

## Cooma Anglican Sunday 6 July 2025 HC 2.1

### Hymn TIS 585 I heard the voice of Jesus say

I heard the voice of Jesus say, Come unto Me and rest  
Lay down, O weary one lay down your head upon My breast  
I came to Jesus as I was Weary and worn and sad  
I found in Him a resting place and He has made me glad

I heard the voice of Jesus say Behold I freely give  
The living water thirsty one, Stoop down and drink and live  
I came to Jesus and I drank of that life giving stream  
My thirst was quenched my soul revived And now I live in Him

I heard the voice of Jesus say, I am this dark worlds Light  
Look unto Me thy morn shall rise and all thy day be bright  
I looked to Jesus and I found In Him, my Star, my Sun  
And in that light of life I'll walk, till travelling days are done

### The Grace

of the Lord Jesus Christ, and the Love of God, and the fellowship of the Holy Spirit, be with you. **And also with you.**

'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.**

### Sentence of the Day

In the morning, LORD, you hear my voice; in the morning I lay my requests before you and wait expectantly. Psalm 5:3

### 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.**

### Prayer of the Day

Listen to our words, LORD, consider our lament. Hear our cry for help, my King and my God, for to you we pray. In the morning, LORD, you hear our voices; in the morning we lay our requests before you and wait expectantly. In reverence we bow down toward you.  
Let all who take refuge in you be glad; let them ever sing for joy. Spread your protection over them, that those who love your name may rejoice in you. Surely, LORD, you bless the righteous; you surround them with your favor as with a shield. Through Jesus Christ our Lord, who lives and reigns with you and the Holy Spirit, one God. **Amen**

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### Ezekiel 46:13-15 (NIV)

<sup>13</sup> “Every day you are to provide a year-old lamb without defect for a burnt offering to the LORD; morning by morning you shall provide it. <sup>14</sup> You are also to provide with it morning by morning a grain offering, consisting of a sixth of an ephah with a third of a hin of oil to moisten the flour. The presenting of this grain offering to the LORD is a lasting ordinance. <sup>15</sup> So the lamb and the grain offering and the oil shall be provided morning by morning for a regular burnt offering.

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

### Psalms 5 (NIV)

<sup>1</sup> Listen to my words, LORD, consider my lament.

<sup>2</sup> **Hear my cry for help, my King and my God, for to you I pray.**

<sup>3</sup> In the morning, LORD, you hear my voice; in the morning I lay my requests before you and wait expectantly.

<sup>4</sup> **For you are not a God who is pleased with wickedness; with you, evil people are not welcome.**

<sup>5</sup> The arrogant cannot stand in your presence. You hate all who do wrong;

<sup>6</sup> **you destroy those who tell lies. The bloodthirsty and deceitful you, LORD, detest.**

<sup>7</sup> But I, by your great love, can come into your house; in reverence I bow down toward your holy temple.

<sup>8</sup> **Lead me, LORD, in your righteousness because of my enemies—make your way straight before me.**

<sup>9</sup> Not a word from their mouth can be trusted; their heart is filled with malice. Their throat is an open grave; with their tongues they tell lies.

<sup>10</sup> **Declare them guilty, O God! Let their intrigues be their downfall. Banish them for their many sins, for they have rebelled against you.**

<sup>11</sup> But let all who take refuge in you be glad; let them ever sing for joy. Spread your protection over them, that those who love your name may rejoice in you.

<sup>12</sup> **Surely, LORD, you bless the righteous; you surround them with your favor as with a shield.**

### Romans 3:9-20 (NIV)

<sup>9</sup> What shall we conclude then? Do we have any advantage? Not at all! For we have already made the charge that Jews and Gentiles alike are all under the power of sin. <sup>10</sup> As it is written: “There is no one righteous, not even one; <sup>11</sup> there is no one who understands; there is no one who seeks God. <sup>12</sup> All have turned away, they have together become worthless; there is no one who does good, not even one.”

<sup>13</sup> “Their throats are open graves; their tongues practice deceit.” “The poison of vipers is on their lips.” <sup>14</sup> “Their mouths are full of cursing and bitterness.” <sup>15</sup> “Their feet are swift to shed blood; <sup>16</sup> ruin and misery mark their ways, <sup>17</sup> and the way of peace they do not know.”

<sup>18</sup> “There is no fear of God before their eyes.”

