

## SUNDAY 22 February 2026 - St Paul's Cooma 9.30am - HC 2.5

### Introduction

#### Hymn TIS 152 - Joyful joyful we adore You

Joyful joyful we adore You, God of glory Lord of love  
Hearts unfold like flowers before You, Opening to the sun above  
Melt the clouds of sin and sadness, Drive the dark of doubt away  
Giver of immortal gladness, Fill us with the light of day

Melt the clouds of sin and sadness, Drive the dark of doubt away  
Giver of immortal gladness, Fill us with the light of day  
You are giving and forgiving, Ever blessing ever blest  
Wellspring of the joy of living, Ocean depth of happy rest

You our Father Christ our Brother, All are yours who live in love  
Teach us how to love each other, Lift us to your joy above.  
You our Father Christ our Brother, All are yours who live in love  
Teach us how to love each other, Lift us to your joy above.

### Greeting

To all God's holy people in Christ Jesus at Cooma and the surrounding districts

**Grace and peace to you from God our Father and the Lord Jesus Christ.**

The grace of the Lord Jesus Christ, and the love of God, and the fellowship of the Holy Spirit, be with you all. **And also with you.**

### Sentence of the day

And this is my prayer: that your love may abound more and more in knowledge and depth of insight, so that you may be able to discern what is best and may be pure and blameless for the day of Christ, filled with the fruit of righteousness that comes through Jesus Christ—to the glory and praise of God. Philippians 1:9-11

### Prayer of the Day

Let your merciful ears O Lord, be open to the prayers of your humble servants and that they may obtain their petitions. Make them to ask such things that please you, through Jesus Christ our Lord, to whom with you and the Holy Spirit be glory and honour for ever and ever. **Amen.**

### 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.**

### The Two Great Commandments

'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.

## Prayer of the Day (Collect)

O Lord, who for our sake fasted forty days and forty nights: give us grace to use such abstinence, that, our flesh being subdued by the spirit, may ever obey your godly will in righteousness and true holiness; to your honour and glory; who lives and reigns with you in the unity of the Holy Spirit, one God, for ever and ever. **Amen**

## The Ministry of the Word

### Daniel 9:15–19

<sup>15</sup> “Now, Lord our God, who brought your people out of Egypt with a mighty hand and who made for yourself a name that endures to this day, we have sinned, we have done wrong. <sup>16</sup> Lord, in keeping with all your righteous acts, turn away your anger and your wrath from Jerusalem, your city, your holy hill. Our sins and the iniquities of our ancestors have made Jerusalem and your people an object of scorn to all those around us. <sup>17</sup> “Now, our God, hear the prayers and petitions of your servant. For your sake, Lord, look with favor on your desolate sanctuary. <sup>18</sup> Give ear, our God, and hear; open your eyes and see the desolation of the city that bears your Name. We do not make requests of you because we are righteous, but because of your great mercy. <sup>19</sup> Lord, listen! Lord, forgive! Lord, hear and act! For your sake, my God, do not delay, because your city and your people bear your Name.”

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

### Psalm 122

<sup>1</sup> I rejoiced with those who said to me, “Let us go to the house of the LORD.”

<sup>2</sup> **Our feet are standing in your gates, Jerusalem.**

<sup>3</sup> Jerusalem is built like a city that is closely compacted together.

<sup>4</sup> **That is where the tribes go up—the tribes of the LORD—to praise the name of the LORD according to the statute given to Israel.**

<sup>5</sup> There stand the thrones for judgment, the thrones of the house of David.

<sup>6</sup> **Pray for the peace of Jerusalem: “May those who love you be secure.**

<sup>7</sup> May there be peace within your walls and security within your citadels. ”

<sup>8</sup> **For the sake of my family and friends, I will say, “Peace be within you.”**

<sup>9</sup> **For the sake of the house of the LORD our God, I will seek your prosperity.**

### Philippians 1:1-11

<sup>1</sup> Paul and Timothy, servants of Christ Jesus, To all God’s holy people in Christ Jesus at Philippi, together with the overseers and deacons: <sup>2</sup> Grace and peace to you from God our Father and the Lord Jesus Christ.

