**Holy Communion ONE |**

Trinity 4 | 2 July 2023 8:30 am

**Introduction**

*The priest stands at the Communion Table*  
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. **Amen**.

**The Collect for Purity**

**Almighty God,  
to whom all hearts be open,  
all desires known,  
and from whom no secrets are hid;  
Cleanse the thoughts of our hearts  
by the inspiration of thy Holy Spirit,  
that we may perfectly love thee,  
and worthily magnify thy holy name;  
through Christ our Lord. Amen**.

**The Commandments**

*Hear what our Lord Jesus Christ saith:*  
Thou shalt love the Lord thy God with all thy heart, and with all thy soul, and with all thy mind. This is the first and great Commandment. And the second is like unto it, Thou shalt love thy neighbour as thyself. On these two Commandments hang all the Law and the Prophets.  
**Lord, have mercy upon us, and write these thy laws in our hearts, we beseech thee.**

**The Collect of the Day**

*The Fourth Sunday after Trinity*  
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 finally lose not the things eternal:  
Grant this, heavenly Father,  
for Jesus Christ’s sake, our Lord. **Amen.**

**The Epistle**

The Epistle is written in the 6th chapter of the Letter of St Paul to the Romans beginning at the 12th verse  
**Romans 6:12–23 (NIV 11)**  
**12** Therefore do not let sin reign in your mortal body so that you obey its evil desires. **13** Do not offer any part of yourself to sin as an instrument of wickedness, but rather offer yourselves to God as those who have been brought from death to life; and offer every part of yourself to him as an instrument of righteousness. **14** For sin shall no longer be your master, because you are not under the law, but under grace.

**15** What then? Shall we sin because we are not under the law but under grace? By no means! **16** Don’t you know that when you offer yourselves to someone as obedient slaves, you are slaves of the one you obey—whether you are slaves to sin, which leads to death, or to obedience, which leads to righteousness? **17** But thanks be to God that, though you used to be slaves to sin, you have come to obey from your heart the pattern of teaching that has now claimed your allegiance. **18** You have been set free from sin and have become slaves to righteousness.  
**19** I am using an example from everyday life because of your human limitations. Just as you used to offer yourselves as slaves to impurity and to ever-increasing wickedness, so now offer yourselves as slaves to righteousness leading to holiness. **20** When you were slaves to sin, you were free from the control of righteousness. **21** What benefit did you reap at that time from the things you are now ashamed of? Those things result in death! **22** But now that you have been set free from sin and have become slaves of God, the benefit you reap leads to holiness, and the result is eternal life. **23** For the wages of sin is death, but the gift of God is eternal life in Christ Jesus our Lord.

Here endeth the Epistle.

**The Gospel**

The Holy Gospel is written in the tenth chapter of the Gospel according to Matthew beginning at the 40th verse.  
**Glory be to thee, O Lord.**  
**40** “Anyone who welcomes you welcomes me, and anyone who welcomes me welcomes the one who sent me. **41** Whoever welcomes a prophet as a prophet will receive a prophet’s reward, and whoever welcomes a righteous person as a righteous person will receive a righteous person’s reward. **42** And if anyone gives even a cup of cold water to one of these little ones who is my disciple, truly I tell you, that person will certainly not lose their reward.”  
**Thanks be to thee, O Lord.**

**The Nicene Creed**

**I believe in one God the Father Almighty,**  
**Maker of heaven and earth,  
and of all things visible and invisible:**

**And in one Lord Jesus Christ,**  
**the only-begotten Son of God,  
Begotten of his Father before all worlds,  
God of God, Light of Light,  
Very God of very God,**

**Begotten, not made,**  
**Being of one substance with the Father;  
By whom all things were made**:

**Who for us men, and for our salvation,**  
**came down from heaven,  
And was incarnate by the Holy Spirit of the Virgin Mary,  
And was made man,  
And was crucified also for us under Pontius Pilate.**

**He suffered and was buried,**  
**And the third day he rose again according to the Scriptures,  
And ascended into heaven,  
And sitteth on the right hand of the Father.  
And he shall come again with glory  
to judge both the quick and the dead:  
Whose kingdom shall have no end.**

**And I believe in the Holy Spirit,**  
**The Lord, and Giver of life,  
Who proceedeth from the Father and the Son,  
Who with the Father and the Son together  
is worshipped and glorified,  
Who spake by the Prophets.**

**And I believe one Catholic and Apostolic Church.**  
**I acknowledge one Baptism for the remission of sins.  
And I look for the Resurrection of the dead,  
And the life of the world to come. Amen.**

**Sermon**

**Self-examination**

We are told by the medics to examine our bodies and to report any concerns to them so that we can detect dangerous cells long before they take control of our bodies.  
Paul encourages us to examine the parts of our bodies, “our members” as some bible versions translate it, so we can see what is directing our spiritual health.

As we look at Romans 6 page 1133, we see Paul’s reflection on what we might see!

