

**Sunday 20 July 2025 Cooma Anglican HC 3**

**Hymn: TIS 626 Lord of creation, to you be all praise!**

**Lord of creation, to you be all praise!**

**Most mighty your working, most wondrous your ways!**

**Your glory and might are beyond us to tell,**

**And yet in the heart of the humble you dwell.**

**Lord of all power, I give you my will,**

**In joyful obedience your tasks to fulfil.**

**Your bondage is freedom; your service is song;**

**And, held in your keeping, my weakness is strong.**

**Lord of all wisdom, I give you my mind,**

**Rich truth that surpasses our knowledge to find;**

**What eye has not seen and what ear has not heard**

**Is taught by your Spirit and shines from your word.**

**Lord of the bounty, I give you my heart;**

**I praise and adore you for all you impart,**

**Your love to inspire me, your counsel to guide,**

**Your presence to shield me, whatever betide.**

**Lord of all being, I give you my all;**

**If ever I leave you, I stumble and fall;**

**But, led in your service your word to obey.**

**I'll walk in your freedom to the end of the way.**

**Sentence of Scripture**

**LORD my God, I take refuge in you; save and deliver me from all who pursue me. Psalm 7:1**

**The Great Commandments**

**Our Lord Jesus Christ said: 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.' 'This is the great and first commandment.**

**And a second is like it: You shall love your neighbour as yourself.' On these two commandments hang all the law and the prophets.**

**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**

**Holy God, our refuge and strength, you have redeemed your scattered children, gathering them from all the corners of the earth through your firstborn, Jesus the Christ, in whom all things are held together. Make us a just and righteous people, worthy by grace to inherit**

the kingdom of light and peace, where he reigns with you and the Holy Spirit, one God, for ever and ever. **Amen**

### Proverbs 14:26-32 (NIV)

26 Whoever fears the LORD has a secure fortress, and for their children it will be a refuge.

27 The fear of the LORD is a fountain of life, turning a person from the snares of death.

28 A large population is a king's glory, but without subjects a prince is ruined.

29 Whoever is patient has great understanding, but one who is quick-tempered displays folly.

30 A heart at peace gives life to the body, but envy rots the bones.

31 Whoever oppresses the poor shows contempt for their Maker, but whoever is kind to the needy honors God.

32 When calamity comes, the wicked are brought down, but even in death the righteous seek refuge in God.

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

### Psalms 7 (NIV)

<sup>1</sup> LORD my God, I take refuge in you; save and deliver me from all who pursue me,

<sup>2</sup> **or they will tear me apart like a lion and rip me to pieces with no one to rescue me.**

<sup>3</sup> LORD my God, if I have done this and there is guilt on my hands —

<sup>4</sup> **if I have repaid my ally with evil or without cause have robbed my foe—**

<sup>5</sup> then let my enemy pursue and overtake me; let him trample my life to the ground and make me sleep in the dust.

<sup>6</sup> **Arise, LORD, in your anger; rise up against the rage of my enemies. Awake, my God; decree justice.**

<sup>7</sup> Let the assembled peoples gather around you, while you sit enthroned over them on high.

<sup>8</sup> **Let the LORD judge the peoples. Vindicate me, LORD, according to my righteousness, according to my integrity, O Most High.**

<sup>9</sup> Bring to an end the violence of the wicked and make the righteous secure— you, the righteous God who probes minds and hearts.

<sup>10</sup> **My shield is God Most High, who saves the upright in heart.**

<sup>11</sup> God is a righteous judge, a God who displays his wrath every day.

<sup>12</sup> **If he does not relent, he will sharpen his sword; he will bend and string his bow.**

<sup>13</sup> He has prepared his deadly weapons; he makes ready his flaming arrows.

<sup>14</sup> **Whoever is pregnant with evil conceives trouble and gives birth to disillusionment.**

<sup>15</sup> Whoever digs a hole and scoops it out falls into the pit they have made.

