

## Morning Service 5<sup>th</sup> July

*Thank you for joining us for this morning service as we celebrate the NHS on its 72<sup>nd</sup> Anniversary. We all owe such a lot to the NHS, and our prayers today come from those working on its frontline. We now have plans to return to worship in church soon, and will be live streaming those services too. I'm Rev John Musson, vicar of Cudham and Downe and I'm joined by Helen Musson, Ordinand at St Augustines college.*

*You'll find the words of the service on the church website [pcd.org.uk](http://pcd.org.uk)*

### The Greeting

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.**

### ***Our Opening Hymn is Praise my soul***

**1. Praise, my soul, the King of heaven;  
To His feet thy tribute bring.  
Ransomed, healed, restored, forgiven,  
Who like me His praise should sing?  
Praise Him, praise Him,  
Praise Him, praise Him,  
Praise the everlasting King.**

**2. Praise Him for His grace and favour  
To our fathers in distress.  
Praise Him still the same forever,  
Slow to chide, and swift to bless.  
Praise Him, praise Him,  
Praise Him, praise Him,  
Glorious in His faithfulness.**

**3. Fatherlike He tends and spares us;  
Well our feeble frame He knows.  
In His hands He gently bears us,  
Rescues us from all our foes.  
Praise Him, praise Him,  
Praise Him, praise Him,  
Widely as His mercy goes.**

**4. Angels help us to adore Him;  
Ye behold Him face to face;  
Sun and moon, bow down before Him,  
Dwellers all in time and space.  
Praise Him, praise Him,  
Praise Him, praise Him,  
Praise with us the God of grace**

## Opening Prayer

Father God,  
we are here today,  
to praise you, to learn from you.  
Your wisdom, shown to us through Jesus,  
your most precious Son,  
is far greater than that of the world.  
It has the power to confound all our expectations.

**We approach you now as children,  
sitting at your feet,  
bathed in your love,  
hanging on your every word.  
Speak to us, Lord. Amen.**

***We now spend time reflecting on our need to say sorry and to hear God forgive us.  
Let us pray***

Lord Jesus,  
for the times we do not see  
what you are doing in the world:  
**We are sorry, Lord.**

For the times  
we do things our own way,  
and do not try to follow you:  
**We are sorry, Lord.**

For the times  
we do not listen  
to the things you are teaching us:  
**We are sorry, Lord.**

May the God of love  
bring us back to himself,  
forgive us our sins,  
and assure us of his eternal love  
in Jesus Christ our Lord.  
**Amen.**

## **Prayer for Today – 4<sup>th</sup> Sunday after Trinity**

Eternal God, comfort of the afflicted and healer of the broken,  
you have fed us at the table of life and hope:  
teach us the ways of gentleness and peace,  
that all the world may acknowledge the kingdom of  
your Son Jesus Christ our Lord. **Amen.**

## **Bible Reading** *Matthew 11.16-19,25-30 (NIV)*

<sup>16</sup> ‘To what can I compare this generation? They are like children sitting in the market-places and calling out to others:

<sup>17</sup> “‘We played the pipe for you,  
and you did not dance;  
we sang a dirge,  
and you did not mourn.”

<sup>18</sup> For John came neither eating nor drinking, and they say, “He has a demon.” <sup>19</sup> The 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 deeds.

<sup>25</sup> At 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. <sup>26</sup> Yes, Father, for this is what you were pleased to do.

<sup>27</sup> ‘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.

<sup>28</sup> ‘Come to me, all you who are weary and burdened, 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.’

## **Talk**

Today we celebrate the 72th anniversary of the NHS. It’s an amazing institution, consisting of porters, cleaners, administrators, managers, caterers, physios, GP’s, chaplains, consultants and many many more. Our prayers today have requests from Kate, a consultant, Beryl, a NHS Manager and Tim, a chaplain. We owe an amazing debt to all carers, and we focus on the NHS in particular today.

Early on in the Covid19 crisis, rainbows started appearing in windows across the UK, and they quickly became linked to thanks for the NHS and the weekly clap for carers on Thursdays at 8pm, and there will be one final round of applause today (Sunday) at 5pm. Did you know, though, that the rainbow initiative appears to have been started by a handful of mothers in Bari, Italy, who put their children’s artwork on facebook and this was picked up across that country. Romina Anardo, 38, a journalist at a local newspaper in Piossasco, a small town near Turin, has been working from home since her five-year-old son’s school closed because of the outbreak. He drew a rainbow accompanied with the words ‘andra tutto bene’; – all will be well, or don’t give up, hang in there.

In the Bible, the rainbow is linked with the story of Noah and celebrates God’s promise that he will be with his people, caring for them, reminding us every time we see one, that his relationship with us remains forever.