**Theology**

We first learn:  
Our Inner Sinful Nature seeks to reign in our bodies (12)  
- do not let sin reign in your mortal body so that you obey its evil desires  
Our Inner Sinful Nature wants us to offer ourselves to its power (13)  
- Do not offer any part of yourself to sin  
Our Inner Sinful Nature demands that we become slaves to sin (19)  
- you used to offer yourselves as slaves to impurity and to ever-increasing wickedness  
Our Inner Sinful Nature rewards us with death (23)  
- the wages of sin is death,

**Application**

What “parts of yourself” are you at risk of offering to sin?  
Is it **your mind**?  
- You are happy to imbibe every modern idea and value without submitting it to reflection, comparing it to God’s commandments and God’s word.  
Are you at risk of offering **your passions** to the whims of the sinful nature?  
- Have we let the principle “if it *feels* good, it must *be* good” to override our principles of the best action for the good of others?  
Have we abandoned control of **our voices**?  
- Do we say the first thing that comes into our mind, cruel or kind, or do we control those interactions with a higher ear in mind?  
Perhaps the parts of our body that we have yielded to the sinful nature is the part that holds **the purse-strings**?

**The way forward**

Do not offer any part of yourself to sin as an instrument of wickedness, but rather offer yourselves to God as those who have been brought from death to life; and offer every part of yourself to him as an instrument of righteousness

Lord help us to examine our hearts with precision and care so that we can understand whether we are following you, or following the wills of our sinful nature, in each area of our life.  
Help us choose to follow your way, and to become slaves to righteousness in every aspect of our lives, relying on your grace to help us to do so. **Amen.**

**The offertory**

Lay not up for yourselves treasure upon the earth; where the rust and moth doth corrupt, and where thieves break through and steal: but lay up for yourselves treasures in heaven; where neither rust nor moth doth corrupt, and where thieves do not break through and steal.

We give our offering to God

Thine, O Lord, is the greatness, and the power, and the glory, and the vic- tory, and the majesty: for all that is in the heaven and in the earth is thine; thine is the kingdom, O Lord, and thou art exalted as head above all. Now therefore, our God, we thank thee, and praise thy glorious

**Church Militant**

*Let us pray for the whole state of Christ’s Church militant here in earth.*

Almighty and everliving God, who by thy holy Apostle hast taught us to make prayers, and supplications, and to give thanks, for all men; We humbly beseech thee most mercifully to accept our alms and oblations, and to receive these our prayers, which we offer unto thy Divine Majesty; beseeching thee to inspire continually the universal Church with the spirit of truth, unity and concord: And grant, that all they that do confess thy holy Name may agree in the truth of thy holy Word, and live in unity and godly love.

We beseech thee also to save and defend all Christian Kings, Princes, and Governors; and especially thy servant CHARLES our King; that under him we may be godly and quietly governed: And grant unto his whole Council, and to all that are put in authority under him, that they may truly and impartially minister justice, to the punishment of wickedness and vice, and to the maintenance of thy true religion, and virtue.

Give grace, O heavenly Father, to all Bishops and Curates, that they may both by their life and doctrine set forth thy true and lively Word, and rightly and duly administer thy holy Sacraments: And to all thy People give thy heavenly grace; and especially to this Congregation here present; that, with meek heart and due reverence, they may hear and receive thy holy Word; truly serving thee in holiness and righteousness all the days of their life.

And we most humbly beseech thee of thy goodness, O Lord, to comfort and succour all them, who in this transitory life are in trouble, sorrow, need, sickness, or any other adversity.

And we also bless thy holy Name for all thy servants departed this life in thy faith and fear; beseeching thee to give us grace so to follow their good examples, that with them we may be partakers of thy heavenly kingdom: Grant this, O Father, for Jesus Christ’s sake, our only Mediator and Advocate. Amen.

**Introduction to Penitence**

Ye that do truly and earnestly repent you of your sins, and are in love and charity with your neighbours, and intend to lead a new life, following the commandments of God, and walking from henceforth in his holy ways; Draw near with faith, and take this holy Sacrament to your comfort; and make your humble confession to Almighty God, meekly kneeling upon your knees.

**Confession**

**Almighty God,**  
**Father of our Lord Jesus Christ,  
Maker of all things,  
Judge of all men;  
We acknowledge and bewail our manifold sins and wickedness,  
Which we, from time to time, most grievously have committed,  
By thought, word, and deed,  
Against thy Divine Majesty,  
Provoking most justly thy wrath and indignation against us.  
We do earnestly repent,  
And are heartily sorry for these our misdoings;  
The remembrance of them is grievous unto us;  
The burden of them is intolerable.  
Have mercy upon us,  
Have mercy upon us, most merciful Father;  
For thy Son our Lord Jesus Christ’s sake,  
Forgive us all that is past;  
And grant that we may ever hereafter  
Serve and please thee  
In newness of life,  
To the honour and glory of thy Name;  
Through Jesus Christ our Lord. Amen**.

