

Sunday 23 June 2024

Fourth Sunday after Trinity



Sermon © Lucie Reilly.

Liturgy © 2000 The Archbishops' Council.

Prayers of intercession © Lay Anglicana (adapted)

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 hymn can be accessed via a YouTube link. Please click on the links.

To see service transcripts from previous weeks, please visit the page,

<http://www.medlockhead.co.uk/resources/index.htm>

Introduction and welcome

HYMN 1 [Will your anchor?](#)
[Will your anchor?](#)

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

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

All Glory to God in the highest,
and peace to his people on earth.
Lord God, heavenly King,
almighty God and Father,
we worship you, we give you thanks,
we praise you for your glory.
Lord Jesus Christ, only Son of the Father,
Lord God, Lamb of God,
you take away the sin of the world:
have mercy on us;
you are seated at the right hand of the Father:
receive our prayer.

**For you alone are the Holy One,
you alone are the Lord,
you alone are the Most High, Jesus Christ,
with the Holy Spirit,
in the glory of God the Father.
Amen.**

The Collect for the Fourth Sunday after Trinity

O God, the protector of all who trust in you,
without whom nothing is strong, nothing is holy:
increase and multiply upon us your mercy;
that with you as our ruler and guide
we may so pass through things temporal
that we lose not our hold on things eternal;
grant this, heavenly Father,
for our Lord Jesus Christ's sake,
who is alive and reigns with you,
in the unity of the Holy Spirit,
one God, now and for ever.

All Amen.

First reading

A reading from the First Book of the Prophet Samuel

On David's return from killing the Philistine [Goliath], Abner took him and brought him before Saul, with the head of the Philistine in his hand. Saul said to him, 'Whose son are you, young man?' And David answered, 'I am the son of your servant Jesse the Bethlehemite.'

When David had finished speaking to Saul, the soul of Jonathan was bound to the soul of David, and Jonathan loved him as his own soul. Saul took him that day and would not let him return to his father's house. Then Jonathan made a covenant with David, because he loved him as his own soul. Jonathan stripped himself of the robe that he was wearing, and gave it to David, and his armour, and even his sword and his bow and his belt. David went out and was successful wherever Saul sent

him; as a result, Saul set him over the army. And all the people, even the servants of Saul, approved.

As they were coming home, when David returned from killing the Philistine, the women came out of all the towns of Israel, singing and dancing, to meet King Saul, with tambourines, with songs of joy, and with musical instruments. And the women sang to one another as they made merry, 'Saul has killed his thousands, and David his ten thousands.' Saul was very angry, for this saying displeased him. He said, 'They have ascribed to David ten thousands, and to me they have ascribed thousands; what more can he have but the kingdom?' So Saul eyed David from that day on. The next day an evil spirit from God rushed upon Saul, and he raved within his house, while David was playing the lyre, as he did day by day. Saul had his spear in his hand; and Saul threw the spear, for he thought, 'I will pin David to the wall.' But David eluded him twice.

Saul was afraid of David, because the Lord was with him but had departed from Saul. So Saul removed him from his presence, and made him a commander of a thousand; and David marched out and came in, leading the army. David had success in all his undertakings; for the Lord was with him. When Saul saw that he had great success, he stood in awe of him. But all Israel and Judah loved David; for it was he who marched out and came in leading them. *2 Samuel 17:57—18:5, 10-16*

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 honour and dishonour, 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 Anchor

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

Gospel reading

Hear the Gospel of our Lord Jesus Christ according to Mark

All Glory to you O Lord.

When evening had come, [Jesus] said to them, ‘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-end*

This is the Gospel of the Lord

All Praise to you O Christ.

Sermon

May I speak in the name of God, who is Father, Son and Holy Spirit, Amen. Today in our Gospel passage we hear about Jesus and his disciples are crossing the Sea of Galilee. They are moving from the Jewish side to the Gentile side, the side where they are at home to the side where they are strangers, the side where life is familiar to the side where it is new, different, and unfamiliar. We may have never crossed the Sea of Galilee but we’ve been in that same boat.

