

Rockland Benefice in the Bramerton Group.

Morning Prayer

Sunday 28 June 2020

The Third Sunday after Trinity



Preparation

O Lord, open our lips

All and our mouth shall proclaim your praise.

Benedicite – a Song of Creation

1Bless the Lord all you works of the Lord:
sing his praise and exalt him for ever.

2Bless the Lord you heavens:
sing his praise and exalt him for ever.

3Bless the Lord you angels of the Lord:
sing his praise and exalt him for ever.

4Bless the Lord all people on earth:
sing his praise and exalt him for ever.

5O people of God bless the Lord:
sing his praise and exalt him for ever.

6Bless the Lord you priests of the Lord:
sing his praise and exalt him for ever.

7Bless the Lord you servants of the Lord:
sing his praise and exalt him for ever.

8Bless the Lord all you of upright spirit:
bless the Lord you that are holy and humble in heart.

The Song of the Three 35-37, 60-65

**All Bless the Father, the Son and the Holy Spirit:
sing his praise and exalt him for ever.**

This opening prayer may be said

The night has passed, and the day lies open before us;
let us pray with one heart and mind.

Silence is kept.

As we rejoice in the gift of this new day,
so may the light of your presence, O God,
set our hearts on fire with love for you;
now and for ever.

All Amen.

The Word of God

Psalm 89

¹I will sing of your steadfast love, O Lord, forever; with my mouth I will proclaim your faithfulness to all generations.

²I declare that your steadfast love is established forever; your faithfulness is as firm as the heavens.

³You said, “I have made a covenant with my chosen one, I have sworn to my servant David:

⁴I will establish your descendants forever, and build your throne for all generations.” Selah

¹⁵Happy are the people who know the festal shout, who walk, O Lord, in the light of your countenance;

¹⁶they exult in your name all day long, and extol your righteousness.

¹⁷For you are the glory of their strength; by your favour our horn is exalted.

¹⁸For our shield belongs to the Lord, our king to the Holy One of Israel.

**All Glory to the Father and to the Son
and to the Holy Spirit;
as it was in the beginning is now
and shall be for ever. Amen.**

Matthew 10:40-42

⁴⁰“Whoever welcomes you welcomes me, and whoever welcomes me welcomes the one who sent me.

⁴¹Whoever welcomes a prophet in the name of a prophet will receive a prophet’s reward; and whoever welcomes a righteous person in the name of a righteous person will receive the reward of the righteous;

⁴²and whoever gives even a cup of cold water to one of these little ones in the name of a disciple—truly I tell you, none of these will lose their reward.”



Reflection

“and whoever gives even a cup of cold water to one of these little ones in the name of a disciple -- truly I tell you, none of these will lose their reward.”

A cup of cold water may seem such a little thing to do for someone: Jesus emphasizes this by adding the word “even.” We often imagine our discipleship to require huge sacrifice or stunning acts, sometimes it does. But at other times, Jesus teaches that it is as basic and essential and life giving as giving a cup of cold water to one in need, a word of kindness to someone who is grieving. Or a helping hand to someone in need.

Discipleship doesn’t have to be heroic. Like all our small acts of kindness, tenderness, and forgiveness that go largely unnoticed, so also the life of faith is composed of many small gestures. Jesus teaches that anything done in faith and love has significance for those involved and for the whole of creation.

In our life of faith there is no such thing as a small gesture.

We have all been creative and responsive to one another in these strange times of social distancing and shielding; through cups of cold water, hugs, helping hands, and listening ears we are caring for the world God loves so much.

Let us pray for our steady return to a time when we can confidently offer those healing hugs, hands and welcomes to one another.

Awake, O sleeper, and arise from the dead

All And Christ shall give you light.

You have died and your life is hid with Christ in God.

All Awake, O sleeper, and arise from the dead.

Set your minds on things that are above,
not on things that are on the earth.

All And Christ shall give you light.

When Christ our life appears you will appear with him in glory.

**All Awake, O sleeper, and arise from the dead,
and Christ shall give you light.**

Prayers

The Collect of the day is said

Almighty God,
you have broken the tyranny of sin
and have sent the Spirit of your Son into our hearts
whereby we call you Father:
give us grace to dedicate our freedom to your service,
that we and all creation may be brought
to the glorious liberty of the children of God;
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.

Through dreams and visions, O God,
you broaden the horizon and hope of your people,
that they may discover the meaning of your covenant,
even in the midst of trial and exile.
Increase the number of those who believe in your word
so that all people may joyfully respond to your call
and share in your promises. Amen.

A time for personal prayer and reflection

Hear our prayers, God of power,
and through the ministry of your Son
free us from the grip of the fear,
that we may desire you as the fullness of life
and proclaim your saving deeds to all the world. Amen.

Lord God, friend of those in need,
your Son Jesus has untied our burdens
and healed our spirits.
We lift up the prayers of our hearts for those still burdened,
those seeking healing,
those in need within the church and the world.

Hear our prayers
that we may love you with our whole being
and willingly share the concerns of our neighbours. Amen.

All 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.

The Conclusion

The Lord bless us, and preserve us from all evil,
and keep us in eternal life.

All Amen.

Let us bless the Lord.

All Thanks be to God.

The Final Blessing

O God, whose beauty is beyond our imagining
and whose power we cannot comprehend:
show us your glory as far as we can grasp it,
and shield us from knowing more than we can bear
until we may look upon you without fear;
And the Blessing of God Almighty, the Father, the Son and the Holy Spirit
Be upon you this day and for evermore.
AMEN.

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