

**Christ Church, Ipswich**  
**Sunday 4<sup>th</sup> August 2024**  
**Family Worship with Holy Communion**  
*Minister: The Revd Neil Coulson*  
*Organist: Mr Stephen Hogger*

Hello, I hope you are well. Let us worship God together:

**Call to worship**

We come with our curiosity and questions.  
 We come seeking answers.  
 We are grateful for our daily bread,  
 but we yearn for the bread of eternal life.  
 Let us seek to be fed and filled  
 with God's life and love.

**A gathering prayer**

Lord God, giver of life,  
 you bless us with all we need –  
 and with so much more.  
 Keep us from being so focused on physical needs  
 that we neglect our spiritual food.  
 Feed us with your word,  
 satisfy us with your presence,  
 and strengthen us by your Spirit –  
 that we may share your eternal life. **Amen.**

**R&S 104 Praise, my soul, the King of heaven**

1 Praise, my soul, the King of heaven;  
 to his feet thy tribute bring;  
 ransomed, healed, restored, forgiven,  
 who like me his praise should sing?  
 Praise him! praise him!  
 Praise him! praise him!  
 praise the everlasting King.

2 Praise him for his grace and favour  
 to his people, in distress;  
 praise him still the same for ever,  
 slow to chide, and swift to bless:  
 Praise him! praise him!  
 Praise him! praise him!  
 glorious in his faithfulness.

3 Father-like he tends and spares us;  
 well our feeble frame he knows;  
 in his hands he gently bears us,  
 rescues us from all our foes:

Praise him! praise him!  
 Praise him! praise him!  
 widely as his mercy flows!

4 Frail as summer's flower we flourish,  
 blows the wind and it is gone,  
 but while mortals rise and perish  
 God endures unchanging on.  
 Praise him! praise him!  
 Praise him! praise him!  
 praise the high Eternal One!

5 Angels help us to adore him,  
 ye behold him face to face;  
 sun and moon, bow down before him,  
 dwellers all in time and space:  
 Praise him! praise him!  
 Praise him! praise him!  
 praise with us the God of grace!

H.F. Lyte (1793-1847) altd.  
 Based on Psalm 103

**A prayer of adoration**

Merciful God,  
 we thank you that you are to be trusted,  
 that you are faithful and provide for all our needs.  
 When we feel alone in the desert,  
 that is where we meet you.  
 In the wilderness of our lives,  
 we can turn to you and know that you will sustain us.  
 We worship you,  
 and we thank you that in you there is always hope. **Amen.**

**A prayer of confession**

Lord, when we fail to trust you in all things:  
 forgive us, and help us to trust you more.  
 When we complain that you have forsaken us,  
 you have left us, abandoned us:  
 forgive us, and help us to trust you more.  
 When we choose to go our own way  
 because your way doesn't seem to make sense:  
 forgive us, and help us to trust you more.  
 When we don't challenge injustice,  
 and instead, accept things as they are:  
 forgive us, and help us to trust you more.  
 When we keep asking for more signs,  
 more proof, more of everything:  
 forgive us, and help us to trust you more.  
 When we trust a little, then snatch it back:  
 forgive us, and help us to trust you more. **Amen.**

**Assurance of forgiveness**

When we have not trusted God with our lives and walked away,  
 we can always come back into God's everlasting arms,  
 knowing that we are loved and forgiven. **Amen.**

**A prayer of praise and thanksgiving**

Thank you, Lord, that we can trust you in all things.  
 Even when we don't understand,  
 when we feel lost and alone,  
 we can trust you.  
 When we wander in the wilderness,  
 thank you that you are there by our side,  
 that you reach out and touch us  
 with outstretched, open arms.  
 Thank you, Lord, that we are safe with you.  
 For you provide all we need,  
 that which is 'on earth' and that which is eternal. **Amen.**

**The Lord's Prayer - We will sing this prayer today****Family Time**

**Hymn I need Thee ev'ry hour**

1 I need Thee ev'ry hour,  
most gracious Lord;  
no tender voice like Thine  
can peace afford.

*I need Thee, oh, I need Thee;  
ev'ry hour I need Thee;  
oh, bless me now, my Saviour,  
I come to Thee.*

