

Sunday 4 August 2024

Tenth Sunday after Trinity



Sermon © the Revd Robin Wilding.

Liturgy © 2000 The Archbishops' Council.

Prayers of intercession © Re : worship (adapted slightly)

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 [Lord Jesus Christ, you have come to us](#) (click to hear the hymn)
[Lord Jesus Christ, you have come to us](#) (difference 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 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 Second Book of Moses called Exodus

The whole congregation of the Israelites complained against Moses and Aaron in the wilderness. The Israelites said to them, 'If only we had died by the hand of the Lord in the land of Egypt, when we sat by the fleshpots and ate our fill of bread; for you have brought us out into this wilderness to kill this whole assembly with hunger.' Then the Lord said to Moses, 'I am going to rain bread from heaven for you, and each day the people shall go out and gather enough for that day. In that way I will test them, whether they will follow my instruction or not. On the sixth day, when they prepare what they bring in, it will be twice as much as they gather on other days.' So Moses and Aaron said to all the Israelites, 'In the evening you shall know that it was the Lord who brought you out of the land of Egypt, and in the morning you shall see the glory of the Lord, because he has heard your complaining against the Lord. For what are we, that you complain against us?' And Moses said, 'When the Lord gives you meat to eat in the evening and your fill of

bread in the morning, because the Lord has heard the complaining that you utter against him—what are we? Your complaining is not against us but against the Lord. Then Moses said to Aaron, ‘Say to the whole congregation of the Israelites, “Draw near to the Lord, for he has heard your complaining”.’ And as Aaron spoke to the whole congregation of the Israelites, they looked toward the wilderness, and the glory of the Lord appeared in the cloud. The Lord spoke to Moses and said, ‘I have heard the complaining of the Israelites; say to them, “At twilight you shall eat meat, and in the morning you shall have your fill of bread; then you shall know that I am the Lord your God”.’

In the evening quails came up and covered the camp; and in the morning there was a layer of dew around the camp. When the layer of dew lifted, there on the surface of the wilderness was a fine flaky substance, as fine as frost on the ground. When the Israelites saw it, they said to one another, ‘What is it?’ For they did not know what it was. Moses said to them, ‘It is the bread that the Lord has given you to eat.’

Exodus 16:2–15

This is the Word of the Lord

All Thanks be to God.

Second reading

A reading from St Paul’s Letter to the Ephesians

I therefore, the prisoner in the Lord, beg you to lead a life worthy of the calling to which you have been called, with all humility and gentleness, with patience, bearing with one another in love, making every effort to maintain the unity of the Spirit in the bond of peace. There is one body and one Spirit, just as you were called to the one hope of your calling, one Lord, one faith, one baptism, one God and Father of all, who is above all and through all and in all. But each of us was given grace according to the measure of Christ’s gift. Therefore, it is said, ‘When he ascended on high he made captivity itself a captive; he gave gifts to his people.’ (When it says, ‘He ascended,’ what does it mean but that he had also descended into the lower parts of the earth? He who descended is the same one who ascended far above all the heavens, so that he might fill all things.)

The gifts he gave were that some would be apostles, some prophets, some evangelists, some pastors and teachers, to equip the saints for the work of ministry, for building up the body of Christ, until all of us come to the unity of the faith and of the knowledge of the Son of God, to maturity, to the measure of the full stature of

Christ. We must no longer be children, tossed to and fro and blown about by every wind of doctrine, by people's trickery, by their craftiness in deceitful scheming. But speaking the truth in love, we must grow up in every way into him who is the head, into Christ, from whom the whole body, joined and knit together by every ligament with which it is equipped, as each part is working properly, promotes the body's growth in building itself up in love. *Ephesians 4:1-16*

This is the Word of the Lord

All Thanks be to God.

HYMN 2 Broken for me, broken for you ([click on this link to hear the hymn](#))

Gospel reading

Hear the Gospel of our Lord Jesus Christ according to John

All Glory to you O Lord.

When the crowd saw that neither Jesus nor his disciples were there, they themselves got into the boats and went to Capernaum looking for Jesus. When they found him on the other side of the sea, they said to him, 'Rabbi, when did you come here?' Jesus answered them, 'Very truly, I tell you, you are looking for me, not because you saw signs, but because you ate your fill of the loaves. Do not work for the food that perishes, but for the food that endures for eternal life, which the Son of Man will give you. For it is on him that God the Father has set his seal.'

Then they said to him, 'What must we do to perform the works of God?' Jesus answered them, 'This is the work of God, that you believe in him whom he has sent.' So they said to him, 'What sign are you going to give us then, so that we may see it and believe you? What work are you performing? Our ancestors ate the manna in the wilderness; as it is written, "He gave them bread from heaven to eat".' Then Jesus said to them, 'Very truly, I tell you, it was not Moses who gave you the bread from heaven, but it is my Father who gives you the true bread from heaven. For the bread of God is that which comes down from heaven and gives life to the world.' They said to him, 'Sir, give us this bread always.' 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.'

