

Ashburton and Moorland Team

TRINITY 10

8th August 2021



¶ The Gathering

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

Hymn – Alleluia! Sing to Jesus

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

Alleluia! Sing to Jesus;
His the sceptre, his the throne;
Alleluia! his the triumph,
His the victory alone!
Hark! The songs of peaceful Zion
Thunder like a mighty flood:
"Jesus out of every nation
Has redeemed us by his blood."

Alleluia! Not as orphans
Are we left in sorrow now;
Alleluia! he is near us;
Faith believes nor questions how.
Though the cloud from sight received him,
When the forty days were o'er,
Shall our hearts forget his promise:
"I am with you evermore."

Alleluia! Bread of angels,
Here on earth our food, our stay;
Alleluia! here the sinful
Flee to you from day to day.
Intercessor, friend of sinners,
Earth's redeemer, hear our plea
Where the songs of all the sinless
Sweep across the crystal sea.

Alleluia! King eternal,
Thee the Lord of Lords we own;
Alleluia! born of Mary,
Earth your footstool, heaven your throne.
As within the veil you entered,
Robed in flesh, our great high priest;
Here on earth both priest and victim
In the Eucharistic feast.

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

Let your merciful ears, O Lord,
be open to the prayers of your humble servants;
and that they may obtain their petitions
make them to ask such things as shall please you;
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

1 Kings 19:4-8

Elijah went a day's journey into the wilderness, and came and sat down under a solitary broom tree. He asked that he might die: 'It is enough; now, O Lord, take away my life, for I am no better than my ancestors.' Then he lay down under the broom tree and fell asleep. Suddenly an angel touched him and said to him, 'Get up and eat.' He looked, and there at his head was a cake baked on hot stones, and a jar of water. He ate and drank, and lay down again. The angel of the Lord came a second time, touched him, and said, 'Get up and eat, otherwise the journey will be too much for you.' He got up, and ate and drank; then he went in the strength of that food for forty days and forty nights to Horeb the mount of God.

This is the word of the Lord.

Thanks be to God.

Ephesians 4:25-5:2

So then, putting away falsehood, let all of us speak the truth to our neighbours, for we are members of one another. Be angry but do not sin; do not let the sun go down on your anger, and do not make room for the devil. Thieves must give up stealing; rather let them labour and work honestly with their own hands, so as to have something to share with the needy. Let no evil talk come out of your mouths, but only what is useful for building up, as there is need, so that your words may give grace to those who hear. And do not grieve the Holy Spirit of God, with which you were marked with a seal for the day of redemption. Put away from you all bitterness and wrath and anger and wrangling and slander, together with all malice, and be kind to one another, tender-hearted, forgiving one another, as God in Christ has forgiven you. Therefore be imitators of God, as beloved children, and live in love, as Christ loved us and gave himself up for us, a fragrant offering and sacrifice to God.

This is the word of the Lord.

Thanks be to God.

Hymn – Make me a channel of your peace

<https://www.youtube.com/watch?v=2svZhZT6Pro>

Make me a channel of your peace.
Where there is hatred let me bring your love.
Where there is injury, your pardon Lord
and where there's doubt, true faith in you.

*Oh master, grant that I may never seek
so much to be consoled as to console,
to be understood as to understand,
to be loved as to love with all my soul.*

Make me a channel of your peace.
Where there's despair in life let me bring hope.
Where there is darkness, only light,
and where there's sadness ever joy.

*Oh master, grant that I may never seek
so much to be consoled as to console,
to be understood as to understand,
to be loved as to love with all my soul.*

Make me a channel of your peace
It is in pardoning that we are pardoned,
in giving to all men that we receive
and in dying that we're born to eternal life.

*Oh master, grant that I may never seek
so much to be consoled as to console,
to be understood as to understand,
to be loved as to love with all my soul.*

Make me a channel of your peace
It is in pardoning that we are pardoned,
in giving to all men that we receive
and in dying that we're born to eternal life.

Gospel Reading

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

John 6:35, 41-51

Jesus said to the crowd, 'I am the bread of life. Whoever comes to me will never be hungry, and whoever believes in me will never be thirsty.