When people think about the NHS, and now this powerful rainbow symbol, we see care at the heart and a reminder when things become more normal, not to forget the debt we owe to those on the frontline of healthcare, to say thank you to them for their amazing sacrificial work over these last few months, and continue today and into the future.

And so back to our bible reading. The people had been waiting for centuries for a messiah, and then it appeared to them that like London buses, several came along at once. Each is offering something but none of them satisfies their needs completely. Two mentioned in the bible are John the Baptist and Jesus – John has the stark message ‘repent – turn away from wrong’ because God is on his way, and Jesus seems to have parties with those at the margins of society and upsetting the religious people of his day. John is too

austere, Jesus too jolly. People were looking for something that suited them, rather than listening to God, they were looking but not really seeing, hearing but not really listening. I wonder how you would have responded to such people – despair, anger, frustration. Jesus often displayed these things, particularly to the religious leaders of his day. But to the ordinary people, the ‘sinners’ as his accusers called them, he offered comfort, understanding and love.

Listen again to the final words of our reading today – they sum up, I think, what lies at the heart of all that is good in all who work in the caring service which is our NHS. 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. For my yoke is easy and my burden is light.’

Weary and burdened – that describes many of us after these last few months, I know it describes me. What does Jesus promise – ‘rest’, not relaxation or laziness, but rest. Imagine a friend, nurse or chaplain taking the burden from our shoulders when we are weighed down with grief or pain; each and every human act of love reflects on these words of Jesus – it’s something we can receive when we ask, and something we can give when able. Often, in my experience, we do both at the same time. Jesus goes on to describe himself as gentle and humble in heart – can we see Jesus like that, can we dare see his humble heart reaching out to us, supremely on the cross, as he then identifies where we most need rest – not just in our bodies, but in our souls – as one great theologian said, our hearts are restless, till we find our rest in you. Trust your weary, troubled, burdened soul to Jesus – he’s the one who can calm troubled minds, just as his friends saw him calm a storm.

Finally he promises an easy yoke – nothing to do with eggs, but the framework around an animal’s neck to make it easier to pull or carry heavy loads – and often in the old testament liked to the words of scripture. Back, therefore to our rainbow, or rather the words that accompanied them in March – *andra tutto bene* – all will be well – our burden is made easier when we listen to Jesus, when we trust Jesus, when we fall back on the love of Jesus in these troubled times.

Now, let’s enjoy a time of meditation based on that final verse

Come to me  
All of you  
That are weary  
And are carrying  
Heavy burdens  
And I will give you  
Rest

Think about each part of this verse, enjoy how Jesus’ wisdom confounds expectations of the world. I’ll read a line, then pause. Let God speak to you through his Holy Spirit as you hear them. Take them in and allow Jesus to make them real for you. And here’s a prayer you might use too.

Lord, you know how weary  
and bowed down I feel sometimes.  
I claim your rest for my soul.  
I come to you in my emptiness  
and cry to you for your fullness.  
Rescue me and fill me, Lord.

**Amen.**

(you might want to repeat this reflective meditation for yourself each day this week)

Let's take a moment to rest, and then we sing together 'be still'...

*Please join us for homegroup on Wednesday at 8pm via zoom as we look again at this passage - Meeting ID: 869 9839 3932 Password: 497064 John will be sending out notes soon, please ask if you'd like a copy.*

### **Song of Response –Be still**

**Be still, for the presence of the Lord, the Holy One, is here;  
Come bow before him now with reverence and fear:  
In him no sin is found - we stand on holy ground.  
Be still, for the presence of the Lord, the Holy One, is here.**

**Be still, for the glory of the Lord is shining all around;  
He burns with holy fire, with splendour he is crowned:  
How awesome is the sight - our radiant King of light!  
Be still, for the glory of the Lord is shining all around.**

**Be still, for the power of the Lord is moving in this place;  
He comes to cleanse and heal, to minister his grace -  
No work too hard for him. In faith receive from him.  
Be still, for the power of the Lord is moving in this place.**

### **The Creed**

Let us declare our faith in God.

**We believe in God the Father,  
from whom every family  
in heaven and on earth is named.**

**We believe in God the Son,  
who lives in our hearts through faith,  
and fills us with his love.**

**We believe in God the Holy Spirit,  
who strengthens us  
with power from on high.**

**We believe in one God;  
Father, Son and Holy Spirit.  
Amen.**

### **The prayers - *the response is 'Lord, graciously hear us'***

Let us pray to God our Father, whose Son came that we may have life.

We give you thanks for the life and work  
of all those whose vision founded our National Health Service,  
and for those who serve others in care and compassion.

We pray that their work and ministry to the sick may enrich and support the welfare of all.