<sup>19</sup> Now we know that whatever the law says, it says to those who are under the law, so that every mouth may be silenced and the whole world held accountable to God. <sup>20</sup> Therefore no

one will be declared righteous in God's sight by the works of the law; rather, through the law we become conscious of our sin.

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

### **Luke 4:40-44 (NIV)**

**Glory to you Lord Jesus Christ.**

<sup>40</sup> At sunset, the people brought to Jesus all who had various kinds of sickness, and laying his hands on each one, he healed them. <sup>41</sup> Moreover, demons came out of many people, shouting, "You are the Son of God!" But he rebuked them and would not allow them to speak, because they knew he was the Messiah.

<sup>42</sup> At daybreak, Jesus went out to a solitary place. The people were looking for him and when they came to where he was, they tried to keep him from leaving them. <sup>43</sup> But he said, "I must proclaim the good news of the kingdom of God to the other towns also, because that is why I was sent." <sup>44</sup> And he kept on preaching in the synagogues of Judea.

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

### **Sermon - Psalm 5 - Prayer in the Morning**

#### **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.**

#### **The Prayers of the People**

Let us pray for the world and the church

**Response:** Christ Jesus, intercede for us, and in your mercy. **Hear our 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.**

#### **Scripture Sentence**

Whenever you stand praying, forgive, if you have anything against any one, so that your Father who is in heaven may forgive your trespasses. Mark 11:25

#### **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.

### **The Confession**

The Spirit of truth comes to convict us of sin, of righteousness, and of judgement. Let us open our hearts and confess our sins in penitence and faith, confident in God's forgiveness.

Merciful God, our maker and our judge, we have sinned against you in thought, word, and deed, and in what we have failed to do: we have not loved you with our whole heart; we have not loved our neighbours as ourselves; we repent, and are sorry for all our sins. Father, forgive us. Strengthen us to love and obey you in newness of life; through Jesus Christ our Lord. Amen.

Almighty God, who has promised forgiveness to all who turn to him in faith: pardon you and set you free from all your sins, strengthen you in all goodness and keep you in eternal life, through Jesus Christ our Lord. Amen.

### **Greeting of Peace**

We are the body of Christ. **His Spirit is with us.**

The peace of the Lord be always with you. **And also with you.**

### **Hymn - TIS 112 - Through all the changing scenes of life**

Through all the changing scenes of life

In trouble and in joy

The praises of my God shall still

My heart and tongue employ

Of His deliverance I will boast

Till all that are distressed

when learning this, will comfort take

And calm their griefs to rest

O magnify the Lord with me

With me exalt His name

When in distress to Him I called

He to my rescue came

The hosts of God encamp around

The dwellings of the just

Deliverance He provides for all

Who on His mercy trust

O make but trial of His love

Experience will decide

How blest they are and only they

Who in His truth confide

**Fear him, you saints, and you will then  
have nothing else to fear;  
if in his service you delight  
your wants shall be his care.**

### **Thanksgiving for 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 for ever.**

### **The Great Thanksgiving**

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

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.**

All glory and honour be yours always and everywhere, mighty Creator, everliving God.

We give you thanks and praise for your Son, our Saviour Jesus Christ, who by the power of your Spirit was born of Mary and lived as one of us. By his death on the cross, he offered the one true sacrifice for sin, and obtained an eternal deliverance for his people.

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 power and might, Heaven and earth are full of your glory.  
Hosanna in the highest.**

Merciful God, we thank you for these gifts of your creation, this bread and wine, and we pray that by your Word and Holy Spirit, we who eat and drink them may be partakers of Christ's body and blood.

On the night he was betrayed Jesus took bread; and when he had given you thanks he broke it, gave it to his disciples, saying, 'Take, eat. This is my body given for you. Do this in remembrance of me.'

After supper, he took the cup, and again giving you thanks he gave it to his disciples, saying, Drink from this, all of you. This is my blood of the new covenant shed for you and for many for the forgiveness of sins. Do this, as often as you drink it, in remembrance of me.'

**Christ has died. Christ is risen. Christ will come again.**

Therefore we do as our Saviour has commanded: proclaiming his offering of himself made once for all upon the cross, his mighty resurrection and glorious ascension, and looking for his coming again, we celebrate, with this bread and this cup, his one perfect and sufficient sacrifice for the sins of the whole world. Renew us by your Holy Spirit, unite us in the body of your Son and bring us with all your people into the joy of your eternal kingdom; through Jesus Christ our Lord, with whom, and in whom, in the fellowship of the Holy Spirit, we worship you, Father, in songs of never-ending praise:

**Blessing and honour and glory and power are yours for ever and ever. Amen.**

### **The Holy Communion**

As this broken bread was once many grains, which have been gathered together and made one bread: so may your Church be gathered from the ends of the earth into your kingdom.