This is not just a story about the weather and a boat trip. It is a story about life, a story about faith and a story about fear.

Wherever you find one of those you will find all three. They are usually connected and cannot be separated.

Sometimes the sea of life can get very rough. The winds are strong. The waves are high. The boat taking on water and sinking. I'm sure we have experience this and all know what it feels like. I'm pretty sure each one and every one of us here could tell a storm story. Some of our stories will begin with a phone call, a visit to the doctor's surgery, or news we did not want to hear and maybe or weren't expecting. Some of them will start with the choices we have made, mistakes we have made, and our sins. Other stories will tell about the difficulty of relationships, hopes, dreams and plans that fell apart, or the struggles we faced to grow up and find our way. Some storms seem to arise out of nowhere and take us by surprise. Other storms build and brew as we watch.

Storms happen. Storms of loss and sorrow. Storms of suffering. Storms of confusion. Storms of failure. Storms of loneliness. Storms of disappointment and regret. Storms of depression. Storms of uncertainty and second guessing, Storms of thoughts and voices.

Regardless of when or how they arise storms are about changing conditions. Life can very often become overwhelming and get out of control. Things don't always go our way. Circumstances often seem too much for us to handle. The order which give us comfort and stability gives way to chaos. And... we are sinking. The water is deep and the new shore is a distant horizon. It can seem life an unreachable distance away.

The disciples are quick to make the storm about Jesus. 'Do you not care that we are perishing?' We've probably all echoed their words in the storms of our lives. 'Do something. Fix it. Make it better.' In the midst of the storm Jesus seems absent, passive, uncaring. How can he sleep at a time like this? Sleeping Jesus is not what they or we want.

Sleeping Jesus, however, is in the same boat and the same storm as the disciples. He is surrounded by the same water as the disciples, blown by the same wind, beaten by the same waves. His response, however, is different. While disciples fret and worry he sleeps. The disciples want busyness and activity. Jesus sleeps in peace and stillness.

His sleep reveals that the greater storm and the real threat is not the wind, waves, and water around us – the circumstances in which we find ourselves – but within us. The real storm, the more threatening storm is always the one that churns and rages within us.

That interior storm is the one that blows us off course, beats against our faith, and threatens to drown us. Fear, vulnerability, and powerlessness blow within us. The sense of abandonment, the unknown, judgment and criticism of ourselves and others are the waves that pound us. Too often anger, isolation, cynicism, or denial become our shelter from the storm.

‘Peace! Be still!’ Jesus speaks to the wind and the sea. Jesus isn’t changing the weather as much as inviting the disciples to change. He’s speaking to the wind and the waves within them. The disciples have been pointing to what is going on outside them. Jesus now points to what is going on inside them. ‘Why are you afraid? Have you still no faith?’

Jesus’ words are more about us than the circumstances of our lives, the storms we meet. Storms happen. Faith, more faith, better faith, stronger faith, the right kind of faith do not eliminate the storms of our lives.

Faith does not change the storm. It changes us. Faith does not take us around the storm but through the storm. Faith allows us to see and know that Jesus is there with us. Faith is what allows us to be still, to be peaceful, in the midst of the storm. It means we do not have to interiorize the storm.

The Spirit of God blows through and within us more mightily than the winds of any storm. The power of God is stronger than any wave that beats against us. The love of God is deeper than any water that threatens to drown us.

In every storm Jesus is present and his response is always the same, ‘Peace! Be still!’

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.

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

All **In your mercy, hear our prayer**

Merciful Father,

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

The Peace

The peace to this house from God our heavenly Father.

The peace to this house from his Son who is our peace.

The peace to this house from the Holy Spirit, the life-giver.

The peace of the Lord be always with you.

All **And also with you**

HYMN 3 **Do not be afraid** (I have redeemed you) [\(click here to hear the hymn\)](#)
Do not be afraid (I have redeemed you) [\(different version\)](#)

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.

All Amen.

HYMN 4 Holy, holy, holy

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

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

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.