Consultant Kate asks us:

To give thanks that we have a health system that delivers healthcare to everyone who needs it

To pray that everyone in the NHS from cleaner and dinner server to nurse to doctor,  
from physio to speech therapist, from administrative staff to senior management  
is equally valued as they are all vital in caring for people who are ill  
To pray that NHS trusts work collaboratively to deliver the excellent care that every patient deserves

Lord, hear us.

**Lord, graciously hear us.**

We give thanks for all who provide leadership in healthcare,  
for those who exercise stewardship and allocate resources  
and pray that, in challenging times,  
support and compassion may be shown to those most in need.

NHS Manager Beryl asks us:

To pray for, and praise God for, all the NHS staff that were redeployed, often from a desk job to frontline  
cleaning jobs in the community hospitals, that are now planning to return to their substantive post.  
To pray for the school immunisation nurses, as they plan for a very busy summer, trying to catch up on the  
planned programme that has been disrupted, whilst trying to plan for the autumn flu immunisation  
programme as well.

To pray for The Kent Community Health Foundation Trust Child Health Information team are just returning  
from redeployment; that they will not feel stress over the next few months as they undertake the admin  
work for the school immunisation programmes.

Lord, hear us.

**Lord, graciously hear us.**

We pray for all who promote health and wellbeing in policy and practice;  
for all who care for the sick, in hospital, in care homes, and at home;  
for doctors, nurses, care assistants and cleaners.

We seek guidance and strength for all chaplains,  
and for all engaged in teaching and medical research.

Lead Chaplain Tim asks us to pray...

That people will find meaning in life when facing the challenge of COVID-19 and the present situation.  
For wisdom and resilience and that Staff, including Chaplaincy Team members will work safely and have  
opportunity to rest and recuperate.

For blessings on engaging or re-engaging chaplaincy volunteers, who are able to return to their duties;  
For encouragement for all who cannot do chaplaincy work at present.

For peace and strength as we reflect in services for staff to respond to grief,  
to find hope and to re-affirm our life in community where we look out for one another.

Lord, hear us.

**Lord, graciously hear us.**

We pray for those who suffer in body, mind, or spirit;  
for those who are terminally ill, elderly or frail;  
for all who live with a disability or in constant pain,  
and for the many who strive to bring comfort and healing to them.

Lord, hear us.

**Lord, graciously hear us.**

Remember in your kingdom, O Lord,  
all those who have faithfully served you here on earth and are now at rest;

grant us, with them, and with all the faithful departed, the joy of your salvation.  
We commend ourselves, and all for whom we pray,  
to the mercy and protection of God.

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

*After a moment to bring our own prayers to God:*  
Jesus taught us to call God our Father,  
so in faith and trust we pray:

**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**

As we come to the end of our service today and we give thanks for the NHS, a final prayer we can share  
**Lord God,  
Living through these troubled times brings contradictions.  
Some of us are more busy than ever,  
Others have little to do, but their minds are in turmoil.  
So we thank Jesus for his love, and for the way those who work in the NHS share in that task  
Of lifting burdens in the name of Jesus. Amen.**

*We sing our closing song – Amazing Grace - it is Jesus grace that lifts the burdens of our souls  
and frees us to serve him.*

### **Closing Song: Amazing Grace – Chris Tomlin Version**

**Amazing grace  
How sweet the sound  
That saved a wretch like me  
I once was lost, but now I'm found  
Was blind, but now I see**

**'Twas grace that taught my heart to fear  
And grace my fears relieved  
How precious did that grace appear  
The hour I first believed**

**My chains are gone  
I've been set free  
My God, my Saviour has ransomed me  
And like a flood His mercy reigns  
Unending love, amazing grace**

**The Lord has promised good to me  
His word my hope secures  
He will my shield and portion be  
As long as life endures**

**[2x]**

**My chains are gone  
I've been set free  
My God, my Saviour has ransomed me  
And like a flood His mercy reigns  
Unending love, amazing grace**

**The earth shall soon dissolve like snow  
The sun forbear to shine  
But God, Who called me here below,  
Will be forever mine.  
Will be forever mine.  
You are forever mine.**

*Thank you for joining us in worship today, thanks too if you've completed our questionnaire as we prepare for returning to church for worship hopefully in a few weeks time. Please email if you haven't received a copy and would like to fill one in. Details of our next services are found on our facebook page <https://www.facebook.com/PCDChurches/> where you can watch the service live or catch up later, and you'll find this week's notice sheet and other useful information on the church website [pcd.org.uk](http://pcd.org.uk)*

*Please also contact the Vicar, Rev John Musson if you need any help or just for a chat! [vicar@pcd.org.uk](mailto:vicar@pcd.org.uk)  
01959540012*

## **Blessing**

As we go through this week,  
give us eyes to see  
what you are doing in the world,  
so that we can learn more of you.  
And may your blessing rest upon us  
The Blessing of the Father, the Son and the Holy Spirit.  
**Amen.**