

Sunday 05 July, 2020

Fourth Sunday after Trinity



Prayer and worship at home

If a household are praying together, one person may act as leader and the others as the congregation and they join in the words in bold type.

If alone, read all the words aloud.

You may want to light a candle before you begin, and have a Bible, cross or crucifix to look at.

You might prepare for this act of worship by listening to some music, or by being still.

Preparation

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

The Act of Penitence

As we pray, we reflect on the week that has passed and ask the Lord for his forgiveness and healing.

God be gracious to us and bless us, and make your face shine upon us:

Lord, have mercy.

Lord, have mercy.

May your ways be known on the earth, your saving power among the nations:

Christ, have mercy.

Christ, have mercy.

You, Lord, have made known your salvation, and reveal your justice in the sight of the nations:

Lord, have mercy.

Lord, have mercy.

Words of forgiveness

May the God of love and power forgive us and free us from our sins, heal and strengthen us by his Spirit, and raise us to new life in Christ our Lord. **Amen.**

The Special Prayer for this week

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 Word of the Lord

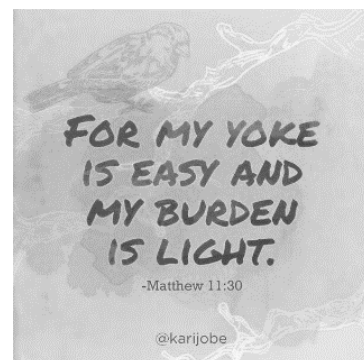
First Reading | Romans 7. 15- 25a

A reading from the 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!

This is the word of the Lord

Thanks be to God



The Holy Gospel | Matthew 11.16–19, 25–30

Hear the gospel of our Lord Jesus Christ according to Matthew.

Glory to you, O Lord

At that time 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. 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.'

This is the Gospel of the Lord
Praise to you, O Christ.

Affirmation of faith

With our Christian brothers and sisters, we affirm our faith in Jesus Christ the Son of God.

**Though he was divine,
he did not cling to equality with God,
but made himself nothing.
Taking the form of a slave,
he was born in human likeness.
He humbled himself
and was obedient to death,
even the death of the cross.
Therefore God has raised him on high,
and given him the name above every name:
that at the name of Jesus
every knee should bow,
and every voice proclaim that Jesus Christ is
Lord,
to the glory of God the Father.
Amen.**

cf Philipians 2.6-11

Prayers of intercession

(Here you may wish to offer prayer in your own words, or be prompted by the words here)

We pray for our world, especially at this time of anxiety and fear...

We pray for our nation and its well-being...

We pray for neighbours, family and friends and we remember all those self-isolating at the moment...

We pray for all who are sick, worried or anxious, and for those who feel cut off from friends and family...

We pray for those who have died in recent days, and all whom we remember with love and affection....

The Lord's Prayer

Joining with Christians throughout the world, we pray:

**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**

The Grace

We conclude our prayers

**The grace of the Lord Jesus Christ,
the love of God, and the fellowship of the Holy
Spirit, be with us all, evermore. Amen**

Readings for the coming week:

Monday	Psalm 80	Matthew 9.18-26
Tuesday	Psalm 87	Matthew 9.32-end
Wednesday	Psalm 119.105-128	Matthew 10.1-7
Thursday	Psalm 92	Matthew 10. 7-15
Friday	Psalm 95	Matthew 10. 16-23
Saturday	Psalm 97	Matthew 10.24-33