

**The Lord's Prayer** *Let us pray together as Jesus has taught us*  
**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.**

### **We ask God's grace for the week ahead**

Heavenly Father, sustain us in our joys and in our anxieties. Enfold us in your peace in our waking and in our sleeping, and may we know your presence with us now and always: in the name of your Son, our Saviour Jesus Christ. **Amen.**

*We say (or sing!) a final hymn:*

1. I heard the voice of Jesus say,  
'Come unto me and rest;  
Lay down, thou weary one, lay down  
Thy head upon my breast.'  
I came to Jesus as I was,  
So weary, worn and sad;  
I found in him a resting-place,  
And he has made me glad.

2. I heard the voice of Jesus say,  
'Behold, I freely give  
The living water, thirsty one;  
Stoop down and drink and live.'  
I came to Jesus, and I drank  
Of that life-giving stream;  
My thirst was quenched, my soul  
revived,  
And now I live in him.

3. I heard the voice of Jesus say,  
'I am this dark world's Light;  
Look unto me, thy morn shall rise,  
And all thy day be bright.'  
I looked to Jesus, and I found  
In him my Star, my Sun;  
And in that light of life I'll walk  
Till trav'ling days are done.

May the blessing of God Almighty, the Father, the Son, and Holy Spirit, be with us all now and evermore: and may we go in peace to love and serve the Lord.

**In the name of Christ. Amen.**

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## **SAFFRON WALDEN AND VILLAGES TEAM MINISTRY**

### **PRAYERS FOR SUNDAY 5 JULY 2020 (TRINITY 4)**

*Today in our readings and prayers we acknowledge how often we fail when we try to do what is good. But even thorough our weakness we hear the voice of Jesus, offering us his rest as we bear his easy yoke.  
You might like to light a candle at home while you use this leaflet, symbolising Jesus as the Light of the World: and to say the prayers and readings out loud.*

### **Introduction**

We gather together, united in purpose though separate in place, in the name of God, our Creator, Redeemer and Sustainer.

*We say together (or why not **sing!**) an opening hymn*

1. Lord, for the years your love has kept and guided,  
urged and inspired us, cheered us on our way,  
sought us and saved us, pardoned and provided:  
Lord of the years, we bring our thanks today.

2. Lord, for that word, the word of life which fires us,  
speaks to our hearts and sets our souls ablaze,  
teaches and trains, rebukes us and inspires us:  
Lord of the word, receive Your people's praise.

3. Lord, for our land, in this our generation,  
spirits oppressed by pleasure, wealth and care:

for young and old, for commonwealth and nation,  
Lord of our land, be pleased to hear our prayer.

4. Lord, for our world when we disown and doubt him,  
loveless in strength, and comfortless in pain,  
hungry and helpless, lost indeed without him:  
Lord of the world, we pray that Christ may reign.

5. Lord, for ourselves; in living pow'r remake us,  
self on the cross and Christ upon the throne;  
past put behind us, for the future take us,  
Lord of our lives, to live for Christ alone.

The Lord is here.

**His Spirit is with us.**

We have come together as the family of God in this community. And especially today we thank you, Father, because your Son Jesus calls us, weary as we are, to take his easy yoke and know his rest for our souls. Help us to pray to you in faith, to sing your praise with gratitude, and to listen to your word with eagerness; through Jesus Christ our Lord. **Amen.**

### **Prayers of Penitence**

God our Father, we come to you in sorrow for our sins: in your mercy, save us.

For turning away from you, and ignoring your will for our lives;  
Father, forgive us. ***Save us and help us.***  
For failing you by what we do, and think, and say;  
Father, forgive us. ***Save us and help us.***  
For living as if we were ashamed to belong to your Son;  
Father, forgive us. ***Save us and help us.***

### **Hearing God's forgiveness**

May the God of love and power forgive us and free us from our sins, heal and strengthen us by his Spirit, and raise us to new life in Christ our Lord. **Amen.**

*As God's forgiven people, we say the great hymn of praise*

**Glory to God in the highest, and peace to his people on earth.**

**Readings** *We now follow the readings on the Grapevine:*

**Collect (the special prayer for today)**

**First Reading: St Paul's Letter to the Romans, Chapter 7, verses 15 – 25a**

**Gospel: St Matthew's Gospel, Chapter 11, verses 16-19 and 25-30**

**Reflection** *If you are using this prayer sheet privately, you may wish to read the Reflection on the Grapevine. In a moment of quiet, think what message this may have for you, and ask God to help you live it out in your life this week.*

### **We declare our faith together**

**We believe and trust 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.  
This is our faith. We believe and trust in one God;  
Father, Son and Holy Spirit. Amen.**

### **Prayers of Intercession**

Father of all, we thank you for your love to us, even when we fail to do the good we know we should. We thank you for the message of your Son Jesus, whose yoke is easy and whose burden is light. Help us to bear that easy yoke with joy.

*Lord, in your mercy* ***Hear our prayer***

We pray for your Church throughout the world, and in this Team Ministry of Saffron Walden and Villages. Give wisdom to those choosing the next Bishop of

Chelmsford, and those appointing a new Team Rector. Help us to hear your message for your Church: give us your vision as we move into your future and imagination as we seek to open church buildings safely for worship.

*Lord, in your mercy*

***Hear our prayer***

We pray, as ever, for all who have suffered or watched loved ones suffer from coronavirus; for the anxious; for all hospital staff and carers, all seeking vaccines and cures, and all key workers and volunteers. Be with organisations and businesses planning to reopen; and keep safe those travelling for holidays abroad.

*Lord, in your mercy*

***Hear our prayer***

We pray for your troubled world, remembering nations where the pandemic is made worse by poverty, and where violence tears communities apart. We hold before you the people of Yemen; of India; of Brazil; and so many other nations where suffering is rife. Give them your peace and turn the hearts of humanity from selfishness towards compassion.

*Lord, in your mercy*

***Hear our prayer***

We pray for our communities in town and villages. Keep us mindful of each other and help us to live out your love. Bless our families, friends and neighbours, both near and far, especially those in need of any kind whom we name before you in the silence of our hearts ..... Hold them in your loving arms, and be with them always.

*Lord, in your mercy*

***Hear our prayer***

*In a moment of silence, offer to God any other needs on your heart.*

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

### **Sharing God's Peace**

God is love, and those who live in love live in God, and God lives in them.

The peace of the Lord be always with you. **And also with you.**

*As you say this, hold in your mind all who are joining in these prayers today.*

*If you are joining the Eucharist celebrated live via Zoom, do follow the priest saying the Eucharistic prayer, with the standard responses. While only the priest can physically receive the consecrated bread and wine, all will be invited to say this prayer of Spiritual Communion, inviting Jesus to enter your deepest being.*

**My Jesus, I believe that you are present in the Most Holy Sacrament.**

**I love you above all things, and I desire to receive you into my soul. Since I cannot at this moment receive you sacramentally, come at least spiritually into my heart. I embrace you as if you were already there and unite myself wholly to you. Never permit me to be separated from you. Amen.**