

The Book of Common Prayer

Sunday 19th July 2020 6th Sunday after Trinity

Dearly beloved brethren,
the Scripture moveth us in sundry places to acknowledge
and confess our manifold sins and wickedness;
and that we should not dissemble nor cloak them before
the face of almighty God our heavenly Father;
but confess them with an humble, lowly, penitent and
obedient heart;
to the end that we may obtain forgiveness of the same
by his infinite goodness and mercy.
And although we ought at all times humbly to acknowledge
our sins before God;
yet ought we most chiefly so to do,
when we assemble and meet together
to render thanks for the great benefits that we have
received at his hands,
to set forth his most worthy praise,
to hear his most holy word,
and to ask those things which are requisite and necessary,
as well for the body as the soul.]

Wherefore I pray and beseech you,
as many as are here present,
to accompany me with a pure heart, and humble voice,
unto the throne of the heavenly grace, saying [after me]:

**Almighty and most merciful Father,
we have erred, and strayed from thy ways like lost sheep.
We have followed too much the devices and desires
of our own hearts.
We have offended against thy holy laws.
We have left undone those things
which we ought to have done;
and we have done those things
which we ought not to have done;
and there is no health in us.
But thou, O Lord, have mercy upon us, miserable offenders.
Spare thou them, O God, which confess their faults.
Restore thou them that are penitent;
according to thy promises declared unto mankind
in Christ Jesu our Lord.
And grant, O most merciful Father, for his sake,
that we may hereafter live a godly, righteous, and sober life,
to the glory of thy holy name.
Amen.**

Grant, we beseech thee, merciful Lord,
to thy faithful people pardon and peace,
that they may be cleansed from all their sins,
and serve thee with a quiet mind;
through Jesus Christ our Lord.

Amen.

**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 them that 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.

O Lord, open thou our lips
and our mouth shall shew forth thy praise.

O God, make speed to save us.
O Lord, make haste to help us.

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.**

Praise ye the Lord.

The Lord's name be praised.

O come, let us sing unto the Lord :
let us heartily rejoice in the strength of our salvation.

Let us come before his presence with thanksgiving :
and shew ourselves glad in him with psalms.

For the Lord is a great God :
and a great King above all gods.

In his hand are all the corners of the earth :
and the strength of the hills is his also.

The sea is his, and he made it :
and his hands prepared the dry land.

O come, let us worship, and fall down :

and kneel before the Lord our Maker.

For he is the Lord our God :
and we are the people of his pasture, and the sheep of his hand.

Today if ye will hear his voice, harden not your hearts :
as in the provocation,
and as in the day of temptation in the wilderness;

When your fathers tempted me :
proved me, and saw my works.

Forty years long was I grieved with this generation, and said :
It is a people that do err in their hearts,
for they have not known my ways.

Unto whom I swear in my wrath :
that they should not enter into my rest.]

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 :

Psalm 139:1-11

***O lord, thou hast searched me, and known me.
2 Thou knowest my downsitting and mine uprising,
thou understandest my thought afar off.
3 Thou compassest my path and my lying down,
and art acquainted with all my ways.
4 For there is not a word in my tongue, but, lo,
O Lord, thou knowest it altogether.
5 Thou hast beset me behind and before,
and laid thine hand upon me.
6 Such knowledge is too wonderful for me; it is high,
I cannot attain unto it.
7 Whither shall I go from thy spirit?
or whither shall I flee from thy presence?
8 If I ascend up into heaven, thou art there:
if I make my bed in hell, behold, thou art there.
9 If I take the wings of the morning,
and dwell in the uttermost parts of the sea;
10 Even there shall thy hand lead me,
and thy right hand shall hold me.
11 If I say, Surely the darkness shall cover me;
even the night shall be light about me.***

At the end of each psalm these words are said

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.

For the Epistle Romans 6:3

³ Know ye not, that so many of us as were baptized into Jesus Christ were baptized into his death?

⁴ Therefore we are buried with him by baptism into death: that like as Christ was raised up from the dead by the glory of the Father, even so we also should walk in newness of life.

⁵ For if we have been planted together in the likeness of his death, we shall be also in the likeness of his resurrection:

⁶ Knowing this, that our old man is crucified with him, that the body of sin might be destroyed, that henceforth we should not serve sin.

⁷ For he that is dead is freed from sin.

⁸ Now if we be dead with Christ, we believe that we shall also live with him:

⁹ Knowing that Christ being raised from the dead dieth no more; death hath no more dominion over him.

¹⁰ For in that he died, he died unto sin once: but in that he liveth, he liveth unto God.

