

Cooma Anglican 7 June 2026 1st Order APBA

Welcome

Hymn TIS 398 - Come down, O Love divine

**Come down, O Love divine, seek thou this soul of mine,
and visit it with thine own ardour glowing;
O Comforter, draw near, within my heart appear,
and kindle it, thy holy flame bestowing.**

**O let it freely burn, till earthly passions turn
to dust and ashes in its heat consuming;
and let thy glorious light shine ever on my sight,
and clothe me round, the while my path illumining.**

**Let holy charity my outward garment be,
and lowliness become my inner clothing;
true lowliness of heart which takes the humbler part,
and for its own shortcomings weeps with loathing.**

**And so the yearning strong, with which the soul will long,
shall far outpass the power of human telling;
for none can guess its grace, 'till Love create a place
wherein the Holy Spirit makes a dwelling.**

Greeting

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

Sentence of the Day

After Jesus had spoken these words, he looked up to heaven and said, 'Father, the hour has come: glorify your Son so that the Son may glorify you, since you have given him authority over all people, to give eternal life to all whom you have given him. John 17:1-2

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.

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

Prayer of the Day

O God, from whom all good things come: grant that by your inspiration we may discern what is right, and by your merciful guiding may do it; through Jesus Christ our Lord, who lives and reigns with you and the Holy Spirit, one God, for ever and ever.

Amen

The Ministry of the Word

Exodus 34:4-9 (NIV)

⁴ So Moses chiseled out two stone tablets like the first ones and went up Mount Sinai early in the morning, as the LORD had commanded him; and he carried the two stone tablets in his hands. ⁵ Then the LORD came down in the cloud and stood there with him and proclaimed his name, the LORD. ⁶ And he passed in front of Moses, proclaiming, "The LORD, the LORD, the compassionate and gracious God, slow to anger, abounding in love and faithfulness, ⁷ maintaining love to thousands, and forgiving wickedness, rebellion and sin. Yet he does not leave the guilty unpunished; he punishes the children and their children for the sin of the parents to the third and fourth generation."

⁸ Moses bowed to the ground at once and worshiped. ⁹ "Lord," he said, "if I have found favor in your eyes, then let the Lord go with us. Although this is a stiff-necked people, forgive our wickedness and our sin, and take us as your inheritance."

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

Psalms 150 (NIV)

¹ Praise the LORD. Praise God in his sanctuary; praise him in his mighty heavens.

² **Praise him for his acts of power; praise him for his surpassing greatness.**

³ Praise him with the sounding of the trumpet, praise him with the harp and lyre,

⁴ **praise him with timbrel and dancing, praise him with the strings and pipe,**

⁵ praise him with the clash of cymbals, praise him with resounding cymbals.

⁶ **Let everything that has breath praise the LORD. Praise the LORD**

Galatians 5:13-23 (NIV)

¹³ You, my brothers and sisters, were called to be free. But do not use your freedom to indulge the flesh; rather, serve one another humbly in love. ¹⁴ For the entire law is fulfilled in keeping this one command: “Love your neighbor as yourself.” ¹⁵ If you bite and devour each other, watch out or you will be destroyed by each other.

¹⁶ So I say, walk by the Spirit, and you will not gratify the desires of the flesh. ¹⁷ For the flesh desires what is contrary to the Spirit, and the Spirit what is contrary to the flesh. They are in conflict with each other, so that you are not to do whatever you want. ¹⁸ But if you are led by the Spirit, you are not under the law.

¹⁹ The acts of the flesh are obvious: sexual immorality, impurity and debauchery; ²⁰ idolatry and witchcraft; hatred, discord, jealousy, fits of rage, selfish ambition, dissensions, factions ²¹ and envy; drunkenness, orgies, and the like. I warn you, as I did before, that those who live like this will not inherit the kingdom of God.

²² But the fruit of the Spirit is love, joy, peace, forbearance, kindness, goodness, faithfulness, ²³ gentleness and self-control. Against such things there is no law. This is the word of the Lord. **Thanks be to God**

John 17:1-11 (NIV)

Glory to you, Lord Jesus Christ

¹ After Jesus said this, he looked toward heaven and prayed:

“Father, the hour has come. Glorify your Son, that your Son may glorify you. ² For you granted him authority over all people that he might give eternal life to all those you have given him. ³ Now this is eternal life: that they know you, the only true God, and Jesus Christ, whom you have sent. ⁴ I have brought you glory on earth by finishing the work you gave me to do. ⁵ And now, Father, glorify me in your presence with the glory I had with you before the world began.

