

**Ashburton and Moorland Team**

**TRINITY SUNDAY**



*For this Trinity Sunday I've chosen four particular hymns - one about God the Father, one about Jesus his Son and one about the Holy Spirit, then ending with a hymn that describes all three – The Trinity.*

## ¶ The Gathering

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

### **Hymn – O worship the King**

<https://www.youtube.com/watch?v=fjwsYu3Tx6A>

O worship the King all glorious above;  
O gratefully sing His power and his love:  
our Shield and Defender, the Ancient of days,  
pavilioned in splendour, and girded with praise.

O tell of his might, O sing of his grace,  
whose robe is the light, whose canopy space.  
His chariots of wrath the deep thunder-clouds form,  
and dark is his path on the wings of the storm.

This earth, with its store of wonders untold,  
almighty, thy power hath founded of old;  
hath stablished it fast by a changeless decree,  
and round it hath cast, like a mantle, the sea.

Thy bountiful care what tongue can recite?  
It breathes in the air, it shines in the light;  
it streams from the hills, it descends to the plain,  
and sweetly distils in the dew and the rain.

Frail children of dust, and feeble as frail,  
in thee do we trust, nor find thee to fail;  
thy mercies how tender! How firm to the end!  
our Maker, Defender, Redeemer, and Friend.

O measureless Might, Ineffable Love,  
while Angels delight to hymn thee above,  
thy humbler creation, though feeble their lays,  
with true adoration shall sing to thy praise.

Robert Grant  
1779 - 1838

## ***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***

Almighty and everlasting God,  
you have given us your servants grace,  
by the confession of a true faith,  
to acknowledge the glory of the eternal Trinity  
and in the power of the divine majesty to worship the Unity:  
keep us steadfast in this faith,  
that we may evermore be defended from all adversities;  
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***

*Proverbs 8.1-4, 22-31*

Does not wisdom call,  
and does not understanding raise her voice?  
On the heights, beside the way,  
at the crossroads she takes her stand;  
beside the gates in front of the town,  
at the entrance of the portals she cries out:  
'To you, O people, I call,  
and my cry is to all that live.

The Lord created me at the beginning of his work,  
the first of his acts of long ago.  
Ages ago I was set up,  
at the first, before the beginning of the earth.  
When there were no depths I was brought forth,  
when there were no springs abounding with water.  
Before the mountains had been shaped,  
before the hills, I was brought forth—  
when he had not yet made earth and fields,  
or the world's first bits of soil.

When he established the heavens, I was there,  
when he drew a circle on the face of the deep,  
when he made firm the skies above,  
when he established the fountains of the deep,  
when he assigned to the sea its limit,  
so that the waters might not transgress his command,  
when he marked out the foundations of the earth,  
then I was beside him, like a master worker;\*  
and I was daily his\* delight,  
rejoicing before him always,  
rejoicing in his inhabited world  
and delighting in the human race.

This is the word of the Lord.

**Thanks be to God.**

### *Romans 5.1-5*

Since we are justified by faith, we have peace with God through our Lord Jesus Christ, through whom we have obtained access to this grace in which we stand; and we boast in our hope of sharing the glory of God. And not only that, but we also boast in our sufferings, knowing that suffering produces endurance, and endurance produces character, and character produces hope, and hope does not disappoint us, because God's love has been poured into our hearts through the Holy Spirit that has been given to us.

This is the word of the Lord.

**Thanks be to God.**

### ***Hymn – Lord Jesus Christ***

[https://www.youtube.com/watch?v=QA\\_g98O42Q4](https://www.youtube.com/watch?v=QA_g98O42Q4)

Lord Jesus Christ,  
you have come to us,  
you are one with us,  
Mary's Son;  
cleansing our souls from all their sin  
pouring your love and goodness in,  
Jesus our love for you we sing,  
living Lord.

Lord Jesus Christ,  
now and every day  
teach us how to pray,  
Son of God.

You have commanded us to do  
this is remembrance, Lord, of You:  
into our lives your power breaks through  
living Lord.

Lord Jesus Christ,  
you have come to us,  
born as one of us,  
Mary's Son.  
Led out to die on Calvary,  
risen from death to set us free,  
living Lord Jesus, help us see  
You are Lord.

Lord Jesus Christ,  
I would come to you,  
live my life for you.  
Son of God.  
All your commands I know are true,  
your many gifts will make me new,  
into my life your power breaks through,  
Living Lord.

Patrick Appleford  
1925 - 2018

## ***Gospel Reading***

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

*John 16.12-15*

Jesus said to his disciples: 'I still have many things to say to you, but you cannot bear them now. When the Spirit of truth comes, he will guide you into all the truth; for he will not speak on his own, but will speak whatever he hears, and he will declare to you the things that are to come. He will glorify me, because he will take what is mine and declare it to you. All that the Father has is mine. For this reason I said that he will take what is mine and declare it to you.'

