



MISSION COMMUNITY

Together with God - Together for God

# Fourth Sunday after Trinity

5<sup>th</sup> July 2020

## Email Sunday Service A warm welcome to all who worship with us

### Introduction

We look not at what can be seen but at what cannot be seen; for what can be seen is temporary, but what cannot be seen is eternal.

*2 Corinthians 4.18*

*This Hymn can be sung or said as a poem*

#### 1. Lord Jesus Christ, you have come to us,

you are one with us, Mary's Son;  
cleansing our souls from all their sin,  
pouring your love and goodness in,  
Jesus our love for you we sing,  
living Lord.

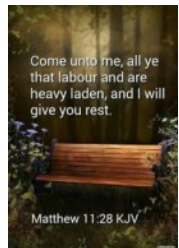
#### 2. Lord Jesus Christ now and every day teach us how to pray, Son of God.

You have commanded us to do  
this in remembrance, Lord, of you.  
Into our lives, your power breaks through,  
living Lord.

#### 3. Lord Jesus Christ, I would come to you, live my life for you, Son of God.

All your commands I know are true,  
your many gifts will make me new,  
into my life, your power breaks through,  
living Lord;

*Patrick Appleford (b. 1925)*



### Prayers of Penitence

Jesus said, 'Before you offer your gift, go and be reconciled.'  
As sisters and brothers in God's family,  
we come together to ask our Father for forgiveness.

**Amen.**

### Collect

O God, the protector of all who trust in you,  
without whom nothing is strong, nothing is holy:  
increase and multiply upon us your mercy;  
that with you as our ruler and guide  
we may so pass through things temporal  
that we lose not our hold on things eternal;  
grant this, heavenly Father,  
for our Lord Jesus Christ's sake,  
who is alive and reigns with you,  
in the unity of the Holy Spirit,  
one God, now and for ever.

**Amen.**

### The Liturgy of the Word Old Testament: Zechariah 9.9-12



*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 war horse 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.

**Psalm: 145.8-15**

**R, I will exalt you, O God my king,  
and bless your name for ever**

8 The Lord is gracious and full of compassion,  
slow to anger and of great kindness.

9 The Lord is loving to everyone  
and his compassion is over all his works.

10 All your works praise you, O Lord,  
and your faithful servants bless you. **R,**

11 They make known the glory of your kingdom  
and speak of your power;

12 That the peoples may know of your power  
and the glorious splendour of your kingdom.

13 Your kingdom is an everlasting kingdom;  
your dominion endures throughout all ages. **R,**

14 The Lord is faithful in all his words  
and merciful in all his deeds.

15 The Lord upholds all those who fall;  
he lifts up those who are bowed down. **R,**

**R, I will exalt you, O God my king,  
and bless your name for ever**

**New Testament: Romans 7.15-25a**

*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!*

**Gospel Reading: Matthew 11.16-19, 25-end**

*Jesus said "But to what will I compare this generation? It is like children sitting in the marketplaces 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." At that time 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."*

*A short time of Silence may be taken*

## Homily

'Come to me, all you who labour, and are overburdened, and I will give you rest.' These are among the loveliest and most comforting words in the Gospel.

Life can be full of burdens for some people. There are the burdens of responsibility, hurts, disappointments, loans, worry, illness, guilt, addiction, failed relationships, etc, etc....

Some people feel as though they don't exist as a person. They are low paid and feel undervalued. It seems that the only way that they exist is that they have a national health number and a tax code. They seem to have no identity except for numbers. I often feel sad for the people who sell the 'Big Issue' magazine on the streets of Kendal. I have noticed many, many times when they hold up the magazine that people walk past them as though they don't exist. It is as if they are in the way. Many people don't even acknowledge them or say no thank you to them. They often avoid eye contact altogether. When I buy a copy, the lady who sells them seems to be totally shocked that somebody actually wants a copy. But it is worth it to see the radiant smile on her face. She exists to me!

A little sensitivity, or a word of appreciation makes a world of difference when people are recognised and treated with kindness and respect.

