



## The Seventh Sunday after Trinity: 18<sup>th</sup> July

Father God, help us to come to you this morning with open and thankful hearts. Fill us with the joy and peace that comes with knowing you. Be with us as we walk in your light, rejoice in your love and reflect your glory.

**Amen**

**Hymn 297: How sweet the name of Jesus sounds**

### Welcome

The Lord be with you,  
**and also with you**

### 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**

### Prayer of Confession

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.**

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**

Lord have mercy  
**Lord have mercy**  
Christ have mercy  
**Christ have mercy**  
Lord have mercy  
**Lord have mercy**

Almighty God, who forgives all who truly repent, have mercy upon you, pardon and deliver you from all your sins, confirm and strengthen you in all goodness and keep you in life eternal through Jesus Christ our lord. **Amen**

## **Gloria**

**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.**

## **Collect for today:**

Lord of all power and might, the author and giver of all good things: graft in our hearts the love of your name, increase in us true religion, nourish us with all goodness, and of your great mercy keep us in the same; 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**

## **Old Testament Reading: Exodus 3: 13 - 20**

13 But Moses said to God, 'If I come to the Israelites and say to them, "The God of your ancestors has sent me to you", and they ask me, "What is his name?" what shall I say to them?' 14 God said to Moses, 'I AM WHO I AM.' He said further, 'Thus you shall say to the Israelites, "I AM has sent me to you."' 15 God also said to Moses, 'Thus you shall say to the Israelites, "The LORD, the God of your ancestors, the God of Abraham, the God of Isaac, and the God of Jacob, has sent me to you":  
This is my name for ever,

and this my title for all generations.

<sup>16</sup>Go and assemble the elders of Israel, and say to them, “The LORD, the God of your ancestors, the God of Abraham, of Isaac, and of Jacob, has appeared to me, saying: I have given heed to you and to what has been done to you in Egypt. <sup>17</sup>I declare that I will bring you up out of the misery of Egypt, to the land of the Canaanites, the Hittites, the Amorites, the Perizzites, the Hivites, and the Jebusites, a land flowing with milk and honey.” <sup>18</sup>They will listen to your voice; and you and the elders of Israel shall go to the king of Egypt and say to him, “The LORD, the God of the Hebrews, has met with us; let us now go a three days’ journey into the wilderness, so that we may sacrifice to the LORD our God.” <sup>19</sup>I know, however, that the king of Egypt will not let you go unless compelled by a mighty hand. <sup>20</sup>So I will stretch out my hand and strike Egypt with all my wonders that I will perform in it; after that he will let you go.

## Hymn 84: Breath on me

### Gospel Reading: *Matthew 11: 28 - end*

Hear the Gospel of our Lord Jesus Christ according to Matthew  
**Glory to you, O Lord**

28 ‘Come to me, all you that are weary and are carrying heavy burdens, and I will give you rest. <sup>29</sup>Take my yoke upon you, and learn from me; for I am gentle and humble in heart, and you will find rest for your souls. <sup>30</sup>For my yoke is easy, and my burden is light.’

This is the Gospel of the Lord.

**Praise to you, O Christ**

### Sermon: Rosey Feuell

**Exodus 3: 13-20; Matthew 11: 28-end**



Saint Bonaventure

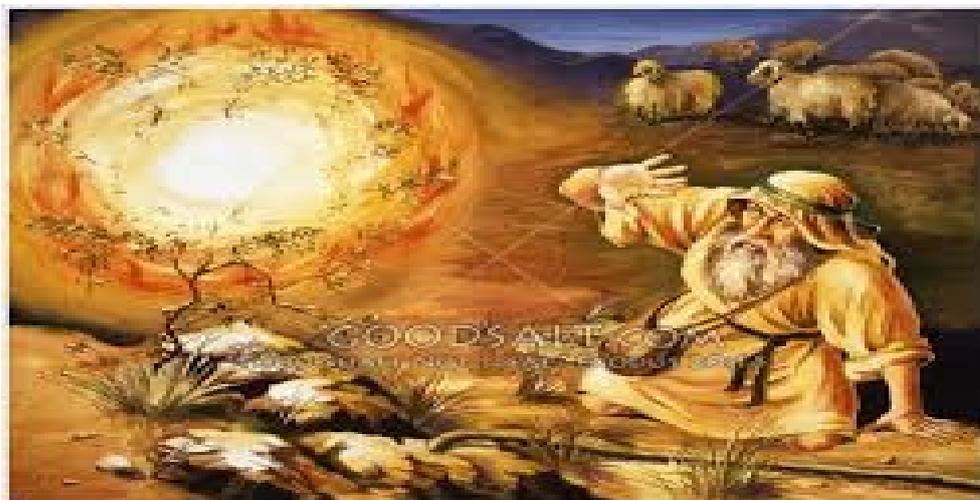
Today is a day of mysteries: we celebrate Friar Bonaventure, who led the Franciscans after Francis of Assisi and gave his name to many grand ships, reminding us of the good adventure of life on the deep. We also celebrate that ambiguous St Swithun, bringing 40 days’ continuous rain or shine following his anniversary; actually this relates to the removing of his body to a more pretentious grave in the new Winchester Cathedral, when all along he had asked for a humble resting place. There were warnings against this, and the environment responded with 40 days of summer storms, instead of 40 days’ settled sunshine, both of which are possible in this season.



