

# Trinity 19 Communion – BCP

## Hymn – Will you come and follow me

<https://www.youtube.com/watch?v=pnXOEUS7BBM>

Will you come and follow me  
if I but call your name?  
Will you go where you don't know  
and never be the same?  
Will you let my love be shown,  
will you let my name be known,  
will you let my life be grown  
in you and you in me?

Will you leave your self behind  
if I but call your name?  
Will you care for cruel and kind  
and never be the same?  
Will you risk the hostile stare  
should your life attract or scare,  
will you let me answer prayer  
in you and you in me?

Will you love the 'you' you hide  
if I but call your name?  
Will you quell the fear inside  
and never be the same?  
Will you use the faith you've found  
to reshape the world around  
through my sight and touch and sound  
in you and you in me?

Lord, your summons echoes true  
when you but call my name.  
Let me turn and follow you  
and never be the same.  
In your company I'll go  
where your love and footsteps show.  
Thus I'll move and live and grow  
in you and you in me.

## **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**

O God, forasmuch as without thee we are not able to please thee; mercifully grant, that thy Holy Spirit may in all things direct and rule our hearts; 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 fifth chapter of the Book of the Prophet Amos, beginning at the fifth verse.*

Amos 5:6-7, 10-15

Seek the Lord and live,  
or he will break out against the house of Joseph like fire,  
and it will devour Bethel, with no one to quench it.  
Ah, you that turn justice to wormwood,  
and bring righteousness to the ground!  
They hate the one who reproves in the gate,  
and they abhor the one who speaks the truth.  
Therefore, because you trample on the poor  
and take from them levies of grain,  
you have built houses of hewn stone,  
but you shall not live in them;  
you have planted pleasant vineyards,  
but you shall not drink their wine.  
For I know how many are your transgressions,  
and how great are your sins—

you who afflict the righteous, who take a bribe,  
and push aside the needy in the gate.  
Therefore the prudent will keep silent in such a time;  
for it is an evil time.  
Seek good and not evil,  
that you may live;  
and so the Lord, the God of hosts, will be with you,  
just as you have said.  
Hate evil and love good,  
and establish justice in the gate;  
it may be that the Lord, the God of hosts,  
will be gracious to the remnant of Joseph.

Here endeth the Lesson.

## Epistle

*The Epistle is written in fourth chapter of the Letter to the Hebrews, beginning at the twelfth verse.*

Hebrews 4:12-16

Indeed, the word of God is living and active, sharper than any two-edged sword, piercing until it divides soul from spirit, joints from marrow; it is able to judge the thoughts and intentions of the heart. And before him no creature is hidden, but all are naked and laid bare to the eyes of the one to whom we must render an account.

Since, then, we have a great high priest who has passed through the heavens, Jesus, the Son of God, let us hold fast to our confession. For we do not have a high priest who is unable to sympathize with our weaknesses, but we have one who in every respect has been tested as we are, yet without sin. Let us therefore approach the throne of grace with boldness, so that we may receive mercy and find grace to help in time of need.

Here endeth the Epistle.

## Hymn – Amazing grace

<https://www.youtube.com/watch?v=fKnEB6UV25c>

Amazing grace! how sweet the sound,  
that saved a wretch; like me!  
I once was lost, but now am found,  
was blind, but now I see.

'Twas grace that taught my heart to fear,  
and grace my fears relieved;  
how precious did that grace appear  
the hour I first believed!

The Lord hath promised good to me,  
his word my hope secures;  
he will my shield and portion be  
as long as life endures.

When we've been there ten thousand years,  
bright shining as the sun,  
we've no less days to sing God's praise  
than when we first begun.

## **Gospel**

*The holy Gospel is written in the tenth chapter of the Gospel according to Saint MARK, beginning at the thirty-fifth verse.*

### **Glory be to thee, O Lord.**

Mark 10:17-31

As Jesus was setting out on a journey, a man ran up and knelt before him, and asked him, 'Good Teacher, what must I do to inherit eternal life?' Jesus said to him, 'Why do you call me good? No one is good but God alone. You know the commandments: "You shall not murder; You shall not commit adultery; You shall not steal; You shall not bear false witness; You shall not defraud; Honour your father and mother." ' He said to him, 'Teacher, I have kept all these since my youth.' Jesus, looking at him, loved him and said, 'You lack one thing; go, sell what you own, and give the money to the poor, and you will have treasure in heaven; then come, follow me.'

When he heard this, he was shocked and went away grieving, for he had many possessions.

Then Jesus looked around and said to his disciples, 'How hard it will be for those who have wealth to enter the kingdom of God!' And the disciples were perplexed at these words. But Jesus said to them again, 'Children, how hard it is to enter the kingdom of God! It is easier for a camel to go through the eye of a needle than for someone who is rich to enter the kingdom of God.' They were greatly astounded and said to one another, 'Then who can be saved?' Jesus looked at them and said, 'For mortals it is impossible, but not for God; for God all things are possible.'

Peter began to say to him, 'Look, we have left everything and followed you.' Jesus said, 'Truly I tell you, there is no one who has left house or brothers or sisters or mother or father or children or fields, for my sake and for the sake of the good news, who will not receive a hundredfold now in this age—houses, brothers and sisters, mothers and children, and fields, with persecutions—and in the age to come eternal life. But many who are first will be last, and the last will be first.'

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**

As so often, Peter is the one who speaks out what he (and probably everyone else listening) is thinking!

Peter hears Jesus saying that it is almost impossible for anyone with any sort of possessions to be saved – as hard as a camel passing through the eye of a needle. That’s what Jesus said – and Peter was completely thrown – he might almost have said “That’s impossible. It’s unfair – is no-one going to get to heaven?”

