

Rockland Benefice in the Bramerton Group

## Morning Prayer

5<sup>th</sup> July 2020

*The Fourth Sunday after Trinity*

Grace, mercy and peace from God our Father and the Lord Jesus Christ be with you

**All: and also with you.**

This is the day that the Lord has made.

**All: Let us rejoice and be glad in it.**

### Hymn

1. Amazing grace, How sweet the sound  
That saved a wretch like me.  
I once was lost, but now I am found,  
Was blind, but now I see.
2. 'Twas grace that taught my heart to fear,  
And grace my fears relieved.  
How precious did that grace appear  
The hour I first believed.
3. Through many dangers, toils and snares  
I have already come,  
'Tis grace has brought me safe thus far  
And grace will lead me home.
4. 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've first begun.

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

**First Reading: Song of Songs 2.8-15**

<sup>8</sup> The voice of my beloved!

Look, he comes,  
leaping upon the mountains,  
bounding over the hills.

<sup>9</sup> My beloved is like a gazelle  
or a young stag.

Look, there he stands  
behind our wall,  
gazing in at the windows,  
looking through the lattice.

<sup>10</sup> My beloved speaks and says to me:

'Arise, my love, my fair one,  
and come away;

<sup>11</sup> for now the winter is past,  
the rain is over and gone.

<sup>12</sup> The flowers appear on the earth;  
the time of singing has come,  
and the voice of the turtle-dove

is heard in our land.

<sup>13</sup> The fig tree puts forth its figs,  
and the vines are in blossom;  
they give forth fragrance.  
Arise, my love, my fair one,  
and come away.

For the word of the Lord.

**All Thanks be to God.**

**Gospel:** Matthew 11:16-19, 25-30

16"To what can I compare this generation? They are like children sitting in the marketplaces and calling out to others:

17" 'We played the flute for you, and you did not dance; we sang a dirge and you did not mourn.' 18For John came neither eating nor drinking, and they say, 'He has a demon.' 19The Son of Man came eating and drinking, and they say, 'Here is a glutton and a drunkard, a friend of tax collectors and "sinners."' But wisdom is proved right by her actions." 25At that time Jesus said, "I praise you, Father, Lord of heaven and earth, because you have hidden these things from the wise and learned, and revealed them to little children. 26Yes, Father, for this was your good pleasure.

27"All things have been committed to me by my Father. No one knows the Son except the Father, and no one knows the Father except the Son and those to whom the Son chooses to reveal him.

28"Come to me, all you who are weary and burdened, and I will give you rest. 29Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. 30For my yoke is easy and my burden is light."

This is the Gospel of the Lord.

**All: Thanks be to God.**

**God be in my head  
and in my understanding;  
God be in mine eyes, and in my looking;  
God be in my mouth, and in my speaking;  
God be in my heart, and in my thinking;  
God be at mine end, and at my departing.**

**Prayers**

Rejoicing in God's new creation,  
let us pray with confidence as our Saviour has taught us

**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 Collect of the day is said***

Gracious Father,  
by the obedience of Jesus Christ  
you brought salvation to our wayward world:

draw us into harmony with your will,  
that we may find all things restored in him,  
our Saviour Jesus Christ.

**All Amen.**

### **The Blessing**

The love of the Lord Jesus draw you to himself,  
the power of the Lord Jesus strengthen you in his service,  
the joy of the Lord Jesus fill your hearts;  
and the blessing of God almighty,  
the Father, the Son and the Holy Spirit,  
be open you and those you love,  
this day and for ever more.

**All Amen.**

### **Hymn**

I danced in the morning  
when the world was begun,  
and I danced in the moon  
and the stars and the sun,  
and I came down from heaven  
and I danced on the earth,  
at Bethlehem  
I had my birth.

**Refrain:**

*Dance, then, wherever you may be,  
I am the Lord of the Dance, said he,  
and I'll lead you all, wherever you may be,  
and I'll lead you all in the Dance, said he.*

I danced for the scribe  
and the pharisee,  
but they would not dance  
and they wouldn't follow me.  
I danced for the fishermen,  
for James and John -  
they came with me  
and the dance went on.

**Refrain:**

I danced on the Sabbath  
and I cured the lame;  
the holy people  
said it was a shame.  
they whipped and they stripped  
and they hung me on high,  
and they left me there  
on a Cross to die.

**Refrain:**

I danced on a Friday  
when the sky turned black;  
it's hard to dance  
with the devil on your back.  
They buried my body  
and they thought I'd gone,  
but I am the Dance,  
and I still go on.

**Refrain:**

They cut me down  
and I leapt up high;  
I am the life  
that'll never, never die;  
I'll live in you  
if you'll live in me -  
I am the Lord  
of the Dance, said he.  
*Refrain:*

---

**Rockland Benefice 2020**

Words from Common Worship © The Archbishops' Council of the  
Church of England, 2000-2005