Our readings introduce and only partially wrap up much deeper mysteries. Overall they are about the adventure of getting to know more of God, His powers to liberate us and other people, and His desire to satisfy our deepest longings.

Barbara read to us from Exodus, where Moses is confronted and called by the living God to bring His people out of Egypt . Moses, in obscurity, grazing flocks in the desert, is overwhelmed.. and, like us sometimes, argumentative about what he has to do.

He asks God for His name: in effect asking Who God really is, for the name in a profounder sense than nowadays told others who you were, what you represented, how you were valued. People in those days were rarely named as today after a place, person, experience that might never concern them: no Chelsea's, Archie's or Rocky's. God answers Moses enigmatically: "I am Who I am" or, more likely translated, "I will be Whoever I will be". In a phrase this tells of His independent, ongoing existence and that He doesn't intend to be pinned down, but was certainly there and for them, ongoing.



Moses

God seemingly realises this might be difficult for Moses to announce to the crowds and continues with further names for reassurance: God of your forebears, God of Abraham, Isaac and Jacob. for

ever. All names and memories they would trust – along with more reassurances about acting to end their sufferings in Egypt, and strategy to persuade Pharaoh to free them. He makes sure Moses knows His name is the name of someone with a powerful hand, who is able to show Himself when needed – not just when curiosity itches to know more, as Moses might have done after the flaming bush, the voice, the sense of getting through to God with some of his questions, and having a dialogue.

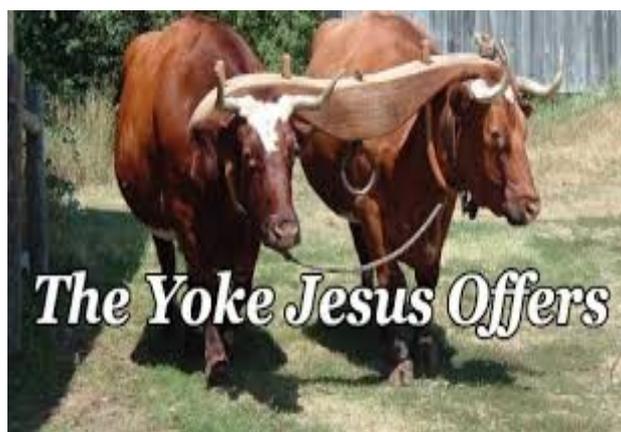
But that is it. God shows something of Himself – and the encounter continues with God demonstrating Moses has really been with Him, and Moses famously wanting God to choose and send someone else. He is afraid, but eventually accepts God's signals, and decides to act.

Now Jesus in contrast reveals much more of Himself as He moves around Galilee, wanting people to know Him more – feel His joy, avoid condemnation. He talks of His Father, and how He reveals mysteries to humble and child-like people – and He publicly invites us to be in His presence, relieved, refreshed and rested – before taking on great tasks.

Jesus senses our pain, our heaviness and exhaustion with the burdens of life – these might include the excessive weight of the extra clauses added to the Jewish commandments by the Pharisees' traditions or, today, more likely, by our own inherited, internalised sense of duty, by political correctness, self-imposed restrictions on the good we might do and the joy we might spread around us. He appears aware of that and offers a place of respite.

