

# The Benefice of Chew Valley East

## Morning Prayer for Sunday 21 June 2026, The Third Sunday after Trinity

*If you wish to join in the service, then the words in **bold** are to be said together.  
Please join in with the Psalms and Canticles by reciting each one in its entirety.*

### Preparation

O Lord, open our lips  
**and our mouth shall proclaim your praise.**

Blessed are you, Sovereign God, creator of all,  
to you be glory and praise for ever.

You founded the earth in the beginning  
and the heavens are the work of your hands.

In the fullness of time you made us in your image,  
and in these last days you have spoken to us  
in your Son Jesus Christ, the Word made flesh.

As we rejoice in the gift of your presence among us  
let the light of your love always shine in our hearts,  
your Spirit ever renew our lives  
and your praises ever be on our lips.

Blessed be God, Father, Son and Holy Spirit.

**Blessed be God for ever.**

The night has passed, and the day lies open before us;  
let us pray with one heart and mind.

*Silence is kept.*

As we rejoice in the gift of this new day,  
so may the light of your presence, O God,  
set our hearts on fire with love for you;  
now and for ever. **Amen.**

### The Word of God

#### Psalm 69:8-11, 18-20

<sup>8</sup>For your sake have I suffered reproach; ♦  
shame has covered my face.

<sup>9</sup>I have become a stranger to my kindred, ♦  
an alien to my mother's children.

<sup>10</sup>Zeal for your house has eaten me up; ♦  
the scorn of those who scorn you has fallen upon me.

<sup>11</sup>I humbled myself with fasting, ♦  
but that was turned to my reproach.

<sup>12</sup>I put on sackcloth also ♦  
and became a byword among them.

<sup>13</sup>Those who sit at the gate murmur against me, ♦  
and the drunkards make songs about me.

<sup>14</sup>But as for me, I make my prayer to you, O Lord; ♦  
at an acceptable time, O God.

<sup>15</sup>Answer me, O God, in the abundance of your mercy ♦  
and with your sure salvation.

<sup>16</sup>Draw me out of the mire, that I sink not; ♦  
let me be rescued from those who hate me  
and out of the deep waters.

<sup>17</sup>Let not the water flood drown me,  
neither the deep swallow me up; ♦  
let not the Pit shut its mouth upon me.

<sup>18</sup>Answer me, Lord, for your loving-kindness is good; ♦  
turn to me in the multitude of your mercies.

<sup>19</sup>Hide not your face from your servant; ♦  
be swift to answer me, for I am in trouble.

<sup>20</sup>Draw near to my soul and redeem me; ♦  
deliver me because of my enemies.

**Glory to the Father and to the Son and to the Holy Spirit;  
as it was in the beginning is now and shall be for ever. Amen.**

### **First Reading: Romans 6:1b-11**

<sup>1</sup>Should we continue in sin in order that grace may abound? <sup>2</sup>By no means! How can we who died to sin go on living in it? <sup>3</sup>Do you not know that all of us who have been baptized into Christ Jesus were baptized into his death? <sup>4</sup>Therefore we have been buried with him by baptism into death, so that, just as Christ was raised from the dead by the glory of the Father, so we too might walk in newness of life.

<sup>5</sup>For if we have been united with him in a death like his, we will certainly be united with him in a resurrection like his. <sup>6</sup>We know that our old self was crucified with him so that the body of sin might be destroyed, and we might no

longer be enslaved to sin. <sup>7</sup>For whoever has died is freed from sin. <sup>8</sup>But if we have died with Christ, we believe that we will also live with him. <sup>9</sup>We know that Christ, being raised from the dead, will never die again; death no longer has dominion over him. <sup>10</sup>The death he died, he died to sin, once for all; but the life he lives, he lives to God. <sup>11</sup>So you also must consider yourselves dead to sin and alive to God in Christ Jesus.

## **Canticle**

**Splendour and majesty are yours, O God;  
you are exalted as head over all.**

<sup>1</sup>Blessed are you, God of Israel, for ever and ever, ♦  
for yours is the greatness, the power, the glory, the splendour and the majesty.

<sup>2</sup>Everything in heaven and on earth is yours; ♦  
yours is the kingdom, O Lord, and you are exalted as head over all.

<sup>3</sup>Riches and honour come from you ♦  
and you rule over all.

<sup>4</sup>In your hand are power and might; ♦  
yours it is to give power and strength to all.

<sup>5</sup>And now we give you thanks, our God, ♦  
and praise your glorious name.

<sup>6</sup>For all things come from you, ♦  
and of your own have we given you.

*1 Chronicles 29.10b-13, 14b*

**Glory to the Father and to the Son and to the Holy Spirit;  
as it was in the beginning is now and shall be for ever. Amen.**

**Splendour and majesty are yours, O God;  
you are exalted as head over all.**

## **Second Reading: Matthew 10:24-39**

Jesus summoned the twelve and sent them out with the following instruction:

<sup>24</sup>‘A disciple is not above the teacher, nor a slave above the master; <sup>25</sup>it is enough for the disciple to be like the teacher, and the slave like the master. If they have called the master of the house Beelzebul, how much more will they malign those of his household!

