

# Our Sunday Service Together

June 2<sup>nd</sup> 2024

1<sup>st</sup> Sunday after Trinity



## An Acclamation

Alleluia, alleluia.

Glory to the Father, and to the Son, and to the Holy Spirit,  
one God, who was, and who is, and who is to come, the Almighty.

Alleluia

## Preparation

All: This is the day that the Lord has made.  
Let us rejoice and be glad in it.  
Through the brokenness of Christ, we become one body  
as one body we now gather in the name of Christ to offer our praise and thanksgiving, to receive God's  
holy word, to pray for the needs of the world,  
and to seek the forgiveness of our sins, that by the power of the Holy Spirit  
we may give ourselves to the service of God.

## Our Confession

*Let us come to the light of Christ, confessing our sins in penitence and faith.*

All: Jesus Christ, risen Master and triumphant Lord, we come to you in sorrow for our sins, and confess to  
you our weakness and unbelief.

We have lived by our own strength, and not by the power of your resurrection.  
In your mercy, forgive us, hear us and help us.

We have lived by the light of our own eyes, as faithless and not believing.  
In your mercy, forgive us, hear us and help us.

We have lived for this world alone, and doubted our home in heaven.  
In your mercy, forgive us, hear us and help us.

*Be still for a moment in confession and in receiving God's Grace in Christ*

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

## The opening prayer

All: The night has passed, and the day lies open before us; let us pray with one heart and mind.

*Silence is kept.*

All: As we rejoice in the gift of this new day, so may the light of your presence, O God, set our hearts on fire with love for you; now and for ever. Amen.

## The Psalmody Psalm 81.1-10

Sing merrily to God our strength, shout for joy to the God of Jacob.

Take up the song and sound the timbrel, the tuneful lyre with the harp.

Blow the trumpet at the new moon, as at the full moon, upon our solemn feast day.

For this is a statute for Israel, a law of the God of Jacob,

The charge he laid on the people of Joseph, when they came out of the land of Egypt.

I heard a voice I did not know, that said: 'I eased their shoulder from the burden; their hands were set free from bearing the load.

'You called upon me in trouble and I delivered you; I answered you from the secret place of thunder and proved you at the waters of Meribah.

'Hear, O my people, and I will admonish you: O Israel, if you would but listen to me!

'There shall be no strange god among you; you shall not worship a foreign god.

'I am the Lord your God, who brought you up from the land of Egypt; open your mouth wide and I shall fill it.'

Glory be to the Father, and to the Son: and to the Holy Spirit; as it was in the beginning, is now, and ever shall be: world without end. Amen.

## Scripture Reading Deuteronomy 5.12-15

<sup>12</sup>Observe the Sabbath day and keep it holy, as the Lord your God commanded you. <sup>13</sup>For six days you shall labour and do all your work. <sup>14</sup>But the seventh day is a Sabbath to the Lord your God; you shall not do any work—you, or your son or your daughter, or your male or female slave, or your ox or your donkey, or any of your livestock, or the resident alien in your towns, so that your male and female slave may rest as well as you. <sup>15</sup>Remember that you were a slave in the land of Egypt, and the Lord your God brought you out from there with a mighty hand and an outstretched arm; therefore, the Lord your God commanded you to keep the Sabbath day.

*At the end of the reading we say:*

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

## Gloria

All: 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 Gospel Mark 2.23 to 3.6

One Sabbath he was going through the cornfields; and as they made their way his disciples began to pluck heads of grain. <sup>24</sup>The Pharisees said to him, 'Look, why are they doing what is not lawful on the Sabbath?' <sup>25</sup>And he said to them, 'Have you never read what David did when he and his companions were hungry and in need of food? <sup>26</sup>He entered the house of God, when Abiathar was high priest, and ate the bread of the Presence, which it is not lawful for any but the priests to eat, and he gave some to his companions.' <sup>27</sup>Then he said to them, 'The Sabbath was made for humankind, and not humankind for the Sabbath; <sup>28</sup>so the Son of Man is lord even of the Sabbath.'

Again he entered the synagogue, and a man was there who had a withered hand. <sup>2</sup>They watched him to see whether he would cure him on the Sabbath, so that they might accuse him. <sup>3</sup>And he said to the man who had the withered hand, 'Come forward.' <sup>4</sup>Then he said to them, 'Is it lawful to do good or to do harm on the Sabbath, to save life or to kill?' But they were silent. <sup>5</sup>He looked around at them with anger; he was grieved at their hardness of heart and said to the man, 'Stretch out your hand.' He stretched it out, and his hand was restored. <sup>6</sup>The Pharisees went out and immediately conspired with the Herodians against him, how to destroy him.