⁶ “I have revealed you to those whom you gave me out of the world. They were yours; you gave them to me and they have obeyed your word. ⁷ Now they know that everything you have given me comes from you. ⁸ For I gave them the words you gave me and they accepted them. They knew with certainty that I came from you, and they believed that you sent me. ⁹ I pray for them. I am not praying for the world, but for those you have given me, for they are yours. ¹⁰ All I have is yours, and all you have is mine. And glory has come to me through them. ¹¹ 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.

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

Sermon - Christ's prayer for us - John 17

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.

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 forever.**

Prayers

Let us pray for the world and the church.

Response: Lord, 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.

Exhortation

Brothers and sisters in Christ, we who would come to the holy communion of the body and blood of our Saviour Christ must consider how St Paul exhorts us

to examine ourselves before presuming to eat of that bread and drink of that cup.

For the benefit is great, if with a penitent heart and lively faith we receive that holy sacrament. We then spiritually eat the flesh of Christ and drink his blood; we dwell in Christ and he in us; we are one with Christ and Christ with us.

Yet also the danger is great if we receive the bread and cup unworthily. Judge yourselves therefore, that you be not judged of the Lord. Repent truly of your sins, having a steadfast faith in Christ our Saviour. Amend your lives and love your neighbour.

Above all, give hearty thanks to God for the redemption of the world by the death and passion of our Saviour Christ, truly God and truly human, who humbled himself to death on the cross for us sinners, that he might make us children of God, and raise us to eternal life.

You who truly and earnestly repent of your sins, and are in love and charity with your neighbours, and intend to lead a new life, following the commandments of God and walking in his holy ways, draw near with faith, and take this holy sacrament to strengthen and comfort you. But first, let us make a humble confession of our sins to almighty God.

Confession

Almighty God, Father of our Lord Jesus Christ, maker of all things, judge of all people, we acknowledge with shame the sins we have committed, by thought, word, and deed, against your divine majesty, provoking most justly your wrath and indignation against us.

We earnestly repent, and are heartily sorry for all our misdoings. Have mercy on us, most merciful Father. For your Son our Lord Jesus Christ's sake forgive us all that is past, and grant that we may ever hereafter serve and please you in newness of life, to the honour and glory of your name, through Jesus Christ our Lord. Amen.

Almighty God our heavenly Father, who of his great mercy has promised forgiveness of sins to all who with hearty repentance and true faith turn to him: have mercy on you; pardon and deliver you from all your sins; confirm and strengthen you in all goodness; and keep you in eternal life; through Jesus Christ our Lord. **Amen.**

Hear the words of assurance for those who truly turn to Christ: If anyone sins, we have an advocate with the Father, Jesus Christ the righteous, and he is the perfect offering for our sins. 1 John 2:1-2

Hymn TIS 409 - O Breath of Life, come sweeping through us

O Breath of Life, come sweeping through us,
revive your Church with life and power;
O Breath of Life, come, cleanse, renew us,
and fit your Church to meet this hour.

O Wind of God, come bend us, break us,
till humbly we confess our need:
then in your tenderness remake us,
revive, restore; for this we plead.

O Breath of Love, come breathe within us,
renewing thought and will and heart:
come, Love of Christ, afresh to win us,
revive your Church in every part.

Revive us, Lord! is zeal abating
while harvest fields are vast and white?
Revive us, Lord, the world is waiting,
equip your Church to spread the light.

The Thanksgiving

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.**
It is indeed right, and our bounden duty, that we should at all times and in all places give thanks to you, Lord, Mighty Creator and Eternal God. 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 hosts, heaven and earth are full of your glory.
Glory to you, O Lord most high.**

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.

All glory to you, our heavenly Father, for in your tender mercy you gave your only Son Jesus Christ to suffer death on the cross for our redemption: who made there, by his one oblation of himself once offered, a full, perfect, and sufficient sacrifice, oblation and satisfaction for the sins of the whole world; and instituted, and in his holy gospel commanded us to continue, a perpetual memory of his precious death until his coming again.

