

KEEP THE COMMANDMENTS

Just then a man came up to Jesus and asked, "Teacher, what good thing must I do to get eternal life?" "Why do you ask me about what is good?" Jesus replied. "There is only One who is good. If you want to enter life, keep the commandments."

Heart & Anchor Church



Grace, mercy and peace from God our Father and the Lord Jesus Christ be with you

And also with you

Welcome and Introduction
Opening Prayer
The Lord is Here
His Spirit is with us
Confession

Lord God, our maker and our redeemer, this is your world and we are your people: come among us and save us. We have wilfully misused your gifts of creation; Lord, be merciful:

All forgive us our sin.

We have seen the ill-treatment of others and have not gone to their aid; Lord, be merciful:

All forgive us our sin.

We have turned a blind eye to discrimination and failed to stand up for the rights of others; Lord, be merciful:

All forgive us our sin.

We have heard the good news of Christ, but have failed to share it with others; Lord, be merciful:

All forgive us our sin.

We have not loved you with all our heart,



nor our neighbours as ourselves;

Lord, be merciful:

All forgive us our sin.

Absolution

May the Father of all mercies cleanse *us* from *our* sins, and restore *us* in his image to the praise and glory of his name, through Jesus Christ our Lord.

All Amen.

The Collect

Silence is kept.

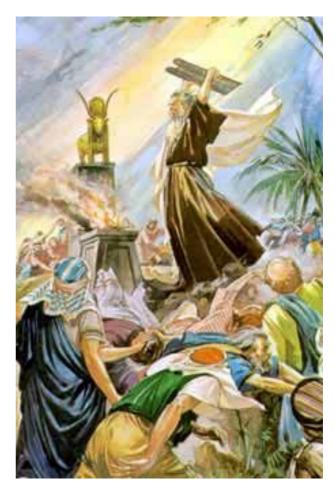
God of truth,
Help us to keep your law of love
And to walk in the ways of wisdom
That we may find true life
In Jesus Christ your Son.

All Amen.



Old Testament Reading Exodus 32:1-20

When the people saw that Moses delayed to come down from the mountain, the people gathered around Aaron and said to him, 'Come, make gods for us, who shall go before us; as for this Moses, the man who brought us up out of the land of Egypt, we do not know what has become of him.' Aaron said to them, 'Take off the gold rings that are on the ears of your wives, your sons, and your daughters, and bring them to me.' So all the people took off the gold rings from their ears, and brought them to Aaron. He took the gold from them,



formed it in a mould, and cast an image of a calf; and they said, 'These are your gods, O Israel, who brought you up out of the land of Egypt!' When Aaron saw this, he built an altar before it; and Aaron made proclamation and said, 'Tomorrow shall be a festival to the Lord.' They rose early the next day, and offered burnt-offerings and brought sacrifices of well-being; and the people sat down to eat and drink, and rose up to revel.

The Lord said to Moses, 'Go down at once! Your people, whom you brought up out of the land of Egypt, have acted perversely; they have been quick to turn aside from the way that I commanded them; they have cast for themselves an image of a calf, and have worshipped it and



sacrificed to it, and said, "These are your gods, O Israel, who brought you up out of the land of Egypt!" 'The Lord said to Moses, 'I have seen this people, how stiff-necked they are. Now let me alone, so that my wrath may burn hot against them and I may consume them; and of you I will make a great nation.'

But Moses implored the Lord his God, and said, 'O Lord, why does your wrath burn hot against your people, whom you brought out of the land of Egypt with great power and with a mighty hand? Why should the Egyptians say, "It was with evil intent that he brought them out to kill them in the mountains, and to consume them from the face of the earth"? Turn from your fierce wrath; change your mind and do not bring disaster on your people. Remember Abraham, Isaac, and Israel, your servants, how you swore to them by your own self, saying to them, "I will multiply your descendants like the stars of heaven, and all this land that I have promised I will give to your descendants, and they shall inherit it for ever." 'And the Lord changed his mind about the disaster that he planned to bring on his people.

Then Moses turned and went down from the mountain, carrying the two tablets of the covenant in his hands, tablets that were written on both sides, written on the front and on the back. The tablets were the work of God, and the writing was the writing of God, engraved upon the tablets. When Joshua heard the noise of the people as they shouted, he said to Moses, 'There is a noise of war in the camp.' But he said,

'It is not the sound made by victors,

or the sound made by losers;

it is the sound of revellers that I hear.'

As soon as he came near the camp and saw the calf and the dancing, Moses' anger burned hot, and he threw the tablets from his hands and broke them at the foot of the mountain. He took the calf that they had



made, burned it with fire, ground it to powder, scattered it on the water, and made the Israelites drink it.

This is the Word of the Lord

Thanks be to God

silence

When the Gospel is announced the reader says

Hear the Gospel of our Lord Jesus Christ according to *Matthew All* Glory to you, O Lord.

Matthew 19:16-30

Then someone came to him and said, 'Teacher, what good deed must I do to have eternal life?' And he said to him, 'Why do you ask me about what is good? There is only one who is good. If you wish



to enter into life, keep the commandments.' He said to him, 'Which ones?' And Jesus said, 'You shall not murder; You shall not commit adultery; You shall not steal; You shall not bear false witness; Honour your father and mother; also, You shall love your neighbour as yourself.' The young man said to him, 'I have kept all these; what do I still lack?' Jesus said to him, 'If you wish to be perfect, go, sell your possessions, and give the money to the poor, and you will have treasure in heaven;



then come, follow me.' When the young man heard this word, he went away grieving, for he had many possessions.

