

Trinity 15 Communion – BCP

Hymn – O Lord my God

<https://www.youtube.com/watch?v=1mTb-cN6lvk>

O Lord my God! When I in awesome wonder
consider all the works thy hand hath made,
I see the stars, I hear the mighty thunder,
thy power throughout the universe displayed;

*Then sings my soul, my Saviour God, to thee,
how great thou art, how great thou art!*

*Then sings my soul, my Saviour God, to thee,
how great thou art, how great thou art!*

When through the woods and forest glades I wander
and hear the birds sing sweetly in the trees;
when I look down from lofty mountain grandeur
and hear the brook and feel the gentle breeze:

Then sings my soul...

And when I think that God, his Son not sparing,
sent him to die – I scarce can take it in
that on the cross, my burden gladly bearing,
he bled and died to take away my sin:

Then sings my soul...

When Christ shall come with shouts of acclamation
and take me home – what joy shall fill my heart!
Then shall I bow in humble adoration
and there proclaim, 'my God, how great thou art!'

Then sings my soul...

The Lord's Prayer

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.

Prayer of Preparation

**Almighty God,
unto whom all hearts be open,
all desires known,
and from whom no secrets are hid:
cleanse the thoughts of our hearts
by the inspiration of thy Holy Spirit,
that we may perfectly love thee,
and worthily magnify thy holy name;
through Christ our Lord.
Amen.**

The Commandments

Our Lord Jesus Christ said:

Hear, O Israel, the Lord our God is one Lord;
and thou shalt love the Lord thy God with all thy heart,
and with all thy soul, and with all thy mind,
and with all thy strength.

This is the first commandment.

And the second is like, namely this:

Thou shalt love thy neighbour as thyself.

There is none other commandment greater than these.

On these two commandments hang all the law and the prophets.

**Lord, have mercy upon us,
and write all these thy laws in our hearts, we beseech thee.**

Almighty God, whose kingdom is everlasting, and power infinite: have mercy upon the whole Church; and so rule the heart of thy chosen servant Elizabeth, our Queen and Governor, that she (knowing whose minister she is) may above all things seek thy honour and glory: and that we and all her subjects (duly considering whose authority she hath) may faithfully serve, honour and humbly obey her, in thee, and for thee, according to thy blessed word and ordinance; through Jesus Christ our Lord, who with thee and the Holy Ghost liveth and reigneth, ever one God, world without end.

Amen.

The Collect

God, who of thy generous mercy didst send the Holy Spirit upon thy Church in the burning fire of thy love:

grant that thy people may be fervent in the fellowship of the gospel that, ever abiding in thee,

they may be found steadfast in faith and active in service;

through Jesus Christ thy Son our Lord,
who liveth and reigneth with thee,
in the unity of the Holy Spirit,
one God, now and for ever. **Amen**

Old Testament Lesson

The Old Testament Lesson is written in the fiftieth chapter of the book of Isaiah, beginning at the fourth verse.

Isaiah 50:4-9a

The Lord God has given me the tongue of a teacher,
that I may know how to sustain the weary with a word.
Morning by morning he wakens—

wakens my ear to listen as those who are taught.

The Lord God has opened my ear,

and I was not rebellious, I did not turn backwards.

I gave my back to those who struck me,

and my cheeks to those who pulled out the beard;

I did not hide my face from insult and spitting.

The Lord God helps me;

therefore I have not been disgraced;

therefore I have set my face like flint,

and I know that I shall not be put to shame;

he who vindicates me is near.

Who will contend with me? Let us stand up together.

Who are my adversaries? Let them confront me.

It is the Lord God who helps me; who will declare me guilty?

Here endeth the Lesson.

Epistle

The Epistle is written in the third chapter of the Letter of James, beginning at the first verse.

James 3:1-12

Not many of you should become teachers, my brothers and sisters, for you know that we who teach will be judged with greater strictness. For all of us make many mistakes. Anyone who makes no mistakes in speaking is perfect, able to keep the whole body in check with a bridle. If we put bits into the mouths of horses to make them obey us, we guide their whole bodies. Or look at ships: though they are so large that it takes strong winds to drive them, yet they are guided by a very small rudder wherever the will

of the pilot directs. So also the tongue is a small member, yet it boasts of great exploits.

How great a forest is set ablaze by a small fire! And the tongue is a fire. The tongue is placed among our members as a world of iniquity; it stains the whole body, sets on fire the cycle of nature, and is itself set on fire by hell. For every species of beast and bird, of reptile and sea creature, can be tamed and has been tamed by the human species, but no one can tame the tongue—a restless evil, full of deadly poison. With it we bless the Lord and Father, and with it we curse those who are made in the likeness of God. From the same mouth come blessing and cursing. My brothers and sisters, this ought not to be so. Does a spring pour forth from the same opening both fresh and brackish water? Can a fig tree, my brothers and sisters, yield olives, or a grapevine figs? No more can salt water yield fresh.