<sup>16</sup> **The trouble they cause recoils on them; their violence comes down on their own heads.**

<sup>17</sup> **I will give thanks to the LORD because of his righteousness; I will sing the praises of the name of the LORD Most high.**

### Hebrews 6:13-20 (NIV)

<sup>13</sup> When God made his promise to Abraham, since there was no one greater for him to swear by, he swore by himself, <sup>14</sup> saying, "I will surely bless you and give you many descendants." <sup>15</sup> And so after waiting patiently, Abraham received what was promised.

<sup>16</sup> People swear by someone greater than themselves, and the oath confirms what is said and puts an end to all argument. <sup>17</sup> Because God wanted to make the unchanging nature of

his purpose very clear to the heirs of what was promised, he confirmed it with an oath. <sup>18</sup> God did this so that, by two unchangeable things in which it is impossible for God to lie, we who have fled to take hold of the hope set before us may be greatly encouraged. <sup>19</sup> We have this hope as an anchor for the soul, firm and secure. It enters the inner sanctuary behind the curtain, <sup>20</sup> where our forerunner, Jesus, has entered on our behalf. He has become a high priest forever, in the order of Melchizedek.

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

### **John 17:9-12 (NIV)**

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

<sup>9</sup> I pray for them. I am not praying for the world, but for those you have given me, for they are yours. <sup>10</sup> All I have is yours, and all you have is mine. And glory has come to me through them. <sup>11</sup> I will remain in the world no longer, but they are still in the world, and I am coming to you. Holy Father, protect them by the power of your name, the name you gave me, so that they may be one as we are one. <sup>12</sup> While I was with them, I protected them and kept them safe by that name you gave me. None has been lost except the one doomed to destruction so that Scripture would be fulfilled.

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

### **Sermon - God is our Refuge - Psalm 7**

#### **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.**

**I believe in the Holy Spirit, the holy catholic Church, the communion of saints, the forgiveness of sins, 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:** Lord, 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**

For whenever you eat this bread and drink this cup, you proclaim the Lord's death until he comes. So then, whoever eats the bread or drinks the cup of the Lord in an unworthy

manner will be guilty of sinning against the body and blood of the Lord. Everyone ought to examine themselves before they eat of the bread and drink from the cup.

1 Corinthians 11:26-28

### **The Confession**

Knowing the goodness of God and our failure to respond with love and obedience, let us confess our sins, saying together:

**Heavenly Father, you have loved us with an everlasting love, but we have broken your holy laws and have left undone what we ought to have done.**

**We are sorry for our sins and turn away from them.**

**For the sake of your Son who died for us, forgive us, cleanse us and change us.**

**By your Holy Spirit, enable us to live for you; through Jesus Christ our Lord. Amen.**

God is slow to anger and full of compassion, forgiving all who humbly repent and trust in his Son as Saviour and Lord. God therefore forgives you in Christ Jesus, in whom there is no condemnation. **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 402 Come, gracious Spirit, heavenly dove**

**Come, gracious Spirit, heavenly dove,  
with light and comfort from above;  
come, be our guardian and our guide;  
o'er every thought and step preside.**

**The light of truth to us display  
and make us know and choose your way;  
plant holy fear in every heart,  
that we from God may not depart.**

**Lead us to Christ, the living Way,  
nor let us from his pastures stray:  
lead us to holiness, the road  
that we must take to dwell with God.**

**Lead us to heaven, that we may share  
fullness of joy for ever there;  
lead us to God, our final rest,  
to be with him for ever blest.**

### **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.**

You are worthy, our Lord and God, to receive glory and honour and power, for you created all things, making us in your own image. We praise you for your son, our saviour Jesus Christ, who by his death on the cross and rising to new life offered the one true sacrifice for sin and obtained an eternal deliverance for his people. Therefore, we lift our voices to praise you, saying,

**Holy, holy, holy Lord, God of power and might, heaven and earth are full of your glory. Hosanna in the highest.**

And now, gracious God, we thank you for these gifts of bread and wine, and pray that we who receive them in the fellowship of the Holy Spirit according to our Saviour's word, in remembrance of his suffering and death, may share his body and his blood.