The Scribes and Pharisees in the time of Jesus lived a very privileged existence. They didn't know what life was like for ordinary people or how they struggled with life daily, trying to find food or getting help with their ailments. They were so 'tied up' with trying to maintain an exact observance of the law with its various rules and regulations, that they placed an impossible burden on the people and when it became too much for them they had little sympathy for any of them.

During the years before Jesus started his ministry on earth, even though he worked a lot of the time in Nazareth as a carpenter, he lived among and spent time with the ordinary people of that place. So he knew of the struggles, frustrations and difficulties that they had to deal with, day in and day out. He was very aware of the heavy burdens life placed on their shoulders.

When he saw this, he invited them to come to him. He promised that he would take the weight off their shoulders. What he would ask them to take on their shoulders was something easy and light. It might be demanding but it would still be easy and light, because they would know it was the right thing for them to do, and love would inspire them to do it.

As Christians we believe that God is always at work in our lives freeing us from the heavy burdens that other people impose on us and from the burdens we impose on ourselves; freeing us from unreasonable demands and from cruel and unjust treatment. He is freeing us so that we can choose to take up his yoke of love and spend our energy in loving God, our neighbour and ourselves, in ways that we find are easy and light.

In the sixties/seventies there was an excellent pop song that was sung by the group the Hollies and which they had great success with. It was called: 'He ain't heavy, he's my brother.' It reflects very well with the Gospel reading today; Here are some of the words:

*The road is long, with many of winding turns  
That lead us to (who knows) where, who knows where?  
But I'm strong, strong enough to carry him - yeah  
He ain't heavy - he's my brother  
So long we go, his welfare is my concern  
No burden is he to bear, we'll get there  
But I know he would not encumber me  
He ain't heavy - he's my brother*

The song describes a stronger person, either emotionally or physically who uncomplainingly provides support for someone, it may be a brother or maybe just a friend or even an acquaintance who is finding it more difficult to make the same journey. We all need an emotional support in our lives at times and the song reminds us that apart from God there are some people out there - some unknown to us - who do the job wonderfully, and make our lives more bearable.

*A short time of Silence may be taken*

## **Affirmation of Faith**

We believe in God the Father,  
from whom every family  
in heaven and on earth is named.  
We believe in God the Son,  
who lives in our hearts through faith,  
and fills us with his love.  
We believe in God the Holy Spirit,  
who strengthens us  
with power from on high.  
We believe in one God;  
Father, Son and Holy Spirit.  
**Amen.**

## **Prayers**

*These can be formal or improvised and end with:*

### **The Lord's Prayer**

Our Father, who art in heaven,  
hallowed be thy name;  
thy kingdom come;  
thy will be done;  
on earth as it is in heaven.  
Give us this day our daily bread.  
And forgive us our trespasses,  
as we forgive those who trespass against us.  
And lead us not into temptation;  
but deliver us from evil.  
For thine is the kingdom,  
the power and the glory,  
for ever and ever.  
**Amen.**

*This Hymn can be sung or said as a poem*

- 1. Lead us, heavenly Father, lead us**  
o'er the world's tempestuous sea;  
guard us, guide us, keep us, feed us,  
for we have no help but thee;  
yet possessing every blessing,  
if our God our Father be.
- 2. Saviour, breathe forgiveness o'er us:**  
all our weakness thou dost know;  
thou didst tread this earth before us,  
thou didst feel its keenest woe;  
lone and dreary, faint and weary,  
through the desert thou didst go.
- 3. Spirit of our God, descending,**  
fill our hearts with heavenly joy,  
love with every passion blending,  
pleasure that can never cloy:  
thus provided, pardoned, guided,  
nothing can our peace destroy.

*James Edmeston (1769- 1867)*

## **Closing Prayers**

In darkness and in light,  
in trouble and in joy,  
help us, heavenly Father,  
to trust your love,  
to serve your purpose,  
and to praise your name;  
through Jesus Christ our Lord.  
**Amen.**



**'The Journey'.  
St Cuthbert's coffin carried by the monks to his  
resting place in Durham Cathedral.  
St Mary's Church, Lindisfarne.**