepherd's bag, in the pouch; his sling was in his hand, and he drew near to the Philistine. The Philistine came on and drew near to David, with his shield-bearer in front of him. When the Philistine looked and saw David, he disdained him, for he was only a youth, ruddy and handsome in appearance. The Philistine said to David, 'Am I a dog, that you come to me with sticks?' And the Philistine cursed David by his gods. The Philistine said to David, 'Come to me, and I will give your flesh to the birds of the air and to the wild animals of the field.' But David said to the Philistine, 'You come to me with sword and spear and javelin; but I come to you in the name of the Lord of hosts, the God of the armies of Israel, whom you have defied. This very day the Lord will deliver you into my hand, and I will strike you down and cut off your head; and I will give the dead bodies of the Philistine army this very day to the birds of the air and to the wild animals of the earth, so that all the earth may know that there is a God in Israel, and that all this assembly may know that the Lord does not save by sword and spear; for the battle is the Lord's and he will give you into our hand.'

When the Philistine drew nearer to meet David, David ran quickly toward the battle line to meet the Philistine. David put his hand in his bag, took out a stone, slung it, and struck the Philistine on his forehead; the stone sank into his forehead, and he fell face down on the ground. *1 Samuel 17:32-49*

This is the Word of the Lord

All Thanks be to God.

Second reading

A reading from St Paul's Second Letter to the Corinthians

As we work together with him, we urge you also not to accept the grace of God in vain. For he says, 'At an acceptable time I have listened to you, and on a day of salvation I have helped you.' See, now is the acceptable time; see, now is the day of salvation! We are putting no obstacle in anyone's way, so that no fault may be found with our ministry, but as servants of God we have commended ourselves in every way: through great endurance, in afflictions, hardships, calamities, beatings, imprisonments, riots, labours, sleepless nights, hunger; by purity, knowledge, patience, kindness, holiness of spirit, genuine love, truthful speech, and the power of God; with the weapons of righteousness for the right hand and for the left; in honor and dishonor, in ill repute and good repute. We are treated as impostors, and yet are true; as unknown, and yet are well known; as dying, and see—we are

alive; as punished, and yet not killed; as sorrowful, yet always rejoicing; as poor, yet making many rich; as having nothing, and yet possessing everything.

We have spoken frankly to you Corinthians; our heart is wide open to you. There is no restriction in our affections, but only in yours. In return—I speak as to children—open wide your hearts also. *2 Corinthians 6:1-13*

This is the Word of the Lord

All Thanks be to God.

HYMN 2 Do not be afraid

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

Gospel reading

Hear the Gospel of our Lord Jesus Christ according to Luke

All Glory to you O Lord.

When evening had come, Jesus said to the disciples, 'Let us go across to the other side.' And leaving the crowd behind, they took him with them in the boat, just as he was. Other boats were with him. A great windstorm arose, and the waves beat into the boat, so that the boat was already being swamped. But he was in the stern, asleep on the cushion; and they woke him up and said to him, 'Teacher, do you not care that we are perishing?' He woke up and rebuked the wind, and said to the sea, 'Peace! Be still!' Then the wind ceased, and there was a dead calm. He said to them, 'Why are you afraid? Have you still no faith?' And they were filled with great awe and said to one another, 'Who then is this, that even the wind and the sea obey him?' *Mark 4:35-41*

This is the Gospel of the Lord

All Praise to you O Christ.

Sermon

Today's Old Testament reading is one of those that I find a little troubling. The Old Testament is often bloodthirsty, full of death and conflict, and revenge on those who do not believe in God. And here we have David and Goliath each saying they are going to cut off the other one's head and feed them to the beasts. Ugh. However, if we think about it rather than treating as just another gory Old Testament tale, we can see that something wonderful is happening. Goliath has been defying God, and is a huge warrior and heavily armed, and David is a small, insignificant, unarmed shepherd, but still defeats Goliath with just his sling. Now, we think of slings as a bit Dennis the Menace, but in fact they were powerful weapons. Shepherds

had to fend off wolves and other predators to keep the sheep safe, so they had to be accurate and deadly. But it's not the sling that is the real secret weapon.

It's important to remember that the Bible is the story of the developing relationship between God and humankind, so every tale shows an aspect of this relationship. This passage, whether historically true or not, illustrates a fundamental truth about God, and tells of a secret weapon that David had, and that we and all Christian believers also have.

To find out a bit more about our secret weapon we need to look at the Gospel. We have a fierce storm on the Sea of Galilee, a sinking boat, frightened disciples, Jesus performing miracles and questioning the disciples' faith in Him. And this is something that we can relate to in our own lives.

