

Opening Prayers:



The Lord our God Almighty reigns! Let us rejoice and give him the glory.

Lord, direct our thoughts and teach us to pray.

Lift up our hearts to worship you in spirit and in truth;
through Jesus Christ our Lord. **Amen**

Invitation to confession:

Jesus says, "Repent, for the kingdom of heaven is close at hand".

So let us turn away from sin and turn to Christ,
confessing our sins in penitence and faith.

Lord Jesus, for the times we've been unkind:

Lord have mercy

Lord Jesus, for the times when we've forgotten to pray:

Christ have mercy.

Lord Jesus, thank you for never ceasing to hear us and forgive us:

Lord have mercy

May almighty God have mercy upon you,
forgive your sins and bring you to everlasting light. Amen

The Collect (Special Prayer for the day)

God of constant mercy, who sent your Son to save us:
remind us of your goodness, increase your grace within us,
that our thankfulness may grow, through Jesus Christ our Lord.

Reading: Ephesians 6 10-20

Finally, be strong in the Lord and in the strength of his power. Put on the whole armour of God, so that you may be able to stand against the wiles of the devil. For our struggle is not against enemies of blood and flesh, but against the rulers, against the authorities, against the cosmic powers of this present darkness, against the spiritual forces of evil in the heavenly places. Therefore, take up the whole armour of God, so that you may be able to withstand on that evil day, and having done everything, to stand firm. Stand therefore, and fasten the belt of truth around your waist, and put on the breastplate of righteousness. As shoes for your feet put on whatever will make you ready to proclaim the gospel of peace. With all of these, take the shield of faith, with which you will be able to quench all the flaming arrows of the evil one. Take the helmet of salvation, and the sword of the Spirit, which is the word of God. Pray in the Spirit at all times in every prayer and supplication. To that end keep alert and always persevere in supplication for all the saints. Pray also for me, so that when I speak, a message may be given to me to make known with boldness the mystery of the gospel, for which I am an ambassador in chains. Pray that I may declare it boldly, as I must speak.

This is the word of the Lord. **Thanks be to God.**

Reflection on the Reading.

Being a Priest in the church of England is a joy that I never anticipated, however, with the joy comes a great deal of responsibility, none more so than in preaching from the words of the Gospel, some of which are easier to comprehend than others. Today's account is challenging as it speaks of eating the body of Christ and drinking his blood, but we also have Paul's letter to the Ephesians which give precise instructions on how to live, not only for Priests, but for all of us: Proclaim the truth of the gospel of Jesus Christ at all times. Strive to live a righteous life. Be agents of peace and reconciliation in the world. Have faith in our Lord, believing that God is with us and for us. Believe and value our salvation. Let the Holy Spirit guide us and take control of our lives and pray in the Spirit at all times. If we follow these instructions, says Paul, we will be alert and spiritually prepared to resist the temptations of the world. He doesn't say it will be easy, rather it will take effort to succeed, but through committing ourselves to God wholeheartedly and partaking regularly of his body and blood through the sacrament of Holy Communion, Jesus and the Holy Spirit will give us the strength and guidance we need.

The Creed

We believe in God the Father,
from whom every family in heaven and 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.
We believe in one God, Father, Son and Holy Spirit. **Amen**

Be still and Pray: for the world, especially areas of conflict , disruption, famine or flood, pray for the people of Afghanistan who fear the terror that lies ahead as the Taliban returns. Your family and community. |The Government, Her Majesty the Queen. Pray for comfort and peace for those who are ill or awaiting operations. Pray for the souls of those who have died recently, and those we love and remember, giving thanks for all the lives and love we shared and the memories left behind..

The Lord's Prayer: Our Father, who art in heaven, hallowed be thy name. Thy kingdom come. Thy will be done in 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. Lead us not into temptation and deliver us from evil. For thine is the kingdom, the power and the glory, forever and ever. Amen

Blessing:

The Lord bless you and watch over you, the Lord make his face shine upon you and be gracious to you, the Lord look kindly on you and give you his peace. Amen

Reverend Irene