John 6:24-35

This is the Gospel of the Lord

All Praise to you O Christ.

Sermon

When Sarah and I were first married, we lived in Whitstable with a bakery backing up to our backyard. On Saturdays we'd wake up to the smell of fresh bread—and go out, buy it and eat it straight away! And then buy some more for other days! Perhaps it's one reason I bake myself—there's something wonderful about a house full of the smell of baking!

One of the great memories of Israel is the miraculous provision of food by God during their forty years in the wilderness—the journey from Egypt should have taken three days but because of their need to learn to trust God and who he is (and their continual messing up) they ended up with some 1 million people travelling through the countryside—and the problem of supplying them. God reveals his mercy and love to them by providing manna—and food stuff that fell with the dew each day apart from the Sabbath for all the time they were a travelling people. This was so important to them that they chose to keep a jar of manna in the ark of the covenant to remember God's great love.

In our gospel reading from John, Jesus is having a discussion about who he is in the context of the extraordinary feeding of the multitude that we looked at last week. It appears to be taking part in Capernaum where he and his family are well known. The centre of the conversation is 'what does this all mean—they are attracted to Jesus because he fed them, they had their hunger met and in vs. 30,31 they link this to the manna quoting scripture 'He gave them bread out of heaven to eat'—Jesus response is to say that the He in this quote is not Moses but God himself—and now he is doing it again—providing bread but this time it brings not simply full bellies but life itself. Then comes the response—this is what we want, indeed what we need. And our Jesus says: I am the Bread of Life.

This Bread comes down from heaven.

Jesus makes big claims. Jesus is claiming that his presence is not simply human but that he is from heaven—the parallel with the manna is marked—sent down from God as Jesus too is sent down from him. It implies pre-existence and status for Jesus—note the prologue of this gospel; these teachings of Jesus are the source of those extraordinary claims made by John about his friend and Lord.

God given sustenance that offers a meeting place for our hunger and need that goes far beyond physical hunger but meets the centre of our desires unmet, our emptiness unfilled, our sense of loss and guilt and mess. Jesus comes and in Him is the answer.

This Bread comes at cost to Jesus.

‘The bread I give is my flesh for the life of the world’. His self-giving on the cross, his giving up of his life for us none of this is accidental, or a mistake or a tragedy, or a loss but a great struggle and battle by our Lord for our sake leading to a great victory—sin and death and the powers of darkness are rendered powerless to keep us from the presence, from the love, from the overwhelming grace of God that reaches out to us in Jesus.

Let us take on ourselves anew and afresh this day, and everyday, the victory won for us, the love given to us, and the presence of Almighty God that is ours not from any deserving actions of ours but because Jesus loved us to the uttermost. Broken for me.

Bread to be eaten!

Sometimes us Christians have got used to the wonder of it, its only bread after all. And we get tempted to look elsewhere and end up missing out on all that God has for us because we insist on going with the world’s answers and forgetting that they don’t hit the mark, don’t fill the hole, don’t answer the hunger. Put them down—it’s not bread its cardboard! Come back and feed on God’s provision.

The offer is there but it is not for everybody! Because not everyone is willing to take and eat. We say to ourselves—it’s my life and I’ll live it my way, I don’t want any help, I do it my own self—when we remain unmet, unloved, empty. What are you going to do about Jesus’ amazing offer today—will you come and eat?

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

Heavenly Father: thank you for sending your Son, Our Lord Jesus Christ, to be the Bread of Life for the world. Forgive us for elevating earthly appetites above devotion to you. Feed us with the knowledge of Christ so that we recognise our sin and gladly repent in his name.

Lord, in your mercy

All Hear our prayer.

We pray for those whose daily need for healthy food, clean water and proper shelter goes un-met, and for those misusing what they have in the vain pursuit of pleasure. Feed them with all the good things of Christ for life now and in eternity.

Lord, in your mercy

All Hear our prayer.

Have mercy on those whose lives have been broken by violence and crime. Feed them with hope and a new life in Christ. And bless our brothers and sisters in prison and those who minister to them.

Lord, in your mercy

All Hear our prayer.

Feed those who are sick or sorrowing with healing and consolation through Christ. We pray particularly for *(particularly ...)*.

And meet the needs of others we know personally to be in want and whom we now name silently in our hearts ... *(brief silence)*

Lord, in your mercy

All Hear our prayer.

Merciful Father, you heard the prayers of your people in the wilderness and fed them bread from heaven despite their sin. Graciously hear us today and feed us too with the Bread of Life from heaven, even our Lord Jesus Christ, for he lives and reigns with you and the Holy Spirit, one God, now and forever.

All Amen.

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 am the bread of life
One bread, one body

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

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

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

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

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.