

## Cooma Anglican 23 June 2024 - 1st Order APBA

### Welcome

#### Hymn TIS 557 - Come, let us to the Lord our God

**1** Come, let us to the Lord our God with contrite hearts return;  
our God is gracious, nor will leave the desolate to mourn.

**2** His voice commands the tempest forth, and stills the stormy wave;  
and though his arm be strong to smite, 'tis also strong to save.

**3** Long has the night of sorrow reigned; the dawn shall bring us light;  
God shall appear, and we shall rise with gladness in his sight.

**4** Our hearts, if God we seek to know, shall know him and rejoice;  
his coming like the morn shall be, like morning songs his voice.

**5** As dew upon the tender herb, diffusing fragrance round;  
as showers that usher in the spring, and cheer the thirsty ground:

**6** So shall his presence bless our souls, and shed a joyful light;  
that hallowed morn shall chase away the sorrows of the night.

### Greeting

The Lord be with you. **And also with you.**

### Sentence of the Day

As a prisoner for the Lord, then, I urge you to live a life worthy of the calling you have received.  
Ephesians 4:1

### Prayer of Preparation

**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.**

Hear, O Israel, the Lord our God, the Lord is one; you shall love the Lord your God with all your heart, and with all your soul, and with all your mind, and with all your strength.'

Jesus said: 'This is the great and first commandment. And a second is like it: you shall love your neighbour as yourself.'

**Lord, have mercy on us, and write your law in our hearts by your Holy Spirit**

### Prayer of the Day

Gracious God, we who were baptised into Christ Jesus were baptised into his death: we pray that, as you raised him from death, so by the power of your Holy Spirit we may live the new life to your glory, knowing ourselves to be dead to sin but alive to you in Jesus Christ; who lives and reigns with you and the Holy Spirit, one God, now and for ever. **Amen**

### The Ministry of the Word

**Isaiah 63:7-14**

<sup>7</sup> I will tell of the kindnesses of the LORD, the deeds for which he is to be praised, according to all the LORD has done for us— yes, the many good things he has done for Israel, according to his compassion and many kindnesses. <sup>8</sup> He said, “Surely they are my people, children who will be true to me”; and so he became their Saviour. <sup>9</sup> In all their distress he too was distressed, and the angel of his presence saved them. In his love and mercy he redeemed them; he lifted them up and carried them all the days of old. <sup>10</sup> Yet they rebelled and grieved his Holy Spirit. So he turned and became their enemy and he himself fought against them. <sup>11</sup> Then his people recalled the days of old, the days of Moses and his people— where is he who brought them through the sea, with the shepherd of his flock? Where is he who set his Holy Spirit among them, <sup>12</sup> who sent his glorious arm of power to be at Moses’ right hand, who divided the waters before them, to gain for himself everlasting renown, <sup>13</sup> who led them through the depths? Like a horse in open country, they did not stumble; <sup>14</sup> like cattle that go down to the plain, they were given rest by the Spirit of the LORD. This is how you guided your people to make for yourself a glorious name.

This is the word of the Lord. **Thanks be to God**

### Psalm 15

<sup>1</sup>LORD, who may abide in Your tabernacle? Who may dwell in Your holy hill?

<sup>2</sup> **He who walks uprightly, And works righteousness, And speaks the truth in his heart;**

<sup>3</sup> He who does not backbite with his tongue, Nor does evil to his neighbor, Nor does he take up a reproach against his friend;

<sup>4</sup> **In whose eyes a vile person is despised, But he honors those who fear the LORD; He who swears to his own hurt and does not change;**

<sup>5</sup> **He who does not put out his money at usury, Nor does he take a bribe against the innocent. He who does these things shall never be moved.**

### Ephesians 4:1-7,22-32

<sup>1</sup> As a prisoner for the Lord, then, I urge you to live a life worthy of the calling you have received. <sup>2</sup> Be completely humble and gentle; be patient, bearing with one another in love. <sup>3</sup> Make every effort to keep the unity of the Spirit through the bond of peace. <sup>4</sup> There is one body and one Spirit, just as you were called to one hope when you were called; <sup>5</sup> one Lord, one faith, one baptism; <sup>6</sup> one God and Father of all, who is over all and through all and in all. <sup>7</sup> But to each one of us grace has been given as Christ apportioned it.