Then Jesus said to his disciples, 'Truly I tell you, it will be hard for a rich person to enter the kingdom of heaven. Again I tell you, it is easier for a camel to go through the eye of a needle than for someone who is rich to enter the kingdom of God.' When the disciples heard this, they were greatly astounded and said, 'Then who can be saved?' But Jesus looked at them and said, 'For mortals it is impossible, but for God all things are possible.'

Then Peter said in reply, 'Look, we have left everything and followed you. What then will we have?' Jesus said to them, 'Truly I tell you, at the renewal of all things, when the Son of Man is seated on the throne of his glory, you who have followed me will also sit on twelve thrones, judging the twelve tribes of Israel. And everyone who has left houses or brothers or sisters or father or mother or children or fields, for my name's sake, will receive a hundredfold, and will inherit eternal life. But many who are first will be last, and the last will be first.

At the end

This is the Gospel of the Lord.

All Praise to you, O Christ.

Talk

Declaration of Faith

Christ has died

Christ has died

Christ has risen

Christ has risen

Christ will come again



Christ will come again

I believe, Alleluia!

I believe, Alleluia!

Testimony

Prayers

Peace

The risen Christ came and stood among his disciples and said 'Peace be with you.'

Then were they glad when they saw the Lord. Alleluia Alleluia! The Peace of the risen Christ be always with you And also with you. Alleluia!

Let us offer one another a sign of God's peace – in person or by text or message! Zoom peace is saved for coffee time!

The Liturgy of the Eucharist follows

The Lord is here.

All His Spirit is with us.

Lift up your hearts.

All We lift them to the Lord.

Let us give thanks to the Lord our God.

All It is right to give thanks and praise.

It is indeed right,
it is our duty and our joy,
at all times and in all places
to give you thanks and praise,
holy Father, heavenly King,
almighty and eternal God,
through Jesus Christ your Son our Lord.



Therefore with angels and archangels, and with all the company of heaven, we proclaim your great and glorious name, for ever praising you and saying:

All Holy, holy, holy Lord,

God of power and might, heaven and earth are full of your glory.

Blessed is he who comes in the name of the Lord.

Hosanna in the highest.

Hosanna in the highest.

Accept our praises, heavenly Father,
through your Son our Saviour Jesus Christ,
and as we follow his example and obey his command,
grant that by the power of your Holy Spirit
these gifts of bread and wine
may be to us his body and his blood;
who, in the same night that he was betrayed,
took bread and gave you thanks;
he broke it and gave it to his disciples, saying:
Take, eat; this is my body which is given for you;
do this in remembrance of me.

All To you be glory and praise for ever.

In the same way, after supper
he took the cup and gave you thanks;
he gave it to them, saying:
Drink this, all of you;
this is my blood of the new covenant,
which is shed for you and for many for the forgiveness of sins.
Do this, as often as you drink it,
in remembrance of me.



All To you be glory and praise for ever.

Therefore, heavenly Father,
we remember his offering of himself
made once for all upon the cross;
we proclaim his mighty resurrection and glorious ascension;
we look for the coming of your kingdom,
and with this bread and this cup
we make the memorial of Christ your Son our Lord.
Jesus Christ is Lord:

All Lord, by your cross and resurrection you have set us free.

You are the Saviour of the world.

Accept through him, our great high priest, this our sacrifice of thanks and praise, and as we eat and drink these holy gifts in the presence of your divine majesty, renew us by your Spirit, inspire us with your love and unite us in the body of your Son, Jesus Christ our Lord.

All To you be glory and praise for ever.

Through him, and with him, and in him, in the unity of the Holy Spirit, with all who stand before you in earth and heaven, we worship you, Father almighty, in songs of everlasting praise:

All Blessing and honour and glory and power be yours for ever and ever. Amen.

As our Saviour taught us, so we pray



All 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.

Breaking of the Bread

We break this bread to share in the body of Christ.

All Though we are many, we are one body, because we all share in one bread.

The invitation

Be present, be present,
Lord Jesus Christ,
our risen high priest;
make yourself known in the breaking of bread. **Amen.**

Post Communion Prayer

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.

Notices

The coffee zoom which will follow at 11.15am.

Birthdays – Salima, Binti's baby was 1 on June 4th. Katy Charnock's birthday was this week.

Maureen has a special birthday on Tuesday and Phil Gamble's birthday is on Friday

Please tip Rosy or Sarah Ranji off if anyone else's is coming up. . .

Morning worship zoom 9am Wednesdays

Online zoom bible study 7.30pm Thursdays

BEAF online zoom 7.30pm Thursday 25th evening.

The Blessing

Christ, who has nourished us with himself the living bread,

make you one in praise and love,

and raise you up at the last day;

And the blessing of God Almighty,

The Father, the Son and the Holy Spirit

Be among you and remain with you always. **Amen**.

Go in peace to love and serve the Lord.

In the name of Christ, Amen.