

MORNING PRAYER – 5th July 2020 – Third Sunday after Trinity

(Using the Book of Common Prayer - BCP)

Introduction and Opening Hymn 59 - New every morning is the love

The Greeting

The Lord be with you.

And also with you

A Sentence of Scripture

'Those who wait for the Lord shall renew their strength, they shall mount up with wings like eagles, they shall run and not be weary, they shall walk and not faint' Isaiah 40:31

BCP - page 101

Beloved in Christ, today we offer to Almighty God our worship and praise and thanksgiving, to confess our sins and to receive God's forgiveness, to hear his holy word proclaimed, to bring before him our needs and the needs of the world, and to pray that in the power of his Spirit we may serve him and know the greatness of his love.

A Prayer of Penitence

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; by what we have done and by what we have failed to do. 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.

The Absolution

BCP- page 102

Almighty God, who forgives all who truly repent, have mercy on you, pardon and deliver you from all your sins, confirm and strengthen you in all goodness and keep you in eternal life; through Jesus Christ our Lord. **Amen.**

O Lord, open our lips: **and our mouth will proclaim your praise**

O God, make speed to save us: **O Lord make haste to help us.**

Glory to the Father, and to the Son and to the Holy Spirit:

As it was in the beginning is now and shall be for ever, Amen

Praise the Lord: **The Lord's name be praised.**

In place of the Psalm we sing Hymn 24 - All creatures of our God and king,

First Reading: Romans 7: 15-25a

A Reading from Romans chapter 7 beginning at verse 15.

¹⁵I do not understand my own actions. For I do not do what I want, but I do the very thing I hate. ¹⁶Now if I do what I do not want, I agree that the law is good. ¹⁷But in fact it is no longer I that do it, but sin that dwells within me. ¹⁸For I know that nothing good dwells within me, that is, in my flesh. I can will what is right, but I cannot do it. ¹⁹For I do not do the good I want, but the evil I do not want is what I do. ²⁰Now if I do what I do not want, it is no longer I that do it, but sin that dwells within me.

21 So I find it to be a law that when I want to do what is good, evil lies close at hand. 22 For I delight in the law of God in my inmost self, 23 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. 24 Wretched man that I am! Who will rescue me from this body of death? 25 Thanks be to God through Jesus Christ our Lord!

So then, with my mind I am a slave to the law of God, but with my flesh I am a slave to the law of sin.

This is the word of the Lord

Thanks be to God

CANTICLE : Jubilate p 104

JUBILATE *Psalm 100*

- 1 O shout to the Lord in triumph | all the | earth; „
serve the Lord with gladness
and come before his | face with | songs of | joy.
- 2 Know that the Lord | he is | God; „
it is he who has made us and we are his
we are his | people · and the | sheep of · his | pasture.
- 3 Come into his gates with thanksgiving
and into his | courts with | praise; „
give thanks to him and | bless his | holy | name.
- 4 For the Lord is good
his loving mercy | is for | ever, „
his faithfulness through | out all | gene | rations.

Glory

Second Reading: Matthew 11: 16-19, 25-30

Hear the Gospel of our Saviour Christ according to Matthew, chapter 11 beginning at verse 16.

Glory to you Lord Jesus Christ

- 16 ‘But to what will I compare this generation? It is like children sitting in the market-places and calling to one another,
- 17 “We played the flute for you, and you did not dance;
we wailed, and you did not mourn.”
- 18 For John came neither eating nor drinking, and they say, “He has a demon”; 19 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.’*

25 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; ²⁶yes, Father, for such was your gracious will.^{*} ²⁷All 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.

28 ‘Come to me, all you that are weary and are carrying heavy burdens, and I will give you rest. ²⁹Take my yoke upon you, and learn from me; for I am gentle and humble in heart, and you will find rest for your souls. ³⁰For my yoke is easy, and my burden is light.’

**This is the Gospel of the Lord
Praise to you Lord Jesus Christ**

Thought for the Day

Apostles' Creed

BCP – page 112

I believe in God, the Father almighty, creator of heaven and earth. I believe in Jesus Christ, God's only Son, our Lord, who was conceived by the Holy Spirit, born of the Virgin Mary, suffered under Pontius Pilate, was crucified, died and was buried; he descended to the dead. On the third day he rose again; he ascended into heaven, he is seated at the right hand of the Father, and he will come again to judge the living and the dead. I believe in the Holy Spirit, the holy catholic Church, the communion of saints, the forgiveness of sins, the resurrection of the body, and the life everlasting. Amen.

Hymn 553 - Jesu, lover of my soul....

Prayers

BCP – pages 112-113

The Lord be with you; **and also, with you.**

Let us pray.

Lord, have mercy; **Christ, have mercy.** Lord, have mercy.

**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.**

Show us your mercy, O Lord; **and grant us your salvation.**

N.I. [O Lord, save the Queen; **and grant her government wisdom.]**

R.I. [O Lord, guide and defend our rulers; **and grant our government wisdom.]**

Let your ministers be clothed with righteousness; **and let your servants shout for joy.**

O Lord, save your people; **and bless those whom you have chosen.**

Give peace in our time, O Lord; **and let your glory be over all the earth.**

O God, make clean our hearts within us; **and renew us by your Holy Spirit.**

THE COLLECTS

Collect for the Fourth Sunday after Trinity

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 finally lose not the things eternal:
Grant this, heavenly Father,
for Jesus Christ's sake, our Lord. Amen

Collect

O God, the author of peace and lover of concord,
to know you is eternal life, and to serve you is perfect freedom:
Defend us in all assaults of our enemies,
that we, surely trusting in your protection,
may not fear the power of any adversaries;
through Jesus Christ our Lord. Amen.

O Lord, our heavenly Father, almighty and everliving God,
we give you thanks for bringing us safely to this day:
Keep us from falling into sin or running into danger,
and in all things guide us to know and do your will;
through Jesus Christ our Lord. Amen.

Go before us, Lord, in all our doings, with your most gracious favour,
and further us with your continual help;
that in all our works begun, continued and ended in you,
we may glorify your holy name,
and finally by your mercy attain everlasting life; through Jesus Christ our Lord. Amen.

Heavenly Father, in whom we live and move and have our being:
We humbly pray that your holy Spirit may so guide and govern us,
That in all the cares and occupations of our daily life,
We may never forget your presence,
But may remember that we are always walking in your sight,
Through Jesus Christ our Lord.
Amen

INTERCESSIONS

Ending

May the God of hope fill you with all joy and peace in believing, so that by the Holy Spirit you may abound in hope. **Amen.** Romans 15: 13

Blessing. The blessing of God almighty...

Go in peace to love and serve the Lord.
In the name of Christ. **Amen**

Hymn 103 - O Christ the same