<sup>3</sup> I thank my God every time I remember you. <sup>4</sup> In all my prayers for all of you, I always pray with joy <sup>5</sup> because of your partnership in the gospel from the first day until now, <sup>6</sup> being confident of this, that he who began a good work in you will carry it on to completion until the day of Christ Jesus. <sup>7</sup> It is right for me to feel this way about all of you, since I have you in my heart and, whether I am in chains or defending and confirming the gospel, all of you share in God’s grace with me. <sup>8</sup> God can testify how I long for all of you with the affection of Christ Jesus.

<sup>9</sup> And this is my prayer: that your love may abound more and more in knowledge and depth of insight, <sup>10</sup> so that you may be able to discern what is best and may be pure and

blameless for the day of Christ,<sup>11</sup> filled with the fruit of righteousness that comes through Jesus Christ—to the glory and praise of God.

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

### **The Gospel of our Lord Jesus Christ according to Luke, chapter 22 beginning at verse 24 Praise to you, Lord Jesus Christ**

<sup>24</sup> A dispute also arose among them as to which of them was considered to be greatest.<sup>25</sup> Jesus said to them, “The kings of the Gentiles lord it over them; and those who exercise authority over them call themselves Benefactors.<sup>26</sup> But you are not to be like that. Instead, the greatest among you should be like the youngest, and the one who rules like the one who serves.<sup>27</sup> For who is greater, the one who is at the table or the one who serves? Is it not the one who is at the table? But I am among you as one who serves.<sup>28</sup> You are those who have stood by me in my trials.<sup>29</sup> And I confer on you a kingdom, just as my Father conferred one on me,<sup>30</sup> so that you may eat and drink at my table in my kingdom and sit on thrones, judging the twelve tribes of Israel.

<sup>31</sup> “Simon, Simon, Satan has asked to sift all of you as wheat.<sup>32</sup> But I have prayed for you, Simon, that your faith may not fail. And when you have turned back, strengthen your brothers.”<sup>33</sup> But he replied, “Lord, I am ready to go with you to prison and to death.”

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

### **Sermon - Praying like Paul - Philippians 1:1-11**

#### **The Apostle's Creed**

**I believe in God the Father, 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.**

#### **Intercessions**

Let us pray for the world and the church.

Response: Gracious God, 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.**

We are God's children now, and what we will be has not yet been made known. But we know that when he appears we shall be like him, for we shall see him as he is. All who have this hope in him purify themselves, just as he is pure. 1 John 3:2-3

### 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

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

**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 607 - Make me a channel of your peace

Make me a channel of your peace:

Where there is hatred, let me bring your love;  
where there is injury, your healing power,  
and where there's doubt, true faith in you.

#### *Chorus*

O, Master, grant that I may never seek  
so much to be consoled as to console,  
to be understood as to understand,  
to be loved as to love with all my soul.

Make me a channel of your peace:  
where there's despair in life let me bring hope;  
Where there is darkness, only light,  
and where there's sadness, ever joy. *Chorus*

Make me a channel of your peace:  
it is in pardoning that we are pardoned,  
in giving to all that we receive,  
and in dying that we're born to eternal life. *Chorus*

### Prayer for Offertory

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 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.**

Loving God, we thank you for this world of wonder and delight. You have given it to us to care for, so that all your creatures may enjoy its bounty.

Lord our God, **we give you thanks and praise.**

We thank you that when we turned away from you, you sent Jesus to live and work as one of us, and bring us back to you. He showed us how to love you and set us free to love and serve one another.

Lord our God, **we give you thanks and praise.**

We thank you that on the cross Jesus took away our sin, all that keeps us from each other and from you. He frees us from hate and fear, from all that destroys love and trust.

Lord our God, **we give you thanks and praise.**

And so with everyone who believes in you, with all the saints and angels, we rejoice and 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 we thank you for these gifts of bread and wine; may we who receive them, as Jesus said, share his body and his blood.

On the night he was betrayed, he took bread and gave you thanks. He broke the bread and gave it to his friends, and said, 'Take and eat. This is my body given for you. Do this in remembrance of me.'

After supper he took the cup and gave you thanks. He shared the cup with them and said, 'This is my blood poured out so that sins may be forgiven. Do this in remembrance of me.'

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

You have gathered us together to feed on Christ and to remember all he has done for us. Fill us with your Spirit that we may follow Jesus in all we do and say, working for justice and bringing your peace to this world that you have made. Accept our prayers through Jesus Christ our Lord.