2 I need Thee ev'ry hour,  
stay Thou nearby;  
temptations lose their pow'r  
when Thou art nigh.

3 I need Thee ev'ry hour,  
in joy or pain;  
come quickly and abide,  
or life is vain.

4 I need Thee ev'ry hour,  
teach me Thy will;  
and Thy rich promises  
in me fulfil.

Robert Lowry

**Old Testament Reading****Exodus 16:2-4, 9-15**

<sup>2</sup>The whole congregation of the Israelites complained against Moses and Aaron in the wilderness. <sup>3</sup>The Israelites said to them, 'If only we had died by the hand of the Lord in the land of Egypt, when we sat by the fleshpots and ate our fill of bread; for you have brought us out into this wilderness to kill this whole assembly with hunger.'

<sup>4</sup>Then the Lord said to Moses, 'I am going to rain bread from heaven for you, and each day the people shall go out and gather enough for that day. In that way I will test them, whether they will follow my instruction or not.'

<sup>9</sup>Then Moses said to Aaron, 'Say to the whole congregation of the Israelites, "Draw near to the Lord, for he has heard your complaining."' <sup>10</sup>And as Aaron spoke to the whole congregation of the Israelites, they looked towards the wilderness, and the glory of the Lord appeared in the cloud. <sup>11</sup>The Lord spoke to Moses and said, <sup>12</sup>'I have heard the complaining of the Israelites; say to them, "At twilight you shall eat meat, and in the morning you shall have your fill of bread; then you shall know that I am the Lord your God.'"

<sup>13</sup>In the evening quails came up and covered the camp; and in the morning there was a layer of dew around the camp. <sup>14</sup>When the layer of dew lifted, there on the surface of the wilderness was a fine flaky substance, as fine as frost on the ground. <sup>15</sup>When the Israelites saw it, they said to one another, 'What is it?' For they did not know what it was. Moses said to them, 'It is the bread that the Lord has given you to eat.'

**Gospel Reading****John 6:24-35**

<sup>24</sup>So when the crowd saw that neither Jesus nor his disciples were there, they themselves got into the boats and went to Capernaum looking for Jesus.

<sup>25</sup>When they found him on the other side of the lake, they said to him, 'Rabbi, when did you come here?' <sup>26</sup>Jesus answered them, 'Very truly, I tell you, you are looking for me, not because you saw signs, but because you ate your fill of the loaves.' <sup>27</sup>Do not work for the food that perishes, but for the food that endures for eternal life, which the Son of Man will give you. For it is on him that God the Father has set his seal.' <sup>28</sup>Then they said to him, 'What must we do to perform the works of God?' <sup>29</sup>Jesus answered them, 'This is the work of God, that you believe in him whom he has sent.' <sup>30</sup>So they said to him, 'What sign are you going to give us then, so that we may see it and believe you? What work are you performing?' <sup>31</sup>Our ancestors ate the manna in the wilderness; as it is written, "He gave them bread from heaven to eat.'" <sup>32</sup>Then Jesus said to them, 'Very truly, I tell you, it was not Moses who gave you the bread from heaven, but it is my Father who gives you the true bread from heaven. <sup>33</sup>For the bread of God is that which comes down from heaven and gives life to the world.' <sup>34</sup>They said to him, 'Sir, give us this bread always.'

<sup>35</sup>Jesus said to them, 'I am the bread of life. Whoever comes to me will never be hungry, and whoever believes in me will never be thirsty.'

## Reflection based on today's readings

### *A moment for personal reflection as Stephen plays the organ*

#### **R&S 373 Lord Jesus Christ, You have come to us**

1 Lord Jesus Christ,  
You have come to us,  
You are one with us,  
Mary's son.  
Cleansing our souls from all their sin,  
pouring Your love and goodness in;  
Jesus, our love for You we sing,  
Living Lord.

2 Lord Jesus Christ,  
now and every day,  
teach us how to pray,  
Son of God.  
You have commanded us to do  
this in remembrance, Lord, of You:  
into our lives Your power breaks through,  
Living Lord.

