

Christ Church, Ipswich
Sunday 1st September 2024
All-age Family Worship with Holy Communion

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

Call to worship

This is the place
 and this is the time;
 here and now,
 God waits
 to break into our experience;
to change our minds,
to change our lives,
to change our ways;

to make us see the world
 and the whole of life
 in a new light;
to fill us with hope,
joy and certainty
for the future.

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 prayers of adoration

God of us all, we gather together to worship you with gladness.
 We pray together for our world with hope.
 We sing together to celebrate your faithfulness with joy.
 We listen to your word together with eagerness.
 We give thanks together for your love with gratitude.
 And we follow your Son together with faith.

Father of light,
 Father of truth and wisdom,
 we worship you and adore you.
 Turn us inside out as we bow at your throne today.
 Let our light shine through you in the darkness,
 most merciful and gracious God. **Amen.**

A prayer of confession

Unblemished God, forgive us
when we adhere to laws that are not of you,
when we criticise others because their ways are not our ways.

Cleanse our hearts and make us pure.

When we have not supported one another in love,
or protected those that are vulnerable.

Cleanse our hearts and make us pure.

When we have corrupted your laws and gone our own way,
or when we have not nurtured those in our families
and communities and let them go astray.

Cleanse our hearts and make us pure.

Help us to live as one community,
bound together in love and grace.

Help us to live alongside each other and be there for one another. Amen.

Assurance of forgiveness

Thank you, O God, that we are a forgiven people,
cleansed and restored by you,
made pure in your image.

Today we are free because of the cross. **Amen.**

A prayer of praise and thanksgiving

Thank you, Lord, for our communities.

Thank you that you have set us where you want us to be.

Thank you for those who support us.

Thank you that you give us strength to help each other.

Thank you that you can turn us inside out as we work together to make our communities the places you
want them to be.

Thank you for the strength to be doers and hearers of the word.

Thank you that every perfect gift is from you. **Amen.**

A prayer of dedication for all our giving

We are called to give – of our time, our future and our courage in order to live as committed disciples of the
Lord Jesus. We also give of our resources to support charities at home and abroad and to support the work
of God through the Church. We may give through envelopes or cash, bank transfers or standing orders. We
give knowing that we return to God something of what has been given to us and, in so doing, we embody
the change our world cries out for. Let's pray:

Accept our gifts O God, as tokens of our praise and thanks to You.

Accept our gifts O God, as tokens of our desire to change.

Accept our gifts O God, as tokens of our love.

Accept us too O God,

that we may continue to praise, change and love. Amen

The Lord's Prayer – We sing the prayer today

Epistle Reading

James 1:17-27 (NT page 212)

¹⁷ Every generous act of giving, with every perfect gift, is from above, coming down from the Father of
lights, with whom there is no variation or shadow due to change. ¹⁸ In fulfilment of his own purpose he
gave us birth by the word of truth, so that we would become a kind of first fruits of his creatures.

Hearing and Doing the Word

¹⁹ You must understand this, my beloved: ²⁰ let everyone be quick to listen, slow to speak, slow to
anger; ²¹ for your anger does not produce God's righteousness. ²¹ Therefore rid yourselves of all sordidness

and rank growth of wickedness, and welcome with meekness the implanted word that has the power to save your souls.

²² But be doers of the word, and not merely hearers who deceive themselves. ²³ For if any are hearers of the word and not doers, they are like those who look at themselves[□] in a mirror; ²⁴ for they look at themselves and, on going away, immediately forget what they were like. ²⁵ But those who look into the perfect law, the law of liberty, and persevere, being not hearers who forget but doers who act—they will be blessed in their doing.

²⁶ If any think they are religious, and do not bridle their tongues but deceive their hearts, their religion is worthless. ²⁷ Religion that is pure and undefiled before God, the Father, is this: to care for orphans and widows in their distress, and to keep oneself unstained by the world

Gospel Reading

Mark 7:1-8, 14-15, 21-23 (NT page 39)

7 Now when the Pharisees and some of the scribes who had come from Jerusalem gathered around him, ² they noticed that some of his disciples were eating with defiled hands, that is, without washing them. ³ (For the Pharisees, and all the Jews, do not eat unless they thoroughly wash their hands, thus observing the tradition of the elders; ⁴ and they do not eat anything from the market unless they wash it; and there are also many other traditions that they observe, the washing of cups, pots, and bronze kettles.) ⁵ So the Pharisees and the scribes asked him, 'Why do your disciples not live according to the tradition of the elders, but eat with defiled hands?' ⁶ He said to them, 'Isaiah prophesied rightly about you hypocrites, as it is written,

"This people honours me with their lips,
but their hearts are far from me;

⁷ in vain do they worship me,
teaching human precepts as doctrines."

⁸ You abandon the commandment of God and hold to human tradition.'

¹⁴ Then he called the crowd again and said to them, 'Listen to me, all of you, and understand: ¹⁵ there is nothing outside a person that by going in can defile, but the things that come out are what defile.'

²¹ For it is from within, from the human heart, that evil intentions come: fornication, theft, murder, ²² adultery, avarice, wickedness, deceit, licentiousness, envy, slander, pride, folly. ²³ All these evil things come from within, and they defile a person.'

R&S 558

Will you come and follow me

1 Will you come and follow me
if I but call your name?
Will you go where you don't know
and never be the same?
Will you let my love be shown,
will you let my name be known,
will you let my life be grown in you,
and you in me?