On the night before he died, Jesus took bread, and when he had given you thanks, he broke it, and gave it to his disciples, saying 'Take and eat. This is my body which is given for you.

We who are many are one body in Christ, **for we all share in the one bread.**

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 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.'

We eat this bread and drink this cup **to proclaim the death of the Lord.**

We do this until he returns. **Come, Lord Jesus!**

Father, as we recall his saving death and glorious resurrection, may we who share these gifts be renewed by the Holy Spirit, and united in the body of your Son. Bring us with all your people into the joy of your eternal kingdom, there to feast at your table and join in your eternal praise.

**Worthy is the Lamb, who was slain, to receive praise and honour and glory and power forever and ever. Amen**

### **The Holy Communion**

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, thank you for feeding us with the spiritual food of the body and blood of our saviour Jesus Christ. Thank you for assuring us of your goodness and love, and that we are living members of Christ's body.

**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.**

### **Notices**

#### **Hymn - TIS 28 - God is our strength and refuge**

God is our strength and refuge, Our present help in trouble

And we therefore will not fear though the earth should change

Though mountains shake and tremble, Though swirling floods are raging

**God the Lord of hosts is with us evermore**

**There is a flowing river within God's holy city**

**God is in the midst of her, She shall not be moved**

**God's help is swiftly given, Thrones vanish at His presence**

**God the Lord of hosts is with us evermore**

**Come see the works of our Maker, Learn of His deeds all-powerful**

**Wars will cease across the world, When He shatters the spear**

**Be still and know your Creator, Uplift Him in the nations**

**God the Lord of hosts is with us evermore.**

### **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 7 - God is my refuge**

I picked up a crate of military DVDs the other day from the auctions. I found a documentary from the 1950s on the battle of Britain which reminded me of the absolute terror that must have been experienced by the population of London as it was bombed, night after night, with such a terrible death toll, and the loss of so many family members. I could barely imagine the dread they were living in, constantly waiting for the air raid sirens, gathering children and the infirm and rushing to the underground refuges, the air raid shelters. I imagine them huddling there, feeling the explosions around them and wondering if their refuges would hold, or if they would never leave.

War is a terrible blight on humanity, and we must continue to pray for those affected, in Gaza, in Ukraine and elsewhere, who like the Londoners are desperately relying on air raid shelters.

In our psalm today, David calls on God to protect people from violence. As you read the psalm, you will notice there is a pattern:

- David asks to be saved from violence in Verses 1,2
- but righteously, only if he has done nothing to deserve the violence (vv3-5).
- He then asks God to bring justice against the evil doers, verses 6-8.

And then the whole pattern repeats:

- He asks God to bring an end to the violence vv9-10),
- acknowledges God's righteousness, (vv11-13)
- Asks God to bring justice (vv14-16), and
- Finally, David finishes off with thanks and praise. (vv16-17).

In other words, David asks God to stop violence, to act righteously, and bring justice, stop violence, act righteously and bring justice. It's an ABCABC pattern. Many other psalms have this pattern, and others have an ABCCBA pattern. It is helpful to look for these patterns to understand the key intent of the psalm as it is often point A - whether the pattern is ABCABC or ABCCBA.

### **A Save us from violence**

So the key point in Psalm 7 is calling on God to end violence. At point A (verse 1) it is violence against himself. David is not escaping aerial bombs like Londoners, Gazans and Ukrainians, he wants God to save him from his enemies who are trying to tear him apart like a lion and rip him to pieces - like bombs do to so many today. This point is repeated in verse 9: Bring to an end the violence of the wicked and make the righteous secure. He asks God to save all the righteous from violence - not just himself.