Then the Jews began to complain about him because he said, 'I am the bread that came down from heaven.' They were saying, 'Is not this Jesus, the son of Joseph, whose father and mother we know?'

How can he now say, “I have come down from heaven”?’ Jesus answered them, ‘Do not complain among yourselves. No one can come to me unless drawn by the Father who sent me; and I will raise that person up on the last day. It is written in the prophets, “And they shall all be taught by God.” Everyone who has heard and learned from the Father comes to me. Not that anyone has seen the Father except the one who is from God; he has seen the Father. Very truly, I tell you, whoever believes has eternal life. I am the bread of life. Your ancestors ate the manna in the wilderness, and they died. This is the bread that comes down from heaven, so that one may eat of it and not die. I am the living bread that came down from heaven. Whoever eats of this bread will live for ever; and the bread that I will give for the life of the world is my flesh.’

This is the Gospel of the Lord.

Praise to you, O Christ.

The Sermon

I wonder if you’ve ever said to someone “Well, you got out of the wrong side of the bed this morning!”

It’s a phrase that you might use when someone’s grumpy or cross or angry. They’re having a bad day and they’re so upset, that your day is being affected by it.

We all have bad days sometimes – I know I do, and when I’m in a bad mood I’m not much fun to be with. Elijah was in a bad mood, and he wasn’t much fun to be with – he’d done all that God had asked him to do in dealing with the prophets of Baal; and now King Ahab had it in for him.

Elijah felt under attack and was so fed up he wanted to die. So he went miles into the wilderness and sat down under a broom tree. And sulked. He was angry with God for getting him into such a mess.

I think he had good reason to be angry as his life was in danger – he might be killed, and it wasn’t his fault, it was God’s fault. God was to blame!

St Paul was writing to the Christians who lived in Ephesus – in modern day Turkey – and it sounds as though they were expressing a lot of anger too – too much. They were finding it hard to change their ways as they tried to live the Christian life. Paul observed that they “struggled to put away their former way of life.” They knew what they should do, but found it very hard to change their ways, so they looked for someone to blame – and, like Elijah, they blamed God!

If you think about the last time you felt angry, you’ll probably find that you were looking for someone to blame, because something had gone wrong?

Maybe your phone line or internet has died at a critical moment and you want to pinpoint the blame – “It’s all BTs fault”. Maybe your grocery order didn’t arrive and you want to know who to blame? Maybe you felt someone had let you down and you blamed them?

In his challenging writing, Paul tells us to “be angry but do not sin.” And then he says “do not let the sun go down on your anger and do not make room for the devil.”

Perhaps the biggest danger is that I get angry with someone who really isn’t to blame – like when the internet fails, is it really the fault of the person on the helpdesk? Does it make anything better if I’m angry with them?

I am often tempted by a desire to track down someone to blame. But then I find it doesn’t do any good – when something has gone wrong it’s almost never deliberate, it’s most likely a combination of circumstances, rather than just one person’s fault.

Sometimes when phoning a company to complain I notice that I’ve been unreasonable in my anger, and, rather embarrassed, I try before the end of the call to thank them for doing all they can to solve the problem, and I apologise for my angry words.

I think this is what Paul is getting at – if I’m angry with someone it might make me feel better, but is very likely to make them feel worse – and that’s the devil’s work.

Away from faults on the phone line, on a bigger scale, anger can be fired up by seeing injustice. The anger gets us thinking about the real cause of the problem, and the issues that may lie at the root of it, trying to find out what's going wrong, and then trying to do something about it.

It can be helpful to use the anger initially as a motivation to get on and do something, but then letting the anger melt away, and instead getting on with tackling the problems.

I think Paul was saying that a brief burst of anger can be a wake-up call to do something about a situation that needs changing, but allowing anger to simmer for days or years is likely to make us miserable, indeed to make all those around us miserable as well!

Paul's vision was for a better world, where wrongs were righted. He wanted the Ephesians to "put away all bitterness and wrath and anger and wrangling and slander, together with all malice, and be kind to one another, tender-hearted, forgiving one another."

