

Cooma Anglican Sunday 13 July 2025 HC 2.1

Hymn TIS 209 And can it be that I should gain

And can it be that I should gain
An interest in the Saviour's blood
Died He for me who caused His pain
For me who Him to death pursued
Amazing love how can it be
That Thou my God shouldst die for me
Amazing love how can it be
That Thou my God shouldst die for me

'Tis mystery all! The Immortal dies
Who can explore His strange design
In vain the firstborn seraph tries
To sound the depths of love divine
'Tis mercy all let earth adore
Let angel minds inquire no more
'Tis mercy all let earth adore
Let angel minds inquire no more

He left His Father's throne above
So free so infinite His grace
Emptied Himself of all but love
And bled for Adam's helpless race
'Tis mercy all immense and free
For O my God it found out me
'Tis mercy all immense and free
For O my God it found out me

Long my imprisoned spirit lay
Fast bound in sin and nature's night
Thine eye diffused a quickening ray
I woke the dungeon flamed with light
My chains fell off my heart was free
I rose went forth and followed Thee
My chains fell off my heart was free
I rose went forth and followed Thee

No condemnation now I dread
Jesus and all in Him is mine
Alive in Him my living Head
And clothed in righteousness divine
Bold I approach the eternal throne
And claim the crown through Christ my own
Bold I approach the eternal throne
And claim the crown through Christ my own

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

The LORD has heard my cry for mercy; the LORD accepts my prayer. Psalm 6:9

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

O God, you have prepared for those who love you such good things that pass our understanding; pour into our hearts such love toward you, that, loving you above all things, we may obtain your promises which exceed all we can desire Through Jesus Christ our Lord, who lives and reigns with you and the Holy Spirit, one God, forever. **Amen**

Isaiah 6:9-12 (NIV)

⁹ He said, "Go and tell this people: "'Be ever hearing, but never understanding; be ever seeing, but never perceiving.' ¹⁰ Make the heart of this people calloused; make their ears dull and close their eyes. Otherwise they might see with their eyes, hear with their ears, understand with their hearts, and turn and be healed."

¹¹ Then I said, "For how long, Lord?"

And he answered: "Until the cities lie ruined and without inhabitant, until the houses are left deserted and the fields ruined and ravaged, ¹² until the LORD has sent everyone far away

and the land is utterly forsaken.

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

Psalms 6 (NIV)

¹ LORD, do not rebuke me in your anger or discipline me in your wrath.

² **Have mercy on me, LORD, for I am faint; heal me, LORD, for my bones are in agony.**

³ My soul is in deep anguish. How long, LORD, how long?

⁴ **Turn, LORD, and deliver me; save me because of your unfailing love.**

⁵ Among the dead no one proclaims your name. Who praises you from the grave?

⁶ **I am worn out from my groaning. All night long I flood my bed with weeping and drench my couch with tears.**

⁷ My eyes grow weak with sorrow; they fail because of all my foes.

⁸ **Away from me, all you who do evil, for the LORD has heard my weeping.**

⁹ The LORD has heard my cry for mercy; the LORD accepts my prayer.

¹⁰ **All my enemies will be overwhelmed with shame and anguish; they will turn back and suddenly be put to shame.**

1 John 4:7-12 (NIV)

⁷ Dear friends, let us love one another, for love comes from God. Everyone who loves has been born of God and knows God. ⁸ Whoever does not love does not know God, because God is love. ⁹ This is how God showed his love among us: He sent his one and only Son into the world that we might live through him. ¹⁰ This is love: not that we loved God, but that he loved us and sent his Son as an atoning sacrifice for our sins. ¹¹ Dear friends, since God so loved us, we also ought to love one another. ¹² No one has ever seen God; but if we love one another, God lives in us and his love is made complete in us.

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

Matthew 7:21-23 (NIV)

Glory to you Lord Jesus Christ.

²¹ “Not everyone who says to me, ‘Lord, Lord,’ will enter the kingdom of heaven, but only the one who does the will of my Father who is in heaven. ²² Many will say to me on that day, ‘Lord, Lord, did we not prophesy in your name and in your name drive out demons and in your name perform many miracles?’ ²³ Then I will tell them plainly, ‘I never knew you. Away from me, you evildoers!’

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

Sermon - Psalm 6 - David's Prayer

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 145 - The King of love my Shepherd is

The King of love my Shepherd is, Whose goodness faileth never

I nothing lack if I am His And He is mine forever

Where streams of living water flow, My ransomed soul He leadeth

And where the verdant pastures grow, With food celestial feedeth

Perverse and foolish oft I strayed, But yet in love He sought me

And on His shoulder gently laid, And home rejoicing brought me

In death's dark vale I fear no ill, With Thee dear Lord beside me

Thy rod and staff my comfort still, Thy cross before to guide me

**Thou spread'st a table in my sight, Thy unction grace bestoweth
And O what transport of delight, From Thy pure chalice floweth**

**And so through all the length of days, Thy goodness faileth never
Good Shepherd may I sing Thy praise, Within Thy house forever.**

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

I know that my Redeemer lives.

What joy the blest assurance gives!

He lives He lives who once was dead

He lives my everlasting head

He lives to bless me with His love

He lives to plead for me above

He lives my hungry soul to feed

He lives to help in time of need

He lives and grants me daily breath

He lives and I shall conquer death

He lives my mansion to prepare

He lives to lead me safely there

He lives all glory to His name

He lives my Saviour still the same

What joy the blest assurance gives

I know that my Redeemer lives

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 6 What is God like?

What have you heard people say God is like? Distant, cold, arrogant?

