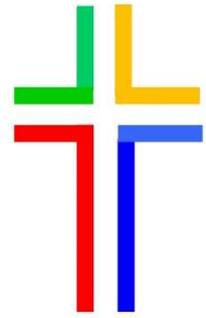


Week St Mary Methodist Church – Sunday 5 July



Welcome to this week's Worship Sheet; amazing to think it's the 16th. We will be continuing to deliver these sheets to everyone for the foreseeable future. After Peter's excellent series on the book of Ruth, this week we return to the lectionary. In the reading today Jesus invites us to bring our troubles to Him. A very fitting theme for the anxious times we live in.

PRAYER

Jesus said, "Come to me, all of you who are weary and carry heavy burdens, and I will give you rest." Lord, we are grateful that we can rest in Your presence. We remember Your command, that we should take a day during the week, and dedicate it to You. This

is Your day, and this is Your time. Help us to lay down all our busyness and concentrate on You. Speak to us in this time of worship, so that we may return to our busy lives, Refreshed and with a better sense of how You want us to live. For Jesus' sake. **Amen.**

READING FOR TODAY Matthew 11:18-19; 25-30 (NIV)

¹⁸ For John came neither eating nor drinking, and they say, "He has a demon." ¹⁹ 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.'

²⁵ 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. ²⁶ Yes, Father, for this is what you were pleased to do.

²⁷ '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.

²⁸ 'Come to me, all you who are weary and burdened, and I will give you rest. ²⁹ 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. ³⁰ For my yoke is easy and my burden is light.'

REFLECTION

In verse 18, we are told that John the Baptist came neither eating nor drinking. He was an austere leader and the crowds did not like that and so criticised him—he has a demon, they said. Then Jesus comes eating and drinking. He was a sociable leader, but some did not like that either and so criticised him too—he's a glutton and a drunkard, a friend of tax collectors and sinners, they said. You could just hear it being said on the Bude Banter Facebook page or on Twitter but in Jesus's time more likely at the market.

Jesus' response from verse 25 is remarkable. First, Jesus doesn't criticise the crowd or bemoan his own misunderstood position, no, he turns to his Father and says 'thank you' for your gracious will? Maybe that could be a good starting point for all of us too! Can we thank God for being alive at a time like this?

Second, Jesus makes an extraordinary claim. He says, v27, that everything has been handed over to him by the Father and that access to the Father's knowledge comes only through him. Jesus recognises his calling to be the saviour of all. His position was unique, we are not given responsibility for everything, we are not anyone else's messiah, but we are entrusted to do

something –what is your calling? Your task? Not just in general, but today? Jesus says later in Matthew Chapter 20, v28 that he came not to be served but to serve. Who are we called to serve in this season?

And then thirdly, Jesus gives an invitation. During all the pressures that life places on us, Jesus simply says ‘come to me’ v28. If it is all too demanding, if the expectations and responsibilities you are carrying are too heavy, come to Jesus and he will give you rest. Come to Jesus and let him take from you the burdens you cannot and should not carry. Come to Jesus and let him give you something manageable. A purpose and not a problem. So, where and how do we find true wisdom? We find it by coming to God himself in humility and thanksgiving. We come to find rest, to have our false burdens lifted, to receive afresh our true calling to serve. This is not a single event and thank God that Jesus’ invitation to come to him was not just once. We are invited to come back each day, to receive fresh wisdom, to be called again into service and to say, ‘thank you’. Jesus alone is our unending source of truth and wisdom, that has stood the test of time and remains certain in our day and for all our tomorrows. Thanks be to God.

PRAYER FOR OTHERS

Lord, as we remember those words of Jesus, we think of concerns that are a burden to us; things happening in the world that worry us and people who are on our minds.

We pray for those whose work is physically hard. For those who toil under a hot sun; for those with heavy loads to carry; for those whose muscles ache at the end of the day.

We pray for those who are anxious about others; for those who are worried about the health of family members; for those who see loved ones making mistakes, and who do not know how to help them find the right path.

Lord, many of us carry burdens; some are known to those around us, whilst others are known to us alone.

In a few moments of quiet, we share them with you.

THE LORDS PRAYER

HYMN H&P 136 STF 248

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,
Weary, and worn, and sad;
I found in Him a resting-place,
And He has made me glad.

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.

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 travelling days are done.

BLESSING

Gracious God, we have given this time to You. As we go, may we remember That all life is Yours and that You are Lord of all. And the Blessing of God, Father, Son and Holy Spirit Be upon you and remain with you always.

Amen

“Let God’s promises shine on your problems.”

- Corrie ten Boom