Here endeth the Epistle.

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.

Gospel

The holy Gospel is written in the eighth chapter of the Gospel according to Saint Mark, beginning at the twenty-seventh verse.

Glory be to thee, O Lord.

Mark 8:27-38

Jesus went on with his disciples to the villages of Caesarea Philippi; and on the way he asked his disciples, 'Who do people say that I am?' And they answered him, 'John the Baptist; and others, Elijah; and still others, one of the prophets.' He asked them, 'But who do you say that I am?' Peter answered him, 'You are the Messiah.' And he sternly ordered them not to tell anyone about him.

Then he began to teach them that the Son of Man must undergo great suffering, and be rejected by the elders, the chief priests, and the scribes, and be killed, and after three days rise again. He said all this quite openly. And Peter took him aside and began to rebuke him. But turning and looking at his disciples, he rebuked Peter and said, 'Get behind me, Satan! For you are setting your mind not on divine things but on human things.'

He called the crowd with his disciples, and said to them, 'If any want to become my followers, let them deny themselves and take up their cross and follow me. For those who want to save their life will lose it, and those who lose their life for my sake, and for the sake of the gospel, will save it. For what will it profit them to gain the whole world and forfeit their life? Indeed, what can they give in return for their life? Those who are ashamed of me and of my words in this adulterous and sinful generation, of them the Son of Man will also be ashamed when he comes in the glory of his Father with the holy angels.'

This is the Gospel of the Lord.

Praise be to thee, O Christ.

The Creed

**I believe in one God the Father almighty,
maker of heaven and earth,
and of all things
visible and invisible:**

**And in one Lord Jesus Christ,
the only-begotten Son of God,
begotten of his Father before all worlds,
God of God, Light of Light,
very God of very God,
begotten, not made,
being of one substance with the Father,
by whom all things were made;
who for us men and for our salvation
came down from heaven,
and was incarnate by the Holy Ghost of the Virgin Mary,
and was made man,
and was crucified also for us under Pontius Pilate.
He suffered and was buried,
and the third day he rose again
according to the Scriptures,
and ascended into heaven,
and sitteth on the right hand of the Father.
And he shall come again with glory
to judge both the quick and the dead:
whose kingdom shall have no end.**

**And I believe in the Holy Ghost, the Lord and giver of life,
who proceedeth from the Father and the Son,
who with the Father and the Son together
is worshipped and glorified,
who spake by the prophets.
And I believe one catholic and apostolic Church.
I acknowledge one baptism for the remission of sins.
And I look for the resurrection of the dead,
and the life of the world to come. Amen.**

Sermon

I have rather a dim memory of one of my grandmothers – we lived in Scotland and she was in Hampshire, so I didn't see much of her, and I was only about seven when she died.

One very early memory I have is of her comforting me in her four-poster bed during a thunderstorm – lightening flashing all round, but her bed had curtains that could be pulled round to make it feel a safe haven. She got out a children's book called the Veggie-man's revenge, and read me the story. I guess I just fell asleep, safe!

Another memory I have still haunts me. I think Granny was quite short and

fairly plump. We were staying with her, and one morning I was having breakfast with my family and my aunt – I guess Granny was still in bed, anyway, she wasn't around, and I asked in innocence "Why does Granny look pregnant?"

There was complete silence. No-one could think of what to say! I gradually realised that this wasn't the sort of question one asked. Everyone was embarrassed, and I expect my aunt or mother said "You shouldn't make personal remarks."

And so I learnt a painful lesson – speaking without thinking wasn't on and I presumably learnt to think a little harder before speaking? But I still even now come out with things that I regret saying, that sound critical but weren't meant that way – I guess everyone does?

By contrast, being enthusiastic about something and making positive remarks is pretty safe, indeed is to be encouraged.

Peter in our gospel story gives us perfect examples of both these responses.

Firstly we hear Peter in burst of enthusiasm saying "Yes Lord, you are the Messiah." Jesus' life was starting to make sense to him. Jesus was healing people, forgiving their sins, consoling the poor and the unhappy. And Peter had worked out that this was exactly what God had promised would happen – God would send a leader to save the people. "Yes. You are he."