**The gifts of God for the people of God**

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.

### **After Communion**

Gracious God, we thank you that in this sacrament you assure us of your goodness and love. Accept our sacrifice of praise and thanksgiving and help us to grow in love and obedience that we may serve you in the world and finally be brought to that table where all your saints feast with you for ever.

**Father, we offer ourselves to you as a living sacrifice through Jesus Christ our Lord. Send us out in the power of your Spirit to live and work to your praise and glory. Amen**

### **Notices**

#### **Hymn - TIS 547 - Be thou my vision**

Be Thou my vision O Lord of my heart  
Naught be all else to me Save that Thou art  
Thou my best thought By day or by night  
Waking or sleeping Thy presence my light

Be Thou my wisdom Be Thou my true Word  
I ever with Thee And Thou with me Lord  
Thou my great Father thy child let me be;  
Thou in me dwelling And I one with Thee

Be Thou my armour, my sword for the fight  
Be Thou my dignity, Thou my delight  
Thou my soul's shelter And Thou my high tower  
Raise Thou me heavenward O power of my power

Riches I scorn and the world's empty praise  
Thou mine inheritance Now and always  
Thou and Thou only the first in my heart  
High King of heaven My treasure Thou art

High King of heaven after victory won  
May I reach heaven's joys O bright heaven's Sun  
Heart of my own heart Whatever befall  
Still be my vision O Ruler of all

### **Blessing**

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**

### **Dismissal**

Go in peace to love and serve the Lord:  
**In the name of Christ. Amen.**

## Sermon - Psalm 5 - Prayer in the Morning

How do you start your mornings?

There is a Christian tradition of prayers throughout the day: Matins (pre-dawn early hours, about 2 a.m.), or Vigil (around midnight), Lauds (at dawn), Prime (6 a.m.), Terce (9 a.m.), Sext (noon), None (3 p.m.), Vespers (at the lighting of the lamps, about 6 p.m.) and Compline (before retiring, about 8 p.m.) Some Anglican churches have morning and evening services every day, and the prayerbook has a couple of others - a service of light at dawn and prayer at the end of the day. Outside religious orders and some church schools, all Christians aren't expected to participate in all of these, but they have been developed to structure your day around prayer, to pray continually as 1Thessalonians 5:16 tells us.

Some of my friends always read to themselves the morning prayer from the prayerbook, which is a great and helpful tradition. Morning quiet times, which were very big when I was a young Christian, and encouraged by youth camps, beach missions and youth groups, morning Bible reading and meditating on it, or just a time of prayer can also be a great help and help Christians focus on God.

It is always great to start your day by focusing on God, although it is also great at any time of the day. For a Christian, this is far better than focusing on yourself, or even focusing on what you need to do during the day. There is time enough for these during the rest of the day.

Today's psalm is known as a morning psalm. It is a prayer to God that King David would pray in the morning. We hear this in verse 3 In the morning, "LORD, you hear my voice; in the morning I lay my requests before you and wait expectantly." There are quite a few morning psalms: Psalm 3, 63, 90, 91, 118 and 143 are the ones that are usually recognised as morning psalms.

You will notice that David does three things in the morning prayer: He laments, he cries for help, and he lays his requests and asks expectantly. However, before doing these, he reminds himself of God's character. He does this because it is his understanding of character, and his desire to see God's character reflected in himself, and for God's character to be shown in the world that inspires his prayers. David's laments, his cries for help and his requests are never simply the things that David wants. He wants them because God wants them, they make the world the way it should be, the way God intended when he created the world.

## **God's Character**

In this prayer, David reflects on God's character. He identifies God hates all wickedness. With God, evil people are not welcome. Not only does he call them wicked, he calls them arrogant, people who do wrong; those who tell lies, bloodthirsty and deceitful.

In our well known New Testament passage from Romans this morning which reminds "There is no one righteous, not even one; 11 there is no one who understands; there is no one who seeks God."

quotes this psalm when it says: 13 "Their throats are open graves; their tongues practice deceit." This shows the extent of the evil that God hearts. It shows there is evil in every heart, and we all have sin which displeases God.

