

Ashburton and Moorland Team

TRINITY 7

18th July 2021



‘Come away and rest a while.’

¶ The Gathering

In the name of the Father,
and of the Son,
and of the Holy Spirit. **Amen.**

Hymn – I heard the voice of Jesus say

<https://www.youtube.com/watch?v=XUVCpF8-VuE>

I heard the voice of Jesus say,
"Come unto me and rest;
lay down, thou weary one, lay down
thy head upon my breast."
I came to Jesus as I was,
so weary, and worn, and sad;
I found in him a resting place,
and he has made me glad.

I heard the voice of Jesus say,
"Behold, I freely give
the living water; thirsty one,
stoop down and drink, and live."
I came to Jesus, and I drank
of that life-giving stream;
my thirst was quenched, my soul revived,
and now I live in him.

I heard the voice of Jesus say,
"I am this dark world's light;
look unto me, thy morn shall rise,
and all thy day be bright."
I looked to Jesus, and I found
in him my star, my sun;
and in that light of life I'll walk
till travelling days are done.

Prayer of Preparation

**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 Christ our Lord.
Amen.**

Prayers of Penitence

The Summary of the Law

Our Lord Jesus Christ said:
The first commandment is this:
‘Hear, O Israel, the Lord our God is the only Lord.
You shall love the Lord your God with all your heart,
with all your soul, with all your mind,
and with all your strength.’
The second is this: ‘Love your neighbour as yourself.’
There is no other commandment greater than these.
On these two commandments hang all the law and the prophets.
Amen. Lord, have mercy.

Confession

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 forgives all who truly repent,
have mercy upon us,
pardon and deliver us from all our sins,
confirm and strengthen us in all goodness,
and keep us in life eternal;
through Jesus Christ our Lord. Amen.**

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 Collect

Lord of all power and might,
the author and giver of all good things:
graft in our hearts the love of your name,
increase in us true religion,
nourish us with all goodness,
and of your great mercy keep us in the same;
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.

.¶ The Liturgy of the Word

Readings

Jeremiah 23:1-6

Woe to the shepherds who destroy and scatter the sheep of my pasture! says the Lord. Therefore, thus says the Lord, the God of Israel, concerning the shepherds who shepherd my people: It is you who have scattered my flock, and have driven them away, and you have not attended to them. So I will attend to you for your evil doings, says the Lord. Then I myself will gather the remnant of my flock out of all the lands where I have driven them, and I will bring them back to their fold, and they shall be fruitful and multiply. I will raise up shepherds over them who will shepherd them, and they shall not fear any longer, or be dismayed, nor shall any be missing, says the Lord.

The days are surely coming, says the Lord, when I will raise up for David a righteous Branch, and he shall reign as king and deal wisely, and shall execute justice and righteousness in the land. In his days Judah will be saved and Israel will live in safety. And this is the name by which he will be called: 'The Lord is our righteousness.'

This is the word of the Lord.

Thanks be to God.

Ephesians 2:11-22

Remember that at one time you Gentiles by birth, called ‘the uncircumcision’ by those who are called ‘the circumcision’—a physical circumcision made in the flesh by human hands—remember that you were at that time without Christ, being aliens from the commonwealth of Israel, and strangers to the covenants of promise, having no hope and without God in the world. But now in Christ Jesus you who once were far off have been brought near by the blood of Christ.

For he is our peace; in his flesh he has made both groups into one and has broken down the dividing wall, that is, the hostility between us. He has abolished the law with its commandments and ordinances, so that he might create in himself one new humanity in place of the two, thus making peace, and might reconcile both groups to God in one body through the cross, thus putting to death that hostility through it.

So he came and proclaimed peace to you who were far off and peace to those who were near; for through him both of us have access in one Spirit to the Father. So then you are no longer strangers and aliens, but you are citizens with the saints and also members of the household of God, built upon the foundation of the apostles and prophets, with Christ Jesus himself as the cornerstone. In him the whole structure is joined together and grows into a holy temple in the Lord; in whom you also are built together spiritually into a dwelling-place for God.

This is the word of the Lord.

Thanks be to God.

Hymn – Be still, for the presence of the Lord

<https://www.youtube.com/watch?v=ZugvUQ4m90U>

Be still, for the presence of the Lord, the Holy One, is here;
come bow before him now with reverence and fear:
in him no sin is found - we stand on holy ground.
Be still, for the presence of the Lord, the Holy One, is here.

Be still, for the glory of the Lord is shining all around;
he burns with holy fire, with splendour he is crowned:
how awesome is the sight - our radiant King of light!
Be still, for the glory of the Lord is shining all around.

Be still, for the power of the Lord is moving in this place;
he comes to cleanse and heal, to minister his grace -
no work too hard for him, in faith receive from him.
Be still, for the power of the Lord is moving in this place.

Gospel Reading

The Gospel of our Lord Jesus Christ according to Mark
Glory to you, O Lord.

Mark 6:30-34, 53-56

The apostles gathered around Jesus, and told him all that they had done and taught. He said to them, 'Come away to a deserted place all by yourselves and rest a while.' For many were coming and going, and they had no leisure even to eat. And they went away in the boat to a deserted place by themselves. Now many saw them going and recognized them, and they hurried there on foot from all the towns and arrived ahead of them. As he went ashore, he saw a great crowd; and he had compassion for them, because they were like sheep without a shepherd; and he began to teach them many things.

When they had crossed over, they came to land at Gennesaret and moored the boat. When they got out of the boat, people at once recognized him, and rushed about that whole region and began to bring the sick on mats to wherever they heard he was. And wherever he went, into villages or cities or farms, they laid the sick in the market-places, and begged him that they might touch even the fringe of his cloak; and all who touched it were healed.

