

## Sunday 9 July 2023 – 5<sup>th</sup> After Trinity – "Rules of Life"

### Notices

- Community Hub, 11-2:30, Social Club, Monday
  - Holiday Club Planning, 4pm, Monday
- Beginner dance classes, Mulbarton Village hall, Monday evening (needs booking)
- Flordon Community Centre 10th anniversary, 7pm, Saturday, Flordon Church

### Collect for 5<sup>th</sup> Sunday After Trinity

Almighty God,  
send down upon your Church  
the riches of your Spirit,  
and kindle in all who minister the gospel  
your countless gifts of grace;  
through Jesus Christ our Lord.

**Amen.**

### Song: Praise to the Lord, the almighty, the king of creation

Praise to the Lord, the Almighty,  
the King of creation!  
O my soul, praise him,  
for he is your health and salvation!  
Come, all who hear;  
now to his temple draw near,  
join me in glad adoration.

Praise to the Lord, above all things  
so wondrously reigning;  
sheltering you under  
his wings, and so gently sustaining!  
Have you not seen  
all that is needful has been  
sent by his gracious ordaining?

Praise to the Lord, who will prosper  
your work and defend you;  
surely his goodness and mercy  
shall daily attend you.

Ponder anew  
what the Almighty can do,  
if with his love he befriends you.

Praise to the Lord!  
O let all that is in me adore him!  
All that has life and breath,  
come now with praises before him.  
Let the Amen

sound from his people again;  
gladly forever adore him.

Joachim Neander 1650-1680 (Tr. Catherine Winkworth 1827 - 1878)

### Saying Sorry

**My God, for love of you  
I desire to hate and forsake all sins  
by which I have ever displeased you;  
and I resolve by the help of your grace  
to commit them no more;  
and to avoid all opportunities of sin.  
Help me to do this,  
through Jesus Christ our Lord. Amen.**

### Receiving Forgiveness

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

### Romans 7:15-25a (NIV)

<sup>15</sup> I do not understand what I do. For what I want to do I do not do, but what I hate I do.  
<sup>16</sup> And if I do what I do not want to do, I agree that the law is good. <sup>17</sup> As it is, it is no longer I myself who do it, but it is sin living in me. <sup>18</sup> For I know that good itself does not dwell in me, that is, in my sinful nature. For I have the desire to do what is good, but I cannot carry it out.  
<sup>19</sup> For I do not do the good I want to do, but the evil I do not want to do – this I keep on doing. <sup>20</sup> Now if I do what I do not want to do, it is no longer I who do it, but it is sin living in me that does it.

<sup>21</sup> So I find this law at work: although I want to do good, evil is right there with me. <sup>22</sup> For in my inner being I delight in God's law; <sup>23</sup> but I see another law at work in me, waging war against the law of my mind and making me a prisoner of the law of sin at work within me.  
<sup>24</sup> What a wretched man I am! Who will rescue me from this body that is subject to death?  
<sup>25</sup> Thanks be to God, who delivers me through Jesus Christ our Lord!

### Matthew 11:16-19 (NIV)

<sup>16</sup> 'To what can I compare this generation? They are like children sitting in the market-places and calling out to others:  
<sup>17</sup> "'We played the pipe for you, and you did not dance; we sang a dirge, and you did not mourn.'"

<sup>18</sup> For John came neither eating nor drinking, and they say, “He has a demon.” <sup>19</sup> The Son of Man came eating and drinking, and they say, “Here is a glutton and a drunkard, a friend of tax collectors and sinners.” But wisdom is proved right by her deeds.’

#### Matthew 11:25-30 (NIV)

<sup>25</sup> At that time Jesus said, ‘I praise you, Father, Lord of heaven and earth, because you have hidden these things from the wise and learned, and revealed them to little children. <sup>26</sup> Yes, Father, for this is what you were pleased to do.

<sup>27</sup> ‘All things have been committed to me by my Father. No one knows the Son except the Father, and no one knows the Father except the Son and those to whom the Son chooses to reveal him.

<sup>28</sup> ‘Come to me, all you who are weary and burdened, and I will give you rest. <sup>29</sup> 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. <sup>30</sup> For my yoke is easy and my burden is light.’

#### Song: Come, Thou Fount

Come, Thou fount of every blessing,  
Tune my heart to sing Thy grace;  
Streams of mercy, never ceasing,  
Call for songs of loudest praise.  
Teach me some melodious sonnet,  
Sung by flaming tongues above.  
Praise the mount! I’m fixed upon it,  
Mount of Thy redeeming love.

Sorrowing I’ll be in spirit,  
Till released from flesh and sin,  
Yet from what I do inherit,  
Here Thy praises I’ll begin;  
Here I raise my Ebenezer;  
Here by Thy great help I’ve come;  
And I hope, by Thy good pleasure,  
Safely to arrive at home.

Jesus sought me when a stranger,  
Wandering from the fold of God;  
He, to rescue me from danger,  
Interposed His precious blood;  
How His kindness yet pursues me  
Mortal tongue can never tell,  
Clothed in flesh, till death shall loose me  
I cannot proclaim it well.

