

Morning Prayer

at home with your
Parish Church

in the Diocese of Birmingham



ALL SAINTS
KINGS HEATH

Sunday 2nd June 2024

Preparation

You may wish to mark your time of worship by arranging a table with a cloth, a candle and your Bible, or anything, such as flowers, that makes it a special reflective space.

Music: click on the links to hear and join in the music. Click stop at the end of each.

HYMN [All my hope on God is founded](#)

1. All my hope on God is founded;
he doth still my trust renew.
Me through change and chance he
guideth,
only good and only true.
God unknown, he alone
calls my heart to be his own.

2. Human pride and earthly glory,
sword and crown betray his trust;
what with care and toil he
buildeth,
tow'r and temple, fall to dust.
But God's pow'r, hour by hour,
is my temple and my tow'r.

3. God's great goodness aye
endureth,
deep his wisdom, passing thought:
splendour, light and life attend
him,
beauty springeth out of naught.
Evermore, from his store,
new-born worlds rise and adore.

4. Still from earth to God eternal
sacrifice of praise be done,
high above all praises praising
for the gift of Christ his Son.
Christ doth call one and all:
ye who follow shall not fall.

*(words: paraphrased by Robert Bridges alt,
based on 'Meine Hoffnung stehet feste' by Joachim Neander; music: Herbert Howells)*

At home, we pause to remember those gathered in Church who, in turn remember us.

We take this time, united in Christ, to offer our praise and thanksgiving, to hear and receive God's holy word, to pray for the needs of the world, and to seek the forgiveness of our sins, that by the power of the Holy Spirit we may find new ways to serve God.

Prayers of Penitence

We confess:

Almighty God, long-suffering and of great goodness: I confess to you, I confess with my whole heart my neglect and forgetfulness of your commandments, my wrong doing, thinking and speaking: the hurts I have done to others, and good I have left undone. O God, forgive me, for I have sinned against you; and raise me to newness of life, through Jesus Christ our Lord. Amen.

We keep silence, then pray:

May almighty God who forgives all who truly repent have mercy upon us, pardon us from all our sins, confirm and strengthen us in all goodness and keep us in eternal life, through Jesus Christ our Lord. Amen.

The Word of God

NEW TESTAMENT READING – [Deuteronomy 5: 12 - 15](#)

PSALM *If you are able, you might stand to read this psalm aloud.*

Psalm 81

Sing aloud to God our strength;
shout for joy to the God of Jacob.
Raise a song, sound the tambourine,
the sweet lyre with the harp.
Blow the trumpet at the new moon,
at the full moon, on our festal day.
For it is a statute for Israel,
an ordinance of the God of Jacob.
He made it a decree in Joseph,
when he went out over the land of Egypt.
I hear a voice I had not known:
‘I relieved your shoulder of the burden;
your hands were freed from the basket.
In distress you called, and I rescued you;
I answered you in the secret place of thunder;
I tested you at the waters of Meribah. *Selah*
Hear, O my people, while I admonish you;
O Israel, if you would but listen to me!
There shall be no strange god among you;
you shall not bow down to a foreign god.
I am the Lord your God,
who brought you up out of the land of Egypt.
Open your mouth wide and I will fill it.

GOSPEL READING – [Mark 2: 23 – 3: 6](#)

AFFIRMATION OF FAITH

We stand and turn to look in the direction of Church, to emphasise our gathering around a precious, shared story, and respond to our Colossians reading:

We declare our faith in the resurrection of our Lord Jesus Christ:

**Christ died for our sins
in accordance with the Scriptures;
he was buried;
he was raised to life on the third day
in accordance with the Scriptures;
afterwards he appeared to his followers,
and to all the apostles,
this we have received and this we believe. Amen.** (cf 1 Corinthians 15:3-7)

Prayers

We pray THE COLLECT for The Seventh Sunday after Trinity

O God, the strength of all those who put their trust in you, mercifully accept our prayers and, because through the weakness of our mortal nature we can do no good thing without you, grant us the help of your grace, that in the keeping of your commandments we may please you both in will and deed; through Jesus Christ your Son our Lord, who is alive and reigns with you, in the unity of the Holy Spirit, one God, now and for ever. **Amen.**

LORD'S PRAYER

We pray with confidence as our Saviour has taught us:

All: Our Father in heaven...