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

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

**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.

*The Lord's Supper is open to all who love the Lord.*

### **After Communion**

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 in this hope that we have grasped: so we and all your people will be free, and the whole earth live to praise your name.**

### **Hymn TIS 153 - God is love, let heaven adore him**

Stand up, stand up for Jesus, as soldiers of the cross;  
lift high his royal banner, it must not suffer loss;  
from victory on to victory, his army he shall lead  
till every foe is vanquished and Christ is Lord indeed.

Stand up, stand up for Jesus, the trumpet call obey;  
forth to the mighty conflict in this his glorious day!  
All Christians true now serve him against unnumbered foes;  
let courage rise with danger, and strength to strength oppose.

Stand up, stand up for Jesus, stand in his strength alone:  
the arm of flesh will fail you, you dare not trust your own.  
Put on the gospel armour, each piece put on with prayer;  
where duty calls, or danger, be never wanting there.

Stand up, stand up for Jesus, the strife will not be long:  
this day the noise of battle, the next the triumph song.  
To those who are victorious, a crown of life shall be;  
they with the King of Glory shall reign eternally.

### **Notices**

#### **Dismissal**

May God meet all your needs according to the riches of his glory in Christ Jesus, and the blessing of God almighty, Father, Son and Holy Spirit, be amongst you and remain with you always. **Amen.**

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

## Sermon - Praying like Paul - Philippians 1:1-11

I hope most of you have noticed the announcement slides up on the screen before and after each service. Basically, as you should see on the screen now, we rotate through the parish roll, with four individuals or couples from St Paul's, and one individual or couple from each of the other congregations. The idea is that you pray for each of the people on the screen before or after the service, and during the week. Occasionally, when I am aware of particular prayer needs, I will include those, such as when they are sick or undergoing some medical treatment or have some other need. Obviously with those you know what you can pray for them, but what about those where you just have a name, and you may not have met them, particularly if they are in a different congregation?

Obviously one thing you can do is ask them if you can catch up with them, or if you are the one being prayed for, let me know before Sunday so I can include your prayer points on the screen. I just won't add anything you don't specifically ask me to include, even if other people have let me know your needs.

But that still leaves the question of what you pray for when there are no specific prayer points. Or, when you want to pray for more than just the usual aches, pains and patience, which everyone seems to want prayer for.

When I was a much younger Christian I was taught something that has stuck with me ever since. I was taught that it is helpful to have the Bible guide our prayers. If I was reading a particular passage in my personal Bible study, then it is helpful to base my prayers on that passage. If you were reading the creation story in *Genesis*, then you could pray in thanks to God for his wonderful creation, and that we play our role in the care of God's creation, working and taking care of it as God commanded Adam.

Other passages should lead us to prayer for growing faith, gifts of the spirit, perseverance and wisdom for ourselves, our Christian Brothers and sisters, and for not-yet-Christians we know or just know about.

Following this idea, today I want to look at what the first section of Paul's letter to the church at Philippi teaches is about prayer. This should be straight forward as Paul includes his prayer for the Philippians, and most of the rest of the section outlines Paul's heartfelt desires for them.

So, with that introduction, let's start looking at this passage.

It starts the traditional way of first century letters. It was actually closer to emails than the handwritten letters that some of us will remember. Emails start with the email address of the recipient, then the address of the sender, then a subject line, usually some form of greeting or salutation, and then the text of the letter. Letters in Paul's day started with the sender, the recipient who it was written to, a greeting or salutation and then the text of the letter. Written letters were different today in that they don't normally give the details of the sender to the end.

Looking at Paul's letter to the Philippians, it is obvious that the senders are Paul and Timothy, servants of Christ Jesus.

We know Paul well from the book of Acts. We even read how Paul was instrumental in planting the church in Philippi in Acts 16, and how Timothy was with him. It wasn't all easy going in Philippi as Paul and Silas, another of his companions were thrown in prison because he upset the owner of a slave by casting out a demon who allowed a slave to prophesy and made a lot of money for her owners. Nevertheless, Paul obviously had a close relationship with the church he planted there.

The recipients are called 'all God's holy people in Christ Jesus at Philippi, together with the overseers and deacons'. Other translations call God's holy people 'saints'. Paul considers all Christians to be saints, or holy people, and so should we; we are all holy or sacred to God. Overseers and deacons were leaders on the church, a bit like our bishops and associates pastors or deacons today.