This is the Gospel of the Lord.
Praise to you, O Christ.

The Sermon

"Come away to a deserted place, and rest a while."

Isn't this is such a wonderfully appealing instruction?

Let's take Jesus at his word, and spend the next few minutes slowly exploring this instruction – pausing and reflecting – enjoying silence....

"Come away to a deserted place, and rest a while."....

Picture the disciples, Jesus' friends, delighted by his invitation....

We've been working so hard, won't it be wonderful....

Now picture yourself at the end of a long day, or a stressful meeting. How does it feel?....

Can you think of a time when life felt relentless, with a sense of nothing ever being really finished, always more to do, with energy and motivation to keep on going simply ebbing away....

And then hearing Jesus inviting us to "Come away."

So we go with him, leaving the things that need doing behind us for a while and just walk where he calls us....

Picture his hand held out behind him, waiting for us to grasp it and go with him....

Come away – come gently....

Leaving behind the worries and cares, not looking back....

Being led forward, journeying to a safe place, a deserted place where no-one can trouble you....

To a beautiful place, a quiet place....

Gradually let busy thoughts settle, leaving behind any guilt about things not done or problems still to be solved....

Rest a while....

Try picturing being a visitor coming to Dartmoor from a really busy and stressful place, and finding a deserted place where they can rest a while....

Sometimes they just come to sit quietly in a church....

And maybe God speaks to them in the silence....

Maybe God speaks to us in this silence....

Thank-you God....

Amen.

The Nicene Creed

***I / We believe in one God,
the Father, the Almighty, maker of heaven and earth,
of all that is, seen and unseen.***

***I / We believe in one Lord, Jesus Christ,
the only Son of God, eternally begotten of the Father,
God from God, Light from Light,
true God from true God, begotten, not made,
of one Being with the Father;
through him all things were made.
For us and for our salvation he came down from heaven,
was incarnate from the Holy Spirit and the Virgin Mary
and was made man.***

***For our sake he was crucified under Pontius Pilate;
he suffered death and was buried.
On the third day he rose again
in accordance with the Scriptures;
he ascended into heaven
and is seated at the right hand of the Father.
He will come again in glory to judge the living and the dead,
and his kingdom will have no end.***

***I / We believe in the Holy Spirit,
the Lord, the giver of life,
who proceeds from the Father and the Son,
who with the Father and the Son is worshipped and glorified,
who has spoken through the prophets.***

I / We believe in one holy catholic and apostolic Church.

I / We acknowledge one baptism for the forgiveness of sins.

***I / We look for the resurrection of the dead,
and the life of the world to come.***

Amen.

The Peace

We are the body of Christ.
In the one Spirit we were all baptized into one body.
Let us then pursue all that makes for peace
and builds up our common life.

The peace of the Lord be always with us.

Hymn – O let the Son of God enfold you
<https://www.youtube.com/watch?v=llmF3xc2vKM>

Oh, let the Son of God enfold you
with his Spirit and his love;
Let him fill your heart and satisfy your soul.
Oh, let him have the things that hold you,
and his Spirit, like a dove,
will descend upon your life and make you whole.

Jesus, O Jesus, come and fill your lambs.
Jesus, O Jesus, come and fill your lambs.

Oh, come and sing the song with gladness
as your hearts are filled with joy.
Lift your hands in sweet surrender to his name.
Oh, give him all your tears and sadness,
give him all your years of pain,
and you'll enter into life in Jesus' name.

Jesus, O Jesus, come and fill your lambs.
Jesus, O Jesus, come and fill your lambs.

Prayers of Intercession

In the power of the Spirit and in union with Christ,
let us pray to the Father.

Lord, in your mercy
hear our prayer.

In silence, we pray for peace....

Lord in your mercy
Hear our prayer.

In silence, we pray for your church....

Lord in your mercy
Hear our prayer.

In silence, we pray for the nations of the world....

Lord in your mercy
Hear our prayer.

In silence, we pray for our community....

Lord in your mercy
Hear our prayer.

In silence, we pray for the sick and suffering....

Lord in your mercy
Hear our prayer.

In silence, we pray for those who mourn....

Lord in your mercy
Hear our prayer.

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

The Lord's Prayer

**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.**

Hymn – Dear Lord and Father of mankind

<https://www.youtube.com/watch?v=Bk7SX3r59sc>

Dear Lord and Father of mankind,
forgive our foolish ways;
reclothe us in our rightful mind,
in purer lives thy service find,
in deeper reverence, praise.

In simple trust like theirs who heard
beside the Syrian sea
the gracious calling of the Lord,
let us, like them, without a word
rise up and follow thee.

O Sabbath rest by Galilee,
O calm of hills above,
where Jesus knelt to share with thee
the silence of eternity,
interpreted by love!

Drop thy still dews of quietness,
till all our strivings cease;
take from our souls the strain and stress,
and let our ordered lives confess
the beauty of thy peace.

Breathe through the heats of our desire
thy coolness and thy balm;
let sense be dumb, let flesh retire;
speak through the earthquake, wind, and fire,
O still, small voice of calm!

¶ Ending

Lord God, whose Son is the true vine and the source of life,
ever giving himself that the world may live:
may we so receive within ourselves the power of his death and
passion that we may share his glory and be made perfect in his love;
for he is alive and reigns, now and for ever.

Amen

The Blessing

The peace of God,
which passes all understanding,
keep our hearts and minds
in the knowledge and love of God,
and of his Son Jesus Christ our Lord;
and the blessing of God almighty,
the Father, the Son, and the Holy Spirit,
be among us and remain with us always.

Amen.

