

**Parishes of Stainton with Hemlington,  
Hilton and Brookfield  
1st August –  
9th Sunday after Trinity**

**WELCOME TO WORSHIP AT HOME**

**Thought for the day**

Food is a matter of life and death. When Jesus says 'I am the bread of life' it implies that He brings us life. All we are to do is believe in Jesus and we will be taken with him through death into fullness of life with God forever.

**COLLECT** *the special prayer for Trinity 9*

Almighty God,  
who sent your Holy Spirit  
to be the life and light of your Church:  
open our hearts to the riches of your  
grace, that we may bring forth the fruit of  
the Spirit in love and joy and peace;  
through Jesus Christ your Son our Lord,  
who is alive and reigns with you,  
in the unity of the Holy Spirit,  
one God, now and for ever. **Amen**

**A reading from the book of Exodus.  
16.2-4, 9-15**

The whole congregation of the Israelites complained against Moses and Aaron in the wilderness. The Israelites said to them, 'If only we had died by the hand of the LORD in the land of Egypt, when we sat by the fleshpots and ate our fill of bread; for you have brought us out into this wilderness to kill this whole assembly with hunger.'

Then the LORD said to Moses, 'I am going to rain bread from heaven for you,

and each day the people shall go out and gather enough for that day. In that way I will test them, whether they will follow my instruction or not.'

Then Moses said to Aaron, 'Say to the whole congregation of the Israelites, "Draw near to the LORD, for he has heard your complaining.'" And as Aaron spoke to the whole congregation of the Israelites, they looked toward the wilderness, and the glory of the LORD appeared in the cloud. The LORD spoke to Moses and said, 'I have heard the complaining of the Israelites; say to them, "At twilight you shall eat meat, and in the morning you shall have your fill of bread; then you shall know that I am the LORD your God.'"'

In the evening quails came up and covered the camp; and in the morning there was a layer of dew around the camp. When the layer of dew lifted, there on the surface of the wilderness was a fine flaky substance, as fine as frost on the ground. When the Israelites saw it, they said to one another, 'What is it?' For they did not know what it was. Moses said to them, 'It is the bread that the LORD has given you to eat.'

**Psalm 78.23-29**

**R The Lord gave them grain from heaven.**

23 The Lord commanded the clouds above and opened the doors of heaven.

24 He rained down manna upon them to eat and gave them grain from heaven.

25 So mortals ate the bread of angels; he provided for them food enough.

26 He caused the east wind to blow in the heavens. And he led out the south wind by his might.

27 He rained down flesh upon them like dust and winged birds like the sand of the sea.

28 He let it fall in the midst of their camp And round about their dwellings.

29 So they ate and were well filled, for he gave them what they craved. **The Lord gave them grain from heaven**

**A reading from the letter of Paul to the Ephesians. 4.1-16**

I, the prisoner in the Lord, beg you to lead a life worthy of the calling to which you have been called, with all humility and gentleness, with patience, bearing with one another in love, making every effort to maintain the unity of the Spirit in the bond of peace. There is one body and one Spirit, just as you were called to the one hope of your calling, one Lord, one faith, one baptism, one God and Father of all, who is above all and through all and in all. But each of us was given grace according to the measure of Christ's gift. Therefore it is said, 'When he ascended on high he made captivity itself a captive; he gave gifts to his people.'

(When it says, 'He ascended,' what does it mean but that he had also descended into the lower parts of the earth?

He who descended is the same one who ascended far above all the heavens, so that he might fill all things.)

The gifts he gave were that some would be apostles, some prophets, some evangelists, some pastors and teachers,

to equip the saints for the work of ministry, for building up the body of Christ, until all of us come to the unity of the faith and of the knowledge of the Son of God, to maturity, to the measure of the full stature of Christ. We must no longer be children, tossed to and fro and blown about by every wind of doctrine, by people's trickery, by their craftiness in deceitful scheming. But speaking the truth in love, we must grow up in every way into him who is the head, into Christ, from whom the whole body, joined and knit together by every ligament with which it is equipped, as each part is working properly, promotes the body's growth in building itself up in love.

**Hear the gospel of our Lord Jesus Christ according to John. 6.24-35**  
**Glory to you, O Lord**

When the crowd saw that neither Jesus nor his disciples were at the place where Jesus had given the bread, they themselves got into the boats and went to Capernaum looking for Jesus. When they found him on the other side of the lake, they said to him, 'Rabbi, when did you come here?' Jesus answered them, 'Very truly, I tell you, you are looking for me, not because you saw signs, but because you ate your fill of the loaves. Do not work for the food that perishes, but for the food that endures for eternal life, which the Son of Man will give you. For it is on him that God the Father has set his seal.' Then they said to him, 'What must we do to perform the works of God?' Jesus answered them,

'This is the work of God, that you believe in him whom he has sent.'  
So they said to him, 'What sign are you going to give us then, so that we may see it and believe you? What work are you performing? Our ancestors ate the manna in the wilderness; as it is written, "He gave them bread from heaven to eat."' Then Jesus said to them, 'Very truly, I tell you, it was not Moses who gave you the bread from heaven, but it is my Father who gives you the true bread from heaven. For the bread of God is that which comes down from heaven and gives life to the world.'

They said to him, 'Sir, give us this bread always.' Jesus said to them, 'I am the bread of life. Whoever comes to me will never be hungry, and whoever believes in me will never be thirsty.'

**Praise to you, O Christ**

**Prayers of Intercession**

Heavenly Father: Lord, you heard the prayers of your people in the wilderness and fed them bread from heaven despite their sin. Thank you for sending your Son, Our Lord Jesus Christ, to be the Bread of Life. May his words feed our souls with the knowledge of your caring love and forgive us when we stray.

Lord in your mercy: **hear our prayer.**

We pray for those whose daily need for healthy food, clean water and proper shelter go un-met. Stir the consciences of all who have more than sufficient of this world's riches, to share with those less fortunate.

Lord, in your mercy: **hear our prayer.**

Have mercy on those whose lives have been broken by addictions, violence or crime. Feed them with hope and a new life in Christ. Bless our brothers and sisters in prison and those who minister to them. Comfort the sick, the bereaved and sorrowing with your healing grace. Enfold the dying into the certainty of your resurrection and lead them into your nearer presence  
Lord, in your mercy: **hear our prayer.**

Merciful Father, Graciously hear us today and help us to accept the wonderful gift you offer, the Bread of Life and promise of everlasting life.

It is with thanksgiving that we worship you our Lord and Saviour Jesus Christ, who lives and reigns with you and the Holy Spirit, one God, now and forever.  
**Amen.**

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**"There are people in the world so hungry, that God cannot appear to them except in the form of bread." ~ Mahatma Gandhi**

**"When we break bread and give it to each other, fear vanishes and God becomes very close." - Henri Nouwen**