



**‘Come to me, all you who are weary and burdened,  
and I will give you rest.’**

Revd Nico Hilmy-Jones & Jenny Pathmarajah

*This short act of worship has been prepared for you to use as you are unable to attend church. If you are well enough why not spend a few moments with God, knowing that other people are sharing this act of worship with you.*

### **Welcome** *(Rev. Nico Hilmy-Jones)*

Lighting of the Candle and

Call to Worship *(Rev. Nico Hilmy-Jones)*

Trust in the Lord, he will save you from harm. Trust in the Lord, he will help those who turn to him. Trust in the Lord, he is our helper and defender. The Lord remembers us and will bless the great and the small alike. Amen.

Hymn STF 248

### **I heard the voice of Jesus say**

I heard the voice of Jesus say:  
‘Come unto me and rest;  
lay down, O weary one, lay down  
Your head upon my breast.’  
I came to Jesus as I was,  
weary, worn, and sad;  
I found him in a resting-place,  
and he has made me glad.

I heard the voice of Jesus say,  
‘Behold, I freely give  
the living water, thirsty one,  
stoop down and drink and live.’

I came to Jesus, and I drank  
of that life-giving stream;  
my thirst was quenched,  
my soul revived,  
and now I live in him.

I heard the voice of Jesus say:  
‘I am this dark world's Light;  
look unto me, your morn shall rise,  
and all your days be bright.’  
I looked to Jesus and I found  
in him my star, my sun;  
and in that light of life I'll walk,  
'til travelling days are done.

*Horatious N. Bonar (1808-1889)*

### **Opening Prayer**

*(Hazel Le Boutillier  
from Eden/Georgetown)*

Let us pray, Heavenly Father, as we come together in prayer, let us remove the busyness of our lives from our minds, and in quiet, draw our concentration on You, Lord, and on being in your Holy Presence. Due to the restrictions that Covid-19 place upon us, we thank you for ever

emerging technology that brings us together, for the many blessings you shower upon us daily, for your protection and guidance along our pathway of life, and for carrying us when our burdens and responsibilities seem too much to bare.

You make our lives rich through your mercy, bright with your hope, and vibrant with your love. May we pause in the midst of life to listen and hear you speaking to us, uplifting us, with your voice of direction, guidance and calm. We thank you for your generous unconditional love for each one of us . Your love for us is so great, that you sacrificed the life of your Son, Jesus Christ, so that we might be saved and our sins forgiven.

Eternal God, you call us by your voice as once you made us by your Word. We are the clay in your hands ready to be molded. We are a canvas ready to be painted and raw material ready to be fashioned. Be potter, artist and creator in our lives. Open our being to the influence of your Spirit, so that ears and eyes, heart and mind, may be alert to your presence , ready to learn, open to change, responsive to truth.

We thank you for your precious word, the Bible, which is as daily bread to our mind and spirit. The Holy Scriptures illumine our daily

walk with You and bring comfort to our lives. We are grateful to all who have guarded your Word through history, translated your Word, and taught its truths.

Light of the world, infiltrate our darkness, Light of the world, restore our strength.

Light of the world, illuminate our pathway and grant us your Peace, that we may find our way home to You.

Loving Father, be with us now , renewing us with your creative love, Loving Son, be us now, bringing forgiveness through your saving love, Loving Spirit, be with us now, strengthening us with your sustaining love. Loving God, Father, Son and Spirit, as we share fellowship, may we be built up in love.

These prayers both spoken and unspoken, we offer in Your Holy Name. 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.

## Testimony

*(Helen Cooke from St. Aubin)*

## Matthew 11:25-30

*(PJ Jones from Edinburgh, Scotland)*

## Message

*(Rev. Jenny Pathmarajah)*

“My Burden is Light”

Many of you know, my husband is a pilot. Correction, he was a pilot until Covid 19 broke out. There are many legends in the aviation industry but my favourite story goes like this...

Cow falling into a boat.

When Paul was flying, he flew cargo. The best kept secret in aviation, cargo's not late, it's not drunk and it doesn't talk back. But the one thing that fascinated me about his flying cargo was there was always a load master. Someone who made sure that the load in an areoplane was just right, so that formula 1 cars don't roll around, the Roses for M&S didn't get squashed and race horse pens stay put.