<sup>22</sup> You were taught, with regard to your former way of life, to put off your old self, which is being corrupted by its deceitful desires; <sup>23</sup> to be made new in the attitude of your minds; <sup>24</sup> and to put on the new self, created to be like God in true righteousness and holiness. <sup>25</sup> Therefore each of you must put off falsehood and speak truthfully to your neighbor, for we are all members of one body. <sup>26</sup> “In your anger do not sin”: Do not let the sun go down while you are still angry, <sup>27</sup> and do not give the devil a foothold. <sup>28</sup> Anyone who has been stealing must steal no longer, but must work, doing something useful with their own hands, that they may have something to share with those in need.

<sup>29</sup> Do not let any unwholesome talk come out of your mouths, but only what is helpful for building others up according to their needs, that it may benefit those who listen. <sup>30</sup> And do not grieve the Holy Spirit of God, with whom you were sealed for the day of redemption. <sup>31</sup> Get rid of all bitterness, rage and anger, brawling and slander, along with every form of malice. <sup>32</sup> Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you.

This is the word of the Lord. **Thanks be to God**

## **Matthew 5:38-48**

### **Glory to you, Lord Jesus Christ**

<sup>38</sup> "You have heard that it was said, 'Eye for eye, and tooth for tooth.' <sup>39</sup> But I tell you, do not resist an evil person. If anyone slaps you on the right cheek, turn to them the other cheek also. <sup>40</sup> And if anyone wants to sue you and take your shirt, hand over your coat as well. <sup>41</sup> If anyone forces you to go one mile, go with them two miles. <sup>42</sup> Give to the one who asks you, and do not turn away from the one who wants to borrow from you.

<sup>43</sup> "You have heard that it was said, 'Love your neighbor and hate your enemy.' <sup>44</sup> But I tell you, love your enemies and pray for those who persecute you, <sup>45</sup> that you may be children of your Father in heaven. He causes his sun to rise on the evil and the good, and sends rain on the righteous and the unrighteous. <sup>46</sup> If you love those who love you, what reward will you get? Are not even the tax collectors doing that? <sup>47</sup> And if you greet only your own people, what are you doing more than others? Do not even pagans do that? <sup>48</sup> Be perfect, therefore, as your heavenly Father is perfect.

This is the gospel of the Lord: **Praise to you, Lord Jesus Christ**

## **Sermon Ephesians 4 - Live a Life worthy of your calling**

### **Question Time**

### **The Apostles' Creed**

**I believe in God, the Father almighty, creator of heaven and earth.**

**I believe in Jesus Christ, God's only Son, our Lord, who was conceived by the holy Spirit, born of the virgin Mary, suffered under Pontius Pilate; was crucified, died and was buried; he descended to the dead. On the third day he rose from the dead, he ascended into heaven and is seated at the right hand of the Father; from there he will come to judge the living and the dead and his kingdom will have no end.**

**I believe in the Holy Spirit, the holy catholic Church, the communion of saints, the forgiveness of sins and the resurrection of the body, and the life everlasting. Amen.**

### **Offering**

Blessed are you, Lord, God of all creation. Through your goodness we have gifts to share. Accept and use our offerings for your glory and for the service of your kingdom.

**Blessed be God forever.**

### **Prayers**

Let us pray for the world and the church.

Response: Lord, in your mercy. **Hear our prayer.**

### **The Lord's Prayer**

Accept our prayers through Jesus Christ our Lord, who taught us to 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. Save us from the time of trial and deliver us from evil. For the kingdom, the power, and the glory are yours now and for ever. Amen.**

### **Exhortation**

Brothers and sisters in Christ, we who would come to the holy communion of the body and blood of our Saviour Christ must consider how St Paul exhorts us to examine ourselves before presuming to eat of that bread and drink of that cup.

For the benefit is great, if with a penitent heart and lively faith we receive that holy sacrament. We then spiritually eat the flesh of Christ and drink his blood; we dwell in Christ and he in us; we are one with Christ and Christ with us.

Yet also the danger is great if we receive the bread and cup unworthily. Judge yourselves therefore, that you be not judged of the Lord. Repent truly of your sins, having a steadfast faith in Christ our Saviour. Amend your lives and love your neighbour.

Above all, give hearty thanks to God for the redemption of the world by the death and passion of our Saviour Christ, truly God and truly human, who humbled himself to death on the cross for us sinners, that he might make us children of God, and raise us to eternal life.

