

## **Sunday 31 May 2026 Cooma Anglican HC 3**

### **Hymn: TIS 246 - Christ is the world's Light**

**Christ is the world's Light, Christ and none other;  
born in our darkness, he became our Brother.  
If we have seen him, we have seen the Father:  
Glory to God on high.**

**Christ is the world's peace, Christ and none other;  
no one can serve him and despise another.  
Who else unites us, one in God the Father?  
Glory to God on high.**

**Christ is the world's life, Christ and none other;  
sold once for silver, murdered here, our brother-  
he, who redeems us, reigns with God the Father:  
Glory to God on high.**

**Give God the glory, God and none other;  
give God the glory, Spirit, Son and Father;  
give God the glory, God with us, my brother:  
Glory to God on high.**

### **Sentence of Scripture**

Jesus said "I have told you these things, so that in me you may have peace. In this world you will have trouble. But take heart! I have overcome the world."

John 16:33

### **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**

Almighty and everlasting God, you have given us your servants grace by the confession of a true faith to acknowledge the glory of the eternal Trinity, and in us the power of your divine majesty to worship the Unity; keep us steadfast in the

faith, and evermore defend us from all adversities, for you live and reign, one God, for ever and ever. **Amen**

### **Isaiah 61:1-3 (NIV)**

<sup>1</sup> The Spirit of the Sovereign LORD is on me, because the LORD has anointed me to proclaim good news to the poor. He has sent me to bind up the brokenhearted, to proclaim freedom for the captives and release from darkness for the prisoners, <sup>2</sup> to proclaim the year of the LORD's favor and the day of vengeance of our God, to comfort all who mourn, <sup>3</sup> and provide for those who grieve in Zion— to bestow on them a crown of beauty instead of ashes, the oil of joy instead of mourning, and a garment of praise instead of a spirit of despair. They will be called oaks of righteousness, a planting of the LORD for the display of his splendor.

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

### **Psalms 138 (NIV)**

<sup>1</sup> I will praise you, LORD, with all my heart; before the "gods" I will sing your praise.

<sup>2</sup> **I will bow down toward your holy temple and will praise your name for your unfailing love and your faithfulness, for you have so exalted your solemn decree that it surpasses your fame.**

<sup>3</sup> When I called, you answered me; you greatly emboldened me.

<sup>4</sup> **May all the kings of the earth praise you, LORD, when they hear what you have decreed.**

<sup>5</sup> May they sing of the ways of the LORD, for the glory of the LORD is great.

<sup>6</sup> **Though the LORD is exalted, he looks kindly on the lowly; though lofty, he sees them from afar.**

<sup>7</sup> Though I walk in the midst of trouble, you preserve my life. You stretch out your hand against the anger of my foes; with your right hand you save me.

<sup>8</sup> **The LORD will vindicate me; your love, LORD, endures forever — do not abandon the works of your hands.**

### **2 Corinthians 4:7-18 (NIV)**

<sup>7</sup> But we have this treasure in jars of clay to show that this all-surpassing power is from God and not from us. <sup>8</sup> We are hard pressed on every side, but not crushed; perplexed, but not in despair; <sup>9</sup> persecuted, but not abandoned; struck down, but not destroyed. <sup>10</sup> We always carry around in our body the death of Jesus, so that the life of Jesus may also be revealed in our body. <sup>11</sup> For we who are alive are always being given over to death for Jesus' sake, so that his life may also be revealed in our mortal body. <sup>12</sup> So then, death is at work in us, but life is at work in you. <sup>13</sup> It is written: "I believed; therefore I have spoken." Since we have that same spirit of faith, we also believe and therefore speak, <sup>14</sup> because we know that the one who raised the Lord Jesus from the dead will also raise us with Jesus and present us with you to himself. <sup>15</sup> All this is for your benefit, so that the grace that is

reaching more and more people may cause thanksgiving to overflow to the glory of God. <sup>16</sup> Therefore we do not lose heart. Though outwardly we are wasting away, yet inwardly we are being renewed day by day. <sup>17</sup> For our light and momentary troubles are achieving for us an eternal glory that far outweighs them all. <sup>18</sup> So we fix our eyes not on what is seen, but on what is unseen, since what is seen is temporary, but what is unseen is eternal.

