



# Trinity 4

## A Short Reflective Service of Prayer for those at home

O God, you search our hearts,  
You lift our anxieties,  
You take away our sin,  
You lead us in your eternal way;  
We praise you, Lord. AMEN

### A Reading from the New Testament

1 Peter 5 v 7; Hebrews 4 v 16

Humble yourselves under the mighty hand of God so that, in due course, he may exalt you. Cast all your burdens upon him, for it matters to him what happens to you. So then, let us come boldly before his throne of grace, so that we may obtain mercy and find grace to help in time of need.

### GOSPEL READING

Matthew 11 v 28 – end

Come to me, all you who are weary and heavy 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.

Light your own Candle  
(please ensure this is done safely)

*Pause for a moment of quiet*

**Thought for the Day**

Have you heard?

Although you are reading this service on-line,  
today, we can resume church services and what a relief it feels.

I hope, for those who can attend  
our Sunday services that they, like me will feel it's good to be back!  
These past eighteen Sundays have been a strange time, haven't they?

Although there was nothing we could do about Covid 19, for many,  
missing out on going to church has been a heavy burden.

Its often said that we should bear one another's burdens; in an ideal world that  
would be great - everyone helping everyone else BUT, what Covid has taught us  
is that the world is far from ideal and sharing one another's burdens has proved  
difficult and in many cases impossible.

From conversations I have had, it seems to me that many have found dealing with  
the thought of catching corona virus has been a little overwhelming. There have  
been times when some have wondered who they could turn to for help.

Thankfully, during the lockdown we did not have to rely entirely on human contact to  
share our fears and concerns (although the relationships people have with each  
other are hugely important and frankly vital to our wellbeing), what I mean by this is  
that people of faith are able to turn towards God and share their concerns  
and burdens with him through prayer.

When we pray, the problems do not magically disappear, however prayer can help  
us gain a different perspective on our troubles. Though non believers are sceptical,  
God does answer prayer, in the silence he speaks to our hearts, although I am the  
first to admit that the answer to prayer may not always be what I wanted or ex-  
pected!

Through prayer, people of faith can find an inner peace (rest for our souls),  
a peace the world cannot give.

The Bible tells us, 'we matter to God', I guess the big question for many in our world  
searching for peace of mind is 'Does God matter to us?'

For those who know and love God, both personal prayer and going to church to  
worship are essential and here lies the reason for saying what a relief it is to be  
able to gather again in God's presence and in the presence of our Christian broth-  
ers and sisters. For those who have no belief, neither prayer nor church will matter,  
however for those who share faith, sharing fellowship is equally important.

Some things are just meant to go together, it's a little like the old song -  
'Love and marriage go together like a horse and carriage'  
One without the other makes no sense!

Faith, prayer and worship not only join us together with God  
They join the church (the people of God) together and make them strong.  
So if you are able, come, come to church and find a new rest for your soul.

*Pause for a moment of quiet*

Merciful God,

Where we have erred, forgive us our foolish ways and pride,  
make us worthy of your name.  
help us to worship and serve you sincerely

and lead us to do what is right.  
Guide us day by day and speak to our hearts through the night  
of the good we may endeavor to do in your name.  
Be near us through the whole of life so that nothing can shake our faith;  
show us the path that leads to life  
and let your Holy Spirit sustain us now and forever. AMEN

### **A Call to Prayer**

Let us pray for the world, the Church and each other

### **Prayers for the World**

Who will we pray for today? Let us name them.

*(Silently name those we pray for)*

O Lord, hear our prayer.

Have mercy on your people O God  
In this new and changed world that stands before us.

Bring healing and wholeness to people and nations,  
and have pity on those suffering in their isolation.

Strengthen all who are fearful of disease and death,  
bring them to a new hope in Christ.

Hear the cry of those in pain, those who lament,  
grant them your peace and surround them with your presence.

Give rest to the departed  
and bring them, with your saints, to glory everlasting.

We commend the world to you for which Christ died,  
lead us in the pathways of truth and grant us your protection O God,  
Now and forever more, AMEN.

### **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

### **Closing Prayer**

Let us hold firm to the truths we have been taught,  
let us be strong through the grace that is ours,  
that we may share the good news of Christ Jesus  
and fulfil the tasks that God gives to us each day.

For the peace we are promised which the world cannot destroy,  
for the hope of heaven on earth and the final song of joy,  
Thanks be to God. AMEN



May the words of St Augustine be our daily prayer:  
O Lord, grant that I may desire Thee, and desiring Thee, seek Thee, and seeking  
Thee, find Thee, and finding Thee, be satisfied with Thee forever. AMEN