Hear us, merciful Father, we humbly pray, and grant that we who receive these gifts of your creation, this bread and this wine, according to your Son our Saviour Jesus Christ's holy institution, in remembrance of his death and passion, may be partakers of his most blessed body and blood; who on the night he was betrayed took bread, and when he had given you thanks, he broke it, and gave it to his disciples, saying, 'Take, eat; this is my body which is given for you; do this in remembrance of me.' Likewise after supper he took the cup, and when he had given thanks, he gave it to them saying, 'Drink from this, all of you; for this is my blood of the New Covenant, which is shed for you and for many for the remission of sins; do this, as often as you drink it, in remembrance of me.'

Amen.

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

Almighty and everliving God, we heartily thank you that you graciously feed us, who have duly received these holy mysteries, with the spiritual food of the most precious body and blood of your Son our Saviour Jesus Christ, and thus assure us of your favour and goodness towards us and that we are true members of the mystical body of your Son, the blessed company of all faithful people, and are also heirs, through hope, of your eternal kingdom, by the merits of the most precious death and passion of your dear Son. And we humbly beseech you, heavenly Father, so to assist us with your grace, that we may continue in that holy fellowship, and do all such good works as you have prepared for us to walk in, through Jesus Christ our Lord, to whom with you and the Holy Spirit be all honour and glory, world without end.

Hymn TIS 152 - You servants of God your Master proclaim

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.

All Your works with joy surround You, Earth and heav'n reflect Your rays.
Stars and angels sing around You, Center of unbroken praise.
Field and forest vale and mountain, Flowery meadow flashing sea;
Singing bird and flowing fountain Call to praise you joyfully.

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.

Notices

Dismissal

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.**

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

Sermon: Christ's Prayer for Us

St Paul's, Cooma and St John's, Adaminaby.

07 June 2026

Old Testament Reading: Exodus 34:4-9

Psalm: Psalm 150

Epistle: Galatians 5:13-23

Gospel: John 17: 1-11

“Father the hour has come”. So begins Christ's longest prayer in the bible, a prayer in which he acknowledges his coming death on the cross; a prayer that marks the beginning of the end of his earthly ministry. From this point on, there are no more miracles or healings, no more sermons to captivated crowds or teaching in the temple. Instead, Jesus will be arrested, accused and abused. He will be mocked and flogged by a *flagrum*, a whip with metal pieces on the end designed to rip skin and flesh from the body. A crown of thorns will be pressed down upon his head, and his disciples will disown him, before nails are hammered through his hands and feet and he is crucified upon the cross; a cruel punishment, usually reserved for criminals, in which death often came agonisingly slowly.

Knowing this is all imminent, how does Christ pray?

Instead of asking for the Father to spare him the pain of crucifixion, as I suspect many of those who were condemned to die this way had done – indeed, as I fear I myself would do – he starts by asking for his glorification through crucifixion *so that he may glorify the Father*.

Let us just pause and consider that for a moment. It is perhaps easy to allow Christ's divinity to diminish the significance of this request. Christ is fully divine. He is the Word, the *logos*, that was there in the beginning *with* God, that was *in* God, that was glorified by the Father before the world even began. We could, therefore, perhaps be forgiven for thinking that Christ's divinity lessened the pain of being scourged; that his divinity diminished the physical agony of his death on the cross.

Yet, whilst an understandable assumption, this would be a mistake. Jesus was not just divine. He was also fully human. He felt every emotion that we all feel. He wept with sorrow at the tomb of Lazarus, he felt frustration at the lack of people's faith, he found himself at times

exhausted by ministry, he experienced both compassion and joy. He ate and drank and breathed and slept, just like us. He was fully divine and fully human, in every sense. Indeed, the only real difference between Jesus in his humanity, and all of us, is that he was free from sin. To diminish Christ's humanity because of his divinity is to diminish his sacrifice for us all on the cross. He felt the whip upon his back just as we would all feel it. He experienced the agony of the nails being driven through his hands and feet just as we would.

And yet knowing this, Jesus starts this prayer asking the Father that he may do this to glorify the Father. Why? Well, he asks this so that the faithful may also know the Father. He asks so that the faithful may receive eternal life.