¹¹ Likewise reckon ye also yourselves to be dead indeed unto sin, but alive unto God through Jesus Christ our Lord.

Te Deum Laudamus

We praise thee, O God; we acknowledge thee to be the Lord.

All the earth doth worship thee, the Father everlasting.

To thee all angels cry aloud, the heavens and all the powers therein.

To thee cherubin and seraphin continually do cry,

Holy, Holy, Holy, Lord God of Sabaoth;

Heaven and earth are full of the majesty of thy glory.

The glorious company of the apostles praise thee.

The goodly fellowship of the prophets praise thee.

The noble army of martyrs praise thee.

The holy Church throughout all the world doth acknowledge thee:

the Father of an infinite majesty;

thine honourable, true and only Son;

also the Holy Ghost the Comforter.

Thou art the King of glory, O Christ.

Thou art the everlasting Son of the Father.

When thou tookest upon thee to deliver man,

thou didst not abhor the Virgin's womb.

When thou hadst overcome the sharpness of death,

thou didst open the kingdom of heaven to all believers.

Thou sittest at the right hand of God, in the glory of the Father.

We believe that thou shalt come to be our judge.

We therefore pray thee, help thy servants,

whom thou hast redeemed with thy precious blood.

Make them to be numbered with thy saints in glory everlasting.

O Lord, save thy people and bless thine heritage.

Govern them and lift them up for ever.

Day by day we magnify thee;

and we worship thy name, ever world without end.

Vouchsafe, O Lord, to keep us this day without sin.

O Lord, have mercy upon us, have mercy upon us.
O Lord, let thy mercy lighten upon us, as our trust is in thee.
O Lord, in thee have I trusted; let me never be confounded.

The Gospel

20 For I say unto you,

That except your righteousness shall exceed the righteousness of the scribes and Pharisees, ye shall in no case enter into the kingdom of heaven.

21 Ye have heard that it was said of them of old time,

Thou shalt not kill; and whosoever shall kill shall be in danger of the judgment:

22 But I say unto you, That whosoever is angry with his brother without a cause shall be in danger of the judgment: and whosoever shall say to his brother, Raca, shall be in danger of the council: but whosoever shall say, Thou fool, shall be in danger of hell fire.

23 Therefore if thou bring thy gift to the altar,

and there rememberest that thy brother hath ought against thee;

24 Leave there thy gift before the altar, and go thy way;

first be reconciled to thy brother, and then come and offer thy gift.

25 Agree with thine adversary quickly, whiles thou art in the way with him;

lest at any time the adversary deliver thee to the judge, and the judge deliver thee to the officer, and thou be cast into prison.

26 Verily I say unto thee,

Thou shalt by no means come out thence, till thou hast paid the uttermost farthing.

The Benedictus

Blessed be the Lord God of Israel :

for he hath visited, and redeemed his people;

And hath raised up a mighty salvation for us :

in the house of his servant David;

As he spake by the mouth of his holy Prophets :

which have been since the world began;

That we should be saved from our enemies :

and from the hands of all that hate us;

To perform the mercy promised to our forefathers :

and to remember his holy covenant;

To perform the oath which he swore to our forefather Abraham :

that he would give us,

That we being delivered out of the hands of our enemies :

might serve him without fear,

In holiness and righteousness before him :

all the days of our life.

And thou, child, shalt be called the Prophet of the Highest :

for thou shalt go before the face of the Lord to prepare his ways;

To give knowledge of salvation unto his people :

for the remission of their sins;

Through the tender mercy of our God :

whereby the dayspring from on high hath visited us;

To give light to them that sit in darkness,

and in the shadow of death :

and to guide our feet into the way of peace.

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.

Apostles' Creed

**I believe in God the Father almighty,
maker of heaven and earth:
and in Jesus Christ his only Son our Lord,
who was conceived by the Holy Ghost,
born of the Virgin Mary,
suffered under Pontius Pilate,
was crucified, dead, and buried.
He descended into hell;
the third day he rose again from the dead;
he ascended into heaven,
and sitteth on the right hand of God the Father almighty;
from thence he shall come to judge the quick and the dead.
I believe in the Holy Ghost; the holy catholic Church the holy catholic Church;
the communion of saints;
the forgiveness of sins; the resurrection of the body, and the life everlasting.
Amen**

The Lord be with you.
And with thy spirit.

Let us pray.

Lord, have mercy upon us.
Christ, have mercy upon us.
Lord, have mercy upon 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 them that trespass against us.
And lead us not into temptation;
but deliver us from evil. Amen.**

O Lord, shew thy mercy upon us.
And grant us thy salvation.

