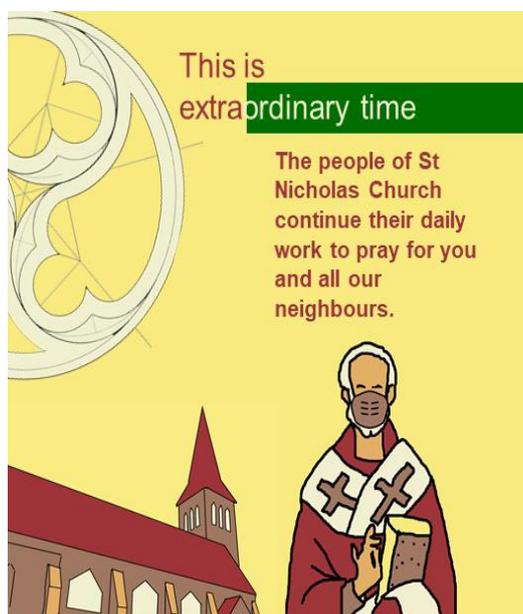


**All Age Worship at St. Nicholas, Sutton
for Trinity 4 on 5 July 2020
Collect, hymns, readings, talk & intercessions**



Please join me for our service at 10.30am today (or at another convenient time) by following the Order of Service and singing in your own home.

I will be thinking of you all and praying for you at The Rectory at the same time and longing for our future reunion in Church.

Frances

Revd Frances Arnold, Priest-in-Charge

Duty Warden: John Kerr

Server: Henry Sawyerr

Musician: Isabella Harris

Sound desk: Jules Kieswich

New Testament: Neenah Cole

Gospel: Vincent Cole

Sidespersons: Jean Chappell, Pamela Kerr

Refreshments: Liz Cann, Chris Cann

Welcomers: Pam Affleck, Glynis Osborne

Collect (prayer of the week)

O God, the protector of all who trust in you,
without whom nothing is strong, nothing is holy:
increase and multiply upon us your mercy;
that with you as our ruler and guide
we may so pass through things temporal
that we lose not our hold on things eternal;
grant this, heavenly Father,
for our Lord Jesus Christ's sake,
who is alive and reigns with you,
in the unity of the Holy Spirit,
one God, now and for ever. **Amen.**

Hymns

Opening *Alleluia Sing to Jesus*

Gradual *I danced in the morning*

Readings

Romans 7.15-25a

The Inner Conflict

¹⁵I do not understand my own actions. For I do not do what I want, but I do the very thing I hate. ¹⁶Now if I do what I do not want, I agree that the law is good. ¹⁷But in fact it is no longer I that do it, but sin that dwells within me. ¹⁸For I know that nothing good dwells within me, that is, in my flesh. I can will what is right, but I cannot do it. ¹⁹For I do not do the good I want, but the evil I do not want is what I do. ²⁰Now if I do what I do not want, it is no longer I that do it, but sin that dwells within me. ²¹ So I find it to be a law that when I want to do what is good, evil lies close at hand. ²²For I delight in the law of God in my inmost self, ²³but I see in my members another law at war with the law of my mind, making me captive to the law of sin that dwells in my members. ²⁴Wretched man that I am! Who will rescue me from this body of death? ²⁵Thanks be to God through Jesus Christ our Lord!

Matthew 11.16-19, 25-end

Jesus Praises John the Baptist, Jesus Thanks His Father

¹⁶ 'But to what will I compare this generation? It is like children sitting in the market-places and calling to one another,

¹⁷ "We played the flute for you, and you did not dance;
we wailed, and you did not mourn."

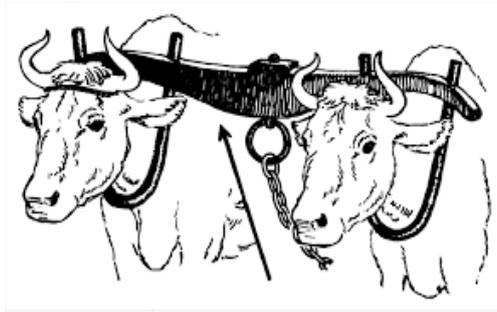
¹⁸For John came neither eating nor drinking, and they say, "He has a demon"; ¹⁹the Son of Man came eating and drinking, and they say, "Look, a glutton and a drunkard, a friend of tax-collectors and sinners!" Yet wisdom is vindicated by her deeds.'

