

Sunday 11 August 2024

Eleventh Sunday after Trinity



Sermon © Pete Haslam.

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 [Guide me O thou great redeemer](#) (click on this link to hear the hymn)
[Guide me O thou great redeemer](#) (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 Eleventh Sunday after Trinity

O God, you declare your almighty power
most chiefly in showing mercy and pity:
mercifully grant to us such a measure of your grace,
that we, running the way of your commandments,
may receive your gracious promises,
and be made partakers of your heavenly treasure;
through Jesus Christ your Son our Lord,
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 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 He is Lord! He is Lord!
He is Lord! He is Lord!**

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

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 am sure everyone here has heard of the *Atkins Diet*? It works like this: you can eat as much food as you want (within reason), but you have to avoid all carbohydrates and sugars. So, no more bread, rice, pasta, potatoes—anything with carbohydrates is prohibited. But the good thing is that of everything else, you can eat as much as you want. Well, in today's Gospel, we hear about a different kind of diet, one in which you can eat bread. It's called the 'Jesus diet.' and this morning we are first going to see the heavenly ingredient of this diet and then we are going to see the eternal benefits of the Jesus diet. But first of all, we should probably set the stage for what is going on here in the text. You see, Jesus a couple of days earlier had fed more than five thousand people with only five loaves of bread and two small fish. The people were so impressed that they wanted to make Jesus their king—their earthly king who would free them from the oppression of the 'evil' Roman Empire. But instead, Jesus sent his disciples to the other side of the lake and he went off secretly to a mountain to pray. Then later that night he miraculously met up with his disciples by walking on water. And so, the next day, when the people realized that Jesus had gone to the other side of the lake, they jumped in their boats and hurried over to follow him, because they still wanted to make him their earthly king. And that's when Jesus told them that they shouldn't seek the food that spoils, but rather that they should believe in him the bread of life ...

And that is the diet that we are going to talk about today, the Jesus diet. The ingredient of which is pure bread. Jesus said, 'I am the bread of life which came down from heaven.' And what do we know about this bread? Jesus said in verse 51: 'This bread is my flesh which I will give for the life of the world.' Jesus came to this world as a man to take our place under the law and to give his life on the cross for our sins. But this bread is also eternal, it is the bread that came down from heaven, it is the Son of God. And because he is God's Son, Jesus' sacrifice counts for the sins of all people of all time. And that is why he is the bread of life, because he came to give life and forgiveness to the whole world. But we see here in our text that 'the Jews' didn't like what Jesus had to say, that they grumbled and complained. (It's important to remember that John uses the word 'Jews' for those who in their unbelief opposed Jesus. All of Jesus original followers, as well as Jesus, were actually Jews.) But anyway, some in their unbelief opposed Jesus. You see, they understood very well what he was saying, and they just didn't like it. 'How can this man, whose parents we know, whom we saw grow up with our kids, whom we

went to school with ... how can he be the one who gives eternal life?' But Jesus' response to their foolish unbelief points us to the truth about our diet, because the truth is that we aren't the ones doing it. In a diet, usually the ones who lose weight are those who have stronger wills, who can stick to it

Well, the Jesus diet has nothing to do with our will or how strong we are, because by ourselves we don't have the will or the strength to do anything good. Jesus explains to us that 'no one can come to him, unless the Father draws him.' The truth is that we are weak and helpless...Just look at all the times we get angry, have evil thoughts, the times lie, cheat, misuse God's name...even though we don't want to. Maybe we don't have much will power.as maybe we believe we have. Now Jesus makes it very clear here in our text that Only God can draw us to him. And God draws us to himself through his Word. That is how we are 'taught by God' as the text says. Through the means of grace ... through his Word and Sacraments, God draws us to himself. He chose us, we didn't choose him. If we believe, it's all God's doing. And again, there is only one way to receive this bread...You can't buy it you can't make it yourself. The only way to receive Jesus, the bread of life, is through the means of grace, through the gospel in Word and Sacrament. I've got a question for you. If you don't eat for a whole day, how do you feel? Weak, tired, right? If you wouldn't eat for a whole week what would happen to you? Well, why then do we think that we can make it a whole week on the bread that we eat Sunday morning? So read your Bibles. Attend Bible Study. Make use of the opportunities that God has given you to receive the Lord's Supper: the bread and wine, the body and blood of our Lord Jesus Christ, because through this sacrament God offers to us the forgiveness of sins that Jesus won for us on the cross. Through this sacrament we receive in a very special way Jesus, the bread of life.

