

Sunday 1 August 2021

The Ninth Sunday after Trinity



Sermon © Revd Dr Paul Monk.

Liturgy and prayers of intercession © 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 [How deep the Father's love for us](#) (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 Ninth Sunday after Trinity

Gracious Father,
revive your Church in our day,
and make her holy, strong and faithful,
for your glory's sake
in Jesus Christ our Lord.

All Amen.

First reading

A reading from the Second Book of Moses called Exodus

The whole congregation of the Israelites complained against Moses and Aaron in the wilderness. The Israelites said to them, 'If only we had died by the hand of the Lord in the land of Egypt, when we sat by the fleshpots and ate our fill of bread; for you have brought us out into this wilderness to kill this whole assembly with hunger.' Then the Lord said to Moses, 'I am going to rain bread from heaven for you, and each day the people shall go out and gather enough for that day. In that way I will test them, whether they will follow my instruction or not. On the sixth day, when they prepare what they bring in, it will be twice as much as they gather on other days.' So Moses and Aaron said to all the Israelites, 'In the evening you shall know that it was the Lord who brought you out of the land of Egypt, and in the morning you shall see the glory of the Lord, because he has heard your complaining against the Lord. For what are we, that you complain against us?' And Moses said, 'When the Lord gives you meat to eat in the evening and your fill of bread in the morning, because the Lord has heard the complaining that you utter against him—what are we? Your complaining is not against us but' against the Lord. Then Moses said to Aaron, 'Say to the whole congregation of the Israelites, "Draw near to the Lord, for he has heard your complaining".' And as Aaron spoke

to the whole congregation of the Israelites, they looked toward the wilderness, and the glory of the Lord appeared in the cloud. The Lord spoke to Moses and said, 'I have heard the complaining of the Israelites; say to them, "At twilight you shall eat meat, and in the morning you shall have your fill of bread; then you shall know that I am the Lord your God".'

In the evening quails came up and covered the camp; and in the morning there was a layer of dew around the camp. When the layer of dew lifted, there on the surface of the wilderness was a fine flaky substance, as fine as frost on the ground. When the Israelites saw it, they said to one another, 'What is it?' For they did not know what it was. Moses said to them, 'It is the bread that the Lord has given you to eat.' *Exodus 16:2-15*

This is the Word of the Lord

All Thanks be to God.

Second reading

A reading from St Paul's Letter to the Ephesians

I therefore, the prisoner in the Lord, beg you to lead a life worthy of the calling to which you have been called, with all humility and gentleness, with patience, bearing with one another in love, making every effort to maintain the unity of the Spirit in the bond of peace. There is one body and one Spirit, just as you were called to the one hope of your calling, one Lord, one faith, one baptism, one God and Father of all, who is above all and through all and in all. But each of us was given grace according to the measure of Christ's gift. Therefore it is said, 'When he ascended on high he made captivity itself a captive; he gave gifts to his people.' (When it says, 'He ascended,' what does it mean but that he had also descended into the lower parts of the earth? He who descended is the same one who ascended far above all the heavens, so that he might fill all things.)

The gifts he gave were that some would be apostles, some prophets, some evangelists, some pastors and teachers, to equip the saints for the work of ministry, for building up the body of Christ, until all of us come to the unity of the faith and of the knowledge of the Son of God, to maturity, to the measure of the full stature of Christ. We must no longer be children, tossed to and fro and blown about by every wind of doctrine, by people's trickery, by their craftiness in deceitful scheming. But speaking the truth in love, we must grow up in every way into him who is the head, into Christ, from whom the whole body, joined and knit together by every ligament with which it is equipped, as each part is working properly, promotes the body's growth in building itself up in love. *Ephesians 4:1-16*

This is the Word of the Lord

All Thanks be to God.

HYMN 2 I can sing of your love forever [\(click on this link to hear the hymn\)](#)

Gospel reading

Hear the Gospel of our Lord Jesus Christ according to John

All Glory to you O Lord.

When the crowd saw that neither Jesus nor his disciples were there, they themselves got into the boats and went to Capernaum looking for Jesus. When they found him on the other side of the sea, they said to him, ‘Rabbi, when did you come here?’ Jesus answered them, ‘Very truly, I tell you, you are looking for me, not because you saw signs, but because you ate your fill of the loaves. Do not work for the food that perishes, but for the food that endures for eternal life, which the Son of Man will give you. For it is on him that God the Father has set his seal.’

Then they said to him, ‘What must we do to perform the works of God?’ Jesus answered them, ‘This is the work of God, that you believe in him whom he has sent.’ So they said to him, ‘What sign are you going to give us then, so that we may see it and believe you? What work are you performing? Our ancestors ate the manna in the wilderness; as it is written, “He gave them bread from heaven to eat”.’ Then Jesus said to them, ‘Very truly, I tell you, it was not Moses who gave you the bread from heaven, but it is my Father who gives you the true bread from heaven. For the bread of God is that which comes down from heaven and gives life to the world.’ They said to him, ‘Sir, give us this bread always.’ 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.’ *John 6:24–35*

This is the Gospel of the Lord

All Praise to you O Christ.

Sermon

The Exodus dominates the Hebrew Scriptures (the books that Christians call ‘the Old Testament’). It’s the story of Moses leading the chosen people from slavery in Egypt to freedom in the promised land. It’s a cracking story accompanied by many miracles: think of the parting of the Red Sea; following a pillar of cloud by day and a pillar of fire by night; and think food in the wilderness to sustain the refugees.