You who truly and earnestly repent of your sins, and are in love and charity with your neighbours, and intend to lead a new life, following the commandments of God and walking in his holy ways, draw near with faith, and take this holy sacrament to strengthen and comfort you. But first, let us make a humble confession of our sins to almighty God.

### **Confession**

**Almighty God, Father of our Lord Jesus Christ, maker of all things, judge of all people, we acknowledge with shame the sins we have committed, by thought, word, and deed, against your divine majesty, provoking most justly your wrath and indignation against us.**

**We earnestly repent, and are heartily sorry for all our misdoings. Have mercy on us, most merciful Father. For your Son our Lord Jesus Christ's sake forgive us all that is past, and grant that we may ever hereafter serve and please you in newness of life, to the honour and glory of your name, through Jesus Christ our Lord. Amen.**

Almighty God our heavenly Father, who of his great mercy has promised forgiveness of sins to all who with hearty repentance and true faith turn to him: have mercy on you; pardon and deliver you from all your sins; confirm and strengthen you in all goodness; and keep you in eternal life; through Jesus Christ our Lord. **Amen.**

Hear the words of assurance for those who truly turn to Christ:

If anyone sins, we have an advocate with the Father, Jesus Christ the righteous, and he is the perfect offering for our sins. 1 John 2:1-2

### **Hymn TIS 123 Be Still my Soul**

**Be still my soul: the Lord is on your side;  
bear patiently the cross of grief and pain;  
leave to your God to order and provide;  
in every change he faithful will remain.  
Be still, my soul: your best, your heavenly friend  
through thorny ways leads to a joyful end.**

**Be still, my soul: your God will undertake  
to guide the future as he has the past.  
Your hope, your confidence let nothing shake,**

all now mysterious shall be clear at last.  
Be still, my soul: the tempests still obey  
his voice, who ruled them once on Galilee.

Be still, my soul: when dearest friends depart  
and all is darkened in the vale of tears,  
then you shall better know his love, his heart,  
who comes to soothe your sorrow, calm your fears.  
Be still, my soul: for Jesus can restore  
the trust and hope that strengthened you before.

Be still, my soul: the hour is hastening on  
when we shall be for ever with the Lord,  
when disappointment, grief and fear are gone,  
sorrow forgotten, love's pure joy restored.  
Be still, my soul: when change and tears are past,  
all safe and blessed we shall meet at last.

### **The Thanksgiving**

Lift up your hearts. **We lift them to the Lord.**

Let us give thanks to the Lord our God. **It is right to give our thanks and praise.**

It is indeed right, and our bounden duty, that we should at all times and in all places give thanks to you, Lord, Mighty Creator and Eternal God.

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:

**Holy, holy, holy, Lord God of hosts, heaven and earth are full of your glory.**

**Glory to you, O Lord most high.**

### **Prayer of Approach**

**We do not presume to come to your table, merciful Lord, trusting in our own righteousness, but in your manifold and great mercies. We are not worthy so much as to gather up the crumbs under your table. But you are the same Lord whose nature is always to have mercy. Grant us, therefore, gracious Lord, so to eat the flesh of your dear Son Jesus Christ, and to drink his blood, that we may evermore dwell in him, and he in us. Amen.**

All glory to you, our heavenly Father, for in your tender mercy you gave your only Son Jesus Christ to suffer death on the cross for our redemption: who made there, by his one oblation of himself once offered, a full, perfect, and sufficient sacrifice, oblation and satisfaction for the sins of the whole world; and instituted, and in his holy gospel commanded us to continue, a perpetual memory of his precious death until his coming again.

Hear us, merciful Father, we humbly pray, and grant that we who receive these gifts of your creation, this bread and this wine, according to your Son our Saviour Jesus Christ's holy institution, in remembrance of his death and passion, may be partakers of his most blessed body and blood; who on the night he was betrayed took bread, and when he had given 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.' Likewise after supper he took the cup, and when he had given thanks, he gave it to them saying, 'Drink from this, all of you; for this is my blood of the New Covenant, which is shed for you and for many for the remission of sins; do this, as often as you drink it, in remembrance of me.' Amen.

Come let us take this holy sacrament of the body and blood of Christ in remembrance that he died for us, and feed on him in our hearts with thanksgiving. The Lord's Supper is open to all who love the Lord.