**Absolution**

*Almighty God, our heavenly Father,*  
*who of his great mercy hath promised forgiveness of sins  
to all them that with hearty repentance and true faith turn unto him;  
Have mercy upon you;  
pardon and deliver you from all your sins;  
confirm and strengthen you in all goodness;  
and bring you to everlasting life;  
through Jesus Christ our Lord. Amen*.

**Comfortable Words**

*Hear what comfortable words our Saviour Christ saith unto all that truly turn to him.*

Come unto me all that travail and are heavy laden, and I will refresh you.

So God loved the world, that he gave his only-begotten Son, to the end that all that believe in him should not perish, but have everlasting life.

*Hear also what Saint Paul saith.*

This is a true saying, and worthy of all men to be received, That Christ Jesus came into the world to save sinners.

*Hear also what Saint John saith.*

If any man sin, we have an Advocate with the Father, Jesus Christ the righteous: and he is the propitiation for our sins.

**Sanctus**

Lift up your hearts.  
**We lift them up unto the Lord.**  
Let us give thanks unto our Lord God.  
**It is meet and right so to do.**  
It is very meet, right, and our bounden duty, that we should at all times, and in all places, give thanks unto thee, O Lord, Holy Father, Almighty Everlasting God:

Therefore with Angels and Archangels and with all the company of heaven, we laud and magnify thy glorious Name; evermore praising thee, and saying,  
**Holy, Holy, Holy, Lord God of hosts,  
heaven and earth are full of thy glory:  
Glory be to thee, O Lord most high. Amen.**

**Prayer of Humble Access**

**We do not presume to come to this thy Table, O merciful Lord,**  
**trusting in our own righteousness,  
but in thy manifold and great mercies.  
We are not worthy so much as to gather up the crumbs under thy Table.  
But thou art the same Lord, whose property is always to have mercy:  
Grant us therefore, gracious Lord,  
so to eat the flesh of thy dear Son Jesus Christ, and to drink his blood,  
that our sinful bodies may be made clean by his body,  
and our souls washed through his most precious blood,  
and that we may evermore dwell in him, and he in us. Amen**.

**Great Thanksgiving**

Almighty God, our heavenly Father, who of thy tender mercy didst give thine only Son Jesus Christ to suffer death upon the Cross for our redemption; who made there (by his one oblation of himself once offered) a full, perfect, and sufficient sacrifice, oblation, and satisfaction, for the sins of the whole world; and did institute, and in his holy Gospel command us to continue, a perpetual memory of that his precious death, until his coming again:

Hear us, O merciful Father, we most humbly beseech thee; and grant that we receiving these thy creatures of bread and wine, according to thy Son our Saviour Jesus Christ’s holy institution, in remembrance of his death and passion, may be partakers of his most blessed Body and Blood: Who, in the same night that he was betrayed, **took Bread**; and, when he had given thanks, **he brake it**, and gave it to his disciples saying, Take, eat; **this is my Body** which is given for you: Do this in remembrance of me.

Likewise after supper **he took the Cup**; and, when he had given thanks, he gave it to them, saying, Drink ye all of this: for **this is my Blood** of the New Testament which is shed for you and for many for the remission of sins: Do this, as oft as ye shall drink it, in remembrance of me. **Amen.**

**Receiving Communion**

**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**.

**Prayer 2**

Almighty and everliving God, we most heartily thank thee, for that thou dost vouchsafe to feed us who have duly received these holy mysteries, with the spiritual food of the most precious Body and Blood of thy Son our Saviour Jesus Christ; and dost assure us thereby of thy favour and goodness towards us; and that we are very members incorporate in the mystical body of thy Son, which is the blessed company of all faithful people; and are also heirs, through hope, of thy everlasting kingdom, by the merits of the most precious death and passion of thy dear Son.

And we most humbly beseech thee, O heavenly Father, so to assist us with thy grace, that we may continue in that holy fellowship, and do all such good works as thou hast prepared for us to walk in; through Jesus Christ our Lord, to whom, with thee and the Holy Spirit, be all honour and glory, world without end. Amen.

**Gloria in Excelsis *standing***

**Glory be to God on high,**  
**and in earth peace, good will towards men.  
We praise thee, we bless thee, we worship thee, we glorify thee,  
we give thanks to thee for thy great glory,  
O Lord God, heavenly King, God the Father Almighty.  
O Lord, the only-begotten Son Jesu Christ;  
O Lord God, Lamb of God, Son of the Father,  
that takest away the sins of the world,  
have mercy upon us.  
Thou that takest away the sins of the world,  
have mercy upon us.  
Thou that takest away the sins of the world,  
receive our prayer.  
Thou that sittest at the right hand of God the Father,  
have mercy upon us.  
For thou only art holy; thou only art the Lord;  
thou only, O Christ, with the Holy Spirit,  
art most high in the glory of God the Father. Amen.**

**Blessing**

The peace of God,  
which passeth all understanding,  
keep your hearts and minds in the knowledge and love of God,  
and of his Son Jesus Christ our Lord:

And the blessing of God Almighty,  
the Father, the Son, and the Holy Spirit,  
be amongst you and remain with you always. **Amen.**