

## 5th Sunday after Trinity

July 5th

### Collect

God of truth,  
help us to keep your law of love  
and to walk in ways of wisdom,  
that we may find true life  
in Jesus Christ your Son.

### The reading is taken from Paul's letter to the Romans

**15** I do not understand my own actions. For I do not do what I want, but I do the very thing I hate. **16** Now if I do what I do not want, I agree that the law is good.

**17** But in fact it is no longer I who do it but sin that dwells within me. **18** For I know that the good does not dwell within me, that is, in my flesh. For the desire to do the good lies close at hand, but not the ability. **19** For I do not do the good I want, but the evil I do not want is what I do.

**20** Now if I do what I do not want, it is no longer I who do it but sin that dwells within me.

**21** So I find it to be a law that, when I want to do what is good, evil lies close at hand. **22** For I delight in the law of God in my inmost self, **23** but I see in my members another law at war with the law of my mind, making me captive to the law of sin that dwells in my members.

**24** Wretched person that I am! Who will rescue me from this body of death?

**25** Thanks be to God through Jesus Christ our Lord! So then, with my mind I am enslaved to the law of God, but with my flesh I am enslaved to the law of sin.

This is the word of the Lord

**Thanks be to God**

Hear The Gospel of our Lord Jesus Christ

### Glory to you O Lord

**16** “But to what will I compare this generation? It is like children sitting in the marketplaces and calling to one another,

**17** ‘We played the flute for you, and you did not dance; we wailed, and you did not mourn.’ **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, ‘Look, a glutton and a drunkard, a friend of tax collectors and sinners!’ Yet wisdom is vindicated by her deeds.” to Matthew

**25** At that time Jesus said, “I thank you, Father, Lord of heaven and earth, because you have hidden these things from the wise and the intelligent and have revealed them to infants; **26** yes, Father, for such was your gracious will. **27** All things have been handed over to me by my Father, and no one knows the Son except the Father, and no one knows the Father except the Son and anyone to whom the Son chooses to reveal him. **28** “Come to me, all you who are weary and are carrying heavy burdens, 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.”

This is the Gospel of the Lord

### Praise to you O Christ

### Post Communion Prayer

Eternal Father,  
we thank you for nourishing us  
with these heavenly gifts:  
may our communion strengthen us in faith,  
build us up in hope,  
and make us grow in love;  
for the sake of Jesus Christ our Lord.