Jesus knew this story and its language well, of course, but when he spoke about ‘slavery’ and ‘freedom’ he often used them as part of a spiritual metaphor (though,

in context, his people were tantamount to being slaves under their hated Roman overlords). By 'slavery' Jesus meant the way that we can find ourselves powerless to conquer those sinful habits that keep us earth-bound. Think how difficult it can be to stop smoking or drinking. It's even harder to stop gossiping, and yet harder still to stop judging, and so on. We're enslaved to a great many sinful traits. He wants us to move from this slavery to complete freedom. By 'freedom' he means sinless. He wants us to be the people we were designed to be. He therefore wants us to be like him. He wants us to be Christlike.

Our own spiritual journey, our Exodus from slavery to freedom, will be long and arduous. It took the chosen people forty years to get from A to B, from Egypt to what today we'd call Palestine and Israel. Our spiritual journey from slavery to freedom takes longer—in fact it always requires an entire lifetime. Such a journey is impossible using human strength alone. If the chosen people needed miracles *en route* then so will we. If *their* physical journey needed miraculous *physical* food—manna and quails—then *our* spiritual journey will need miraculous *spiritual* food.

Today's Gospel passage explores Jesus' role as a spiritualised Moses. There are many more elements to the story beyond today's part: Moses spoke to God face to face and Jesus speaks to God as part of the Trinity; Moses received Commandments and Jesus gave Commandments. Both were child refugees; both had a stepfather; and so on. And both mediate food for a long, arduous journey. Moses interceded for food and Jesus gives us food and, indeed, describes himself as being that food.

Perhaps that's why, although the stories of Moses and Jesus are permeated with miracles, today's choice of readings invite us to concentrate primarily on the aspect of food for the journey. Jesus, remember, was talking to the Jews so the idea of being fed with miraculous food was central to their national narrative. They considered miraculous food as being proof positive that they were indeed 'chosen.'

It feels natural that Jesus should take this theme extends it. For a start, he takes the idea of miraculous feeding and embeds it into the prayer he taught us, when he tells us to prayer, 'Give us this day *our daily bread.*' He wants us to ask each day for miraculous help as we escape our own slavery and move toward our freedom.

He goes further. Having taught us this prayer, he gave us a worked example on a grand scale as today's Gospel occurs straight after Jesus multiplied bread enough to feed five thousand people. He then describes himself saying, 'I am the bread of life.' Finally, he welds all these ideas together, saying that we must feed on him because he is the sustenance we need for our journey from slavery to freedom.

This talk combines Jesus, miracle, bread, and salvation. It's saying that we must feed him in a spiritual sense, so it's Eucharistic. We must feed on Jesus the bread of Heaven if we are to survive the journey. We're to pray again and again for this

miraculous form of food—'give us *this* day our *daily* bread.' Otherwise how can we survive the trek toward freedom.

Very shortly we'll come to the altar to receive bread that's been consecrated, blessed. It's therefore no longer *just* bread but a means of freedom and salvation, a way to new life. It's miraculous bread. To summarise, let's remind ourselves of the concluding words from today's Gospel passage: They said to him, 'Sir, give us this bread always.' 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.' So in body, mind and spirit, we come to him.

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

Lord, listen to the prayers of your people, gathered at your table.

In faith we pray:

All We pray to you our God.

Here, where we celebrate how Christ gave us his body
to be our spiritual food,
listen as we pray for his body the Church,
spread throughout the world ...

In faith we pray:

All We pray to you our God.

Here, where we recognize the presence of Christ,
who takes away the sin of the world,
listen as we pray for that world
and for its peoples for whom his blood was shed ...

In faith we pray:

All We pray to you our God.

Here, where we come together as Christ gathered with his friends
to give us this meal of holy fellowship,
listen as we pray for all whom you have given us,
our friends and all whose lives are joined with ours ...

In faith we pray:

All We pray to you our God.

Here, where we remember the night of Christ's agony and trial,
listen as we pray for all who share his sufferings
through fear or pain or distress of many kinds ...

In faith we pray:

All We pray to you our God.

Here, where we join our praises with the whole company of heaven,
listen as we pray for all who have trusted Christ's promise
to raise up on the last day those who eat his flesh and drink his blood ...

In faith we pray:

All We pray to you our God.

Lord, satisfy our hunger with the food that lasts,
the bread of God which comes down from heaven
and gives life to the world,
Jesus Christ your Son our Lord.

Merciful Father,

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

The peace

Our Lord Jesus Christ says:

If, when you are bringing your gift to the altar, you remember your brother or

sister has a grievance against you, leave your gift where it lies before the altar. Go, make peace; and only then come and offer your gift.

The peace of the Lord be always with you,

All And also with you.

HYMN 3 Bread of heaven on three we feed ([click on this link to hear the hymn](#))

The liturgy of the Communion Service appears below

The Dismissal

May the Father,
who fed his children with manna in the wilderness,
strengthen you in your pilgrimage to the Promised Land.

All Amen.

May the Son,
who gave his flesh for food and his blood for drink,
keep you in eternal life and raise you up on the last day.

All Amen.

May the Holy Spirit,
who leads us into all truth,
help you discern the Lord's body
and empower you to proclaim his death until he comes.

All Amen.

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 I am the bread of life ([please 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

Holy Father,
who gathered us here around the table of your Son
to share this meal with the whole household of God:
in that new world where you reveal the fullness of your peace,
gather people of every race and language
to share in the eternal banquet of 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.