Peter spoke naturally, straight from the heart, and Jesus must have been delighted, though he didn't want it broadcast about as that would seem presumptuous. Peter was the flavour of the moment,

But, oh dear, it didn't last long at all. When Jesus went on to explain that he would suffer and be killed, Peter's natural reaction was to say "That's not right. That shouldn't happen."

He was right – it shouldn't happen. The Son of Man should not have been crucified. But we can imagine Jesus' internal struggle, coming to terms with a fate that he was beginning to realise was inevitable if he continued to challenge an unjust society. So it seemed to Jesus that Peter was tempting him to avoid his fate – Peter, his best friend, was undermining his resolution. "Get behind me Satan" is not saying that Peter was Satan, but that Satan had found a way, through Peter, to weaken Jesus.

If Peter had thought it through, he might well have offered to stand beside Jesus through his trials and support him instead. But he spoke without thinking it through.

"Thinking it through" is really today's theme. James writes about how essential it is that we do the thinking before the speaking. In particular

thinking very carefully before saying anything negative.

And James is so topical – every day there is some new headline from Social Media about trolls and abuse. James would today be writing about typing rather than speaking, fingers rather than the tongue. Thousands of people creating abusive posts and tweets. Deliberate abuse that can be so hurtful seems to have always been part of the human condition.

He might also have offered advice about never replying quickly to an email that upsets us – rather, give the sender a call and talk it over, or at the very least, sleep on it....

At a school safeguarding meeting this week I was very distressed to hear again of so many families in our communities where children become the unwitting victims of marital breakdown or domestic abuse. Hurt and pain caused by people who are themselves hurting – and who struggle to bridle their tongues, particularly when they have been drinking or taking drugs. Extreme cases, I agree, but I don't suppose there is anyone who has never had a row?

It's part of our commitment to following Jesus that we work away at thinking through the potential consequences of what we say before saying it or typing it. We do this in a whole variety of ways...

- Quietly praying to God about what to say
- Going for a walk to let our thoughts cool down
- Lying awake at night and coming up with a better plan
- Talking it through with someone we respect
- Trying to imagine what Jesus would want us to do

The important thing is that I've learnt that I need to think before I speak into a situation. It's like catching the impulse as it heads to my tongue, or as James says, like putting a bridle in my mouth to prevent an outburst.

But then at a deeper level, with God's help, to see if I can set aside critical thoughts and tell them to go away. Perhaps working at trying to understand why someone else behaves the way they do, and thinking of sympathy rather than criticism.

You may have come across G K Chesterton's detective priest called Father Brown. A man of great virtue and gentleness, he solved his cases by learning to think like a criminal – training himself to understand how he might have committed the crime himself.

By understanding how thoughts can be controlled in this way, I can understand that there is a way of breaking free from quick and hurtful responses. That's my target!

But still things go wrong, I find myself wishing I could unsay something. It's bound to happen, and that's where God's encouragement to seek forgiveness is so helpful. To confess my sin, apologise to God, and perhaps most importantly to apologise to the person I've upset. And if someone upsets me, to forgive them.

That's the plan – but it's very reassuring to me that even Peter kept making mistakes and yet kept becoming more loyal and more faithful – a perfect example to follow.

Amen.

Offertory

Let your light so shine before men, that they may see your good works, and glorify your Father which is in heaven. Matthew 5.16

Hymn – I cannot tell

<https://www.youtube.com/watch?v=zltna-BlmM8>

I cannot tell how he whom angels worship
should stoop to love the peoples of the earth,
or why as shepherd he should seek the wanderers
with his mysterious promise of new birth.
But this I know, that he was born of Mary,
when Bethlehem's manger was his only home,
and that he lived at Nazareth and laboured,
and so the saviour, saviour of the world, is come.

I cannot tell how silently he suffered,
as with his peace he graced this place of tears,
nor how his heart upon the cross was broken,
the crown of pain to three and thirty years.
But this I know, he heals the broken-hearted,
and stays our sin, and calms our lurking fear,
and lifts the burden from the heavy laden,
for still the saviour, saviour of the world, is here.

I cannot tell how he will win the nations,
how he will claim his earthly heritage,
how satisfy the needs and aspirations
of east and west, of sinner and of sage.
But this I know, all flesh shall see his glory,
and he shall reap the harvest he has sown,
and some glad day his sun shall shine in splendour
when he the saviour, saviour of the world, is known.

I cannot tell how all the lands shall worship,
when, at his bidding, every storm is stilled,
or who can say how great the jubilation
when all our hearts with love for him are filled.
But this I know, the skies will sound his praises,
ten thousand thousand human voices sing,
and earth to heaven, and heaven to earth, will answer:
at last the Saviour, Saviour of the world, is King.

