

Our Sunday Service Together

June 28th 2026

4th after Trinity



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 Psalms Psalm 89.1-4 and 15-18

My song shall be always of the loving-kindness of the Lord:
with my mouth will I proclaim your faithfulness throughout all generations.
I will declare that your love is established for ever; you have set your faithfulness as firm as the heavens.
For you said: 'I have made a covenant with my chosen one; I have sworn an oath to David my servant:
"Your seed will I establish for ever and build up your throne for all generations."
Happy are the people who know the shout of triumph: they
walk, O Lord, in the light of your countenance.
In your name they rejoice all the day long and are exalted in your righteousness.
For you are the glory of their strength, and in your favour you lift up our heads.
Truly the Lord is our shield; the Holy One of Israel is our king.
Glory be to the Father, and to the Son: and to the Holy Ghost; as it was in the beginning, is now, and ever shall
be: world without end. Amen.

Scripture Reading Romans 6.12 to end

Therefore, do not let sin exercise dominion in your mortal bodies, to make you obey their passions. ¹³ No longer present your members to sin as instruments of wickedness, but present yourselves to God as those who have been brought from death to life, and present your members to God as instruments of righteousness. ¹⁴ For sin will have no dominion over you, since you are not under law but under grace.

¹⁵ What then? Should we sin because we are not under law but under grace? By no means! ¹⁶ Do you not know that if you present yourselves to anyone as obedient slaves, you are slaves of the one whom you obey, either of sin, which leads to death, or of obedience, which leads to righteousness? ¹⁷ But thanks be to God that you, having once been slaves of sin, have become obedient from the heart to the form of teaching to which you were entrusted, ¹⁸ and that you, having been set free from sin, have become slaves of righteousness. ¹⁹ I am speaking in human terms because of your natural limitations. For just as you once presented your members as slaves to impurity and to greater and greater iniquity, so now present your members as slaves to righteousness for sanctification.

²⁰ When you were slaves of sin, you were free in regard to righteousness. ²¹ So what advantage did you then get from the things of which you now are ashamed? The end of those things is death. ²² But now that you have been freed from sin and enslaved to God, the advantage you get is sanctification. The end is eternal life. ²³ For the wages of sin is death, but the free gift of God is eternal life in Christ Jesus our Lord.

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 Matthew 10.40 to end

'Whoever welcomes you welcomes me, and whoever welcomes me welcomes the one who sent me. ⁴¹Whoever welcomes a prophet in the name of a prophet will receive a prophet's reward; and whoever welcomes a righteous person in the name of a righteous person will receive the reward of the righteous; ⁴²and whoever gives even a cup of cold water to one of these little ones in the name of a disciple—truly I tell you, none of these will lose their reward.

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

Sometimes we make the Christian faith far more complicated than it really is; and Paul's letter to the Romans goes a long way to complicating matters, or does it?

The letter to the Romans is filled with the deep reflective theology of a good rabbinical Pharisee, and clearly if your cross reference it with the way Paul writes his other letters, it needed to be. But is filled with a very simple message, "In Christ death and resurrection God defeated the constraints and power of the order of sin and gave each and every one who would take it up the possibility to live free from those constraints and become the human beings we were originally created to be".

His argument in today's portion of the letter is simple, 'what did you gain from the old life – nothing of overall good, so don't keep with the old nonsense, put your life and energy into this new life and see the rewards'. Paul's words are wonderful here; "So what advantage did you then get from the things of which you now are ashamed? The end of those things is death. ²² But now that you have been freed from sin and enslaved to God, the advantage you get is sanctification. The end is eternal life." And his punch line at the end of the chapter is brilliant – I use the translation from 'The Message' - "Work hard for sin your whole life and your pension is death. But God's gift is *real life*, eternal life, delivered by Jesus, our Master."

Jesus' words in Matthew underscore the simplicity of the faith, the simplicity of this new life; to be fully open and welcoming of Jesus and in so doing welcome the fullness of God, who welcomes you. But more, don't over-complicate the actions of your new life; if there is need for a cup of water to be given, then give it.

May we be people fully welcoming to God, not keeping a little for the old life, just in case. Letting the Spirit of truth have full reign over our lives, rather than letting the old power of sin still have dominion over the lives we live. And in so doing, whilst the old order shuns us may we find a rejoicing in the light, the freedom, the grace and peace of Christ in our waking and our sleeping. Amen.

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 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