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

### **John 16:16-33 (NIV)**

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

<sup>16</sup> Jesus went on to say, “In a little while you will see me no more, and then after a little while you will see me.”

<sup>17</sup> At this, some of his disciples said to one another, “What does he mean by saying, ‘In a little while you will see me no more, and then after a little while you will see me,’ and ‘Because I am going to the Father’?” <sup>18</sup> They kept asking, “What does he mean by ‘a little while’? We don’t understand what he is saying.”

<sup>19</sup> Jesus saw that they wanted to ask him about this, so he said to them, “Are you asking one another what I meant when I said, ‘In a little while you will see me no more, and then after a little while you will see me’?” <sup>20</sup> Very truly I tell you, you will weep and mourn while the world rejoices. You will grieve, but your grief will turn to joy. <sup>21</sup> A woman giving birth to a child has pain because her time has come; but when her baby is born she forgets the anguish because of her joy that a child is born into the world. <sup>22</sup> So with you: Now is your time of grief, but I will see you again and you will rejoice, and no one will take away your joy. <sup>23</sup> In that day you will no longer ask me anything. Very truly I tell you, my Father will give you whatever you ask in my name. <sup>24</sup> Until now you have not asked for anything in my name. Ask and you will receive, and your joy will be complete.

<sup>25</sup> “Though I have been speaking figuratively, a time is coming when I will no longer use this kind of language but will tell you plainly about my Father. <sup>26</sup> In that day you will ask in my name. I am not saying that I will ask the Father on your behalf. <sup>27</sup> No, the Father himself loves you because you have loved me and have believed that I came from God. <sup>28</sup> I came from the Father and entered the world; now I am leaving the world and going back to the Father.”

<sup>29</sup> Then Jesus’ disciples said, “Now you are speaking clearly and without figures of speech. <sup>30</sup> Now we can see that you know all things and that you do not even need to have anyone ask you questions. This makes us believe that you came from God.”

<sup>31</sup> “Do you now believe?” Jesus replied. <sup>32</sup> “A time is coming and in fact has come when you will be scattered, each to your own home. You will leave me all alone. Yet I am not alone, for my Father is with me.

<sup>33</sup> “I have told you these things, so that in me you may have peace. In this world you will have trouble. But take heart! I have overcome the world.”

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

## **Sermon - John 16:16-33 Taking Heart in Grief**

### **The Nicene' Creed**

**We believe in one God, the Father, the almighty, maker of heaven and earth, of all that is, seen and unseen.**

**We believe in one Lord, Jesus Christ, the only Son of God, eternally begotten of the Father, God from God, Light from Light, true God of true God, begotten not made, of one being with the Father; through him all things were made. For us and for our salvation, he came down from heaven, was incarnate of the Holy Spirit and the virgin Mary and became fully human. For our sake he was crucified under Pontius Pilate; he suffered death and was buried. On the third day he rose again in accordance with the scriptures; he ascended into heaven and is seated at the right hand of the Father. He will come again in glory to judge the living and the dead and his kingdom will have no end.**

**We believe in the Holy Spirit, the Lord, the giver of life, who proceeds from the Father and the Son, who with the Father and the Son is worshiped and glorified, who has spoken through the prophets.**

**We believe in one holy catholic and apostolic church. We acknowledge one baptism for the forgiveness of sins. We look for the resurrection of the dead, and the life of the world to come. 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 643 - I want to walk as a child of the light

**I want to walk as a child of the light, I want to follow Jesus**

**God set the stars to give light to the world**

**The star of my life is Jesus**

**[Chorus] In Him there is no darkness at all**

**The night and the day are both alike**

**The Lamb is the light of the city of God**

**Shine in my heart Lord Jesus**

**I want to see the brightness of God, I want to look at Jesus**

**Clear Sun of righteousness shine on my path**

**And show me the way to the Father [Chorus]**

**I'm looking for the coming of Christ, I want to follow Jesus**

**When we have run with patience the race**

**We shall know the joy of Jesus [Chorus]**

## 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 609 - O worship the King

May the mind of Christ, my Saviour,  
Live in me from day to day,  
By His love and power controlling  
All I do and say.

