

# Our Sunday Service Together

July 23<sup>rd</sup> 2024

4<sup>th</sup> 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 9.9 -13

Then will the Lord be a refuge for the oppressed, a refuge in the time of trouble.  
And those who know your name will put their trust in you,  
for you, Lord, have never failed those who seek you.  
Sing praises to the Lord who dwells in Zion; declare among the peoples the things he has done.  
The avenger of blood has remembered them; he did not forget the cry of the oppressed.  
Have mercy upon me, O Lord.  
Glory 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 1 Samuel 17.57 to 18.5, 10-16

On David's return from killing the Philistine (Goliath), Abner took him and brought him before Saul, with the head of the Philistine in his hand. <sup>58</sup> Saul said to him, 'Whose son are you, young man?' And David answered, 'I am the son of your servant Jesse the Bethlehemite.'

<sup>5</sup> David went out and was successful wherever Saul sent him; as a result, Saul set him over the army. And all the people, even the servants of Saul, approved.

<sup>10</sup> The next day an evil spirit from God rushed upon Saul, and he raved within his house, while David was playing the lyre, as he did day by day. Saul had his spear in his hand; <sup>11</sup> and Saul threw the spear, for he thought, 'I will pin David to the wall.' But David eluded him twice.

<sup>12</sup> Saul was afraid of David, because the Lord was with him but had departed from Saul. <sup>13</sup> So Saul removed him from his presence, and made him a commander of a thousand; and David marched out and came in, leading the army. <sup>14</sup> David had success in all his undertakings; for the Lord was with him. <sup>15</sup> When Saul saw that he had great success, he stood in awe of him. <sup>16</sup> But all Israel and Judah loved David; for it was he who marched out and came in leading them.

*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 4.35 - 41

On that day, when evening had come, he said to them, 'Let us go across to the other side.' <sup>36</sup> And leaving the crowd behind, they took him with them in the boat, just as he was. Other boats were with him. <sup>37</sup> A great gale arose, and the waves beat into the boat, so that the boat was already being swamped. <sup>38</sup> But he was in the stern, asleep on the cushion; and they woke him up and said to him, 'Teacher, do you not care that we are perishing?' <sup>39</sup> He woke up and rebuked the wind, and said to the sea, 'Peace! Be still!' Then the wind ceased, and there was a dead calm. <sup>40</sup> He said to them, 'Why are you afraid? Have you still no faith?' <sup>41</sup> And they were filled with great awe and said to one another, 'Who then is this, that even the wind and the sea obey 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

We find ourselves in the account of how David became king of Israel just after the battle with Goliath. The nation had been in peril, the people had cried out to God for deliverance, and God answered – just not in the form everyone expected! The nation had need of a champion, someone who would stand as tall a cedar of Lebanon. They looked for someone proficient in the ways of war of the nations about Israel. In the search of the champion God offers his saviour, a small shepherd boy, used to running supply errands and playing music for his brothers. He did not fit the champion's armour, he could not wield a sword, yet he bore all that God required to bring salvation to the nations. The key to the people's deliverance was not brawn, good looks, mastery of military strategy, it was a heart in tune with God!

Following the events David's presence in the royal courts should have brought all the peace folks required. Yet Saul is deeply troubled, oppressed by a darkness of mind – today we would say he was severely paranoid. Maybe he had grounds to be worried, God had delivered the people but he had rejected Saul's royal ways, his kingdom project was not in keeping with God's heart for his people.

Things were fine when Jesus and the disciples set forth to the other side of the lake but now they are experiencing the full force of the wind and waves. Darkness has descended on the lake, what had seemed a journey they could make is now threatened, they feel personally threatened! The waters are starting to fill the boat, it is as if the chaotic darkness which covered the earth before God's Spirit brooded and 'let there be light' was uttered, had now returned. The end must have felt close at hand.

Jesus - Jesus is asleep, seemingly oblivious to the darkness and the wind, unaware that they are sinking. 'Do you not care we are perishing' is a very natural thing to ask. 'God help us, God save us' is a very natural thing to shout whenever such a threat encountered. Jesus deals with the sea and the wind with a simple command, but asks a deep question of all there – 'why are you afraid?'

Interestingly, the disciples do not give answer to this question and instead mutter amongst themselves 'Who then is this, that even the wind and the sea obey him?' They are clearly in awe at the power and authority that Jesus possesses, but is the God of Abraham, Isaac, the God of David just about party tricks; turning water to wine, feedings thousands from a few fish and loaves, making the blind see and the lame walk? These are the work of any god, just look at the encounter between Moses and Pharaoh. But God is beyond party tricks, Jesus is more than a miracle worker!

A philosopher once said illusory religion says "Fear not; trust in God and he will see that none of the things will happen to you". King David's most famous of psalms, psalm 23 paints a different picture altogether; 'though I walk through the valley of the shadow of death, I fear no evil, for you are with me, your rod and staff they comfort me'. In other words, "Fear not; the things you are afraid of may well happen in life – but they are nothing to be afraid of, for God is at hand".

The truth is there will be giants to face in life, as individuals and as nations. The truth is there will be storms that threaten, darkness that is overwhelming in life, be that for us individually or as a community. In all of these situations we naturally cry for salvation; however not all the storms are calmed, not every giant is slain, not every route journeyed is on the mountain tops. But Jesus has brought salvation to us, salvation from the one things that ultimately matters, separation between humanity and God. Though the valley is deathly dark, though the storm rages, we can know peace, we can fear no evil and make it to the lakeside, make it to the valley's end. For in all these things Jesus is present, 'even until the end of the age'; his rod and staff offer comfort.

May the peace of the Lord be always with you!

## 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*

Come, Lord, come to us, that we may love you, live to your glory and proclaim you Kingdom in Jesus Christ and by the power of your Spirit. *Lord, we come to you – give us rest and refreshment.*

We pray for leaders, visionaries, researchers, for those who may have become dispirited by the task they face, wearied by the work they do. *Lord, we come to you – give us rest and refreshment.*

We pray for the refugees of the world, for nations struggling with flood and drought, for the UN and the W.H.O as they seek to bring relief. *Lord, we come to you – give us rest and refreshment.*

We pray for all who have lost the joy and pleasure of living, for the bored, the cynical, the lonely. The overworked and the stressed. *Lord, we come to you – give us rest and refreshment.*

Lord, make our homes places of peace and calm. We pray for families in strife, for relationships strained, for those suffering from domestic violence and abuse. *Lord, we come to you – give us rest and refreshment.*

We pray for the over anxious, the depressed and despairing, all those suffering from a breakdown. For all not coping alone and for those facing redundancy at this time.  
*Lord, we come to you – give us rest and refreshment.*

We especially we pray for the General Election. We pray for women and men of integrity to be selected, and to stand, across the political divides. We pray protection for them and perseverance amid the pressures of social media and the weight of scrutiny. May we see a change in the landscape – more examples of character over charisma, humility over hubris, sacrifice over selfishness. May your Kingdom come, and will be done in our lives and across this nation to bring justice, peace, love and truth.  
*Lord, we come to you – give us rest and refreshment*

We pray for all who are fully in your Kingdom, for whom the tussle of this life is over and the rest of your presence is complete ..... and we give you thanks for your grace for them and for us in Christ Jesus our lord. Amen

## The Collect

All: 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.**

*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