More than that He mentions a yoke – not the shoulder section of a garment, but a device for regulating horses or oxen working in the field. It is something the prophets often talk of breaking, to confer freedom. Jesus arouses our curiosity with His own version of the contraption:

“Take my yoke. it's easy, it's light” – persuasive words, like an advertisement. But they make Jesus like the new Moses, reminding us of the past, proposing the new, responding to people's burdens and cares, showing a way to Himself, not this time sending or calling someone else. So, in effect Jesus tells us He offers a new, less effortful life, learning from Him, like a horse, say, in a yoke with Him, His Partner. not summoned into things, but invited in, restored, from a harder way of life. Presumably, this is one where we are more conscious of the light and joy, less weighed down by what we have to do and suffer, because we are welcomed intensely for who we are.



To the end of the Bible He still says, “Come”, and that He is coming freely to us and we can be excited that He will be coming as Who He will be, in restoring love, to receive us to Himself.

*Let us pray:*

I start with a poem:

On the skyline, two great horses, running, roaming free,  
Partaking of the pasture, savouring scent of the sea,  
Then learning in harness to pull a cart.  
One rushes forward, foaming, straining on the yoke,  
Soon puffing, wearily on his knees, in the muddy ditch  
And for his hastiness, unlearned, his brother bears a double load  
And the whole cart judders.

The two grazed free that they might come ready  
To fit on this steadying yoke, willingly walk in the way,  
And yet poor beasts they tried to run,  
And so they stumble, where they might have known  
All triumphant walking and drawing after  
The leader of the yoke.

Our Lord's yoke is easy, His load light,  
Designed to give us rest amid our toil;  
How often do we work and run in weariness, without this yoke to guide -  
Joys then lost, labours marred, for us and Him we seek to serve?  
He longs our love should grow to see  
Obedience brings victory. (Rosey Feuell, 1976)

Lord, let us be glad to walk with You in Your yoke, with Your unforced rhythms of grace.

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

## **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.**

## Prayers

Almighty God, thank you for the Holy Spirit who intercedes for us according to your will, when we do not even know what we should pray for.

Thank you, because nothing in the present, or in the future can separate us from the great, transforming love you have for us.

Thank you for our risen Lord Jesus.

As life is opening up for us all please help people to find the right balance between confidence and vigilance, for the sake of others.

We commit to your keeping all the churches in Sawston and Babraham. We pray that we and all our brothers and sisters in Christ, may rest in the knowledge of your past faithfulness. Equip us for new ways of working, so that the gospel may continue to be made known and the kingdom of heaven may spread and grow in this place.

Thank you for our national leaders. Guide them in their great responsibilities. Give them wisdom in decision-making over Brexit arrangements, the future of the economy, and the health of the people of this nation. May the voices of our leaders be voices for justice and freedom in the world.

Thank you for clearly showing us that people right across the world are all inter-dependent. Thank you for teaching us too how fragile the eco-systems are, on which we depend.

Lord, change our hearts, so that we may change the way we live and the way we relate to one another. Help us, as your people, to set our hearts on the treasure of infinite value. Your kingdom come, your will be done *on earth* as it is in heaven.

**Father, accept these prayers for the sake of your Son, our Saviour Jesus Christ. Amen**

## The Peace:

Take a moment and offer a prayer of thanksgiving to God for each other and our church family church community. Maybe call or text someone who would enjoy sharing the peace with you.

May the God of peace make you perfect and holy, that you may be kept safe and blameless in spirit, soul and body, for the coming of our Lord Jesus Christ.

The peace of the Lord be always with you.

**And also with you.**

## Hymn 419: Shine, Jesus shine

## Lord's Prayer

Our Father in heaven, hallowed be your name,  
Your kingdom come, your will be done, on earth as in heaven.  
Give us today our daily bread.  
Forgive us our sins, as we forgive those who sin against us.  
Lead us not into temptation, but deliver us from evil.  
For the kingdom, the power, and the glory are yours.  
Now and for ever.  
Amen.

### Hymn 69: Be thou my guardian

#### Remembering the Lord's Supper:

Take a moment to remember the final meal that Jesus shared with his disciples. As we think about this meal - with the washing of feet and bread and wine shared with friends - we remember Jesus' offering of himself on the cross. We rejoice in his resurrection from the dead and look forward to the coming of God's Kingdom. While we cannot receive Christ in the sacraments in the usual way, we can be the presence of Christ in our homes and communities and we can be a praying presence wherever we are.

### Hymn 580: Rejoice the Lord is king

#### Closing Prayer:

Lord God, we thank you for this time of worship; may your love and peace remain with us in the coming days. Be with us in all that we will think, say and do so that our lives may reflect your glory. We ask this in the name of your Son Jesus Christ. **Amen.**

Go in peace to love and serve the Lord  
**In the name of Christ. Amen**