Paul then continues with his greeting: "Grace and peace to you from God our Father and the Lord Jesus Christ". In a similar way to the way our "Good day" is an abbreviation of 'God give you a good day', Paul uses grace and peace as a short form of the prayer "the grace of the Lord Jesus Christ be with you," or as he puts it in 2 Thessalonians 2: 16 "May our Lord Jesus Christ himself and God our Father, who loved us and by his grace gave us eternal encouragement and good hope, 17 encourage your hearts and strengthen you in every good deed and word." This is certainly one thing we can pray for every member of this congregation, that they have eternal encouragement and hope through the grace of our life Jesus.

Paul doesn't just pray for grace for them, he also prays peace from God our Father and the Lord Jesus Christ. Peace had a range of meanings in the New Testament, from an absence of conflict between people and with God, to God's gift of wholeness and health. When used in this context, Paul is wishing the Philippians church God's blessing of peace in all of these senses, a bit like when I say "God bless you". Similarly we can pray for God's peace, his blessings for freedom for conflict and wholeness for every member of this congregation.

Paul then tells the Philippians that he thanks God every time he remembers them. Do you thank God whenever you pray for members of this church? I always try to, because it puts the rest of my prayers for them in context. When I pray for someone's healing, or someone's perseverance, or even for their correction: that they more closely follow Jesus's teaching, I start by thanking God for them, because it reminds me that God loves this person so much that he sent Jesus to die for them, and no matter what that person does or needs, I need to be thankful that God has brought this person into the church and had given me, and the rest of the congregation, the responsibility and the honour of ministering to them.

Reminding myself of this allows me to always pray for that person with joy, as Paul does. Paul specifically prays with joy because of the Philippians'

partnership with him in the gospel from the first day he came to Philippi until when he wrote the letter, including when he was in prison, as he was again! The Philippians partnered with him in the gospel by financially contributing to his ministry, and continuing the work he started when he was in Philippi - preaching the gospel and encouraging the saints. You are partners with everyone in Cooma Anglican church, and you too can pray with joy as you pray for your partners in this ministry, as I pray for you, my partners.

Paul then tells the Philippians that he is confident that "he who began a good work in them (that is Jesus) will carry it on to completion until he returns." This is the primary reason for his joy, that all of them share in God's grace with him, and will eventually share in the ultimate benefits of that grace, eternal life. Do you have that same confidence in the members of our church that you pray for? Does it give you the same joy that Paul has?

Paul then recites a specific prayer he prays for the Philippians: he says "And this is my prayer: that your love may abound more and more in knowledge and depth of insight, so that you may be able to discern what is best and may be pure and blameless for the day of Christ, filled with the fruit of righteousness that comes through Jesus Christ—to the glory and praise of God."

If you are ever stuck for a good prayer to pray for someone, for any one, pray this prayer. Everyone's love can abound more in knowledge and depth of insight. No one, especially me, is so perfect that our love hasn't got room to grow. Everyone should discern what is best, and everyone needs to be pure and blameless on the last day before Christ by putting their faith in his death and resurrection for the forgiveness of their sin. And everyone who has that faith should keep being filled with the fruit of righteousness that comes through Jesus Christ, to the honour and praise of God.

This is a prayer that we can and should pray for everyone who claims membership of this church. Even if they have not yet put their faith in Jesus we can pray that their knowledge and depth of insight of what Jesus has done for them will increase so they have that faith, which ultimately is what is best for them, and will lead to them being pure and blameless before his judgement seat. And everyone who has that faith can grow it more and more, and can grow more in the fruit of righteousness that comes through Jesus to the honour and praise of God. This is a prayer you can and should pray constantly for every member of this church, and every member of your family, friends, neighbours and work colleagues, whether they have faith in Christ or not, because ultimately it is a prayer to the honour and praise of our holy God. Will you pray this prayer for everyone here today?

Please pray with me the words on the screen

Father God, we pray that every member of this church's love may abound more and more in knowledge and depth of insight, so that they may be able to discern what is best and may be pure and blameless for the day of Christ, filled with the fruit of righteousness that comes through Jesus Christ—to the glory and praise of God. Amen.