A camel through the eye of a needle! I’ve often heard it said that Jesus was referring to a small gate called “The eye of the needle” in Jerusalem’s city wall, rather than a real needle. A gate a camel could wriggle through if they really worked at it.

But my suspicion is that Jesus was, as he did so often, making a ridiculous exaggeration to force his listeners react strongly to the image of something impossible – and Peter, true to form, reacted very strongly:

‘Look, we have left everything and followed you – what more can you expect?’

Jesus was very aware that in our worldly thinking – when we commit to doing something and work really hard at it, like an exam, we expect that if we reach the pass-mark, if we reach an acceptable level, then we can sit back and think “Phew, I’ve done that.” Isn’t that how it works?

Like taking a driving test? Mind you, I failed my first time, and I was really upset. Then I passed the second time and thought I was brilliant!

Whereas the reality was that I had made the transition from an almost good enough driver to a just good enough driver, improving a little bit between the two. But I know that fifty years later, I still have so much to learn about driving really safely and really well – there’s no limit to this – I will never be able to say “That’s it – I know it all.”

Peter wanted Jesus to say – “Ok, you’ve passed.” But Jesus gave us a deliberately impossible target – “For mortals,” he said, “it is impossible.”

To the man with many possessions, Jesus said that he would have to give them all up – everything. And the man was shocked, and went away grieving. To him, too, it seemed impossible to get to heaven.

But suppose the man was poor, and kept all the commandments, would Jesus have said “Yes, you’re in!”

I don’t think so. It’s my understanding of Jesus’ teaching that it’s what we do with what we’re given that counts.

CS Lewis, the writer of the Narnia books, describes two people sitting in a congregation in church. One is a friendly, outgoing, caring person that everyone warms to. The other is an unattractive person whom no-one wants to sit next to. And he asks “Which one has travelled further on their journey towards heaven?”

To which the answer is that we cannot tell. Say the friendly person was just born that way, it just comes naturally, they’ve always been just the same. And the unattractive person has had a terrible upbringing with a violent father, and has fought and fought to break free from that, and has come to church and found God’s love warming their soul – a very hard journey that has cost them every ounce of determination, but that can’t be seen.

Whether we are born, or grow up to be, poor and grumpy, or rich and happy, or silent and depressed, or the life and soul of the party, or angry and liable to violence, or the kindest person around. Whatever our natural character is, in God’s eyes that counts for nothing – it’s just a base line, a starting point.

It’s how far we journey towards the person God wants us to become that matters.

Imagine God (or Jesus) saying “Come, follow me, come on a journey. In your lifetime see how far you can travel towards a more caring, generous, loving life.”

The man that Jesus met with many possessions had never realised that what mattered was how much of a struggle, how much effort was required to become a different person, a better person.

Peter, unwittingly, hit the nail on the head when we said “Look, we have left everything and followed you.”

Jesus called everyone to follow him, to start their journey of faith towards God, and then travel as far as they can.

For all of us, our Christian lives are a journey – like the Christians in Pilgrim’s Progress. Moving, growing, changing as we set aside our selfish ambitions and seek to discover who we can become, with God’s help.

Can you see what was wrong with the question that the man with many possessions asked Jesus - “What must I do to inherit eternal life?”

He wasn't interested in loving God, or loving his neighbour, he selfishly just thought to secure his own place in heaven.

Jesus, of course, gave his life, in every sense, to serving all those around him, everyone he met, setting such a high standard that we could never dream of matching him.

But we know that it is our calling to follow him wherever he will lead us – leading us to a life of true fulfilment – Lord Jesus, you've called us, help us to follow you.

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 – Thou didst leave thy throne

<https://www.youtube.com/watch?v=Z5jeNxB6xAY>

Thou didst leave thy throne and thy kingly crown,  
when thou camest to earth for me;  
but in Bethlehem's home was there found no room  
for thy holy nativity:

Oh, come to my heart, Lord Jesus!

There is room in my heart for Thee;

Heaven's arches rang when the angels sang,  
proclaiming thy royal degree;  
but in lowly birth didst thou come to earth,  
and in greatest humility:

Oh, come to my heart, Lord Jesus!

There is room in my heart for Thee;

Thou didst come, O Lord, with the living Word  
that should set thy people free;  
but with mocking scorn, and with crown of thorn,  
they bore thee to Calvary:

Oh, come to my heart, Lord Jesus!

There is room in my heart for Thee;

Heaven's arches shall ring, and a choir shall sing  
at thy coming to victory,  
let thy voice call me home, saying, "Yet there is room,  
there is room at my side for thee!"

And my heart shall rejoice, Lord Jesus!  
when thou comest and callest for me;

## **.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 – Lord enthroned in heavenly splendour

<https://www.youtube.com/watch?v=OV9wUIZJFAA>

Lord, enthroned in heavenly splendour,  
first begotten from the dead,  
thou alone, our strong defender,  
liftest up thy people's head.

Alleluia, alleluia!

Jesus, true and living bread!

Here our humblest homage pay we;  
here in loving reverence bow;  
here for Faith's discernment, pray we  
lest we fail to know thee now,

Alleluia, alleluia!

Thou art here, we ask not how.

Though the lowliest form doth veil Thee,  
as of old in Bethlehem,  
here as there Thine Angels hail Thee,  
branch and flower of Jesse's stem.

Alleluia, alleluia!

We in worship join with them.

Paschal Lamb, Thy offering, finished  
once for all when Thou wast slain,  
in its fullness undiminished  
shall for evermore remain,

Alleluia, alleluia!

Cleansing souls from every stain.

Life imparting Heavenly manna,  
stricken rock with streaming side,  
heaven and earth with loud hosanna  
worship Thee, the Lamb who died,

Alleluia, alleluia!

Risen, ascended, glorified!

## 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.**