I love a bit of Greek, and so when I was reading the passage today from

Matthew and we came across this beautiful and well known verse, “Come to me all who are weary and heavy laden, I will give you rest,” I thought, I wonder if the Greek can shed some new light into this passage, and well it does. Two things that blew my mind.

1. The word that is often translated as weary. What does this mean to you? What images does it conjure up? For me, I think of myself after a long Guide camp and I come home and I'm exhausted, I think of some of the times when I've had a long day of meetings, funerals, visits and still forgot to buy milk on the way home so I can't even have a cup of tea. But the Greek word means something so much more. Something a lot stronger than just worn out. The dictionary definition of the word “Kopiontes” often translated as carrying a laden, or weary, means this

It comes from the word Kopus, “a beating, a beating of the breast with grief, sorrow, labour or trouble. To cause one trouble, to make extra work for them.”

Suddenly, this word Kopus reminds me of the times when I've been at my wits end, the times when I've been nearly broken with the weight

of work, stress, personal trouble, family trouble, you fill in the blank.

And the Greek gets worse. In Matthew's gospel, It doesn't just use the word Kupos, it makes it into a participle (If you don't know anything about grammar, that's fine, but trust me when I say, participles are not your friend.) Kopiontes What turning it into a participle does, is makes it into an active thing, it's ongoing, it's not a one off, this participle is in it for the long run. So what does this mean for our translation? Well, how about this.

It means that the weight you're carrying, isn't a one off weight, it's something you've been carrying for a long time. Kupos is a nasty email you've opened and ruins your day. Kopiontes. Means receiving that nasty email every day, every hour, it's cyber bullying you hear on facebook etc. Kupos is something you can probably deal with and get back on your feet. Kopiontes is relentless.

Can you think of a time when you were feeling like that beating down of your soul, work, life, spirit was never ending and it felt like there was no light at the end of the tunnel? That's Kopiontes. And that's what Jesus is referring to. If you feel like this, Jesus says, you need to pay attention to what I'm saying.

2. There were two interesting things about the Greek here. This is the second.

For-tid-zo. Usually translated as burden, or laden. It means to load up properly, as a vessel or animal; or figuratively to overburden with ceremony or spiritual anxiety.

Honestly, Jesus is a genius. He uses this play on words so much in Greek and is often lost in the English translation. Jesus talks about the burden that we're facing in our day to day lives but also in our spiritual lives.

I'm reminded of Paul and his cargo plane with this Greek work Fortidzo, imagining load masters strapping down whatever they are carrying into the plane and making sure that the weight is all in the right place to make the plane safe. And I can imagine First Century Palestinians doing the same with their Ox and Donkeys, making sure that the load was distributed evenly and that their animal could still do the work.

So what does this mean for you. What's on your shoulders at the minute? Is it spaced out evenly so that you can actually do your work and get on with your life and thrive? Or is it unevenly balanced and you can't get up the hill because the weight is dragging you down. Perhaps there's so much, you can't even get going.

Jesus was no stranger to antagonizing the religious authorities and when he uses this word, he's having a side swipe at them when he says pretty much, 'are you Templed out? Are you Synagagoued out? Are you so weary, so Kopiontes with church responsibilities and expectations and everything else that you can't get going let alone get up the hill. He says, the load I'm going to give you is easy, what I ask you to carry is doable and manageable and what I ask you to do will change your life. Jesus doesn't say there won't be trouble and it won't be hard, after all, Jesus later goes on to say 'take up your cross...'

But the point I take away from this Greek play on words is this, faith, religion, church, should not be a burden. It should not be a Kopiontes. For many of us, this pandemic has caused us to stop, be still and put down our burdens of church rotas, activities and other things. We've been forced to have a break and consider becoming Mary's and not Martha's.

The two Greek words compliment each other and make sense. Are you feeling like a Kopiontes? With whatever is going on in your life? Do you feel like the work load and pressure on your back is overloaded and you can't carry on, or even worse, the cows are about to

break free and cause havoc everywhere?

Trust me when I say. Listen to the words of Jesus. He knows your heart, he knows your trouble and this weight that you're carrying, you don't need to let it dominate your life.