So, now we know the heavenly ingredient of the Jesus diet: Jesus, the bread of life. We've seen that there is only one way to receive this bread of life and that is through the means of grace, the Gospel in Word and Sacrament. But now that we are on the Jesus diet, let's take a look at the eternal benefits it allows us to enjoy.

At the beginning of verse 47, Jesus says, 'I tell you the truth.' In the original Greek, Jesus literally says, 'Amen, amen'—what he always says when he's about to say something really important. So listen up, this is important: I say to you, whoever believes has eternal life. The most blessed result of being on the Jesus diet is this. We have eternal life. It doesn't say, 'we will have.' It says that we have eternal life. It's ours and nobody can take it away from us. Obviously we won't enjoy this

eternal life in all its fullness until our heavenly Father calls us home, but you can be assured that it is ours, because Jesus is the life-giving bread. Jesus said on the cross: It is finished. In Greek, that's just one word. It's the word that people in Jesus' day stamped on bills when they were paid in full. Jesus was saying, 'your debt is cancelled.' 'Your bill is paid.' Your sins of pride, your sins of lying, of evil thoughts, of anger—those sins don't exist anymore. Heaven is yours.

And so in our text, Jesus continues with an illustration to bring this point home, an illustration from the Old Testament. If you remember, last week we heard how God miraculously freed the Children of Israel from slavery in Egypt. But along the way to the Promised Land, the food ran out and the people began to grumble and complain. They whined to God like spoiled children. But God in his love provided for them... Do you remember how? When the dew went away each morning, little pieces of honey tasting bread were left on the ground. The bread that God provided for them for forty years in the desert was called: Manna, But even though they ate of this bread that came down from heaven for forty years, they all eventually died. But with the Jesus diet, with this life-giving bread, we will never die. Death isn't the end for us. We will live forever in heaven with God. And you know, there's even more benefits of being on the Jesus diet that Jesus doesn't even mention here in our text. With this diet we become strong. God gives us the ability to face the problems of this world with peaceful confidence. Jesus, the bread of life, gives us the peace that the world cannot give. He gives us the confidence that everything that happens in this world is for our good. He assures us that he will be with us every moment of every day helping us. With this diet we have eternal life, strength, confidence, protection. It's the diet to end all diets.

So, now I encourage you: let's do better on our diet. we know, it's so easy when a person is on a diet to skip a day, to falter, to make excuses. Let's not do that with the Jesus diet. Receive the nourishment that Jesus offers every chance you get. Attend worship regularly. Study your Bibles at home. Try family devotions. We wouldn't ever consider not eating for a whole day. So don't malnourish ourselves when it comes to God's Word. Without the strength that it gives us, we won't be able to handle all the problems and temptations of this sinful world. And so also go the Lord's Supper every chance you get. Remember your baptisms. Even if you never could stick to any other diet, stick to this one. Because with the Jesus diet, the results are astounding. With the Jesus diet we receive the strength to face any obstacle. With the Jesus diet, we get to live forever in heaven. 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.

Those who suffer

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.

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

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 I dream of a church

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

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.

All Amen.

HYMN 4 Holy, holy, holy!

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

Holy, holy, holy!

[\(rock version\)](#)

Holy, holy, holy!

[\(different version\)](#)

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

Lord of all mercy,
we your faithful people have celebrated that one true sacrifice
which takes away our sins and brings pardon and peace:
by our communion
keep us firm on the foundation of the gospel
and preserve us from all sin;
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.