May the Word of God dwell richly  
In my heart from hour to hour,  
So that all may see I triumph  
Only through His power.

May the peace of God my Father  
Rule my life in everything,  
That I may be calm to comfort  
Sick and sorrowing.

May the love of Jesus fill me,  
As the waters fill the sea;  
Him exalting, self abasing,  
This is victory.

May I run the race before me,  
Strong and brave to face the foe,  
Looking only unto Jesus  
As I onward go.

### 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 - John 16:16-33 - Taking Heart in Grief**

Leading funerals are an occupational hazard for ministers like me.

They are particularly distressing when the husband, wife or parents are still living - so often those who are left behind feel left alone, or even abandoned. Mind you, funerals for elderly parents of older children aren't much fun either. Losing a loved one for any reason always brings distress, and the disciples losing Jesus was no exception.

### **The Disciples' Distress**

In today's reading, Jesus is telling his disciples that in a little while from when he is speaking, he will leave them. He says that it would only be a short time, but then they would see him again. Jesus is talking about the period between his death and his resurrection on the third day. As I read it I initially thought that Jesus could have been talking about the period after his ascension into heaven until his second coming, or possibly the period following his ascension and the disciples seeing Jesus in the coming of the Holy Spirit, but I am fairly convinced that these are wrong, although there has been a lot of ink spilt arguing about this by Biblical scholars.

Despite it only being a short time they won't see him, Jesus tells them that they will weep and mourn and grieve. We specifically read about Mary grieving Jesus when she went to the tomb to embalm him: she stood outside the tomb weeping. Luke tells us that <sup>27</sup> A large number of people followed him to where he would be crucified, including women who mourned and wailed for him. <sup>28</sup> Jesus turned and said to them, "Daughters of Jerusalem, do not weep for me; weep for yourselves and for your children. Luke 23:27-28

Jesus's followers felt abandoned when he was crucified, and they grieved. They grieved at least as much as a partner grieves a husband or wife who dies, or a parent a child. The disciples grieved because they had lost a dear friend and they felt abandoned, but they also grieved the loss of everything they had lived for in the previous three years. They had become convinced that their friend Jesus was the Messiah, and they depended on him for guidance, for advice, for wisdom in the face of all the troubles they faced - and now he was gone.

## **The World's Joy**

More distressing for the disciples than their own feelings of abandonment, was the way that the world rejoiced at Jesus's death. The temple leaders who had conspired to have him executed were probably too concerned at how they would be seen by the crowds to publicly rejoice at Jesus's death, but they would certainly have felt relieved that the threat that they perceived was apparently gone, and more than a little proud of how they have organised it so expediently, and were able to blame the Romans to boot. This heartlessness would have added to the disciples' grief. It reminds me when a friend, a rather public figure, lost his job because he made some mistakes. While I thought it justified that he lost his job, it grieved me when I read editorials about it that essentially rejoiced at his downfall, and completely besmirched every other aspect of his character as well.

## **Grief turned to joy**

Jesus recognised the grief his death would bring his disciples, and comforted them that their grief would turn into joy. He likens it to a woman in childbirth. You won't be surprised that I have never personally given birth to a baby, so I do not completely relate with the illustration that Jesus used, although he didn't either! However, having been present at the birth of each of our four children, I have a bit of knowledge of what was going on. The process of delivering a baby is not fun for the mother at the time, but at least in my wife's case, the joy of holding your new born baby in your arms makes you forget the pain and rejoice at the new member of your family - the pain (or 'sorrow in travail' as the King James Version puts it) is turned into joy. For a new mother, the pain turns into joy. Note that it isn't replaced with joy, because the pain and the joy have the same reason - the new baby. So, for Christians, our grief is not replaced with joy - it is changed into joy. The thing that caused the disciples' grief - Jesus's death, is exactly the same thing that will bring them joy - Jesus's death, which pays the price for forgiveness of the world's sin.

