

# Simple Prayer, Simple Praise:

Sunday, July 5th, 2020

## Opening Acclamation:

O God, you have taught us to keep all your commandments by loving you and our neighbor: Grant us the grace of your Holy Spirit, that we may be devoted to you with our whole heart, and united to one another with pure affection; through Jesus Christ our Lord, who lives and reigns with you and the Holy Spirit, one God, for ever and ever. Amen.

## A reading from the Gospel According to Matthew 11:16-19, 25-30

Jesus said to the crowd, "To what will I compare this generation? It is like children sitting in the marketplaces and calling to one another,

'We played the flute for you, and you did not dance;  
we wailed, and you did not mourn.'

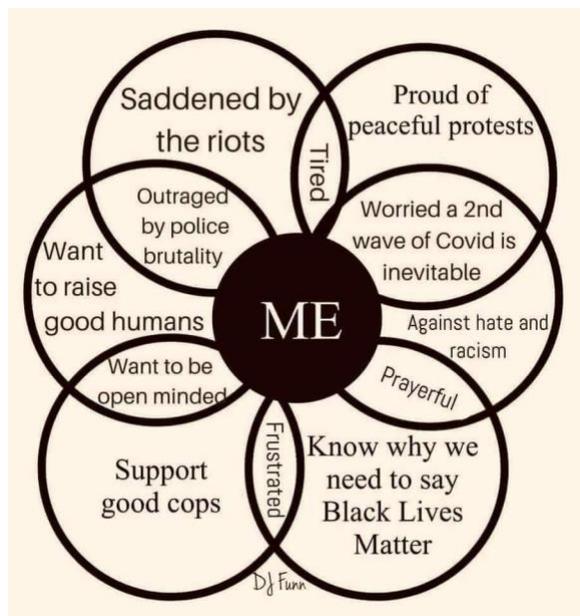
For John came neither eating nor drinking, and they say, 'He has a demon'; the Son of Man came eating and drinking, and they say, 'Look, a glutton and a drunkard, a friend of tax collectors and sinners!' Yet wisdom is vindicated by her deeds."

At that time Jesus said, "I thank you, Father, Lord of heaven and earth, because you have hidden these things from the wise and the intelligent and have revealed them to infants; yes, Father, for such was your gracious will. All things have been handed over to me by my Father; and no one knows the Son except the Father, and no one knows the Father except the Son and anyone to whom the Son chooses to reveal him.

"Come to me, all you that are weary and are carrying heavy burdens, and I will give you rest. Take my yoke upon you, and learn from me; for I am gentle and humble in heart, and you will find rest for your souls. For my yoke is easy, and my burden is light."

## Meditation

This message from Christ is a call to discipleship - the word 'learn' is from the same root as 'disciple' - to learn from the One who is gracious and gentle. Christ laments that the people of His generation are like unresponsive children; they are equally unresponsive to God's grace in either John or Jesus. Young children, infants, are presented as a model. In their openness, acceptance, questioning, and trust they are open to receive God's grace, as are those who are 'weary and heavy laden'.



Some of us have some pretty heavy burdens to carry in life. And the problem is that we often want to carry those burdens ourselves. Now, I don't know what the burdens are that each of us carries, but I do know that there are some that we just shouldn't carry alone. Christ tells us today is that we don't have to - Christ said, "Come to me, all you who are weary and burdened and I will give you rest." There is no reason for us to struggle with burdens that are too heavy for us. If we willingly turn to Christ, and are willing to ask for help, He will help us carry our burdens. NOTE: He does not promise to FIX them, but he does promise that the burdens will be light, and the yoke of those burdens will be easy. Remember - there is no burden too heavy for Christ.

One of my favorite songs is by JOSH GROBAN - "You Raise Me Up"

When I am down and, oh my soul, so weary;  
 When troubles come and my heart  
 burdened be;  
 Then, I am still and wait here in the silence,  
 Until you come and sit awhile with me.

You raise me up, so I can stand on  
 mountains;  
 You raise me up, to walk on stormy seas;  
 I am strong, when I am on your shoulders;  
 You raise me up... To more than I can be.

Children don't worry about the same things as adults and sometimes they can see the presence of God in their lives so much more clearly than we adults do. Sometimes, we try so hard to figure everything out ourselves that we forget to let God help us with our burdens. Amen. (The Rev. Patricia Lavery)

**Prayer:**

*Creator God,  
 you call us to love and serve you with body, mind, and spirit  
 through loving your creation and our sisters and brothers.  
 Open our hearts in compassion and receive these petitions  
 on behalf of the needs of the church and the world.*

Take a moment now for silent reflection. Think of the people and things that cause you worry or concern; think of the things for which you are grateful. Raise them up in prayer using the words our Savior Christ taught us:

**Our Father who art in heaven, hallowed by thy Name,  
thy kingdom come, thy will be done, on earth as it is in heaven.  
Give us this day our daily bread. And forgive us our trespasses,  
as we forgive those who trespass against us.  
And lead us not into temptation, but deliver us from evil.  
For thine is the kingdom, and the power, and the glory  
for ever and ever. Amen.**

**Grace:**

*Life-giving God,*

*heal our lives, that we may acknowledge your wonderful deeds and offer you thanks from  
generation to generation through Jesus Christ our Lord. Amen.*

Use your parish directory this week as a prayer tool. Pray for five or ten members by name each day. As the sheep know their master's voice, use your own to offer prayer for the members, staff, clergy, and volunteers of your own worship community.



National Cathedral, *Anchor and Cross*.

<http://diglib.library.vanderbilt.edu/act-imagelink.pl?RC=57549>

Each Sunday at 10 a.m., Bishop Sean and other leaders from WNY and NWPA will lead worship via the Zoom platform. Anyone can join the service via phone by calling **646-876-9923 use code 127 336 938**. Those wishing to join by instead of video can use this link: <https://zoom.us/j/127336938> If you are asked for a password, use **lakeerie**.

*Simple Prayer, Simple Praise* is produced for The Episcopal Dioceses of NWPA and WNY.  
By the Rev. Steve Lane and the Rev. Claudia Scheda, and guest contributors as noted.  
July 2020