<sup>26</sup>So have no fear of them; for nothing is covered up that will not be uncovered, and nothing secret that will not become known. <sup>27</sup>What I say to you in the dark, tell in the light; and what you hear whispered, proclaim from the housetops.

<sup>28</sup>Do not fear those who kill the body but cannot kill the soul; rather fear him

who can destroy both soul and body in hell. <sup>29</sup>Are not two sparrows sold for a penny? Yet not one of them will fall to the ground unperceived by your Father. <sup>30</sup>And even the hairs of your head are all counted. <sup>31</sup>So do not be afraid; you are of more value than many sparrows.

<sup>32</sup>Everyone therefore who acknowledges me before others, I also will acknowledge before my Father in heaven; <sup>33</sup>but whoever denies me before others, I also will deny before my Father in heaven.

<sup>34</sup>Do not think that I have come to bring peace to the earth; I have not come to bring peace, but a sword.

<sup>35</sup>For I have come to set a man against his father,  
and a daughter against her mother,  
and a daughter-in-law against her mother-in-law;

<sup>36</sup>and one's foes will be members of one's own household.

<sup>37</sup>Whoever loves father or mother more than me is not worthy of me; and whoever loves son or daughter more than me is not worthy of me; <sup>38</sup>and whoever does not take up the cross and follow me is not worthy of me. <sup>39</sup>Those who find their life will lose it, and those who lose their life for my sake will find it.'

## **Responsory**

Awake, O sleeper, and arise from the dead

**And Christ shall give you light.**

You have died and your life is hid with Christ in God.

**Awake, O sleeper, and arise from the dead.**

Set your minds on things that are above,  
not on things that are on the earth.

**And Christ shall give you light.**

When Christ our life appears you will appear with him in glory.

**Awake, O sleeper, and arise from the dead,  
and Christ shall give you light.**

*from Colossians 3*

## **Gospel Canticle: Benedictus**

**You have raised up for us a mighty Saviour,  
born of the house of your servant David.**

<sup>1</sup>Blessed be the Lord the God of Israel, ♦  
who has come to his people and set them free.

<sup>2</sup>He has raised up for us a mighty Saviour, ♦  
born of the house of his servant David.

<sup>3</sup>Through his holy prophets God promised of old ♦  
to save us from our enemies, from the hands of all that hate us,

<sup>4</sup>To show mercy to our ancestors, ♦  
and to remember his holy covenant.

<sup>5</sup>This was the oath God swore to our father Abraham: ♦  
to set us free from the hands of our enemies,

<sup>6</sup>Free to worship him without fear, ♦  
holy and righteous in his sight all the days of our life.

<sup>7</sup>And you, child, shall be called the prophet of the Most High, ♦  
for you will go before the Lord to prepare his way,

<sup>8</sup>To give his people knowledge of salvation ♦  
by the forgiveness of all their sins.

<sup>9</sup>In the tender compassion of our God ♦  
the dawn from on high shall break upon us,

<sup>10</sup>To shine on those who dwell in darkness and the shadow of death, ♦  
and to guide our feet into the way of peace. Luke 1.68-79

**Glory to the Father and to the Son and to the Holy Spirit;  
as it was in the beginning is now and shall be for ever. Amen.**

**You have raised up for us a mighty Saviour,  
born of the house of your servant David.**

## **Intercessions**

*I am the mother crying in the desert.*

*I have no more food or water for my child. God, help me!’*

We remember before God:

the hungry . . .

the homeless . . .

the victims of conflict or disaster . . .

*‘I am the prophet to whom no one listens.*

*I am frustrated and full of despair. God, help me!’*

We remember before God:

our modern day political and environmental prophets . . .

those who have no voice . . .

the depressed and anxious . . .

*‘I am the woman at odds with my family;*

*who feels alienated from others by my belief in you. God, help me!’*

We remember before God:  
families divided by religion . . .  
Christians lonely in their faith . . .  
the church, in this secular society . . .

*'I am the man who gave up everything to follow you;  
but finds the way of loving painful and hard. God, help me!'*

We remember before God:  
those struggling with the Christian life . . .  
those hurt by loving . . .  
our own Christian pilgrimage . . .

Loving God, you hear us when we call you.

We make our prayers in the name of our Crucified and Risen Lord. **Amen.**

### **Collect**

God our saviour,  
look on this wounded world  
in pity and in power;  
hold us fast to your promises of peace  
won for us by your Son,  
our Saviour Jesus Christ. **Amen.**

### **Lord's Prayer**

Rejoicing in God's new creation,  
as our Saviour taught us, so we pray

**Our Father in heaven,  
hallowed be your name,  
your kingdom come,  
your will be done,  
on earth as in heaven.**

**Give us today our daily bread.**

**Forgive us our sins  
as we forgive those who sin against us.**

**Lead us not into temptation  
but deliver us from evil.**

**For the kingdom, the power,  
and the glory are yours  
now and for ever. Amen.**

## **Conclusion**

The Lord bless us, and preserve us from all evil,  
and keep us in eternal life. **Amen.**

Let us bless the Lord.

**Thanks be to God.**

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