## **Asking in Jesus's name**

There then seems to be rather an abrupt change in what Jesus is saying. He moved from joy in his death and resurrection to talking about asking for things in his name. It's not completely out of the blue as Jesus is

continuing the theme of rejoicing, of joy - specifically complete joy. He says "Very truly I tell you, my Father will give you whatever you ask in my name. Until now you have not asked for anything in my name. Ask and you will receive, and your joy will be complete." We all understand that we can ask questions - that is, ask for information, as well as ask for things - for God to do something like bless us, or save someone, or even to meet our physical needs or wants. When Jesus says that his Father will give us anything we ask in his name, he could mean asking a question or for things. Since it is in the context of the disciples asking a question "What does he mean by 'a little while'?" It could mean that any questions, any information we ask in Jesus' name, would be answered and that would make our joy complete. It could be talking about any requests we make of God in Jesus' name - for information, or for material needs or for God to act in some way, but it seems most likely about asking questions of God.

This is different to when Jesus said something similar to this back in chapter 14. He said: <sup>13</sup> And I will do whatever you ask in my name, so that the Father may be glorified in the Son. <sup>14</sup> You may ask me for anything in my name, and I will do it. John 14:12-14

Clearly that passage was about asking God to act. And we must not let it confuse us. Jesus certainly wasn't talking about children praying for bikes and this week isn't talking about lotto numbers. Then I said that it was all about the fruit that we, grafted into the vine, will produce for God's glory, and specifically the love we will have for each other. This week, Jesus promises that God will provide answers, but the requests must be in the name of Jesus - they must be asked in the authority of Jesus, for answers that benefit his kingdom, and not our own selfish desires.

Jesus talking about asking questions is supported in the next statement: 25 "Though I have been speaking figuratively, a time is coming when I will no longer use this kind of language but will tell you plainly about my Father. 26 In that day you will ask in my name. I am not saying that I will ask the Father on your behalf. Jesus will answer the disciples clearly, and will plainly tell us about God, his Father. Two disciples saw an example of this on the road to Emmaus, where, beginning with Moses and all the Prophets, Jesus explained to them what was said in all the Scriptures concerning himself. Luke 24:27

Back to our passage, Jesus' disciples then said, "Now you are speaking clearly and without figures of speech. 30 Now we can see that you know all things and that you do not even need to have anyone ask you questions. This makes us believe that you came from God."

The disciples seem to have finally got it - they say they know Jesus was from God, and knows God perfectly. They understand that they would ask God in Jesus's name, rather than Jesus asking on their behalf. They believe Jesus when he says that the Father himself loves them because they have loved him and have believed that he came from God, and that he came from the Father and entered the world; now is leaving the world and going back to the Father.

Despite their words, Jesus is not so sure that they have really got it. He asks 31 "Do you now believe?" Jesus does know all things, do he knows that 32 "A time is coming and in fact has come when they will be scattered, each to their own home. They will leave all alone.

We know that they were scattered when Jesus was crucified. They couldn't stay awake praying with Jesus in the garden of Gethsemane, and Matthew 26:56 tells that just after Jesus was arrested, all the disciples deserted him and fled. They had abandoned him

Yet, as Jesus told them, I am not alone, for my Father is with me. This is another of those "I am" statements that could point to Jesus's divinity, or it might not, but it does show God's presence with Jesus, it shows his comfort during his trial and execution, and it does the comfort we can have in Jesus's name in our trials and tribulations, our sessions of grief.

Jesus told us all these things, so that in him you may have peace. In this world we will have trouble. We will grieve as we lose loved ones, as the world gloats at our misfortune, as we don't know what to do, what to say or where to go when we or our loved ones are in pain and distress. But we do not need to be alone. God is with us through the Holy Spirit, the great comforter, our helper, our friend.

In our trials and tribulations we can take heart! Jesus has overcome the world. He has defeated sin and death. God is in control.

Do you take heart in Jesus' death and resurrection for us in our trials, as Jesus did in God the Father in his trial. Amen