

### CONCLUDING PRAYER

Lord, come to us, that we may find rest and peace in you. Lord come to us, that we may love you and proclaim your saving power, that we may live to your glory, Lord Jesus, who with the Father and the Holy Spirit is worshipped forever and ever.. Amen

### BLESSING

The good and gracious God grant you refreshment, renewal, restoration, that in his power you may live and work to his glory; and the blessing of God, Father, Son and Holy Spirit rest upon you and remain with you always. **Amen**

### PARISH PRAYER LIST

Johnny, Alice, Canon Ken, Bishop-elect George, Joyce, Eddie, Violet, Norman, Audra, Sylvia, Adam, Charlie

#### Senior members resident in care

Nan, Isabel, Leslie, Lillian, Tom, Sally, Kay



*Remember all who have been bereaved especially when restrictions prevent the usual funeral services.*

PARISH PRAYER LINE – TEL: 07553404711 (New)

#### ONLINE SERVICE

LIVE ON FACEBOOK AND PHONE  
SUNDAYS AT 11AM

NO MIDWEEK SERVICE DURING  
JULY AND AUGUST



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St Aidan's Parish Church  
Enabling people to find a Living Faith in a Loving  
God by "Serving Christ in the Community"

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### ONLINE WORSHIP 5 JULY : TRINITY 4

#### THEME FOR TODAY THE UNFORCED RHYTHMS OF GRACE



Take my  
yoke upon  
you, and  
learn from  
me.... For  
my yoke is  
easy, and  
my burden  
is light –  
Jesus

#### SENTENCE OF THE DAY

"Come to me, all you who are weary and burdened,  
and I will give you rest. *Matthew 11:28*

**Psalm 145:8-15** The LORD is gracious and compassionate, slow to anger and rich in love. The LORD is good to all; he has compassion on all he has made. All your works praise you, LORD; your faithful people extol you. They tell of the glory of your kingdom and speak of your might, so that all people may know of your mighty acts and the glorious splendour of your kingdom.



Psalm 145:18

The LORD is trustworthy in all he promises and faithful in all he does. The LORD upholds all who fall and lifts up all who are bowed down. The eyes of all look to you, and you give them their food at the proper time.

## THE MINISTRY OF THE WORD

### Romans 7:15-25

I do not understand my own actions. For I do not do what I want, but I do the very thing I hate. Now if I do what I do not want, I agree that the law is good. But in fact it is no longer I that do it, but sin that dwells within me. For I know that nothing good dwells within me, that is, in my flesh. I can will what is right, but I cannot do it. For I do not do the good I want, but the evil I do not want is what I do. Now if I do what I do not want, it is no longer I that do it, but sin that dwells within me.

So I find it to be a law that when I want to do what is good, evil lies close at hand. For I delight in the law of God in my inmost self, but 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. Wretched man that I am! Who will rescue me from this body of death? Thanks be to God through Jesus Christ our Lord!

### Matthew 11: 16-19; 26-30

#### The unforced rhythms of Grace

“How can I account for this generation? The people have been like spoiled children whining to their parents, ‘We wanted to skip rope, and you were always too tired; we wanted to talk, but you were always too busy.’ John came fasting and they called him crazy. I came feasting and they called me a lush, a friend of the riffraff. Opinion polls don’t count for much, do they? The proof of the pudding is in the eating.”

Abruptly Jesus broke into prayer: “Thank you, Father, Lord of heaven and earth. You’ve concealed your ways from sophisticates and know-it-alls, but spelled them out clearly to ordinary people. Yes, Father, that’s the way you like to work.”

Jesus resumed talking to the people, but now tenderly. “The Father has given me all these things to do and say. This is a unique Father-Son operation, coming out of Father and Son intimacies and knowledge. No one knows the Son the way the Father does, nor the Father the way the Son does. But I’m not keeping it to myself; I’m ready to go over it line by line with anyone willing to listen.



“Are you tired? Worn out? Burned out on religion? Come to me. Get away with me and you’ll recover your life. I’ll show you how to take a real rest. Walk with me and work with me—watch how I do it. Learn the unforced rhythms of grace.

I won’t lay anything heavy or ill-fitting on you. Keep company with me and you’ll learn to live freely and lightly.”

#### Spirit of the living God,

Be the Gardener of my soul.

For so long I have been waiting,

Silent and still – experiencing a winter of the soul.

But now, in the strong name of Jesus Christ,

I dare to ask:

Clear away the dead growth of the past,

Break up the hard clods of custom and routine,

Stir in the rich compost of vision and challenge,

Bury deep in my soul the implanted Word,

Cultivate and water and tend my heart,

Until new life buds and opens and flowers. Amen

*Prayers from the Heart by Richard Foster Hodder & Stoughton*

#### PRAYERS OF INTERCESSION

Gracious and merciful God, you have promised rest to the weary and relief to the heavy laden: hear the prayers we bring for your people. Lord, quieten us down, as we place into your hands those for whom we want to pray. We know that you love them with a greater love than we could ever imagine.

In the stillness we are here, with you, for them. Amen

#### THE FAMILY PRAYER: OUR FATHER, WHO ART IN HEAVEN