

Sunday 13 August 2023

The Tenth Sunday after Trinity



Sermon © the Revd Denise Owen.

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Prayers of intercession © Vanderbilt Library (altered)

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 hold?](#)

([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

Click [here](#) for the tune of this version of the Gloria ('Cwm Rhondda').

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

Let your merciful ears, O Lord,
be open to the prayers of your humble servants;
and that they may obtain their petitions
make them to ask such things as shall please you;
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

[Elijah] 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. Also you shall anoint Jehu son of Nimshi as king over Israel; and you shall anoint Elisha son of Shaphat of Abel-meholah as prophet in your place. Whoever escapes from the sword of Hazael, Jehu shall kill; and whoever escapes from the sword of Jehu, Elisha shall kill. Yet I will leave seven thousand in Israel, all the knees that have not bowed to Baal, and every mouth that has not kissed him.'

1 Kings 19:9-18

This is the Word of the Lord

All Thanks be to God.

Second reading

A reading from St Paul's Letter to the Romans

Moses writes concerning the righteousness that comes from the law, that 'the person who does these things will live by them.' But the righteousness that comes from faith says, 'Do not say in your heart, 'Who will ascend into heaven?' (that is, to bring Christ down) 'or 'Who will descend into the abyss?' (that is, to bring Christ up from the dead). But what does it say? 'The word is near you, on your lips and in your heart' (that is, the word of faith that we proclaim); because if you confess with your lips that Jesus is Lord and believe in your heart that God raised him from the dead, you will be saved. For one believes with the heart and so is justified, and one confesses with the mouth and so is saved. The scripture says, 'No one who believes in him will be put to shame.'

For there is no distinction between Jew and Greek; the same Lord is Lord of all and is generous to all who call on him. For, 'Everyone who calls on the name of the Lord shall be saved.' But how are they to call on one in whom they have not believed? And how are they to believe in one of whom they have never heard? And how are they to hear without someone to proclaim him? And how are they to proclaim him unless they are sent? As it is written, 'How beautiful are the feet of those who bring good news!'

Romans 10:5-15

This is the Word of the Lord

All Thanks be to God.

HYMN 2 How deep the father's love for us

[\(click to hear the hymn\)](#)

Gospel reading

Hear the Gospel of our Lord Jesus Christ according to Matthew

All Glory to you O Lord.

[Jesus] made the disciples get into the boat and go on ahead to the other side, while he dismissed the crowds. And after he had dismissed the crowds, he went up the mountain by himself to pray. When evening came, he was there alone, but by this time the boat, battered by the waves, was far from the land, for the wind was against them.

And early in the morning [Jesus] came walking toward them on the sea. But when the disciples saw him walking on the sea, they were terrified, saying, 'It is a ghost!' And they cried out in fear. But immediately Jesus spoke to them and said, 'Take heart, it is I; do not be afraid.' Peter answered him, 'Lord, if it is you, command me to come to you on the water.' He said, 'Come.' So Peter got out of the boat, started walking on the water, and came toward Jesus. But when he noticed the strong wind, he became frightened, and beginning to sink, he cried out, 'Lord, save me!' Jesus immediately reached out his hand and caught him, saying to him, 'You of little faith, why did you doubt?' When they got into the boat, the wind ceased. And those in the boat worshiped him, saying, 'Truly you are the Son of God.'

Matthew 13:31-33, 44-52

This is the Gospel of the Lord

All Praise to you O Christ.

Sermon

In the name of the Father and of the Son and of the Holy Spirit. Amen

Can anything new be said about today's Gospel? It's a very familiar story, a development from Jesus walking on water, is that Peter tries it too. He is safe as long as he keeps his eyes and attention on Jesus, as soon as he is distracted by the storm raging around him, he begins to sink. A lesson for all of us to trust Jesus; to keep our eyes on him; to look to him to guide and accompany us through the storms of life; to not allow ourselves to be overwhelmed by the worries, concerns and troubles of the world. So easy to say, so difficult to put into practice.

How do we put it into practice?

