

**Berrow with Pendock, Eldersfield, Birtsmorton
and Hollybush – 4th. Sunday after Trinity**



***Welcome-do have a candle, glass of juice/wine
and cracker/piece of bread ready***

The Lord be with you
and also with you

OPENING PRAYER

**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 Jesus Christ our Lord. Amen.**

PRAYERS OF PENITENCE AND ABSOLUTION

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.

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.

**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 in Jesus Christ has given us
 a kingdom that cannot be destroyed,
 forgive you your sins,
 open your eyes to God's truth,
 strengthen you to do God's will
 and give you the joy of his kingdom,
 through Jesus Christ our Lord.
Amen.

THE COLLECT

Gracious Father,
 by the obedience of Jesus
 you brought salvation to our wayward world:
 draw us into harmony with your will,
 that we may find all things restored in him,
 our Saviour Jesus Christ.
Amen.

READING : Matthew 11.16-9, 25 to end to end

This is the word of the Lord.
Thanks be to God.

(At home, please read Romans 7.15-25a)

REFLECTION

What great words. What powerful words. What life shaping words.

Jesus is offering us gifts to be his disciples more effectively. People could understand that a well-fitting yoke that would make it easier to carry the burdens of life. A yoke is a harness, like the yoke over the shoulders of an ox. But Jesus' yoke provides a useful structure.

"Learn from this gift, this way that I offer you," Jesus says. "My burden is light." He asks us to remember the Sabbath, to keep it holy." This gives space for rest, which is more than sleep; it's rejuvenation, restoration, re-connection to our life force, to full aliveness. It's about *being* rather than *doing*.

We all carry our emotional and physical loads. But God has given us spiritual tools to help carry those inevitable loads of life.

The story that God who gives us rest reminds me of the contemporary parable about the footprints in the sand. Two pairs of footprints were in the sand, walking side by side.

Suddenly, there was one pair of footprints. God said, "That is when I picked you up and carried you." God lifts us up and carries us when the burdens of our lives are difficult."

We all know the parable of the footprints, how Jesus had picked us up and was carrying us when we didn't even realize it. There were two footprints in the sand and pretty soon one. It wasn't that God had deserted us at all and we were walking alone in life with only our footprints. Rather, the one set of footprints in the sand was God carrying us at that moment in life.

All of us will experience that during life: God carrying us when the burdens have become too great. Many people say during a crisis say that their friends were the hands and hearts of God for them.

Another gift of this yoke gift is release -- the opportunity to let go of stresses and pressures, release the inner obstacles that block us. Whatever dilemma, problem or anxiety is clogging our insides, "let it go." In the silence, this time of rest, I've sometimes imagined putting our anxieties on a little imaginary boat and letting them float off. Yes, the boat will come back, but keep putting the anxiety or worry on the boat. Let it go.

In Jesus' day, those people who were weary and carrying heavy burdens were the poor, blind, lame, maimed, lepers. These were people who were sick. Jesus said, "I didn't come to heal people who thought they were well, but people who knew they were sick."

Jesus' invitation points us towards the inner wellspring: the living water. When we can let it go, we're removing the debris from the wellspring, this inner wellspring that wants to flow freely, to give us fullness of life. That wellspring flows with goodness; it's the source of our aliveness.

If we do our part in releasing the stresses, then calm energy, aliveness, can emerge, and it will even *gush*. Jesus tells us, "I have come that you might have abundant life" -- fullness of life (John 10:10).

This life force comes to us from the inner wellspring Jesus was making a personal invitation to all folks, including you and me, who were weary and heavily burdened in life to come to lay and put their burdens on him.

What burden are *you* carrying? Let's pause for a moment. Let's be personal now.

In your own mind, what are some of the major burdens in your life that wear you down? Please answer in the quietness of your mind.

Jesus invites you to come to him and leave your burdens at the foot of the cross.

This is a good invitation for you and me. Everyday we are to bring our burdens to the Lord God and dump them on the back of Jesus so that he can carry them away for us.

Jesus's religion was simple and positive. To love God and love neighbour. To love the Lord your God with all your heart, mind and soul and your neighbour as yourself. To be merciful, loving and kind. To have faith that moved mountains and carried momentous burdens. To worship God and love one's neighbour. Jesus' religion were simple *positives* like worshipping God and practicing mercy.