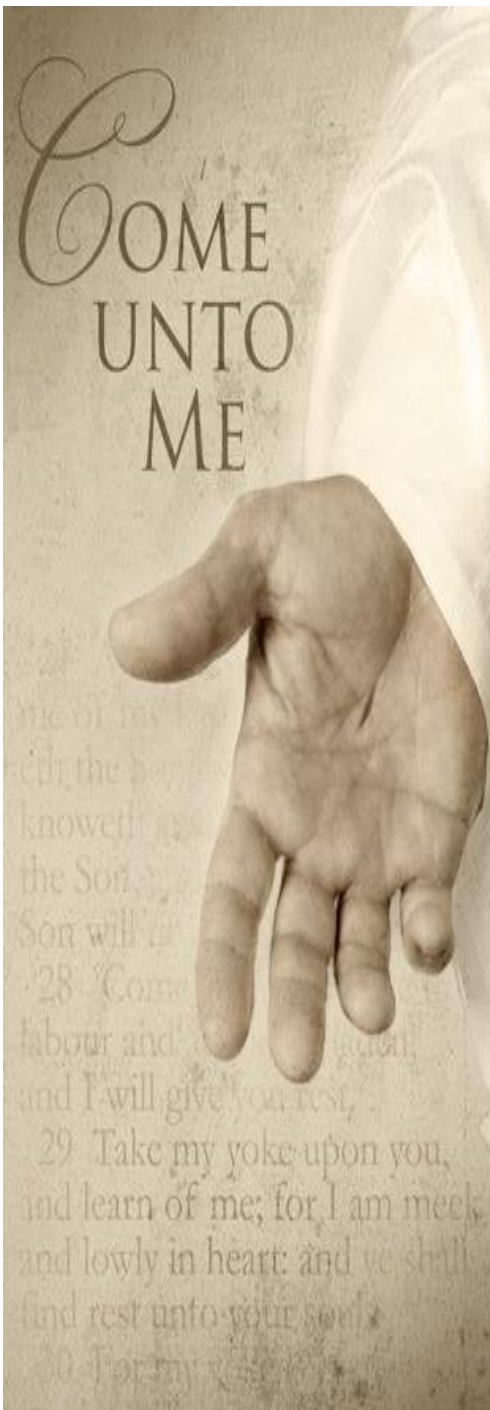
There is rest, and it's found in God.

### **Hymn STF 471 Lord, I come to you**

Lord I come to You  
let my heart be changed, renewed,  
flowing from the grace  
that I have found in you.  
And Lord, I have come to know  
the weaknesses I see in me  
will be stripped away  
by the power of your love.

Hold me close,  
let your love surround me;  
bring me near, draw me to your side.  
And as I wait,  
I'll rise up like the eagle,  
And I will soar with you,  
your Spirit leads me on  
in the power of Your love

Lord, unveil my eyes  
let me see you face to face  
the knowledge of your love  
as You live in me.  
Lord, renew my mind,  
as Your will unfolds in my life  
in living every day  
by the power of your love.



## **Prayers of Intercession**

*(Rev. Nico Hilmy-Jones)*

Let us pray... Gracious God we pray that your Church may always be open to receive your love; and so we ask that you remove any complacency, barriers or self-righteous thoughts from each one of us, so we can come humbly and simply into your presence as we wait upon you to teach and guide us. Show us the way Lord.

We pray for all world leaders and their governments for the strength of their authority to come from cooperation and mutual respect and not from force and domination; and so we pray for greater consideration of the needs of all people, so that these leaders and these governments hear the voices of the many and not the voices of the few. Teach us to love fully, Lord.

We pray for a growing maturity in our thinking and our loving and may we people who honour the voiceless and those who are lost and forgotten, all around us; and so we pray for healing from all damage that prevents us from moving forward, so we may grow strong in our faith and nurture those amongst us in need and create communities of hope and love. Guide us to those in need, Lord.

We pray for all who cry out for rest and relief, all who are carrying heavy burdens that weight them down, all who are afraid and unable to reach out in their time of need. We pray especially for Yemen and especially the young children as they struggle with malnutrition and starvation and for the families who are trying to stay alive amidst all the pain and suffering.

We pray for places that are in the midst of war where violence, torture and abuse is all around them. Where people are imprisoned for their political views or those who are killed for their faith.

We pray for places where Covid-19 has taken so many lives and places where it is difficult to social distance or use proper hygiene to keep themselves safe.

We pray for all people who will not eat today, who live on the streets, who do not have clean drinking water and where any proper health care is scarce or non-existent.

