

Sunday 9 July 2023

The Fifth Sunday after Trinity



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Prayers of intercession © Vanderbilt Library (edited selection)

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 [I heard the voice of Jesus say](#) (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 Fifth Sunday after Trinity

Almighty and everlasting God,
by whose Spirit the whole body of the Church
is governed and sanctified:
hear our prayer which we offer for all your faithful people,
that in their vocation and ministry
they may serve you in holiness and truth
to the glory of your name;
through our Lord and Saviour Jesus Christ,
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 second book of the prophet Zechariah

Rejoice greatly, O daughter Zion!
Shout aloud, O daughter Jerusalem!
Lo, your king comes to you;
triumphant and victorious is he,
humble and riding on a donkey,
on a colt, the foal of a donkey.
He will cut off the chariot from Ephraim
and the warhorse from Jerusalem;
and the battle-bow shall be cut off,
and he shall command peace to the nations;
his dominion shall be from sea to sea,
and from the River to the ends of the earth.

As for you also, because of the blood of my covenant with you,

I will set your prisoners free from the waterless pit.

Return to your stronghold, O prisoners of hope;

today I declare that I will restore to you double.

Zechariah 9:9-12

This is the Word of the Lord

All Thanks be to God.

Second reading

A reading from St Paul's Letter to the Romans

I do not understand my own actions. For I do not do what I want, but I do the very thing I hate. Now if I do what I do not want, I agree that the law is good. But in fact it is no longer I that do it, but sin that dwells within me. For I know that nothing good dwells within me, that is, in my flesh. I can will what is right, but I cannot do it. For I do not do the good I want, but the evil I do not want is what I do. Now if I do what I do not want, it is no longer I that do it, but sin that dwells within me.

So I find it to be a law that when I want to do what is good, evil lies close at hand. For I delight in the law of God in my inmost self, but I see in my members another law at war with the law of my mind, making me captive to the law of sin that dwells in my members. Wretched man that I am! Who will rescue me from this body of death? Thanks be to God through Jesus Christ our Lord!

Romans 7:15-25a

This is the Word of the Lord

All Thanks be to God.

HYMN 2 I decided to follow Jesus (no turning back)

[\(please click here\)](#)

Gospel reading

Hear the Gospel of our Lord Jesus Christ according to Matthew

All Glory to you O Lord.

Jesus said, "To what will I compare this generation? It is like children sitting in the market-places and calling to one another,

"We played the flute for you, and you did not dance;
we wailed, and you did not mourn."

'For John came neither eating nor drinking, and they say, "He has a demon"; the Son of Man came eating and drinking, and they say, "Look, a glutton and a drunkard, a friend of tax-collectors and sinners!" Yet wisdom is vindicated by her deeds.'

Jesus said, 'I thank you, Father, Lord of heaven and earth, because you have hidden these things from the wise and the intelligent and have revealed them to infants; yes, Father, for such was your gracious will. All things have been handed over to me by my Father; and no one knows the Son except the Father, and no one knows the Father except the Son and anyone to whom the Son chooses to reveal him.

'Come to me, all you that are weary and are carrying heavy burdens, and I will give you rest. Take my yoke upon you and learn from me; for I am gentle and humble in heart, and you will find rest for your souls. For my yoke is easy, and my burden is light.'

Matthew 11:16-19, 25-end

This is the Gospel of the Lord

All Praise to you O Christ.

Sermon

The first part of today's Gospel refers to children sitting in the marketplace and goes on to mention John the Baptist and how he was perceived by the people.

The first part then closes by saying 'But wisdom is proved right by her deeds'. This initial message, then, is about how people, how we understand and interpret things. And it is the second part of today's Gospel that I want to understand and interpret with you all today.

In the second part of today's Gospel reading Jesus gives us an invitation. The invitation is for all those who are burden to come to Him and find rest.

What I would like to do now is to look at what Jesus meant in extending to us all this invitation, let us look to understand how He, our Saviour will help us to find rest.