## **B Act Righteously**

David's enemies want to kill him not because of anything he has done, but just because he has been anointed king, and that stops them being king. David wants God to act righteously, and even says that he would expect judgement if he has done anything to deserve it - but he hasn't. He says "if there is guilt on my hands — 4 if I have repaid my ally with evil or without cause have robbed my foe" then he doesn't expect God to protect him. He tells God if I'm guilty, "let my enemy pursue and overtake me; let them trample my life to the ground and make me sleep in the dust." That's pretty harsh stuff, and shows how confident David is that he is in the right, and how confident he is in God's righteousness.

Note also that David is not seeking to punish his enemies himself. He is calling on God to bring justice. He knows that God is a righteous judge - and the consequences David calls for are based on God's anger, and God is rightly angry against sin. He calls for God's justice, not for violence or even retribution. It is also righteous judgement because the people David is calling God to judge are his own people, gathered around his throne.

## **C Bring Justice**

Getting past his call for God to act righteously. David calls him to bring justice: to judge those who commit evil against him. He calls God to "Arise, LORD, in your anger; rise up against the rage of MY enemies. Awake, my God; decree justice. Let the LORD judge the peoples!"

In the title of the Psalm, which we didn't read, the psalmist has helpfully said that the psalm is a shiggaion of David, which he sang to the LORD concerning Cush, a Benjamite, one of the tribes of Israel, and the same tribe as King Saul, who was trying to kill David. We don't know what a shiggaion is, all we know about Cush, is he is a Benjaminite. Nowhere else in the Bible is this Cush mentioned, but it appears that Cush falsely told King Saul that David wanted to kill him. David had had many opportunities to kill Saul but would not take them. It appears that someone told David what Cush had said to Saul, upsetting David very much. Cush was one of God's people, one who David called to gather around the God enthroned over them on high. God's job, like a king's, was to judge his subjects, so David calls on God to judge Cush and all who bring violence against him, and to vindicate David's righteousness and integrity.

You will notice he uses images of violence to describe God's judgement in verses 12-13. He talks of sharpened swords; bows bent and strung, deadly weapons prepared and flaming arrows ready. This is the imagery that the culture related to, and it's probably not literal. Of course, God sometimes



judges with human weapons, and he certainly used humans as agents of his justice as he did when he used the Babylonians to judge Judah, but banishment from eternal life is his usual way.

In the counterpoint to calling just to those who wrong himself, in verses 14-16, David calls God to judge ALL evil doers, not just the ones who commit evil against himself. He calls them to receive the consequences of their evil. He says "WHOEVER is pregnant with evil conceives trouble and gives birth to disillusionment. WHOEVER digs a hole and scoops it out falls into the pit they have made." David calls on all evil doers to receive the judgement or just consequences on the evil they commit. He says "The trouble they cause recoils on them; their violence comes down on their own heads."

### **Thanks and praise**

Finally, David finishes this psalm with thanks and praise. He gives thanks to the LORD because of his righteousness; He sings the praises of the name of the LORD Most high. As the key point, point A, is David's call for God to be a refuge, a place where he, and all the righteous are delivered from violence, He praises that God will end violence, and is a refuge against the wicked.

### **Conclusion**

As we read this psalm, we too should pray like David. We can call on God to be our refuge against all who would commit violence and evil against us, and, like David, call on God to prevent evil from all who use violence to pursue their own selfish ends. We should pray against those who commit crimes against us in our homes and in our streets, and those who continue wars of aggression against vulnerable populations, such as in Ukraine, Gaza, Myanmar and Sudan.

Most importantly, we need to give thanks that Jesus, God the Son, died on the cross to bring an end to all sin, once and for all. We must give thanks that he did not come to judge the world, but to save the world. John 12:47

Let us thank our refuge, the Lord Jesus Christ because of his righteousness and sing the praises of His name. AMEN