### **After Communion**

Almighty and everliving God, we heartily thank you that you graciously feed us, who have duly received these holy mysteries, with the spiritual food of the most precious body and blood of your Son our Saviour Jesus Christ, and thus assure us of your favour and goodness towards us and that we are true members of the mystical body of your Son, the blessed company of all faithful people, and are also heirs, through hope, of your eternal kingdom, by the merits of the most precious death and passion of your dear Son. And we humbly beseech you, heavenly Father, so to assist us with your grace, that we may continue in that holy fellowship, and do all such good works as you have prepared for us to walk in, through Jesus Christ our Lord, to whom with you and the Holy Spirit be all honour and glory, world without end.

### **Hymn TIS 187 Let all creation dance**

**Let all creation dance In energies sublime  
As order turns with chance Unfolding space and time  
For nature's art in glory grows And newly shows  
God's mind and heart**

**God's breath each force unfurls Igniting from a spark  
Expanding starry swirls With whirlpools dense and dark  
Though moon and sun seem mindless things Each orbit sings  
Your will be done**

**Our own amazing earth With sunlight cloud and storms  
And life's abundant growth In lovely shapes and forms  
Is made for praise a fragile whole And from its soul  
heav'ns music plays**

**Lift heart and soul and voice In Christ all praises meet  
And nature shall rejoice As all is made complete  
In hope be strong all life befriend And kindly tend  
creation's song**

### **Notices**

#### **Dismissal**

The peace of God which passes all understanding, keep your hearts and minds in the knowledge and love of God, and of his Son, Jesus Christ our Lord 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.**

## Sermon

In the first 3 chapters of Ephesians we have heard how God had chosen us, Jew and gentile, to be one in Christ. This week, in chapter 4, we start to look at how we should live in this world, this world of sin, as chosen Christians. It is important to be clear that we are to live this way in response to being chosen, not in order to be chosen. After all, God has specifically chosen us since the beginning of the world, before we could do anything to earn it, or even deserve it. But now that we have been chosen, how should we live?

Ephesians 3 gives us a whole lot of verbs, of action words that describe what we should do as Christians, what actions we should take. The Passage, starts with a helpful summary: *live a life worthy of the calling you have received*. Then the page gives us a lot of actions we should or shouldn't do. Just quickly going through the passage, it tells us we should: *+be humble, +be gentle; +be patient, +bear with one another in love. +keep the unity of the Spirit through the bond of peace, +equip his people for works of service, +speak the truth in love, +grow to become in every respect the mature body of Christ. -no longer live as the Gentiles do, in the futility of their thinking. +put off your old self, which is being corrupted by its deceitful desires; +be made new in the attitude of your minds; +put on the new self, -put off falsehood, +speak truthfully to your neighbour, -"In your anger do not sin" -Do not let the sun go down while you are still angry, -do not give the devil a foothold -steal no longer, +work, +do something useful with their own hands, +have something to share with those in need. -Do not let any unwholesome talk come out of your mouths +Let only what is helpful for building others up according to their needs come from your mouth, that it may benefit those who listen. -do not grieve the Holy Spirit of God, with whom you were sealed for the day of redemption. -Get rid of all bitterness, -Get rid of rage -Get rid of anger -Get rid of brawling -Get rid of slander, - get rid of every form of malice. +Be kind and +Be compassionate to one another, +forgiving each other.*

This chapter of 32 verses gives us 32 commands: 19 do's and 13 don'ts. If I took two minutes to discuss each, we'd be here for over an hour. Now, I assume you love my preaching, and that wouldn't bother you, but I think it is more important we look at why Paul tells us to do these things, rather than the specifics. Don't get me wrong, it is not that the specifics aren't important, it is just that if we understand why we are to live the way we live, we can evaluate any situation we find ourselves in and decide what is and isn't appropriate. It also means that if we think our calling leads us to do what Pauls tells us to get rid of, or not do something that Paul says to do, then we should seriously think about why we feel led to act that way, and see if our understanding is wrong.

First, I mentioned that Paul tells us to live a life worthy of the calling we have received - but what does this mean? We've been looking at how God has called us over the last few weeks,

how God has called Jews and gentiles by grace into salvation through Jesus taking our punishment on himself so that we might be forgiven and our relationship with God restored.