These verses begin with Jesus offering praise to His father, Our Lord, the maker of both heaven and earth. He continues by saying 'you have hidden these things from the wise and the intelligent and have revealed them to infants'. What exactly does Jesus mean by this?

What Jesus is telling us is that true wisdom comes not from great learning but is a gift from God. We are dependent on God and not from our own endeavours. When we subject ourselves to God's mercy we accept humility. Only when we accept this humility and put away our pride are we able to understand that all things come from God.

You may remember that at this stage of His earthly ministry Jesus had not yet fully revealed Himself to His disciples. In the next verse He affirms Himself as the Son of God. He tells the disciples that God, His father has entrusted all things to Him.

Jesus continues by saying that no one knows the Father except the Son. Jesus, to the disciples is still a man, although hopefully in their eyes, the Messiah, the chosen one.

Christ is saying to them that He truly is divine and that only through Christ will they be able to understand the true nature and will of the Lord. And only by understanding the Lord through His son Jesus Christ will they find rest for their souls.

The Jesus offers to all this amazing invitation. That ALL who come to Him will be given the gift of rest. He says, 'Come to me, all you that are weary and are carrying heavy burdens, and I will give you rest'. By these words Jesus is acknowledging that we all, at times have heavy burdens. Not just weighty loads like carrying heavy shopping bags. No, Jesus accepts that as humans we carry not only physical burdens but emotional and spiritual burdens that at times may seem like they will overwhelm us. Christ promises us all true rest from these burdens.

Christ has made these promises to give us rest but just how will He do this? In the following verses we can begin to see what Jesus meant.

In biblical times animals were used to do much of the heavy work such as ploughing fields, these animals were mainly oxen. In order to get the oxen to work together they used a yoke to join them together. Yokes were so commonly used you may recall that in many biblical passages reference is made to the number of yokes of oxen, not to the number of individual animals, they were always joined.

Now Jesus is offering to share his yoke with us. So, by accepting the invitation of Jesus to share His yoke we are committing ourselves. We commit ourselves to accept His guidance, we commit ourselves to accept His help to navigate our way through life's challenges.

As we commit and share this yoke we learn of the gentleness and love of our Lord Jesus Christ, we learn of His own humility, only by learning and understanding of these gifts can we truly find rest for our souls.

Today's reading concludes by saying 'For my yoke is easy, and my burden is light'. Does this mean that by our acceptance of Christ that our lives will be always easy, never difficult, never troublesome? Far from it: Jesus does not offer a means to end all life's difficulties. What Jesus does offer us is someone to share the load, someone to sustain us and provide us with the strength we need. Through His Holy Spirit Jesus empowers us, empowers us to face each day with faith, with hope and with His love.

So, what Jesus is offering is more than a brief respite from our chores, a momentary rest from the challenges that life will inevitably bring. No, what Jesus offers is an ongoing opportunity to enter and embrace a life transforming relationship with Him.

When we come to Jesus with humility, acknowledging His authority and surrendering our burdens, we experience the profound rest that comes from being loved by Him.

So, that's the invitation that we have from Jesus, an invitation to share our burden, an invitation to find true rest for our souls, an invitation to journey through life in love and faith.

Surely brothers and sisters this is an invitation that we all need to embrace. 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

Through dreams and visions, O God,
you broaden the horizon and hope of your people,
that they may discover the meaning of your covenant,
even in the midst of trial and exile.

Increase the number of those who believe in your word
so that all people may joyfully respond to your call
and share in your promises.

Lord, Your Kingdom come

All Lord Your will be done.

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, Your Kingdom come

All Lord Your will be done.

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, Your Kingdom come

All Lord Your will be done.

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, Your Kingdom come

All Lord Your will be done.

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, Your Kingdom come

All Lord Your will be done.

God of salvation,
who sent your Son to seek out and save what is lost,
hear our prayers

on behalf of those who are lost in our day,
receiving these petitions and thanksgivings
with your unending compassion.

Lord, Your Kingdom come

All Lord Your will be done.

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 Jesus is lord!

(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 Longing for light (Christ be our light)

(please click here)

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.