*at the end of the reading we say:*

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

## A Reflection for the day

'Observe the Sabbath', Ok, but how and why?

You do get the impression from the command in Deuteronomy that it is easy for the people of God to forget; forget where they have come from, with who's assistance, and for what reason. Once they were slaves, now they are en-route to a land where they will become employers. As slaves they knew what it was to, well slave for a living. They had to work all the hours that daylight provided, for no reward and with scant resources to produce what the master required. That is no way for anyone to live, it is no way for man or beast to exist.

The Sabbath is there to remind them of both their maltreatment as well as their need to ensure all in the land they will enter have 'rest'. The Sabbath is a gift from God as an indicator of what it means to be human. It is not to be a machine, working all hours. It is not to be an overseer demanding every ounce of life for wealth and gain, be that from fellow human or from the created world.

The Sabbath is God's blessing for the flourishing of life. However, it is easy to become religious about the Sabbath to the point that life is denied!

How dare Jesus let his disciples pick grain and cook something to eat; and more so, how dare Jesus heal someone in the temple on the Sabbath. Jesus makes the point the Sabbath was created for human flourishing, for life. Humanity was not made slavishly keep the Sabbath to the point of folks going hungry or worse facing death.

Mark presents to us Jesus the rebel, Jesus the critique of religion and I am sure Jesus would be a problem in any religious organisation – after all the institution of the church was made for humanity, not humanity for the institutional church. But to see Jesus just in these terms is to miss what Mark presents to us.

King David is on the run from King Saul. David has been anointed as God's chosen king but he has not yet

ascended to the throne of Israel. David, may not be a temple priest but he has been anointed by God to shepherd his people Israel. He claims the bread, not as a priest, but as God's gift through which he might fulfil his anointed calling and feed the people.

Jesus makes a statement to, he claims the Kingdom of God is come. It is a kingdom about life, about the law living in submission to the love of God. This is a kingdom in which the king is to serve the world rather than the world serve the King.

How is our relationship with Sabbath? We are called to observe the Sabbath, we are called to gather and worship on the Sabbath, but never to worship the Sabbath. The day is a gift from God, a day in which we receive Christ's ministry; but it is more – with Jesus there is always more! For in observing the day, in receiving Christ's ministry we are to become Sabbath people. People who enter into the rest of the Sabbath, but more, people who give thanks for the nourishment offered in the day, that of the true living bread. People who, in thanksgiving, offer our souls and bodies to be a living sacrifice, sent forth in the power and presence of the Spirit to live and praise God.

## The Creed

All: 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 *We make our intercessions*

God of light and power, we rejoice in your light, we live in your power, we look for your glory.

Open our eyes to perceive your presence, that we may give ourselves to you...

*Lord, in your mercy hear our prayers.*

We give thanks for the light that is revealed to us in the face of our Lord Jesus Christ. Lord, enlighten your church where vision is dim and the light of the gospel nearly gone out.

*Lord, in your mercy hear our prayers.*

We pray for spiritual renewal, for an increase in vision and hope. We remember all who are prophets and visionaries today. *Lord, in your mercy hear our prayers.*

Lord, direct all who are seeking to improve the world. We pray for peace-makers, for relief agencies, for all involved in scientific research, for all who hunger for righteousness and justice.

*Lord, in your mercy hear our prayers.*

We give thanks for all who have led us to you, all who shared insight and knowledge, all who kept the lamp of faith burning. *Lord, in your mercy hear our prayers.*

We pray for all who have entered into weakness, into sadness or into trouble this week, all who have been injured in accidents, the afflicted and perplexed, the persecuted and the forsaken.

*Lord, in your mercy hear our prayers.*

We rejoice that the afflicted will know affection, the perplexed will know purpose, the persecuted will come to your peace, the forsaken will be enfolded in love, in the fullness of your kingdom. We pray for our loved ones departed. *Lord, in your mercy hear our prayers.*

May the joy of your presence, visions of your glory and the hope of your kingdom close at hand, strengthen us and give us your peace.

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

## The Collect

All: 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.**

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

All: 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 Conclusion

All: Christ, as a light illumine and guide me this day.  
Christ, as a shield overshadow me.  
Christ under me, Christ over me; Christ beside me on my left and my right.  
This day be within and without me. Amen