To me, this calling seems to suggest that like God who now doesn't discriminate between Jew and Gentile, nor should anything we do. Christians, particularly in the past, have persecuted Jews and other peoples, and this is clearly inconsistent with our calling. It doesn't mean we have to agree with everything they say or so, but we cannot persecute them. We have to be gentle, kind and patient with everyone - not just other Christians.

Also, because our salvation is through grace, the way we treat people shouldn't be based on the things they do for us. We should bear with each other with love, no matter how people have treated us. After all, Jesus died for us while we still sinned against him, and we should love, even our enemies.

Thirdly, through Jesus's death we have been forgiven our sins, which is another way of saying our sins sent Jesus to the cross. Knowing this, we should avoid continuing to sin at all costs, and we should *put off your old self, which is being corrupted by its deceitful desires, put off falsehood, not let our anger lead us into sin, and get rid of rage, anger, brawling, slander, and every form of malice.*

Also, as we have been forgiven our sins, we need to be *kind and compassionate to one another: forgiving each other.*

Furthermore, as Jesus has called every Christian, every member of the church, every member of the church needs to make every effort to keep the unity of the Spirit through the bond of peace within the church. Paul has gone to extreme ends to emphasise the things that are one in the church: the church is one body and one Spirit, we are called to one hope; and there is one Lord, one faith, one baptism; 6 one God and Father of all, who is over all and through all and in all. Therefore Christians must work towards unity in the church: and Pauls tells us to *keep the unity of the Spirit through the bond of peace, and Let only what is helpful for building others up according to their needs come from our mouths, to the benefit of all those who listen.* Now, I recognise we have done a pretty poor job of this, even during the earliest days to the church. The church that is supposed to be unified split into the eastern orthodox and the Western, Roman Catholic church very early on in the peace, and during the reformation divided further into Lutherans, Anabaptists and Anglicans, with Anglicans splitting into Methodists, Brethren, congregationalist and the literally thousands of denominations - or factions within the church today. Sometimes these splits have been for good reasons, such as dealing with false beliefs or other corruptions in the church, and sometimes they are just friendly differences of opinion about how we prefer to worship or govern individual churches, but generally, Christians should seek to work to agreement on all

significant matters, and show the world that the church is one body and one Spirit, called to one hope; and there is one Lord, one faith, one baptism; 6 one God and Father of all.

We should never take division within the church lightly, and we should never break the bond of peace unless our one faith in the one Lord, the one God, Father of all is compromised.

Finally, we have been called into eternal life in a world perfectly restored to the way God intended it to be when he created it. While we are not yet in this restored world, our lives now should seek to reflect that world to come, both through what we do, but also in what we build up other Christians to do as we *equip God's people for works of service*. As Paul tells us, we should: *speaking the truth in love, grow to become in every respect the mature body of Christ, no longer live as the Gentiles do, in the futility of their thinking*. If we are to live as if we are living in the restored world, we must *put off our old selves which are corrupted by deceitful desires; and be made new in the attitude of our minds, putting on our new selves*. Just like in the Garden of Eden, we need to work, but as Christians we need to work so we don't have to steal, and so we will earn or make something to share with others who are in need.

There are many more commandments that Paul has given the Ephesians, and us, as to how we should live as Christians. Like I said, I could go through them one by one, but even if I took the several hours, if not days, to do that, we wouldn't fully capture the intent of what Paul is telling us. In the sermon on the mount, in our gospel reading this morning, Jesus made it clear that even if we keep all the commandments to the very letter, we would be well short of the mark. It is not just enough to keep the letter of the law, even to love our neighbours, but we need to love our enemies as well. The law tells us we should not sue someone for more than the harm they have inflicted on us, but Jesus says if someone sues us for our shirt, we should be generous to them and hand over our coat as well. We should never turn away those who ask of us, and so be the children of our loving Father in heaven.

This is why I think it is better to look at the reasons that Paul gives for the commands he gives. This is a way to understand the spirit of the commandments, and helps us avoid misunderstanding a commandment because we are in a different cultural context.

As Paul said, we are to live a life worthy of the calling you have received, build up the body of Christ and keep the unity of the spirit. We are to be our new self, which should be like God in true righteousness and holiness. Perhaps most importantly, as we pray every time we pray the Lord's prayer, we are to forgive others in grace, just as in Christ God forgave you.

Amen