²⁵ At that time Jesus said, 'I thank you, Father, Lord of heaven and earth, because you have hidden these things from the wise and the intelligent and have revealed them to infants; ²⁶yes, Father, for such was your gracious will. ²⁷All things have been handed over to me by my Father; and no one knows the Son except the Father, and no one knows the Father except the Son and anyone to whom the Son chooses to reveal him.

²⁸ 'Come to me, all you that are weary and are carrying heavy burdens, 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.'

All Age Talk



Jesus said:

‘Come to me, all you that are weary and are carrying heavy burdens, 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’ Matthew 11.28-30

Is there a heavy object to hand in your house or garden? Maybe a brick?

How much do you think the brick weighs? Well all bricks don’t weigh exactly the same but the average brick weighs about five pounds. That isn’t very heavy is it? You could easily pick up a brick.

Do you think you could pick the brick up and hold it with your arm straight out to the side of you?

You might be able to hold it for a minute or two but do you think you could hold it all day? No way! The longer you hold it, the heavier it feels.

The same thing is true of the burdens we carry around with us. What are some of those burdens?

You may be having trouble with school work, trouble at home, illness, feeling guilty about something you have done, someone making fun of you...

This is a pretty heavy load to have to carry by yourself, isn’t it? Well the good news is you don’t have to carry it alone!

In our Bible reading from Matthew’s gospel Jesus said,

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

Then he went on to say, ‘My yoke is easy and my burden is light.’ Jesus is our helper. Sometimes we hold on to our burdens and try to carry them ourselves, but Jesus will help us, if we let him.

Whenever your load is too heavy, remember to tell Jesus. Jesus helps us to bear our burdens. We don’t need to bear our burdens alone.

Father, sometimes our burdens are more than we can bear.

Help us to remember that Jesus said,
‘Come to me all you who are weary and burdened
and I will give you rest.’

In his name we pray. **Amen.**

Praying for ourselves and others

The priest says

Let us pray for the church and for the world and let us thank God for his goodness.

Please kneel or sit as Revd Beverly prays:

Prayers for ourselves and others

We meet with you, amazing God, thankful for all you have done in our lives this day-

Giving us human families who have loved and nurtured us,

Giving us Church families who have loved and nurtured us in your ways and who continue to support us in prayer, especially at this time as we learn to adapt to new and different ways of living.

Think of some specific ways you are being blessed at this time and give thanks.

Father God,

your creation continues to change around us – trees are coming into full leaf,

we hear birdsong and the whisper of the wind; we smell the rain;

all signs of your continuing love and care.

Give thanks for something in nature that you have particularly enjoyed this week.

Lord Jesus Christ, your life, death and resurrection are the reason for the way we live our lives today, and yet we don't always manage to live up to our calling,

finding it easier to grumble about any restrictions we are experiencing.

Allow yourself to express your whinges!

Lord Jesus, we give all these things into your hands

See yourself literally giving your whinges like a parcel into Jesus hands and ask to be forgiven.

Jesus accepts these, freeing us from the burden of carrying them.

He gives us his forgiveness. Thank you, Lord.

Heavenly Father we thank you for joining us in one body, Your Church no matter how far apart we are. We thank you for the fellowship of all believers that continues from the very first disciples and will go on to the end of the age.

Give thanks for those who brought you to faith, for those who support you now and for those you support.

Amazing God, we pray for your whole creation; that your love may be made known in each one of us. We pray for the opportunity to share that love with all, but especially those we come in contact with.

As you sit in isolation think of a person that you can share Gods' love with

Spirit of the living God, move among us all; make us one in heart and mind, make us one in love: humble, caring, selfless, willing to sharing.

Imagine the Spirit of God filling your life with his love!

At the end we say

Merciful Father,

accept these prayers,

for the sake of your son,

our Saviour Jesus Christ. Amen.