Jesus then moves on to intercede for his disciples and for those that will come to believe in him. He asks for the protection of the disciples from evil. He prays that *he* may be sanctified so that *they* may also be sanctified in truth. He asks the Father that those who believe, who belong to him, be set apart for the divine purpose of being sent from Christ into the world, to testify to the Father's glory, so that the love that the Father has in the son may be in them; that Christ may be in them.

That Christ may be in us. That the love of God may be in us.

It is this prayer that illuminates that famous verse in John, Chapter 3, "God so loved the world that he gave his only Son, so that everyone that believes in him may not perish but may have eternal life". God's love is a love that endures forever. It is a love that, earlier in the evening, Christ had commanded his disciples to have for each other. "This is my commandment" he says in Chapter 15, "that you love one another as I have loved you. ¹³ No one has greater love than this; to lay down one's life for one's friends. ¹⁴ You are my friends if you do what I command you".

"You are my friends if you do what I command you".

This one sentence puts Christ's prayer into an eternal context and gives his crucifixion its ultimate meaning. The pain, agony and humiliation that Christ suffered on his way to the cross was suffered for us, that through it we may know the Father; a Father who has said he is merciful and gracious, slow to anger and abounding in steadfast love and faithfulness,

forgiving iniquity, and transgression and sin". Christ's prayer invites us into a friendship with the Father, through the Son. It is a friendship we do not deserve but one which is freely given: if we keep Christ's commandments.

So what commandments are we to keep if we are to receive this friendship? Well, unsurprisingly Jesus tells both his disciples and us. In Matthew 22, when a Pharisee asked Jesus which commandment in law was the greatest, he replied, 'You shall love the Lord your God with all your heart and with all your soul and with all your mind.' ³⁸This is the greatest and first commandment. ³⁹ And a second is like it: 'You shall love your neighbour as yourself.' ⁴⁰ On these two commandments hang all the Law and the Prophets."

Jesus could not be clearer. All the law and the prophets are to be read in the context of this commandment. If we find ourselves interpreting any passage or verse in the bible in such a way that it contravenes the commandment to love our neighbour as ourselves, we are not only misreading it but turning our back on the friendship Christ is offering us. Let us not be a stiff-necked people. Let us not chose misplaced discrimination and judgement over love.

Instead, let us not only accept Christ's commands into our hearts but live it out through our actions, not because good works lead to salvation but because salvation should inspire us to good works. One action we are commanded to take is in Matthew 28. We are to spread to the good news of the Gospel, to make disciples of all nations, baptizing them in the name of the Father and of the Son and of the Holy Spirit, and teach them to obey everything that Christ has commanded us. Christ also taught us in Matthew 25 that we need to feed the hungry, give drink to the thirsty, welcome the stranger, clothe the naked, care for the sick and visit the prisoner. We should do all these things not in a vain attempt to earn salvation, but because Jesus asked us to. We are responding to the request of a friend. We are responding out of love. We are responding because Christ told us that if we didn't, we would find ourselves amongst the goats rather than the sheep come judgement day. And that's not a great place to end up.

As a parish, we are growing through God's grace. We have numerous opportunities to show our love to our neighbour. For our ladies, particularly those with more life experience, there is the opportunity to show love through mentoring and teaching our younger women in the Titus 2 ministry. Others may choose to live out Christ's commandment to love each other

through volunteering, according to their gifts and abilities, for new community outreach initiatives that we will shortly be launching in the parish.

All of us, however, can dedicate our lives to glorifying God. Let us praise him for his mighty deeds. Let us praise him through trumpet, harp and clashing cymbals. Let us sing and dance with joy for the eternal love he has shown us through the sacrifice of his son. Let everything that have breath praise the Lord!

And let us all give thanks that, despite our sins, God forgives us, God loves us and God wants to be in a personal relationship with us; a relationship that culminates in our eternal salvation. Not only that, but when we falter, as we surely will, let us give thanks that Christ will intercede continuously for us, as he promised in this prayer. All we need to do is accept and reflect this love ourselves, through loving God and loving our neighbour. *This* is the great gift, given to us in friendship, by Christ on the cross. It is now for us to accept it in humility, and give thanks to the triune God by living out Christ's commandments in all we do, throughout our lives, in all our actions. For in the words of the late, great, Nat King Cole: "The greatest thing you'll ever learn, is just to love and be loved in return".