FOR REFLECTION

In our gospel from Mark, we are told of a story of what the disciples did, plucking the heads of grain on a sabbath to eat. What is interesting is that there are those who are watching who raise the questions to Jesus as to why he allows the disciples to do what is not lawful on the sabbath.

If ever there was a question of fault finding, here is one. Jesus himself is not plucking the heads of grain and yet they come to him with the question which sounds more like an accusation.

More importantly, its about the sabbath! They have for the longest time held the teaching to keep the sabbath holy as stated in our reading from Deuteronomy 5:12 - 15. While the principle is commendable, they have interpreted it in their own understanding and hold it with a vice grip such that they no longer see the human need as important.

Jesus says to them, 'The sabbath was made for humankind, and not humankind for the sabbath; so the son of Man is lord even of the sabbath.' Later Jesus asks them as they are watching him to see if he will cure a man with a withered hand that, 'Is it lawful to do good or to do harm on the sabbath, to save life or to kill?'

God indeed gave the sabbath to the people. It's a day that should be of help to the people as they rest their bodies even as they worship God.

We pause to think of when our interpretation of sabbath today maybe resembles what the Pharisees were doing, wanting sabbath to be so holy even at the expense of the good it serves to the people.

We reflect on our lives and in what ways we honour or not honour the sabbath.

We ask ourselves the question, is the Son of Man the Lord of our sabbath.

We turn these into PRAYERS: allow the Holy Spirit to lead ending with:

Lord of Creation,
create in us a new rhythm of life
composed of hours that sustain rather than stress,
of days that deliver rather than destroy,
of time that tickles rather than tackles.

Lord of Liberation,
by the rhythm of your truth, set us free
from the bondage and baggage that breaks us,
from the Pharaohs and fellows who fail us,
from the plans and pursuits that prey upon us.

Lord of Resurrection,
may we be raised into rhythms of your new life,
dead to deceitful calendars,
dead to fleeting friend requests,
dead to the empty peace of our accomplishments.

To our packed-full planners, we bid, "Peace!"
To our over-caffeinated consciences, we say, "Cease!"
To our suffocating selves, Lord, grant us release.
Drowning in a sea of deadlines and death chimes,
we rest in you, our lifeline.
By your ever-restful grace,
allow us to enter your Sabbath rest
as your Sabbath rest enters into us.

In the name of our Creator,
our Liberator,
our Resurrection and Life,
we pray.
Amen

Taken from: [*Common Prayer: A Liturgy for Ordinary Radicals*](#) by Shane Claiborne and Jonathan Wilson-Hartgrove.

Among those in our community who are unwell, we pray for Adrian Koslowski, Tricia Howard, Bill Myring, Howard Drury, Charlotte Dunlop and Martina Osborne.

For those who have died, this week we pray for Robert Rigby. We pray for Margaret his wife and all their family and friends.

HYMN [Do not be afraid](#)

*Do not be afraid, for I have redeemed you.
I have called you by your name; you are mine.*

1. When you walk through the waters, I'll be with you.
You will never sink beneath the waves.

2. When the fire is burning all around you,
you will never be consumed by the flames.

3. When the fear of loneliness is looming,
then remember I am at your side.

4. When you dwell in the exile of the stranger,
remember you are precious in my eyes.

5. You are mine, O my child, I am your Father,
and I love you with a perfect love.

(words: Gerard Markland, based on Isaiah 43:1-4; music: Gerard Markland, arr Andrew Moore)

Imagining all whom we miss, we pray for each other:

The grace of our Lord, Jesus Christ, and the love of God, and the fellowship of the Holy Spirit, be with us all, evermore. Amen.

Common Worship: Services and Prayers for the Church of England

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