O Lord, save the Queen.
And mercifully hear us when we call upon thee.

Endue thy ministers with righteousness.

And make thy chosen people joyful.

O Lord, save thy people.

And bless thine inheritance.

Give peace in our time, O Lord.

**Because there is none other that fighteth for us,
but only thou, O God.**

O God, make clean our hearts within us.

And take not thy Holy Spirit from us.

The Collects are said.

The Collect of the Day

O God, who hast prepared for them that love thee such good things as pass man's understanding: pour into our hearts such love towards thee, that we, loving thee above all things, may obtain thy promises, which exceed all that we can desire; through Jesus Christ our Lord amen

The Collect in time of Pestilence, Sickness & Mortality

O ALMIGHTY God, the Lord of life and death, of health and sickness:

Have pity upon us miserable sinners, now visited with great sickness and mortality.

Withdraw from us this grievous affliction.

Sanctify to us, we beseech thee, this thy fatherly correction.

Enlarge our charity to relieve those who need our help.

Bless the remedies applied to assist them. Give us prudence to see, and vigour to use, those means which thy providence affords, for preventing and alleviating such calamities.

And, above all, teach us to know how frail and uncertain our condition is, and so to number our days, that we may seriously apply our hearts to that holy and heavenly wisdom, whilst we live here, which may in the end bring us to life everlasting;

through the merits and mediation of Jesus Christ, thine only Son our Lord.

Amen.

The Collect for Peace

O God, who art the author of peace and lover of concord,

in knowledge of whom standeth our eternal life,

whose service is perfect freedom;

defend us thy humble servants in all assaults of our enemies; that we, surely trusting in thy defence, may not fear the power of any adversaries;

through the might of Jesus Christ our Lord.

Amen.

The Collect for Grace

O Lord, our heavenly Father, almighty and everlasting God,

who hast safely brought us to the beginning of this day;

defend us in the same with thy mighty power;

and grant that this day we fall into no sin,

neither run into any kind of danger,

but that all our doings may be ordered by thy governance,

to do always that is righteous in thy sight;

through Jesus Christ our Lord.

Amen.

Sermon

Are you driven by anger or rage?

The first person to hate his brother was Cain. God warned Cain:

'Why are you angry? ..Sin in couching at the door; it's desire is for you, but you must master it (Genesis 4:6-7).

Sin doesn't just happen; it first grows as a seed in one's heart. Unless it is mastered, by God's grace, it grows like a weed and chokes the fruitful vine.

Jesus addressed the issue of keeping the commandments with his disciples.

The scribes and Pharisees equated righteousness with satisfying the demands of the law.

Jesus showed them how short they had come. Jesus points to the heart as the seat of desire and choice.

Unless forbidden and evil desires are eradicated, the heart will be corrupted.

Jesus points to forbidden anger with one's brother. This is a selfish anger that broods and is long-lived, that nurses a grudge and keeps wrath warm, and that refuses to die.

Anger in the heart as well as anger in speech or action are equally forbidden.

What is the antidote to anger and rage?

Mercy, kindness, and forbearance spring from a heart full of love and forgiveness.

God has forgiven us and he calls us to extend mercy and forgiveness towards those who cause us harm and grief

In the cross of Jesus we see the supreme example of love and the power for overcoming evil.

Only God's love and grace can set our hearts and minds free from the tyranny of wounded pride and spiteful revenge. Do you harbor any anger towards another person?

And are you quick to be reconciled when a rupture has been caused in your relationships?

Ask God to set you free and to fill your heart and mind with his love and truth.

Let us pray

"May I be no man's enemy, and may I be the friend of that which is eternal and abides.

May I never quarrel with those nearest me: and if I do, may I be reconciled quickly.

May I love, seek, and attain only that which is good. May I wish for all men's happiness and envy none.

May I never rejoice in the ill-fortune of one who has wronged me.

When I have done or said what is wrong, may I never wait for the rebuke of others,

but always rebuke myself until I make amends. May I win no victory that harms either me or my opponent.

May I reconcile friends who are angry with one another. May I never fail a friend who is in danger.

When visiting those in grief may I be able by gentle and healing words to soften their pain.

May I respect myself. May I always keep tame that which rages within me.

May I accustom myself to be gentle, and never be angry with people because of circumstances.

May I never discuss who is wicked and what wicked things he has done,

but know good men and follow in their footsteps." (Prayer of Eusebius, 3rd century)

Amen

The grace of our Lord Jesus Christ,

and the love of God,

and the fellowship of the Holy Ghost,

be with us all evermore. Amen