Intercession

Let us pray for the whole state of Christ's Church militant here in earth.

Almighty and ever-living God, who by thy holy apostle hast taught us to make prayers and supplications, and to give thanks, for all men: we humbly beseech thee most mercifully to accept our alms and oblations, and to receive these our prayers, which we offer unto thy divine majesty; beseeching thee to inspire continually the universal Church with the spirit of truth, unity, and concord: and grant, that all they that do confess thy holy name may agree in the truth of thy holy word, and live in unity and godly love.

We beseech thee also to save and defend all Christian kings, princes and governors; and specially thy servant Elizabeth our Queen, that under her we may be godly and quietly governed: and grant unto her whole Council, and to all that are put in authority under her, that they may truly and impartially minister justice, and to the maintenance of thy true religion and virtue.

Give grace, O heavenly Father, to all bishops, priests and deacons, that they may both by their life and doctrine set forth thy true and lively word, and rightly and duly administer thy holy sacraments: and to all thy people give thy heavenly grace; and specially to this congregation here present; that, with meek heart and due reverence, they may hear and receive thy holy word; truly serving thee in holiness and righteousness all the days of their life.

And we most humbly beseech thee of thy goodness, O Lord, to comfort and succour all them, who in this transitory life are in trouble, sorrow, need, sickness, or any other adversity.

And we also bless thy holy name for all thy servants departed this life in thy faith and fear; beseeching thee to give us grace so to follow their good examples, that with them we may be partakers of thy heavenly kingdom. Grant this, O Father, for Jesus Christ's sake, our only mediator and advocate. **Amen.**

Invitation to Confession

Ye that do truly and earnestly repent you of your sins, and are in love and charity with your neighbours, and intend to lead a new life, following the commandments of God, and walking from henceforth in his holy ways: draw near with faith, and take this holy sacrament to your comfort; and make your humble confession to almighty God, meekly kneeling upon your knees.

Confession

**Almighty God, Father of our Lord Jesus Christ,
maker of all things, judge of all men:
we acknowledge and bewail our manifold sins and wickedness,
which we, from time to time, most grievously have committed,
by thought, word and deed, against thy divine majesty,
provoking most justly thy wrath and indignation against us.
We do earnestly repent,
and are heartily sorry for these our misdoings;
the remembrance of them is grievous unto us;
the burden of them is intolerable.
Have mercy upon us,
have mercy upon us, most merciful Father;
for thy Son our Lord Jesus Christ's sake,
forgive us all that is past;
and grant that we may ever hereafter
serve and please thee in newness of life,
to the honour and glory of thy name;
through Jesus Christ our Lord.
Amen.**

Absolution

Almighty God, our heavenly Father,
who of his great mercy hath promised forgiveness of sins
to all them that with hearty repentance and true faith turn unto him:
have mercy upon you;
pardon and deliver you from all your sins;
confirm and strengthen you in all goodness;
and bring you to everlasting life;
through Jesus Christ our Lord. **Amen.**

The Comfortable Words

Hear what comfortable words our Saviour Christ saith unto all that truly turn to him:

Come unto me, all that travail and are heavy laden,
and I will refresh you. *Matthew 11.28*

So God loved the world, that he gave his only-begotten Son,
to the end that all that believe in him should not perish,
but have everlasting life. *John 3.16*

Hear also what Saint Paul saith:

This is a true saying, and worthy of all men to be received,
that Christ Jesus came into the world to save sinners. *1 Timothy 1.15*

Hear also what Saint John saith:

If any man sin, we have an advocate with the Father,
Jesus Christ the righteous;
and he is the propitiation for our sins. *1 John 2.1,2*

The next part is the Holy Communion words for those in church:

Preface

Lift up your hearts.

We lift them up unto the Lord.

Let us give thanks unto our Lord God.

It is meet and right so to do.

It is very meet, right and our bounden duty,
that we should at all times, and in all places, give thanks unto thee,
O Lord, holy Father,
almighty, everlasting God.

