

Sunday 5th July 2020

Call to worship.

Jesus says: 'Come to me, all you who are weary and burdened, and I will give you rest. 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.' Let us come to the Lord Jesus. Let us seek his rest. Amen.

MP 7 All Creatures of our God and King

1 All creatures of our God and King,
lift up your voices, let us sing:

Alleluia, alleluia!

Thou burning sun with golden beam,
thou silver moon that gently gleams,
O praise him, O praise him, Alleluia, alleluia, alleluia!

2 Thou rushing wind that art so strong,
ye clouds that sail in heaven along,
O praise him, Alleluia! Thou rising morn, in praise rejoice,
ye lights of evening, find a voice:
O praise him, O praise him, Alleluia, alleluia, alleluia!

3. Thou flowing water, pure and clear,
make music for thy Lord to hear,
Alleluia, alleluia!
Thou fire so masterful and bright,
that givest man both warmth and light,
O praise him, O praise him, Alleluia, alleluia, alleluia!

4. And all ye men of tender heart,
forgiving others, take your part,
O sing ye Alleluia!
Ye who long pain and sorrow bear,
praise God and on him cast your care:
O praise him, O praise him, Alleluia, alleluia, alleluia!

5. Let all things their Creator bless,
and worship him in humbleness,
O praise Him, Alleluia!,
Praise, praise the Father, praise the Son, and praise the Spirit, Three in One:
O praise him, O praise him, Alleluia, alleluia, alleluia!

Prayer and Lord's prayer.

We come today, Lord, to worship you. we bow our heads before you, to learn by your wisdom by your love. Lord, open our hearts to receive you, in ways beyond whatever we could ever ask or even think. Father God, we are here today, to praise you, to learn from you. Your wisdom, shown to us through Jesus, is far greater than that of the world. It has the power to amaze all our hopes and wishes. We approach you now as children, sitting at your feet, bathed in your love. Speak to us, Lord. Lord, forgive us for the times when our picture and understanding of you are far too small; when we try to fit you into a small compartment of our daily life. Forgive us, Lord, and make us whole. Lord, we like to think we don't need anybody's help. Even when the going is tough, we will plough it alone. That is what we believe to be expected in this world, pride and self-sufficiency, never giving in. But you see that this is the way of slavery: you offer us a different yoke. We confess the need of your help, your guidance, until and we fall into step with you. As Jesus praised his Father in heaven, so do we. We praise you, Father, Lord of heaven and earth. You have hidden things from the wise, and revealed them to us, your children, through Jesus, your most precious Son. We praise you, Lord. ----- Lord's Prayer

All age talk

Do you ever get tired? So tired that you just want to lie down and go to sleep? There are a lot of things that makes us tired, like too many jobs to do and not enough time to do them. Or playing sports too often or getting too much homework, well we feel sometimes it's too much. And when we go on a long, boring journey? Sometimes people even get tired in church. People get tired physically. People also get tired spiritually. Here's why: I want you to think you have a huge rucksack and today we will put some different weights in it. First one is a big stone and it has the word anger on it. Put that in. And another with jealousy and all the rest of the stones we carry in our hearts stones of "sadness," "sin," "lying", "swearing," "not praying" etc. Now, who would like to wear this for a whole week 24 hours a day and even go to bed with it on. It will be very heavy and so uncomfortable with all the rough stones sticking out every corner of the rucksack. I don't fancy that. Now carrying this packed bag around would make anybody very tired. So what can we do with all the stones that we have been carrying around making us so tired? Well Jesus told his disciples, and us, "come to me, all you that are weary and carrying heavy burdens, and I will give you rest." So we may take our heavy rucksacks filled to Jesus. And pray for them to be taken from our backs. Jesus takes the stones upon himself and we can feel the weight being taken from us and receive the rest we need. Of course they will come back at times but we need to keep praying and asking the Lord to take on our yoke as we walk with him.

Prayer: Thank you Jesus for taking my heavy burdens away. Amen.

CH4 530 One More step along the world I go

1 One more step along the world I go,
 One more step along the world I go;
 From the old things to the new,

Keep me travelling along with you:
 And it's from the old I travel to the new;
 Keep me travelling along with you.