Most significantly, in the Psalm, David calls evil people God's 'enemies'. This makes it personal. Evil is not simply an impersonal, victimless immorality. Evil has human victims, but it is rebellion against God. Any one who sins is God's enemy, and has God to answer to.

It is helpful that we also reflect on God's character during our morning prayers, or in other times we dedicate to regular prayer. Reflecting on God's character, his infinite goodness, his hatred for evil, his graciousness and so on helps us in our journey to live as God wants and your relationship with your everlasting Father.

## **David Laments**

As a consequence, David laments these things that displease God, this evil. This is not surprising as 1 Samuel 13:14 calls David a man after his own heart, and so David laments the evil that God laments.

David knows that God feels this way about evil, and he this way about evil himself, with his heart after God's heart. David wants to reflect God's character, and so he has to have the same attitude to evil that God does. He hates it, he doesn't want any evil to be in the world.

In his quotes from Romans, David laments with God that not a word from evil people's mouths can be trusted and their hearts are filled with malice. David laments with God that evil people's throats are open graves and the lies they tell with their tongues. Not only does God hate the evil, and the consequences it brings, the lies, the harmful words and their hate filled hearts.

Just as David laments the evil that God hates, so it is appropriate that we lament evil in our morning prayers. Like reflecting on God's character, this is a way of emulating God's character, prompting us to lament specific examples of evil - wars, crimes, and so on, and the world's evil in a general sense, groaning with God in his hate of this evil.

### **David cries for help**

David not only, with God, laments evil and is not pleased with wickedness, he cries to God to remove evil from the world.

He calls on God to not welcome evil people. They should not even stand in God's presence. He feels God should hate them, destroy them, detest them. He shouldn't trust a word from their mouths. David prays that he declare them guilty, letting their intrigues be their downfall. He should banish them for their many sins, for they have rebelled against him.

However, it is not just not wanting the things that God doesn't want that David, and we reflect his character. God doesn't just hate evil, he loves what is good. God is safe, David takes refuge in Him and is glad, and ever sings for joy. In reflecting these aspects of God's character, we, and all Christians do not just hate evil, but we pray to be good, for protection of the weak and we sing for joy. We pray that God expresses his goodness in the world, bringing the love, joy and peace that truly reflect his character.

In our morning prayers we also pray for evil to be banished from this world, just as in our Sunday intercessions we pray an end to all wars, for judgement on evil doers, healing from all the disease and illness and violence, and destruction of everything that is against God. As we do this, we too reflect God's character, and express our desires for the same things that God wants.

### **David lays his requests and asks expectantly.**

Finally, David lays his requests and asks expectantly.

He prays that he, by God's great love, can come into God's house. In reverence David bows down toward God's holy temple. In effect, David is praying for his eternal salvation, he prays that God will accept into eternal life, into heaven, the eternal temple where mankind will walk with God as Adam and Eve in the garden of Eden.

He prays expectantly, drawing his themes together: Lead me, LORD, in your righteousness because of my enemies—make your way straight before me. He combines the themes of God's character, his righteousness, with the evil that God hates, his enemies and the help he needs from God to make the way straight before David - a prayer also prayed for John the Baptist who was called to make straight the path for the Lord. He prays this prayer relying on God's character, depending on God's guidance and joyfully expecting God's blessings.

This is David's model prayer for our mornings: reflecting God's character, lamenting the sin that opposes God, crying for help and laying requests on God relying on God's character, depending on his guidance and joyfully expecting the perfect blessings that God can and will provide for those who trust in him, through the death and resurrection of his Son, Jesus Christ for you.

I don't know whether you regularly start your mornings with prayer. Perhaps you do, perhaps you have a regular time some other time of the day. Perhaps you have many irregular times with God throughout the day, or perhaps you keep the eight traditional offices I started talking about. Perhaps your prayer times aren't regular at all, missing whole days, and other days being prompted to pray every few minutes. All these are completely valid, and I am certainly not shaming anyone into any particular model.

But I would like you to consider the model of morning prayer that Psalm 5 gives us. While I don't keep religiously to regular morning prayer, God has really blessed me when I have. Starting my day reflecting on God's character, lamenting the sin in my own life and that I see in the world around me, and laying my requests on God based on his character, depending on his guidance and joyfully expecting his blessings.

If you don't already start your day with a regular time of prayer with God, can I recommend that you give it a go. I pray that if you did, that God will graciously bless you in answering your requests based on his character, and that he guides you closer to him in accordance with his will.

Will you give it a try?