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

## ***The Sermon***

Trinity Sunday is our annual opportunity to reflect on the three-fold nature of our God – Father, Son and Holy Spirit.

For many it's a puzzling concept, perhaps clarified or confused by analogies such as Neapolitan Ice Cream. You know, yellow, pink and brown – lemon, raspberry and chocolate – all united in one bar.

But I don't think such images help much really, do they?

So I think it's easier to think of each part separately – Father, Son and Holy Spirit – since generally we can only focus on one at time, depending on different situations or at different times.

So, when I see a beautiful sunrise or sunset, my mind is drawn to God the Father as Creator of the world, or even the universe. An awesome being who somehow is embedded in everything. Like we heard in the reading from Proverbs – how could anything bigger possibly be imagined?

God was there "before the beginning of the earth. When there were no depths. When there were no springs abounding with water. Before the mountains had been shaped, before the hills, when he had not yet made earth and fields, or the world's first bits of soil."



It's really hard to imagine what it was like before the world existed – but God was there, creating everything – more than that – imagining everything and then creating it. In particular creating the intelligence that we recognise as wisdom – the ability to understand and appreciate God's creation.

There's a whole list of words that writers and poets have come up with to describe God the Father – Almighty, Awe-inspiring, Bountiful, Eternal, Father, Glorious, Holy, Immortal, Loving, Most High, Mother, Omnipotent, Powerful, Ruler, Strong, Worthy and so on.

And they have come up with images like “the Good Shepherd”, “soaring like an Eagle”, “Light of the World”, “Fountain of Living Water”, “Source of Life” and many more.

I find that using such words to think about God, naturally leads to praise and thanks – perhaps ideally expressed in music.

I think that when I focus on these types of image, what's going on is I am thinking about getting life into perspective, finding a comforting reassurance that God's world is a special place, and that I have a home in it. Perhaps as in the phrase “being taken out of myself.”

An opportunity to get cares and worries in perspective, to relax in the knowledge that all will be well, all manner of thing shall be well.

God as Father, caring for his children.

Whereas to me Jesus feels like the friend next door, someone to share everyday troubles with, someone who listens and cares, who can forgive my sins. Who models the sort of behaviour I aspire to – who loves everyone, reassures us that although God is unimaginably vast, as Paul says, “we have peace with God through our Lord Jesus Christ.”

Jesus teaches us to call God “Father”, and if we ask our Father, God's love will be poured into our hearts.

Some people find themselves chatting to Jesus throughout the day, sensing he is walking beside them, a touchstone for what to do next, asking “What would Jesus do?”

And we can read ever so many stories about Jesus in the New Testament that it's almost as if we can walk beside him as he visits the Sea of Galilee, Nazareth or Jerusalem. We can imagine what it might have been like – in a fishing boat, or sitting on the ground, or visiting a friend in their home, or riding into Jerusalem.

The same God, but in human flesh – Jesus, the Son of God.

The hymn we've just sung describes his importance so well – Lord Jesus Christ, I would come to you, live my life for you, Living Lord.

And then came the Holy Spirit – experienced as a rushing wind, but then energising like an inner fire, strengthening Christians to do far more than they imagined possible.

Perhaps the Holy Spirit is the hardest relate to – how would you recognise it, because we're unlikely to experience anything as dramatic as the early disciples experienced.

Jesus called the Holy Spirit "the Comforter", and that's a lovely image – something that brings comfort in times of difficulty or stress.

Many people say that they sense the spirit leading them most often when they are just sitting quietly, when they are praying or reflecting – perhaps urging a specific action – to go and visit someone whom you hadn't thought of seeing; to take the first step towards mending a broken relationship; to just let go of an upset that isn't resolving.

The Spirit providing comfort when we most need it.

Other people experience the Spirit by being filled with joy when all feels well with the world, and life feels good. Like in the spiritual "Give me joy in my heart, keep me praising."

The work of the Holy Spirit in our lives can often best be seen when we look back, we can identify moments in the past when things just seemed to go right? But also we are encouraged to be open at all times to the promptings of the Spirit, just as Paul pointed out in his letter to the Romans "because God's love has been poured into our hearts through the Holy Spirit that has been given to us."

Father, Son and Holy Spirit – each with their own characteristics, but all part of the same God.

I'll risk one analogy – not ice cream, but imagine a sort of pyramid with only three faces – each triangular – each one representing one part of the Trinity. You can't ever see all three sides at once, in fact you will mostly just be seeing one side at any one time – but without the three sides all supporting each other, there would be no pyramid.