2 Round the corners of the world I turn,
 More and more about the world I learn;
 All the new things that I see
 You'll be looking at along with me.
 And it's from the old I travel to the new;
 Keep me travelling along with you.

3 As I travel through the bad and good.
 Keep me travelling the way I should.
 Where I see no way to go,
 you'll be telling me the way, I know.
 And it's from the old I travel to the new;
 Keep me travelling along with you.

3 Give me courage when the world is rough,
 Keep me loving though the world is tough;
 Leap and sing in all I do,
 Keep me travelling along with you:
 And it's from the old I travel to the new;
 Keep me travelling along with you.

4 You are older than the world can be,
 You are younger than the life in me;
 Ever old and ever new,
 Keep me travelling along with you:
 And it's from the old I travel to the new;
 Keep me travelling along with you.

Reading Psalm 145 Verses 8 – 14

MP 51 Be thou my vision

1 Be thou my vision, O Lord of my heart;
 naught be all else to me, save that thou art—
 thou my best thought by day or by night,

waking or sleeping, thy presence my light.

2 Be thou my wisdom, and thou my true word;
I ever with thee and thou with me, Lord;
thou my great Father, I thy true son;
thou in me dwelling, and I with thee one.

3 Be thou my battle shield, sword for my fight;
be thou my dignity, thou my delight,
thou my soul's shelter, thou my high tower:
raise thou me heaven-ward, O Power of my power.

4 Riches I heed not, nor man's empty praise,
thou mine inheritance, now and always:
thou and thou only, first in my heart,
High King of heaven, my treasure thou art.

5 High King of heaven, my victory won,
may I reach heaven's joys, O bright heaven's Sun!
Heart of my own heart, whatever befall,
still be my vision, O Ruler of all.

Prayers of intercession

We pray for churches throughout the world, that we may learn new ways of sharing the gospel. We give thanks for the vision and compassion, the integrity and faithfulness of our national and international church leaders. We pray for all leaders and ministers in our local church families. We pray too for those who have been damaged by religion, for one another in our daily encounters, and for those we hold in our hearts who we would love to see come to faith Lord God, we lift your children before you. We pray for all in authority, that they will be respectfully conscious of the weight on their shoulders, and that they will act responsibly for the people they serve. We pray for them in their personal lives, with the worries and cares that only they see. We pray for our friends, family, colleagues. We pray that as we walk alongside them, you will use us to bring them close to you, and they will learn of your love. We pray that we might be sensitive to the needs of those around us – the people we see every day, perhaps as fleetingly as at the shops, or in the bus queue. We have no idea what burdens they are carrying, or if they need a kind word from you that only we can give. We pray that we will see the positive in people, even when it's hard, and reach out to encourage them. Lord, you know how weary and bowed down we feel sometimes. We come to you for rest. We come to you in emptiness and cry to you for your fullness. Rescue and fill us, Lord. To you, God of love, we entrust our prayers in Jesus name. Amen.

MP 275 I heard the voice of Jesus say.

1 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 and worn and sad,
I found in him a resting place,
and he has made me glad.

2 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.

3 I heard the voice of Jesus say:
'I am this dark world's light;
Look unto Me, the dawn shall rise,
and all your day be bright.'
I looked to Jesus, and I found
In Him my Star, my Sun;
And in that light of life I'll walk
till travelling days are done.

Gospel Reading Mathew Ch. 11 verses 16 – 19 – 25 – 30

Sermon.