O to grace how great a debtor  
Daily I’m constrained to be!  
Let Thy goodness, like a fetter,

Bind my wandering heart to Thee.  
Prone to wander, Lord, I feel it,  
Prone to leave the God I love;  
Here's my heart, O take and seal it,  
Seal it for Thy courts above.

O that day when freed from sinning,  
I shall see Thy lovely face;  
Clothèd then in blood washed linen  
How I'll sing Thy sovereign grace;  
Come, my Lord, no longer tarry,  
Take my ransomed soul away;  
Send thine angels now to carry  
Me to realms of endless day.

Robert Robinson (1735 – 1790)

**Song: One Thing Have I Desired**

One thing have I desired, that will I seek;  
That I may dwell in the house of the Lord all the days of my life,  
To behold His beauty.

One thing have I desired, that will I seek;  
That I may dwell in the house of the Lord all the days of my life,  
To enquire in His temple.

And now my head shall be lifted up  
Above my enemies;  
And I will bring to the Lord  
sacrifices of joy,  
And praise His name.

**Talk: Rules of Life!**

Reflection by Adrian

**Song: Only By Grace**

Only by grace can we enter  
Only by grace can we stand  
Not by our human endeavour  
But by the blood of the Lamb  
Into Your presence You call us  
You call us to come  
Into Your presence You draw us  
And now by Your grace we come  
Now by Your grace we come

Lord if You mark our transgressions  
Who would stand  
Thanks to Your grace we are cleansed  
By the blood of the Lamb  
(x2)

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**Song: All I Once Held Dear**

All I once held dear,  
built my life upon  
All this world reveres,  
and wars to own  
All I once thought gain  
I have counted loss  
Spent and worthless now,  
compared to this

Knowing you, Jesus

Knowing you, there is no greater thing  
You're my all, you're the best  
You're my joy, my righteousness  
And I love you, Lord

Now my heart's desire  
is to know you more  
To be found in you  
and known as yours  
To possess by faith  
what I could not earn  
All-surpassing gift  
of righteousness

Knowing you, Jesus  
Knowing you, there is no greater thing  
You're my all, you're the best  
You're my joy, my righteousness  
And I love you, Lord

Oh, to know the power  
of your risen life  
And to know You in  
Your sufferings  
To become like you  
in your death, my Lord  
So with you to live  
and never die

Knowing you, Jesus  
Knowing you, there is no greater thing  
You're my all, you're the best  
You're my joy, my righteousness  
And I love you, Lord

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## Sharing Journeys

### Our Prayers

#### The Lord's Prayer

As our Saviour taught us, so we pray:

**Our Father in heaven  
hallowed be your name.  
Your Kingdom come,**

**your will be done  
on earth as in heaven.  
Give us today our daily bread.  
Forgive us our sins  
as we forgive those  
who sin against us.  
Lead us not into temptation  
but deliver us from evil.  
For the kingdom,  
the power and glory are yours  
now and forever.  
Amen.**

**Song: O Sing Hallelujah!**

What is our hope in life and death?  
Christ alone, Christ alone.  
What is our only confidence?  
That our souls to him belong.  
Who holds our days within his hand?  
What comes, apart from his command?  
And what will keep us to the end?  
The love of Christ, in which we stand.

O sing hallelujah!  
Our hope springs eternal;  
O sing hallelujah!  
Now and ever we confess  
Christ our hope in life and death.

What truth can calm the troubled soul?  
God is good, God is good.  
Where is his grace and goodness known?  
In our great Redeemer's blood.  
Who holds our faith when fears arise?  
Who stands above the stormy trial?  
Who sends the waves that bring us nigh  
Unto the shore, the rock of Christ?

O sing hallelujah!  
Our hope springs eternal;  
O sing hallelujah!  
Now and ever we confess  
Christ our hope in life and death.

Unto the grave, what shall we sing?  
"Christ, he lives; Christ, he lives!"  
And what reward will heaven bring?

Everlasting life with him.  
There we will rise to meet the Lord,  
Then sin and death will be destroyed,  
And we will feast in endless joy,  
When Christ is ours forevermore.

O sing hallelujah!  
Our hope springs eternal;  
O sing hallelujah!  
Now and ever we confess  
Christ our hope in life and death.

O sing hallelujah!  
Our hope springs eternal;  
O sing hallelujah!  
Now and ever we confess  
Christ our hope in life and death.  
Now and ever we confess  
Christ our hope in life and death.

Keith Getty, Matt Boswell, Jordan Kauflin, Matt Merker, Matt Papa ©2020 Getty Music Publishing

### Closing Blessing

May the Father from whom every family  
in earth and heaven receives its name  
strengthen you with his Spirit in your inner being,  
so that Christ may dwell in your hearts by faith;  
And the blessing of God almighty,  
the Father, the Son and the Holy Spirit,  
be among you and remain with you,  
now and always.

**Amen.**