We pray for those who are suffering in silence, who are holding onto hate and unable to see a way forward.

We pray also for those who have lost their jobs and are unable to provide for their families.

We pray for people everywhere carrying so much pain and do not know who to turn to for help. For those amongst us who are afraid and unsure and live on the fringe of our

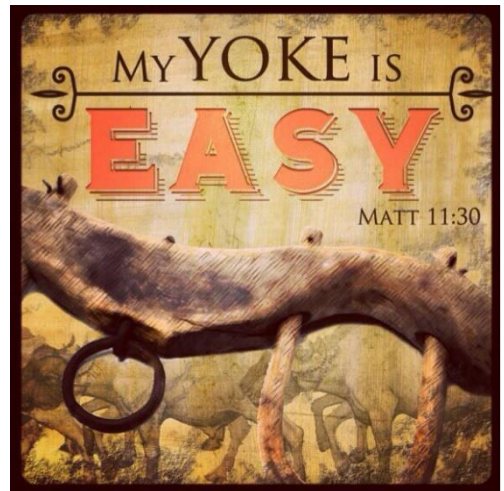
communities and Churches. May they know that they matter and may we, as your children and Churches, shine our lights so they know we are a place of haven and love. Use us as instruments of hope, Lord.

We lift up to you those on our hearts who need your healing and your grace.....

May they know that they are not alone and that you are with them in their struggles.

Lord in your mercy.....Hear our prayer.

Gracious God, thank you for your gentleness and the way you care for us and the vast love you have for all of us. We lift these people and these places up to you, so they may be surrounded by your peace and you may bring healing, light and love where it is most needed. We ask this is your holy and precious name. Amen.



## Hymn SOF968

### O the deep, deep love of Jesus

O the deep, deep love of Jesus!  
Vast, unmeasured, boundless, free;  
rolling as a mighty ocean  
in its fullness over me.

Underneath me, all around me,  
is the current of thy love;  
leading onward, leading homeward,  
to thy glorious rest above.

O the deep, deep love of Jesus!  
Spread his praise from shore to  
shore; how he loveth, ever loveth,  
changeth never, nevermore;  
how he watches o'er his loved ones,  
died to call them all his own;  
how for them he intercedeth,  
watches over them from the throne.

O the deep, deep love of Jesus!  
Love of every love the best:  
'tis an ocean vast of blessing,  
'tis a haven sweet of rest.  
O the deep, deep love of Jesus!,  
'Tis a heaven of heavens to me;  
and it lifts me up to glory,  
for it lifts me up to thee.

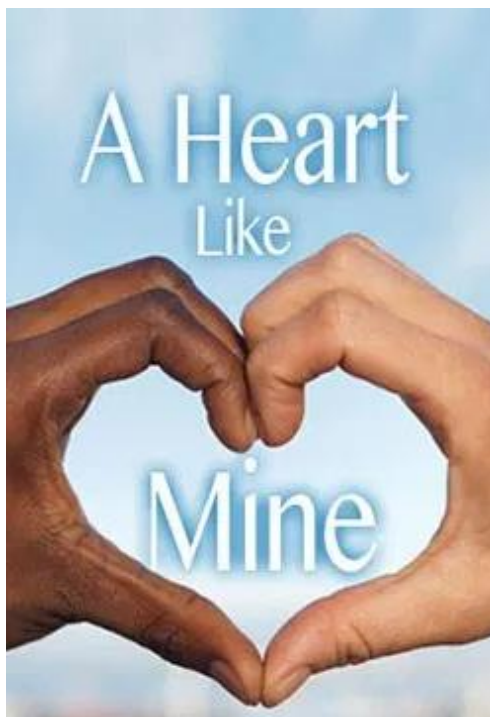
Samuel T. Francis (1834-1925)

## Blessing and Benediction

*(Rev. Nico Hilmy-Jones)*

May God be with you wherever you  
go; May Christ Jesus heal you and  
replenish you; and may the Holy  
Spirit encircle you with love.

May the blessing of God the Father,  
Son and Holy Spirit, be among us and  
remain with us always. Amen.



Join us for Coffee & Chat,  
on the phone by dialing

**02203 481 5240**

**Meeting ID: 878 0011 0669 #**

**Participants ID: #**

**Password: 336542 #**