When we go to the wellspring, the inner wellspring, and take it in, we may receive another gift -- the gift of energy for our work in the world. Jesus is our role model. He was often going off to pray, to re-connect to the wellspring. Then he would head back to his ministry of compassion, justice, equality, nonviolence. "My burden," he said, "is *light*."

Call it energy for goodness, for justice. This is long-haul work, and we can't do it without daily attention to our inner life, getting back to the wellspring. Jesus is still teaching us this wisdom, handing us the gifts -- rest, release, wellspring, energy for mission. All for the purpose of abundant life, for us and those we serve.

When we get to the place of genuine rest, we re-connect with the inner wellspring, the source of life, abundant life. Let's call it aliveness that gushes.

Come to me, Jesus says, and find life-giving rest. If we wear the yoke of Jesus, we have the love of God and the love of neighbour. Mercy, love, and kindness. A faith that moves mountains and carries momentous burdens.

Jesus is our teacher and we are his students or disciples. We are to learn gentleness and humility, love and forgiveness, faith and trust in the goodness of God. We are to have faith that moves mountains and carries momentous burdens.

Amen

PRAYERS OF INTERCESSION

Let us pray to our loving God.

Father, we pray that your church may always be open to receive your love.

Keep us clear of complacency or self-righteousness.

Let us come humbly and simply into your presence and wait on you,

Knowing our dependence on you and rejoicing in it.

(pause)

Lord in your mercy,

Hear our prayer

Father, we pray for all world leaders and their governments.

For the strength of authority which comes not from force and domination but through co-operation and mutual respect.

We pray for greater consideration of the needs of one another and our planet, and a desire to right past wrongs and injustices.

(pause)

Lord in your mercy,

Hear our prayer

Father, we pray for a growing maturity in our thinking and loving as a church community.

We pray for healing from all damage that we may have caused within our community and look for ways to support and grow stronger in our outreach and mission.

(pause)

Lord in your mercy.

Hear our prayer

Father, we pray for all who cry out for rest and relief, and all those carrying terrible burdens of guilt, anxiety, worries and broken dreams. For all those who are burdened by poverty, loss of purpose, and those who have lost their way. We pray that they may come to know God and their need for you.

(pause)

Lord in your mercy

Hear our prayer

Father, we pray for those who have died recently, their grieving family and friends. For those whose grieving has foundered due to the restrictions of social gatherings due to Covid-19. May they find comfort and solace. May we show gentleness and humility in difficult situations and teach us to trust you more.

(pause)

Lord in your mercy,
Hear our prayer.

Please ask for any additional prayers

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

THE LORD'S PRAYER

Gathering our prayers and praises into one,
let us pray with confidence as our Saviour taught us.

**Our Father,
which art in heaven,
hallowed be thy name;
thy kingdom come;
thy will be done ;
in 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 PEACE

We are all one in Christ Jesus.
We belong to him through faith,
heirs of the promise of the Spirit of peace.

The peace of the Lord be always with you.
and also with you.

THE APOSTLES' CREED

**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.

THE THANKSGIVING PRAYER

The Lord be with you.
And also with you.

Lift up your hearts
We lift them to the Lord.

Let us give thanks to the Lord our God.
It is right to give him 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:

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 to us the body and blood of your dear Son.

Here is the table set for a special meal.

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 a 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 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

Christ has died:
Christ is risen:
Christ will come again.

Lord of all life,
 Help us 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 into your loving arms with St Faith, St John
 the Baptist, St Thomas of Canterbury with St Peter
 and St Paul and 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.

Amen.

**Jesus, Lamb of God
 have mercy on us.**

**Jesus, bearer of our sins,
 have mercy on us.**

**Jesus, redeemer of the world,
 grant us peace.**

Christ our passover is sacrificed for us.
Therefore let us keep the feast

(consume)

POST COMMUNION PRAYER

Eternal God,
comfort of the afflicted and healer of the broken,
you have fed us at the table of life and hope:
teach us the ways of gentleness and peace,
that all the world may acknowledge
the kingdom of your Son Jesus Christ our Lord.
Amen.

We thank you, Lord, that you have fed us in this physical and spiritual sacrament, united us with Christ, and given us a foretaste of the heavenly banquet prepared for all peoples. Amen.

THE 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 BLESSING

May the father from whom every family
in earth and heaven receives its name
strengthen you with his Spirit
so that Christ may dwell in your hearts;
and the blessing of God almighty,
the Father, the Son, and the Holy Spirit,
be among you, and remain with you always.
Amen.

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