Last week as we looked at psalm 5, I said it was helpful to reflect on God's character in our prayers, and particularly in regular morning prayers.

It is worth meditating on what we know of God's character from the Bible, but also what other people say of God that we know it's not right, and how we know it is not right.

It is particularly valuable to pray for God to show us his character when our hearts are telling us that God is not the way we know he is. When God feels distant or harsh or uncaring, confess that you are feeling that way, and ask him to help make your heart feel the way your heart knows it's true. Don't be afraid to tell God how you feel, you won't offend God, he certainly understands your circumstances even better than you do and why you feel that way. He has very broad shoulders, and telling him that he seems to be different to the way he really is won't hurt him, and he will probably use it to teach you more of his character.

Angry judge (verse 1) - heard my cry for mercy (verse 9)

In our psalm today, psalm 6, David is calling God as he sees him. He makes some pretty harsh assessments of him, that you might have thought were misrepresenting God as we know him. This is evident right from the first verse, when David pleads with God: 1 LORD, do not rebuke me in your anger or discipline me in your wrath.

Is God really the story of God who punishes us just because he is angry? Whose judgements and punishments are harsher the more angry he is? How does this correlate with the love that 1 John tells us is the essence of his character? And his unfailing love of verse 4?

The reality is that God is angry with sin, and that sinners will be judged. But God does not GET angry with sin, he IS angry with sin. Our sin does not make God more angry with us, and it does not reduce how much God loves us.

More importantly, even though God is angry with sin, he has mercy on us. As David says in verse 9 - The Lord has heard my cry for mercy. He is a merciful God, who does not want to punish us, but still needs to judge sin. In fact, he loves us so much that he sent his own Son, Jesus Christ to bear the judgement that our sin deserves, so we don't have to.

Yes, God is an angry God, but he is also merciful.

Distant, uncaring (verse 4) - heard me weeping (verse 8)

Like many people we talk to, David suggests God is distant and uncaring. In verse 4 when he feels he has to beg God to turn to him to deliver or save him. For David, it seems that God is there, but facing the other way, or perhaps distracted with the other weighty matters that he has to deal with rather than to focus on him to deliver him from the many afflictions that beset him.

Many people today think like this - the technical term is deism - the belief that God doesn't care about individuals, because they see him as impersonal. They still see him as the creator of the universe, and each and every one of us, but they think he is just a clock maker who made the clock, wound it up (or perhaps in today's imagery - charged the battery), and left it to run - maybe occasionally poking his finger in to perform a miracle.

David knows this is not the case. In verse 8 he says that "The Lord has heard my weeping." God is not distant and uncaring, he knows exactly what we are going through, and how we feel about it. And even though he is the infinitely powerful God, he knows exactly what we humans feel in our afflictions, because he came to earth as a mere human being, God the Son, fully divine and fully human, and suffered the same afflictions we do, and even worse.

No, no matter how it feels for us, God is not distant and uncaring - he feels our pain and suffers with us.

Unworthy of praise (verse 5) - overwhelms enemies with shame and anguish (verse 10)

Despite God hearing David's cry for mercy, and despite feeling his pain and suffering with him, David wonders aloud whether God deserves his praise. Taking it to the extreme, he says in verse 5 that the dead don't praise God, so why should David as he endures his afflictions. He feels far more like groaning, flooding his bed with weeping, drenching his couch with tears because of all his foes. Is the God who he thinks is obviously not protecting him from these enemies and rescuing him from his pain really worth praising?

Yet David even knows the answer to this. He may prefer to wallow in his self pity, but he knows and says in verse 10 that All his **enemies WILL be overwhelmed with shame and anguish; they WILL turn back and suddenly be put to shame.** God IS worthy of praise. David knows he doesn't see everything that God is doing, and he certainly hasn't seen what God will do in the future, but David has the ultimate confidence that he will overcome David's enemies and one day they will suddenly be put to shame. David knows that this will

happen in the last days, and we know that in those last days Jesus will return as the righteous judge, and all who oppose him will know their shame and anguish in the final judgment.

Bringer of Affliction (verse 3) - accepts my prayer (verse 9)

Finally, while David understands that he will be delivered from his pain, he wants it to happen now. He cries out in verse 3: ³ My soul is in deep anguish. How long, LORD, how long? The longer God puts off his salvation, the longer David is in anguish. I am not sure whether David blames God for him being faint, that his my bones are in agony or for his deep anguish, but perhaps he does if he feels that these are judgements on him for some heinous sin, of which we know there were plenty with David, but certainly God has not yet delivered him from this pain, and David is impatient!

Despite this, David is also confident in verse 9 that God accepts his prayers. He knows that the LORD has **heard his weeping**, The LORD has **heard his cry for mercy** and the LORD **accepts his prayer**.

Conclusion

This really is David's prayer. He not only reflects on God's character, but rails against God when his circumstances don't seem to match up with the almighty God's character as he knows it? But then David continues to reflect on how circumstances have shown, and, he confidently prays, will vindicate the merciful, hearing, just God who answers our prayers he knows from his word and from his experience. Is this how you pray?

Or do you rail against a God you see as angry - but forget how he has, and will continue to hear your cry for mercy?

Do you only see God as distant, uncaring - but forget that he hears you weep?

Do you question whether he is worthy of praise - but forget how he will overwhelm his enemies on the last day?

And do you blame God for your afflictions, or blame him from not delivering you from them in your time frame - and forget how God experienced all our afflictions, and died on the cross that we might have perfect deliverance from in the eternal life he won for us by dying in our place?

Do you pray this way - judging God and forgetting his mercy? Or do you also remember his mercy? You should.

Amen