3 Lord Jesus Christ,  
You have come to us,  
born as one of us,  
Mary's son.  
Led out to die on Calvary,  
risen from death to set us free,  
living Lord Jesus, help us see  
You are Lord.

4 Lord Jesus Christ,  
we would come to You,  
live our lives for You,  
Son of God.  
All Your commands we know are true,  
Your many gifts will make us new,  
into our lives Your power breaks through,  
Living Lord.

Patrick Appleford © 1960 Josef Weinberger Ltd.

#### **Holy Communion**

#### **Gospel Words**

Jesus said to them, I am the bread of life.  
Whoever comes to me will never be hungry,  
and whoever believes in me will never be thirsty.      John 6:35

Listen! I am standing at the door, knocking;  
if you hear my voice and open the door,  
I will come in to you and eat with you, and you with me.      Revelation 3:20

God proves his love for us in  
that while we still were sinners Christ died for us.      Romans 5:8

Come to me, all you that are weary and are carrying heavy burdens,  
and I will give you rest.  
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.  
For my yoke is easy, and my burden is light.      Matthew 11:28-30

#### **Invitation to the Table**

Come to this table, not because you must but because you may,  
not because you are strong, but because you are weak.  
Come, not because any goodness of your own gives you a right to come,  
but because you need mercy and help.  
Come, because you love the Lord a little and would like to love him more.  
Come, because he loved you and gave himself for you.  
Come and meet the risen Christ, for we are his Body.

We pray together:

**Almighty God,  
to whom all hearts are open,  
all desires known,  
and from whom no secrets are hidden:  
cleanse the thoughts of our hearts  
by the inspiration of your Holy Spirit,  
that we may perfectly love you,  
and worthily magnify your holy name;  
through Christ our Lord. Amen.**

### **The Institution**

The apostle Paul tells us of the institution of the Lord's Supper:

For I received from the Lord  
what I also handed on to you,  
that the Lord Jesus on the night when he was betrayed  
took a loaf of bread,  
and when he had given thanks,  
he broke it and said,  
'This is my body that is for you. Do this in remembrance of me.'  
In the same way he took the cup also, after supper, saying,  
'This cup is the new covenant in my blood.  
Do this, as often as you drink it, in remembrance of me.'  
For as often as you eat this bread and drink the cup,  
you proclaim the Lord's death until he comes.

1 Corinthians 11.23–26

### **Thanksgiving**

Loving God,  
we praise and thank you  
for your love shown to us in Jesus Christ.

We thank you for his life and ministry,  
announcing the good news of your kingdom  
and demonstrating its power  
in the lifting of the downtrodden,  
and the healing of the sick,  
and the loving of the loveless.  
We thank you for his sacrificial death upon the cross  
for the redemption of the world,  
and for your raising him to life again,  
as a foretaste of the glory we shall share.  
We give you thanks for this bread and wine,  
symbols of our world  
and signs of your transforming love.  
Send your Holy Spirit, we pray,  
that we may be renewed  
into the likeness of Jesus Christ  
and formed into his Body.  
This we pray in his name and for his sake. Amen.

### **The Breaking of Bread**

Jesus said, 'This is my body which is for you;  
do this in memory of me'.

#### *Sharing the Bread*

Take this in remembrance that Christ died for you  
and feed on him in your heart by faith with thanksgiving.

### **The Lifting of the Cup**

In the same way,  
he took the cup after supper, and said:  
'This cup is the new covenant sealed by my blood.  
Whenever you drink it,  
do this in memory of me.' 1 Corinthians 11:25

#### *Sharing the Wine*

Drink this and remember that Christ's blood was shed for you  
and be thankful.

### **Words of Acclamation and Prayer**

Your death, O Lord, we commemorate.  
Your resurrection we confess.  
Your final coming we await.  
Glory be to you, O Christ.