Well, could I suggest you reread the Collect for today? Read it slowly and with your heart and mind. It has a profound message about prayer and how we should

approach God. First of course, we are 'humble servants.' We have no innate rights or objective status in God's Kingdom. We are invited in as welcome and much-loved guests. We come with a humble sense of our own insignificance in the great scheme of God's work, and with a sense of wanting to serve the one true creator God. This isn't to diminish us as God's children, but rather to elevate us to that position of being chosen and rejoiced over. God is delighted to have us as humble servants, and in the teaching of Christ the humble and lowly are placed in the highest position of God's attention.

The next lines are a wonderful description of what prayer really should be, and I suggest speak powerfully into the story from today's Gospel. We pray not for what we want, but for God wants. In prayer we try to align our soul and mind and strength with the mission of God in the world. Our 'petitions' should be 'those things as shall please [God]', not ourselves. In other words, prayer is not a long list of things we want God to intervene in and make better, but a way for us to grow closer to God; to become more like Christ as Paul writes elsewhere; to have the mind of Christ. If we have the mind of Christ, perhaps we too would be able to walk on water, because he was not distracted by the storms of life. He remained completely full of love, compassion and forgiveness even in the agony of his death. Until we can be confident that we can emulate Christ's character in this way, our constant prayer should be 'to ask such things as shall please you.'

I am not speaking against intercession, those prayers we bring to God together as the Church; the prayers for the world and those in need, of course not. I'm speaking against *only* praying this kind of prayer. I'm speaking for 'the sound of sheer silence'. This is such a striking phrase. Can you imagine what 'sheer silence' sounds like? We may actually find sheer silence unnerving, certainly a pause for silence during a Church service is very unsettling for people. Has the vicar forgotten what comes next? for example. But it's during periods of silence, intentional silence which we have offered to God, that we confront ourselves and our restlessness, our awareness of the storms of life which are occupying our hearts and minds, our lack of peace.

In life no doubt, there are always 'storms' which prevent us spending proper quality time with God but go back and reread the Gospel. We notice that this incident takes place after Jesus has spent time alone in prayer, after dismissing the crowd and the disciples in fact. Jesus made prayer a priority and if he did, so should we.

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

Friends in Christ, God invites us to hold the needs of our sisters and brothers as dear to us as our own needs. Loving our neighbors as ourselves, we offer our thanksgivings and our petitions on behalf of the church and the world.

Lord in your mercy

All Hear our prayer.

Hear our prayers, God of power, and through the ministry of your Son free us from the grip of the tomb, that we may desire you as the fullness of life and proclaim your saving deeds to all the world.

Lord in your mercy

All Hear our prayer.

Move us to praise your gracious will, for in Christ Jesus you have saved us from the deeds of death and opened for us the hidden ways of your love. We ask this through Jesus Christ our Lord.

Lord in your mercy

All Hear our prayer.

Hear our prayers that we may love you with our whole being and willingly share the concerns of our neighbours.

Lord in your mercy

All Hear our prayer.

Holy One, hear our prayers and make us faithful stewards of the fragile bounty of this earth so that we may be entrusted with the riches of heaven.

Lord in your mercy

All Hear our prayer.

Loving God, open our ears to hear your word and draw us closer to you, that the whole world may be one with you as you are one with us in Jesus Christ our Lord.

Lord in your mercy

All Hear our prayer.

Life-giving God, heal our lives, that we may acknowledge your wonderful deeds and offer you thanks from generation to generation through Jesus Christ our Lord.

Lord in your mercy

All Hear our prayer.

Redeeming Sustainer, visit your people and pour out your strength and courage upon us, that we may hurry to make you welcome not only in our concern for others, but by serving them generously and faithfully in your name. Amen.

Merciful Father,

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

The peace

The fruit of the Spirit is love, joy and peace.

The peace of the Lord be always with you,

All And also with you.

HYMN 3 Only by grace can we enter (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,

be with you now and remain with you always.

All Amen.

HYMN 4 Christ, the solid rock (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

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.