And his approach is highly relevant today.

Consider the issue of Global Warming and Climate Change. If you had been caught up in the floods in Germany and seen your house washed away, or had to flee the fires in Turkey, seeing your villa going up in flames, you'd be upset and angry – "Why did this have to happen to me? Whose fault is this? Who's to blame?"

But it turns out that we are to blame, we are all to blame – we've been driving cars for years, burning oil to heat our houses, creating the CO2 that is now the problem. Rather than anger, collaboration and co-operation is the answer.

It turns out we ourselves can all take a few small steps at home. And we can be encouraging and supportive to those who are working to tackle the problem, maybe pressuring governments, convincing sceptics, channelling any energy that is wasted on anger into a creative force for good.

We need to set the anger aside, and lift our eyes to God, as Jesus encouraged people to do, receiving Him, the bread from heaven. So we can all help to bring in God's kingdom here on earth.

Working to ensure that justice rather than anger prevails, and that we all work together for the good of each other. Just as God wants...

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 – Inspired by love and anger

<https://www.youtube.com/watch?v=a9pS7JS5Rqo>

Inspired by love and anger, disturbed by need and pain,
Informed of God's own bias, we ask him once again:
"How long must some folk suffer? How long can few folk mind?
How long dare vain self-interest turn prayer and pity blind?"

From those forever victims of heartless human greed,
Their cruel plight composes a litany of need:
"Where are the fruits of justice? Where are the signs of peace?
When is the day when prisoners and dreams find their release?"

From those forever shackled to what their wealth can buy,
The fear of lost advantage provoke the bitter cry:
"Don't query our position! Don't criticise our wealth!
Don't mention those exploited by politics and stealth!"

God asks, "Who will go for me? Who will extend my reach?
And who, when few will listen, will prophesy and preach?
And who, when few bid welcome, will offer all they know?
And who, when few dare follow, will walk the road I show?"

Prayers of Intercession

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

In joy and hope we pray.
Lord, in your mercy
hear our prayer.

That our risen Saviour may fill us with the joy of his
glorious and life-giving resurrection,
and that he may fill us with the spirit of generosity.
Lord, in your mercy
hear our prayer.

That people in all countries and places of oppression
may find fresh strength and support in their struggles
for justice and fairness.
Lord, in your mercy
hear our prayer.

That God may grant us humility
to be subject to one another in Christian love,
setting aside anger,
and learning ways of generosity and peace.
Lord, in your mercy
hear our prayer.

That he may enable a sharing of the world's resources
to provide for those who lack food,
work, or shelter.
Lord, in your mercy
hear our prayer.

That by his power war and famine
may cease through all the world.
Lord, in your mercy
hear our prayer.

That he may comfort all those suffering from loneliness, isolation or fear at this uncertain time.

Lord, in your mercy
hear our prayer.

That he may reveal the light of his presence to the sick, the weak, the dying and those who mourn, to comfort and strengthen them.

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 – I, the Lord of sea and sky,

https://www.youtube.com/watch?v=E92Rd0Hzw_g

I, the Lord of sea and sky,
I have heard my people cry.
All who dwell in deepest sin
My hand will save.
I who made the stars of night,
I will make their darkness bright.
Who will bear my light to them?
Whom shall I send?

*Here I am Lord. Is it I Lord?
I have heard you calling in the night.
I will go Lord, if you lead me.
I will hold your people in my heart.*

I, the Lord of wind and flame,
I will tend the poor and lame.
I will set a feast for them.
My hand will save.
Finest bread I will provide
Till their hearts be satisfied.
I will give my life to them.
Whom shall I send?

*Here I am Lord. Is it I Lord?
I have heard you calling in the night.
I will go Lord, if you lead me.
I will hold your people in my heart.*

¶ Ending

God of our pilgrimage,
you have willed that the gate of mercy
should stand open for those who trust in you:
look upon us with your favour
that we who follow the path of your will
may never wander from the way of life;
through Jesus Christ our Lord.

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.