Just as the storm tested the disciples, so do storms in our lives test us. And they can come upon us suddenly, like the one in the Gospel. One moment you are plodding along nicely and the next the bottom falls out of your world. One phone call and you find yourself in the middle of a nightmare. One doctor's visit or conversation and you are in a storm. That's life. St Paul also tells of the things that can beset us specifically as Christians: beatings, imprisonment, riots, being treated as impostors—so many storms! When a crisis comes into our life do we still think God is good or do we turn our back on Him for allowing it to happen? Storms in life can bring to the surface what's really inside us. Storms will reveal whether we live by fear, like the disciples, or by faith, like David. The way we react to God during a storm reveals the truth about ourselves, whether we want it to or not. Storms are opportunities to demonstrate your trust in God – when we are unarmed and facing the Goliath of poverty, bereavement, mental illness, how do we respond?

Our storms can cause us to doubt God. Jesus was sleeping at the back of the boat with his head on a cushion. The disciples woke him up, shouting, 'Teacher, don't you care that we're going to drown?' The sea is being shaken. The hurricane like winds are blowing the boat all directions, the waves are crashing over into the boat, the boat is filling up with water, the disciples (who are experienced fishermen and know the sea) are panicking, thinking they are about to die... and Jesus is sleeping on a cushion. The disciples asked the wrong question—they doubted Jesus, asking 'Don't you care?' rather than 'Lord, help us.'

Then we see the power of Jesus. The wind and the waves subside and the Sea of Galilee is calm again. Because of His love and compassion for His friends, the Good Shepherd miraculously saves them.

And it's this love, compassion and power that is our secret weapon. Wherever we are, whatever happens to us, Jesus is with us, defending us from the power of evil as David was defended from Goliath. And He still performs miracles today –

every act of compassion, every time the Holy Spirit bears fruit, every time we overcome temptation – these are miracles. We live in the world, so anyone who thinks that belief in Jesus will insulate them from the bad things in life is in for a shock. He hasn't promised to calm every storm, but He has promised that He will never leave us and never forsake those who trust in Him. St Paul says 'we are treated ... as sorrowful, yet always rejoicing, as poor, yet making many rich, as having nothing, yet possessing everything'. With Jesus as our secret weapon against evil, we can turn the accepted order of 'Might is Right' upside down, and show people a better way, led by and to our Good Shepherd. So let's pick up our slings, and go out and slay some giants!

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, you know that our Church is storm-tossed like the disciples' boat on the Sea of Galilee. We seek above all to bring the Kingdom of Heaven to all that have ears to hear, but the winds and the waves blow us constantly off target. Calm the fears of your people and help us, we pray, to ride out the storms as we work together to remain afloat. And, in the moments of intervening calm, may we know your peace.

Lord, give heed to our pleas when we cry unto you for help:

All In your mercy, hear our prayer

Creation, human society, the Sovereign and those in authority

Lord, you have promised to be a refuge for your people in time of trouble. Look with compassion, we pray, on all the peoples of the world who are so cruelly or incompetently governed that they can only flee, abandoning all that they have. The hope of the weary grows dim as they struggle beneath a pitiless sky to find a place of safety. Work in us the costly ways of peace, that in justice and with gentleness your will may be done throughout all the earth.

Lord, give heed to our pleas when we cry unto you for help:

All In your mercy, hear our prayer

The local community

Lord, help us in our daily tasks to play our part, remaining steadfast with our eyes fixed on the goal. Walking by faith and putting one foot in front of the other, lend us both courage and hope to rise above those things which frighten us, so that we may continue to carry out our daily tasks and care for those in our immediate surroundings, with new resolve every morning.

Lord, give heed to our pleas when we cry unto you for help:

All In your mercy, hear our prayer

Those who suffer

Lord, give us the grace to walk by faith, and through every storm of life to keep our gaze fixed on you. Watch over us, so that in the small hours of the morning when our hope is at its lowest ebb, you will remember our frailty and strengthen our sinews so that we may withstand the daunting waves of the open seas. Help us to keep watch with you and maintain our course in the direction you would have us sail, until dawn returns and the world resumes its familiar and comforting contours.

Lord, give heed to our pleas when we cry unto you for help:

All In your mercy, hear our prayer

The communion of saints

Lord, we bring before you those who have departed this life in recent days ... Bring us all at last to the quiet haven of our hearts' desire where, in the company of all the saints, you live and reign for ever and ever.

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 All creation worships you (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 All my hope on God is founded (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

O God, whose beauty is beyond our imagining
and whose power we cannot comprehend:
show us your glory as far as we can grasp it,
and shield us from knowing more than we can bear
until we may look upon you without fear;
through Jesus Christ our Saviour.

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.