Father, Son and Holy Spirit are just different sides of the same God.

So, whichever one you are thinking of at the moment – thank you God!

Amen.

### ***The Nicene Creed***

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

**// 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.**

**// 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.  
// We believe in one holy catholic and apostolic Church.  
// We acknowledge one baptism for the forgiveness of sins.  
// We look for the resurrection of the dead,  
and the life of the world to come.  
Amen.**

## **Hymn – O breath of Life**

[https://www.youtube.com/watch?v=5QHZB\\_v0ZaY](https://www.youtube.com/watch?v=5QHZB_v0ZaY)

O Breath of life, come sweeping through us,  
revive thy church with life and power;  
O Breath of Life, come, cleanse, renew us,  
and fit thy church to meet this hour.

O Wind of God, come bend us, break us,  
till humbly we confess our need;  
then in thy tenderness remake us,  
revive, restore, for this we plead.

O Breath of love, come breathe within us,  
renewing thought and will and heart;  
come, Love of Christ, afresh to win us,  
revive thy church in every part.

Revive us, Lord! Is zeal abating  
while harvest fields are vast and white?  
Revive us, Lord, the world is waiting,  
equip thy church to spread the light.

Elizabeth Ann Porter Head  
1850 - 1936

## ***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.**

## ***Prayers of Intercession***

United in the company of all the faithful  
let us offer our prayers to God,  
the source of all life and holiness.

Merciful Lord,  
strengthen all Christian people by your Holy Spirit,  
that we may live as a royal priesthood and a holy nation  
to the praise of Jesus Christ our Saviour.

Lord, in your mercy.

**Hear our prayer.**

Bless Robert our bishop, and all ministers of your Church,  
that by faithful proclamation of your word  
we may be built on the foundation of the apostles  
and prophets  
into a holy temple in the Lord.

Lord, in your mercy.

**Hear our prayer.**

Empower us by the gift of your holy and life-giving Spirit,  
that we may be transformed into the likeness of Christ  
from glory to glory.

Lord, in your mercy.

**Hear our prayer.**

Give to the world and its peoples  
the peace that comes from above,  
that they may find Christ's way of freedom and life.

Lord, in your mercy.

**Hear our prayer.**

Hold in your embrace all who witness to your love in the service of the poor and needy;  
all those who minister to the sick and dying;  
and all who bring light to those in darkness.

Lord, in your mercy.

**Hear our prayer.**

Touch and heal all those whose lives are scarred by sin or disfigured by pain,  
that, raised from death to life in Christ,  
their sorrow may be turned to eternal joy.

Lord, in your mercy.

**Hear our prayer.**

Remember in your mercy all those gone before us,  
who have been well-pleasing to you from eternity;  
preserve in your faith your servants on earth,  
guide us to your kingdom,  
and grant us your peace at all times.

Lord, in your mercy.

**Hear our prayer.**

Hasten the day when many will come  
from east and west, from north and south,  
and sit at table in your kingdom.

Lord, in your mercy.

**Hear our prayer.**

We give you thanks for richness of the Trinity.  
As we offer our prayers and praises,  
may we be filled with God's love.

**Blessing and glory and wisdom,  
thanksgiving and honour and power,  
be to our God for ever and ever. 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.**

*Silence is kept.*

### ***Hymn – Father, Lord of all creation***

[https://www.youtube.com/watch?v=L7FAu0c -NY](https://www.youtube.com/watch?v=L7FAu0c-NY)

Father, Lord of all Creation,  
ground of Being, Life and Love;  
height and depth beyond description  
only life in you can prove:  
you are mortal life's dependence:  
thought, speech, sight are ours by grace;  
yours is every hour's existence,  
sovereign Lord of time and space.

Jesus Christ, the Man for Others,  
we, your people, make our prayer:  
give us grace to love as brothers  
all whose burdens we can share.  
Where your name binds us together  
you, Lord Christ, will surely be;  
where no selfishness can sever  
there your love may all men see.

Holy Spirit, rushing, burning  
wind and flame of Pentecost,  
fire our hearts afresh with yearning  
to regain what we have lost.  
May your love unite our action,  
nevermore to speak alone:  
God, in us abolish faction,  
God, through us your love make known.

Stewart Cross  
1928 - 1989

## ¶ Ending

**Almighty and eternal God,  
you have revealed yourself as Father, Son and Holy Spirit,  
and live and reign in the perfect unity of love:  
hold us firm in this faith,  
that we may know you in all your ways  
and evermore rejoice in your eternal glory,  
who are three Persons yet one God,  
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.**