**Christ has died,  
Christ is risen,  
Christ will come again.**

**Father of all,  
we give you thanks and praise,  
that when we were still far off  
you met us in your Son and brought us home.  
Dying and living, he declared your love,  
gave us grace, and opened the gate of glory.  
May we who share Christ's body live his risen life;  
we who drink his cup bring life to others;  
we whom the Spirit lights give light to the world.  
Keep us firm in the hope you have set before us,  
so we and all your children shall be free,  
and the whole earth live to praise your name;  
through Christ our Lord. Amen.**

### **R&S 495 Father, hear the prayer we offer**

1 Father, hear the prayer we offer;  
not for ease that prayer shall be,  
but for strength that we may ever  
live our lives courageously.

2 Not for ever in green pastures  
do we ask our way to be;  
but the steep and rugged pathway  
may we tread rejoicingly.

3 Not for ever by still waters  
would we idly rest and stay;  
but would smite the living fountains  
from the rocks along our way.

4 Be our strength in hours of weakness,  
in our wanderings be our guide;  
through endeavour, failure, danger,  
Father, be thou at our side.

Love Maria Willis (1824-1908) and others

## Our prayers of intercession

Heavenly Father, with heavy hearts, we pray for all those affected by events in Southport this week. Please comfort the bereaved, aid the recovery of those in hospital and be with all those who witnessed what happened. We pray for those whose safety and security have been violated. Let empathy and support be the focus of all action, not blame and retribution.

**Lord, stand among us with your healing grace and strength.**

Father, we pray for our world as it faces the problems caused by climate change. As you confront us for who we are, so we have been confronted with our guilt in failing to care for creation. We pray for fairer sharing of resources, so that all human needs may be met. We pray for safety as our planet changes and we face the consequences.

**Lord, stand among us with your healing grace and strength.**

Lord God, as we gaze in awe at Olympic events, and witness what the human body can achieve, we pray for those who will never reach those heights; for those who are battling serious illness or disability, for whom life is painful and exhausting. May they know that their efforts are also worth medals and that every painful step forward is golden.

**Lord, stand among us with your healing grace and strength.**

For your Church, Father, we pray, and for us, your children; for the strength to bear witness in the midst of great upheavals and unpredictability; for the ability to meet the needs of our community and neighbourhoods in difficult days. We pray for all to whom we reach out with the offer of coffee and companionship, or food and other necessities of life. Come to our aid, Lord God, as we seek to aid others.

**Lord, stand among us with your healing grace and strength.**

**Amen.**

## A prayer of dedication for all our giving

God, whose giving knows no ending,  
we offer up the treasure that you have entrusted to us;  
we offer up the skills and time that you have graciously given to us;  
we offer up ourselves in service and praise.

Receive these gifts by your grace.

Multiply and use them through the power of the Holy Spirit  
to accomplish Christ's work of love in the world. **Amen.**

## R&S 345 Guide me, O thou great Jehovah

1 Guide me, O thou great Jehovah,  
pilgrim through this barren land;  
I am weak, but thou art mighty,  
hold me with thy powerful hand:  
bread of heaven, bread of heaven,  
feed me now and evermore;  
feed me now and evermore.

2 Open thou the crystal fountain  
whence the healing stream doth flow;  
let the fiery, cloudy pillar  
lead me all my journey through:  
strong deliverer, strong deliverer,  
be thou still my strength and shield;  
be thou still my strength and shield.

3 When I tread the verge of Jordan,  
bid my anxious fears subside;  
death of death, and hell's destruction,  
land me safe on Canaan's side:  
songs of praises, songs of praises,  
I will ever give to thee;  
I will ever give to thee.

William Williams, Pantycelyn (1717-91)  
v. 1 tr. Peter Williams (1722-96) altd.  
vv. 2-3 tr. William Williams (or John Williams, 1754-1828)  
altd.

**A sending out prayer**

As we seek to do what you want, Lord,  
may we bring bread to the hungry –  
food for bodies and food for souls,  
strength for the journey, and hope for the future.  
In Jesus' name. **Amen.**

**The Blessing**

And may the blessing of Almighty God,  
Father, Son and Holy Spirit  
be upon you and those you love,  
this day and for evermore. Amen.

**The Grace**

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