2 Will you leave yourself behind
if I but call your name?
Will you care for cruel and kind
and never be the same?
Will you risk the hostile stare,
should your life attract or scare,
will you let me answer prayer
in you and you in me?

3 Will you love the 'you' you hide
if I but call your name?
Will you quell the fear inside
and never be the same?
Will you use the faith you've found
to reshape the world around,
through my sight and touch and sound
in you and you in me?

4 Lord, your summons echoes true
when you but call my name.
Let me turn and follow you
and never be the same.
In your company I'll go
where your love and footsteps show.
Thus I'll move and live and grow
in you and you in me.

Graham Maule & John L. Bell.
Copyright © 1987 WGRG, Iona Community.
No permission needed.

Family Talk

All-age prayer

Act in us, O God.

Care through us, O God.

Teach us to be gentle with the whole of creation.

Inspire us to live as Jesus taught us.

Open our hearts to your ways.

Nurture us in your compassion.

Amen.

A Moment for reflection

R&S 522 From heaven you came, helpless babe

1. From heaven you came, helpless babe,
entered our world, your glory veiled;
not to be served, but to serve,
and give your life that we might live

*This is our God, the Servant King,
he calls us now to follow him,
to bring our lives as a daily offering
of worship to the Servant King.*

2. There in the garden of tears,
my heavy load he chose to bear;
his heart with sorrow was torn,
'Yet not my will but yours', he said.

3. Come see his hands and his feet,
the scars that speak of sacrifice,
hands that flung stars into space
to cruel nails surrendered.

4. So let us learn how to serve,
and in our lives enthrone him;
each other's needs to prefer,
for it is Christ we're serving.

Graham Kendrick (1950-)
Copyright © 1983 Thankyou Music.

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**

Our prayers of intercession

Loving God,
 we pray for peace in our world, remembering all those directly affected by conflict in Russia and Ukraine, in Gaza and in all the places round the world that don't at present make the headlines. Teach us not only to long for peace, but also to be examples of peaceful living.

Leader: May our words and our hopes

Be transformed by your love into actions and change.

Loving God,
 we pray for all those who are victims of crimes of violence. We continue to pray for the families of the children who lost their lives in Southport, for victims of violence at the Notting Hill Carnival and for all who suffer as a result of domestic abuse. Teach us not only to long for an end to this pain, but also to live in harmony with our neighbours.

Leader: May our words and our hopes

Be transformed by your love into actions and change.

Loving God,
 we pray for the Church throughout the world; we thank you for all that our own church means to us and for its witness in the community. We ask your blessing on all social action taken in the name of the church and pray for success for funding bids. Teach us not only to long for all people to experience your love, but to play our part in showing your love in action.

Leader: May our words and our hopes

Be transformed by your love into actions and change.

Loving God,

we pray for all children and young people: for those preparing to return to schools, colleges and universities; for those beginning new courses; for those starting at new institutions. We remember also all those who work in education and education policy makers. Teach us to support those who have challenging roles and to live in ways that accept, honour and respect those of all ages.

Leader: May our words and our hopes

Be transformed by your love into actions and change.

Loving God,

we commend to you those with particular needs at this time; the sick and the sorrowful, the lonely and the persecuted, the poor and the homeless. Teach us to see needs around us and to respond appropriately.

Leader: May our words and our hopes

Be transformed by your love into actions and change.

Loving God,

we bring you our own needs and aspirations. We pray that you will help us to fulfil our potential as children of God, created in God's image and serving our neighbours in your world.

Leader: May our words and our hopes

Be transformed by your love into actions and change.

In the name of your Son who lived a life of words made real in action, **Amen.**

R&S 663 Love divine, all loves excelling

1 Love divine, all loves excelling,
joy of heaven to earth come down!
fix in us thy humble dwelling,
all thy faithful mercies crown.
Jesus, thou art all compassion,
pure unbounded love thou art;
visit us with thy salvation,
enter every trembling heart.

2 Come, almighty to deliver,
let us all thy grace receive;
suddenly return, and never,
never more thy temples leave.

Thee we would be always blessing,
serve thee as thy hosts above,
pray, and praise thee without ceasing,
glory in thy perfect love.

3 Finish then thy new creation,
pure and spotless let us be;
let us see thy great salvation
perfectly restored in thee!
changed from glory into glory,
till in heaven we take our place;
till we cast our crowns before thee,
lost in wonder, love and praise.

Charles Wesley (1707-88)

Sending out prayer

Go! The service is ended,
but our service in the world begins.
May God strengthen and encourage us
as we go, to live lives of gratitude,
spilling over into loving responses
of joyful caring. **Amen.**

The Blessing

Go in the name of Jesus,
to follow the way of Jesus,
to love with the love of Jesus,
and to be sustained by the peace of Jesus. **Amen.**

May the blessing of our loving God,
Creator, Redeemer, and Sustainer,
be upon us all, and those we love, today and
always, **Amen.**

The Grace is shared with one another

Resources taken and adapted from *ROOTS for Churches Limited*, *URC Worship Notes* and *BUGB Gathering for Worship*. The Bible reading is from the New Revised Standard Version Bible: Anglicised Edition, copyright © 1989, 1995 the Division of Christian Education of the National Council of the Churches of Christ in the USA. Used by permission. All rights reserved. Christ Church's CCLI number is 181784 and *One License* number is 740870-A.