I'm exhausted ... I'm stressed to the limit ... I'm bone-tired ... I feel drained ... I'm running on fumes ... I'm on the edge. Have you ever heard yourself or someone else say those words? At one time or another, most of us have been there. We live in a fast-paced world, where we're often overachievers -- hurrying, rushing, working too hard, until our energies are depleted and our well-being is in tatters. And then we come to church. Welcome! Welcome to this church, -- this place for tired, weary people. In our text for today, Jesus gives a clear invitation and a promise: "Come to me, you who are weary and heavy-laden, and I will give you rest." We may come to church for many different reasons. But we also know that too many of us come here stressed and worried, troubled and tired. We really have to take time for Jesus' promise to work its way, into our very being. Jesus understood this need. He knew

the importance of rest -- time for replenishing his soul. People were often crowding around him; they wanted what he offered -- healing, forgiveness, courage, hope, *life*. Jesus is all compassion, He never turned anyone away. But he did take time to find a quiet place to rest and pray. In the text today, Jesus is giving us an invitation from his own practice: "Come to me ... and I will give you rest." Now let's do what it says! Let's take some silence, some time to rest, and allow Jesus' words to enter into your hearts and minds. Take a minute to be still, in the quiet, gifts are given that we cannot give ourselves. His yoke is a gift. Learn from this gift, turn to Jesus for the guidance and pray that the burden may be lightened. When our heart is open. The first is the gift of time. Time to be with Him, Jesus in church it provides the room for Jesus' invitation. He's echoing one of the Ten Commandments: "Remember the Sabbath, to keep it holy." Sabbath is a gift, a day of rest. We know when God made the world he worked six days, and then rested on the seventh day. If it was good enough for God, it's good enough for us. The second gift Jesus offers is release -- the opportunity to let go of stresses and pressures, release the inner obstacles that block us. The song from the film *Frozen* "Let it go, let it go." The words 'let it go' should be ones we take on board and rest when we are tired or like God on the seventh day we come into his presence and 'let it go' in our prayers and worship. Whatever dilemma, problem or anxiety is clogging our insides, "let it go." In the silence, this time of rest. The third gift in Jesus' invitation is the 'gift of the inner being' at peace. When we can let it go, we're removing all that stops us from being with God and just taking the time to do so. When we do this we will feel refreshed and God wants us to feel him give us fullness of life. That wellspring flows with goodness; it's the source of our being. Jesus tells us, "I have come that you might have abundant life" -- fullness of life (John 10:10). Not existence, not half-life, but aliveness, fullness of life. This life force comes to us from the inner wellspring -- "that of God in every person. The fourth gift. When we go to God - we receive the gift of energy for our work in the world. We have to restore ourselves to do this we have to take time to allow the energy to be replaced. Jesus is our role model; He was often going off to pray, to re-connect. Then he would head back to his ministry. This pattern is the model for all of us. We all have our personal leadings, our callings for specific work that continues the mission of Jesus, those we serve. Come to me, Jesus says -- to my way, my practice. I will give you rest. This rest is better than sleep; it's rest for the soul. He's echoing Psalm 23: "The Lord is my shepherd. ... God leads me beside still waters. God restores my soul." Restores my deepest self! When we get to the place of genuine rest, we re-connect with the source of life, abundant life. Come to me, Jesus says, and find life-giving rest. Amen.

We are more used to asking God for a blessing than raising our voices to bless God ourselves, but that is what this psalm is about. All God's creatures praise and bless God, proclaiming his goodness and mercy to the whole world. The question for us today is: do we live out God's goodness and mercy as we live in the world? And, if we live it, do we also make God known?

MP 708 To God be the Glory.

To God be the glory, great things he has done;
 So loved he the world that he gave us his Son.
 Who yielded his life an atonement for sin,
 And opened the life-gate that all may go in.

*Praise the Lord, praise the Lord,
Let the earth hear His voice;
Praise the Lord, praise the Lord,
Let the people rejoice; O, come to the Father,
through Jesus the Son,
And give Him the glory;
great things He has done!*

2 Oh, perfect redemption, the purchase of blood,
To every believer the promise of God;
The vilest offender who truly believes,
That moment from Jesus a pardon receives.
Praise the Lord...

3 Great things He has taught us, great things He has done,
and great our rejoicing through Jesus the Son;
But purer, and higher, and greater will be
Our wonder, our transport when Jesus we see.
Praise the Lord...

Benediction

Jesus has called us to come to him and blessed us with his richness. Now he sends us out into his world, to make sure people see him, and listen to him, through us. Go forth with Jesus, joined to him, in friendship, love and prayer. We are yours, Lord. Use us as you will.

Amen.