

## ***Morning Worship for First Sunday after Trinity***

### ***Preparation***

Holy, holy, holy is the Lord of hosts:  
**the whole earth is full of his glory.**

Ascribe to the Lord glory and strength;  
ascribe to the Lord the honour due to his name.

**The whole earth is full of his glory.**

The Lord shall give strength to his people;

**the Lord shall give his people the blessing of peace.**

Holy, holy, holy is the Lord of hosts:

**the whole earth is full of his glory.**

### ***Opening Prayer***

**Holy God,**

**faithful and unchanging:**

**enlarge our minds with the knowledge of your truth,  
and draw us more deeply into the mystery of your love,**

**that we may truly worship you,**

**Father, Son and Holy Spirit,**

**one God, now and for ever.**

**Amen.**

Cast your burden upon the Lord:

**And he will sustain you.**

Create in us clean hearts O God:

**And renew a right spirit within us.**

Cast us not away from your presence:

**And take not your Holy Spirit from us.**

Give us the joy of your saving help:

**And sustain us with your life-giving Spirit.**

Blessed be the Lord day by day:

**The God of our salvation who bears our burdens.**

*We confess our sins.*

God the Father forgives us in Christ

and heals us by the Holy Spirit.

Let us therefore put away all anger and bitterness,

all slander and malice,

and confess our sins to God our redeemer.

*(cf Ephesians 4.30,32)*

Come, let us return to the Lord and say:

**Lord our God,**

**in our sin we have avoided your call.**

**Our love for you is like a morning cloud,  
like the dew that goes away early.**

**Have mercy on us;**

**deliver us from judgement;**

**bind up our wounds and revive us;**

**in Jesus Christ our Lord. Amen.**

May almighty God,

who sent his Son into the world to save sinners,

bring you his pardon and peace,

now and for ever. **Amen.**

### ***Praise***

O Lord, open our lips:

**And our mouth shall proclaim your praise.**

Let us worship the Lord:

**All praise to his name.**

*Gloria in Excelsis*

**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 word of God***

*A reading from the letter of Paul to the Romans.*

Since we are justified by faith, we have peace with God through our Lord Jesus Christ, through whom we have obtained access to this grace in which we stand; and we boast in our hope of sharing the glory of God. And not only that, but we also boast in our sufferings, knowing that suffering produces endurance, and endurance produces character, and character produces hope, and hope does not disappoint us, because God's love has been poured into our hearts through the Holy Spirit that has been given to us. For while we were still weak, at the right time Christ died for the ungodly. Indeed, rarely will anyone die for a righteous person – though perhaps for a good person someone might actually dare to die. But God proves his love for us in that while we still were sinners Christ died for us.

(Romans 5:1–8) This is the word of the Lord; *thanks be to God*

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

Then Jesus went about all the cities and villages, teaching in their synagogues, and proclaiming the good news of the kingdom, and curing every disease and every sickness. When he saw the crowds, he had compassion for them, because they were harassed and helpless, like sheep without a shepherd. Then he said to his disciples, 'The harvest is plentiful, but the labourers are few; therefore ask the Lord of the harvest to send out labourers into his harvest.' Then Jesus summoned his twelve disciples and gave them authority over unclean spirits, to cast them out, and to cure every disease and every sickness. These are the names of the twelve apostles: first, Simon, also known as Peter, and his brother Andrew; James son of Zebedee, and his brother John; Philip and Bartholomew; Thomas and Matthew the tax-collector; James son of Alphaeus, and Thaddaeus; Simon the Cananaean, and Judas Iscariot, the one who betrayed him. These twelve Jesus sent out with the following instructions: 'Go nowhere among the Gentiles, and enter no town of the Samaritans, but go rather to the lost sheep of the house of Israel. As you go, proclaim the good news, "The kingdom of heaven has come near." Cure the sick, raise the dead, cleanse the lepers, cast out demons. You received without payment; give without payment. (Matthew 9:35 – 10:8)

This is the Gospel of the Lord; *Praise to you O Christ*

*A reflection by Revd Joy Cousins*

Robin Gamble described Anglican Christians as caring, gentle and patient in their faith but often shy and lacking in confidence when it comes to evangelism- sharing the good news about Jesus with

others. It will differ from person to person, but many of us find evangelism an uncomfortable thought. We are too polite, we don't want to intrude, we don't want to risk being seen as foolish or worse still being rejected.

In Matthew's gospel the call of the twelve disciples comes within the larger context of Jesus' mission. The disciples are not only called to follow Jesus. They are also called to share what Jesus is doing with others. First they watch Jesus as he goes about sharing the good news with those in cities and villages. Jesus' teaching is accompanied by miracles of healing. Jesus then summons his disciples and commissions them to go out and repeat the wonders that they have seen him doing, sharing the good news in word and deed.

This might seem like the moment for the disciples to head out straight away and tell others of what they have discovered about Jesus. But no. Jesus tells them first to 'ask the Lord of the harvest to send labourers into his harvest.' Their first action is to pray. Recently St Mary's has participated in 'Thy kingdom come' a global wave of prayer focusing on praying for people to come to know the love and grace of God in their lives. We need to remember that it is God's work we are engaged in not our own. Prayer is essential for mission as for any other activity. Jesus commissions his disciples and gives them authority to go out in his name. Authority implies the right to do something and also the power and impetus to undertake a task. The disciples are to be empowered by God to undertake the work he has for them.