Therefore with angels and archangels,
and with all the company of heaven,
we laud and magnify thy glorious name,
evermore praising thee, and saying:

**Holy, holy, holy, Lord God of hosts,
heaven and earth are full of thy glory.
Glory be to thee, O Lord most high.
Amen.**

Prayer of Humble Access

**We do not presume
to come to this thy table, O merciful Lord,
trusting in our own righteousness,
but in thy manifold and great mercies.
We are not worthy
so much as to gather up the crumbs under thy table.
But thou art the same Lord,
whose property is always to have mercy:
grant us therefore, gracious Lord,
so to eat the flesh of thy dear Son Jesus Christ,
and to drink his blood,
that our sinful bodies may be made clean by his body,
and our souls washed through his most precious blood,
and that we may evermore dwell in him, and he in us.
Amen.**

The Prayer of Consecration

Almighty God, our heavenly Father, who of thy tender mercy didst give thine only Son Jesus Christ to suffer death upon the cross for our redemption; who made there (by his one oblation of himself once offered) a full, perfect and sufficient sacrifice, oblation and satisfaction for the sins of the whole world; and did institute, and in his holy gospel command us to continue, a perpetual memory of that his precious death, until his coming again:

Hear us, O merciful Father, we most humbly beseech thee; and grant that we receiving these thy creatures of bread and wine, according to thy Son our Saviour Jesus Christ's holy institution, in remembrance of his death and passion, may be partakers of his most blessed body and blood:

who, in the same night that he was betrayed, took bread;
and, when he had given thanks, he brake it,
and gave it to his disciples, saying, Take, eat;

this is my body which is given for you:
do this in remembrance of me.

Likewise after supper he took the cup;
and, when he had given thanks, he gave it to them, saying,
Drink ye all of this;
for this is my blood of the new testament,
which is shed for you and for many for the remission of sins:
do this, as oft as ye shall drink it, in remembrance of me.

Amen.

O Lamb of God
that takest away the sins of the world,
have mercy upon us.

**O Lamb of God
that takest away the sins of the world,
have mercy upon us.**

**O Lamb of God
that takest away the sins of the world,
grant us thy peace.**

Giving of Communion

The body of our Lord Jesus Christ, which was given for thee,
preserve thy body and soul unto everlasting life.
Take and eat this in remembrance that Christ died for thee,
and feed on him in thy heart by faith with thanksgiving.

The blood of our Lord Jesus Christ, which was shed for thee,
preserve thy body and soul unto everlasting life.
Drink this in remembrance that Christ's blood was shed for thee, and be
thankful.

The Lord's Prayer

As our Saviour Christ hath commanded and taught us,
we are bold to say

**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.**

Prayer after Communion

Almighty and ever-living God, we most heartily thank thee, for that thou dost vouchsafe to feed us, who have duly received these holy mysteries, with the spiritual food of the most precious body and blood of thy Son our Saviour Jesus Christ; and dost assure us thereby of thy favour and goodness towards us; and that we are very members incorporate in the mystical body of thy Son, which is the blessed company of all faithful people; and are also heirs through hope of thy everlasting kingdom, by the merits of the most precious death and passion of thy dear Son. And we most humbly beseech thee, O heavenly Father, so to assist us with thy grace, that we may continue in that holy fellowship, and do all such good works as thou hast prepared for us to walk in; through Jesus Christ our Lord, to whom, with thee and the Holy Ghost, be all honour and glory, world without end. **Amen.**

Gloria in Excelsis

Glory be to God on high, and in earth peace, good will towards men.

**We praise thee, we bless thee, we worship thee, we glorify thee,
we give thanks to thee for thy great glory,
O Lord God, heavenly King, God the Father almighty.**

**O Lord, the only-begotten Son Jesu Christ;
O Lord God, Lamb of God, Son of the Father,
that takest away the sins of the world, have mercy upon us.
Thou that takest away the sins of the world, have mercy upon us.
Thou that takest away the sins of the world, receive our prayer.
Thou that sittest at the right hand of God the Father,
have mercy upon us.**

**For thou only art holy;
thou only art the Lord;
thou only, O Christ,
with the Holy Ghost,
art most high
in the glory of God the Father.
Amen.**

Hymn – At the name of Jesus

<https://www.youtube.com/watch?v=tZGSkYF88-g>

At the name of Jesus every knee shall bow,
every tongue confess him King of glory now;
'tis the Father's pleasure we should call him Lord,
who from the beginning was the mighty Word.

Humbled for a season, to receive a name
from the lips of sinners, unto whom he came;
faithfully he bore it spotless to the last,
brought it back victorious when from death he passed;

Name him Christians name him, with love strong as death,
but with awe and wonder, and with bated breath;
he is God the Saviour, he is Christ the Lord,
ever to be worshipped, trusted and adored.

In your hearts enthrone him; there let him subdue
all that is not holy, all that is not true.
Look to him, your Saviour, in temptations' hour;
let his will enfold you in its light and power.

Surely, this Lord Jesus shall return again,
with his Father's glory, with his angel-train;
for all wreaths of empire meet upon his brow,
and our hearts confess him King of glory now.

The Blessing

The peace of God, which passeth all understanding, keep your 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 Ghost, be amongst you and remain with you always.

Amen.