



Trinity 7

Sunday 26 July 2020

- All the Bible readings come from the *New Revised Standard Version*.
- The liturgy assumes the service is Eucharistic. The prayers of consecration have been included at the end rather than in situ because many following the service will be in isolation and unable to celebrate the sacrament.
- The hymns are YouTube links. To hear the hymns please hover the mouse over each link, press Ctrl and then return.

Introduction and welcome

HYMN 1 Lord of the dance

(please 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 version of the 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 Seventh Sunday after Trinity

Generous God,
you give us gifts and make them grow:
though our faith is small as mustard seed,
make it grow to your glory
and the flourishing of your kingdom;
through Jesus Christ our Lord.

All Amen.

First reading

A reading from the first book of Kings

King Solomon went to Gibeon to offer sacrifices, for that was the most important high place, and Solomon offered a thousand burnt offerings on that altar.

At Gibeon the Lord appeared to Solomon during the night in a dream, and God said, ‘Ask for whatever you want me to give you.’ Solomon answered, ‘You have shown great kindness to your servant, my father David, because he was faithful to you and righteous and upright in heart. You have continued this great kindness to him and have given him a son to sit on his throne this very day. Now, Lord my God, you have made your servant king in place of my father David. But I am only a little child and do not know how to carry out my duties. Your servant is here among the people you have chosen, a great people, too numerous to count or number. So give your servant a discerning heart to govern your people and to distinguish between right and wrong. For who is able to govern this great people of yours?’ The Lord was pleased that Solomon had asked for this.

So God said to him, ‘Since you have asked for this and not for long life or wealth for yourself, nor have asked for the death of your enemies but for discernment in administering justice, I will do what you have asked. I will give you a wise and discerning heart, so that there will never have been anyone like you, nor will there ever be.’ *1 Kings 3:5-12*

This is the Word of the Lord

All Thanks be to God.

Second reading

A reading from St Paul’s Letter to the Romans

The Spirit helps us in our weakness; for we do not know how to pray as we ought, but that very Spirit intercedes with sighs too deep for words. And God, who searches the heart, knows what is the mind of the Spirit, because the Spirit intercedes for the saints according to the will of God.

We know that all things work together for good for those who love God, who are called according to his purpose. For those whom he foreknew he also predestined to be conformed to the image of his Son, in order that he might be the firstborn within a large family. And those whom he predestined he also called; and those whom he called he also justified; and those whom he justified he also glorified.

What then are we to say about these things? If God is for us, who is against us? He who did not withhold his own Son, but gave him up for all of us, will he not with him also give us everything else? Who will bring any charge against God's elect? It is God who justifies. Who is to condemn? It is Christ Jesus, who died, yes, who was raised, who is at the right hand of God, who indeed intercedes for us. Who will separate us from the love of Christ? Will hardship, or distress, or persecution, or famine, or nakedness, or peril, or sword? As it is written,

‘For your sake we are being killed all day long;
we are accounted as sheep to be slaughtered.’

No, in all these things we are more than conquerors through him who loved us. For I am convinced that neither death, nor life, nor angels, nor rulers, nor things present, nor things to come, nor powers, nor height, nor depth, nor anything else in all creation, will be able to separate us from the love of God in Christ Jesus our Lord.

Romans 8:26-end

This is the Word of the Lord

All Thanks be to God.

HYMN 2 For I'm building a people of power (click on this link to hear the hymn)

Gospel reading

Hear the Gospel of our Lord Jesus Christ according to Matthew

All Glory to you O Lord.

Jesus put before them another parable: ‘The kingdom of heaven is like a mustard seed that someone took and sowed in his field; it is the smallest of all the seeds, but when it has grown it is the greatest of shrubs and becomes a tree, so that the birds of the air come and make nests in its branches.’

He told them another parable: ‘The kingdom of heaven is like yeast that a woman took and mixed in with three measures of flour until all of it was leavened.’

He continued, ‘The kingdom of heaven is like treasure hidden in a field, which someone found and hid; then in his joy he goes and sells all that he has and buys that field. Again, the kingdom of heaven is like a merchant in search of fine pearls; on finding one pearl of great value, he went and sold all that he had and bought it.’

Matthew 13:31–33, 44–52

This is the Gospel of the Lord

All Praise to you O Christ.

Sermon

The first reading describes Solomon receiving the spiritual gift of wisdom. The second reading lists the by-products of the Holy Spirit living in a human soul. The third reading then describes a life lived in the spirit. Jesus frames it in terms of small seeds that grow to yield so much valuable fruit that he calls it ‘treasure’.

Taken together, these three readings refer to the way the Holy Spirit of God enters a human life, takes root and grows to show himself. So how does it happen?

Jesus starts today’s parables by comparing the Spirit to yeast. It’s a dangerous metaphor because the Old Testament forbids most forms of bacteria. A cook must exercise care when seeking genuine yeast rather than something that looks like it. In other words, the adventure of spiritual growth could go wrong from the start. By analogy with yeast, we could choose something that refuses to grow or, worse, we might choose something that poison our soul. No wonder God primes Solomon so carefully. If not, he might have followed false gods like fame, wealth, or success.

That Jesus’ talk of yeast and seeds implies that genuine spirituality always starts small. That’s why Solomon in the first reading says of himself, ‘I am only a little child’ (literally a ‘toddler’ so he’s describing an utter dependence on someone

greater). And the second reading talks of the Spirit helping us in our weakness (so before we show spiritual maturity). That's why the progression goes from small before developing.

We may start at the shallow end but if the spiritual seed in our soul is genuinely of the Holy Spirit, it will always invite our soul to grow spiritually. A genuine faith will start from a pinprick of God but it should aim for us to become a fully-grown image of the being from whom that seed first came. A sign that our discipleship is genuine is that we grow to become Godly. More than that, we ask God to direct our spiritual growth. We ask Him to oversee it, protect it, make it safe. That's what the juxtaposition of wisdom in the first reading with the images of conqueror in the second and treasure in the third seeks to convey.

Taken together, today's readings tell us to exercise care when selecting spiritual seeds—hence the emphasis on wisdom. Just as seeds contain the DNA of the living thing they are to become, so we must choose a true seed of God. But having sought then planted the true seed we should nurture its growth into genuine godliness.

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 neighbours 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.

Lord God, friend of those in need, your Son Jesus has untied our burdens and healed our spirits. We lift up the prayers of our hearts for those still burdened, those seeking healing, those in need within the church and the world.

Lord, in your mercy

All Hear our prayer

Creator God, you call us to love and serve you with body, mind, and spirit through loving your creation and our sisters and brothers. Open our hearts in compassion and receive these petitions on behalf of the needs of the church and the world.

Lord, in your mercy

All Hear our prayer

We praise your abiding guidance, O God, for you sent us Jesus, our Teacher and Messiah, to model for us the way of love for the whole universe. We offer these prayers of love on behalf of ourselves and our neighbours, on behalf of your creation and our fellow creatures.

Lord, in your mercy

All Hear our prayer

God of mercy and healing, you who hear the cries of those in need, receive these petitions of your people that all who are troubled may know peace, comfort, and courage.

Lord, in your mercy

All Hear our prayer

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 **The Lord's my shepherd** (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 **I, the Lord of sea and sky** (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

Grant, O Lord, we beseech you,
that the course of this world may be so peaceably ordered
by your governance,
that your Church may joyfully serve you in all godly quietness;
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.**