The gospel writer then gives us a list of the twelve disciples who were to undertake this momentous work. They include some unlikely people, for example Matthew the tax collector. Tax collectors have never been the most popular of individuals but in first century Palestine they were doubly despised. First because they had a reputation for charging too much tax and taking a percentage for themselves. And second because they collected tax for the Romans who were the occupying army. They were seen as collaborators. Alongside Matthew is Simon who in many translations is called the Zealot. Zealots formed a political faction who were fiercely anti Roman and who stirred up anti Roman sentiment. It is interesting that Jesus had both a Zealot and a former Roman collaborator amongst the twelve!

Then there was Judas Iscariot who Matthew the gospel writer describes as 'the one who betrayed him'. It reminds me of the old joke about someone asking for directions. 'If I were you I wouldn't start here,' comes the reply. Perhaps we might say to Jesus, 'If I were you I wouldn't start with this lot.' Choose someone brighter, more reliable, less hot-headed than Peter, more steady than James and John. Don't include an ex tax collector and a former Zealot- that's asking for trouble. Yet these twelve are the ones whom Jesus commissioned and sent out to proclaim the good news.

What about us? We too are followers of Jesus. Like the disciples, we are called to share the good news of Jesus. Since lockdown began many of us have been forced out of our comfort zone and into finding new ways of doing things. Online services, meetings by zoom, Microsoft teams, facetime calls. All this is far away from how we used to operate. Some people have embraced the 'new normal'. Others have been greatly challenged. But we have all found new ways of communicating. Perhaps sharing our faith is similar: we need to try things, step out of our comfort zone and trust God to help and direct us.

The first step is prayer. We are not doing things in our own strength but being invited to share in God's mission. We may feel inadequate to the task. Probably the disciples did too. Certainly they were not the most promising bunch of people. But God used them mightily. It may be as simple as sending the link to our online worship to a friend or letting them have a copy of the service. It could be about inviting someone to an online coffee morning. It could be a phone call for a chat. Perhaps this week you could ponder how God wants you to respond to the call to share the good news. I will end with the Prayer of St Teresa of Avila.

Christ has no body now on earth but yours, no hands but yours, no feet but yours; yours are the eyes through which to look at Christ's compassion to the world, yours are the feet with which he is to go about doing good, and yours are the hands with which he is to bless us now. Amen.

### ***Our faith***

*Let us declare our faith in God Father, Son and Holy Spirit*

**I believe in God, the Father almighty,  
creator of heaven and earth.**

**I believe in Jesus Christ, his 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 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.**

### *Prayers of Intercession led by Gordon Gray*

Let us worship the Lord with joy and make our prayer to our heavenly Father. You have called us to be members of your body so that when one suffers, all suffer together. We pray in these troubled times especially for those around the world who have responded in empathy to the Black Lives Matter protests and for Christians wherever they may be who suffer from persecution.

Lord in your mercy **hear our prayer**.

We pray that the pandemic may prove to be a trigger for the human race to address worldwide problems such as over-population, hunger, infant mortality, inequality of wealth and justice, global warming and pollution. We pray – Thy Kingdom come.

Lord in your mercy **hear our prayer**

Rouse us in your name and send us out to tell the world the good news of your healing love. We pray at this time for those who live alone, in fear, or in depression, We pray for all health and care workers who have risked their lives during the current crisis. We hold before you those known to us who are ill at this time.

Lord in your mercy **hear our prayer**

Jesus, the resurrection and the life, we give you thanks for all who have lived and believed in you, for their lives and witness, and we pray for those who are bereaved, for their family and friends.

Bring us all to bow before your throne in heaven, to receive life and pardon, mercy and grace for all eternity.

Merciful Father, **accept these prayers for the sake of your son, our saviour Jesus Christ. Amen**

*A prayer for the coronavirus pandemic*

Keep us, good Lord,  
under the shadow of your mercy  
in this time of uncertainty and distress.  
Sustain and support the anxious and fearful,  
and lift up all who are brought low;  
that we may rejoice in your comfort  
knowing that nothing can separate us from your love  
in Christ Jesus our Lord. Amen.

*We join together with Christians throughout the world in the prayer  
that Jesus taught us.*

**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.**

**Conclusion**

*The Collect for the day*

O God, the strength of all those who put their trust in you, mercifully  
accept our prayers and, because through the weakness of our mortal  
nature we can do no good thing without you, grant us the help of your  
grace, that in the keeping of your commandments we may please you  
both in will and deed; 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. Amen

You are worthy, our Lord and God,  
**to receive glory and honour and power.**  
For you have created all things,  
**and by your will they have their being.**  
You are worthy, O Lamb, for you were slain,  
**and by your blood you ransomed us for God.**

From every tribe and language and nation,  
**you have made us to be a kingdom and priests  
serving our God.**

To the One who sits on the throne and to the Lamb  
**be blessing and honour and glory and might  
for ever and ever. Amen. (Revelation 4.11;5.9b,10,11)**

*We end with the words of the Grace, an ancient Christian prayer of  
fellowship, remembering that although we are not together in person,  
nothing can separate us from the love of God found in Christ Jesus  
our Lord.*

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



*Please let us know if you want us to pray for you either individually or  
if you would like to be included on the Prayer Chain.  
([vicar@stmaryseatonbray.org.uk](mailto:vicar@stmaryseatonbray.org.uk) )*

Reverend Joy Cousans  
Reverend Stephen Burge

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