



Summer Sundays: 31st May 2026 to 5th July 2026

The Good Life

Lessons in Living Sabbath Everyday

Grace, mercy and peace from God our Father and the Lord Jesus Christ be with you
and also with you

Words of welcome and introduction to today's service may be shared

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

An opening hymn may be sung

The first reading

Let us acknowledge our many failures to keep this way of truth and life

A time of silence for reflection

Most merciful God, Father of our Lord Jesus Christ, we confess that we have sinned in thought, word and deed. We have not loved you with our whole heart. We have not loved our neighbours as ourselves. In your mercy forgive what we have been, help us to amend what we are, and direct what we shall be; that we may do justly, love mercy, and walk humbly with you, our God. Amen

May the Father of all mercies cleanse you from your sins, and restore you in his image to the praise and glory of his name, through Jesus Christ our Lord.

Amen

The collect of the day

A gradual hymn may be sung

Gospel reading for today

Today's reflection

The creed

Let us declare our faith in God, saying

We believe in God the Father, from whom every family in heaven and on earth is named. We believe in God the Son, who lives in our hearts through faith, and fills us with his love. We believe in God the Holy Spirit, who strengthens us with power from on high. We believe in one God; Father, Son and Holy Spirit. Amen.

Intercessions

The Peace

Sabbath-rest is promised for the people of God; for anyone who enters God's rest also rests from their works, just as God did from his, and Christ Jesus is Lord of the sabbath. The peace of the Lord be always with you.

And also with you.

The communion table is prepared, during which an offertory hymn may be sung

With this bread that we bring	we shall remember Jesus.
With this wine that we bring	we shall remember Jesus.
Gifts from God to his table we bring	we shall remember Jesus.
The Lord of the Sabbath is here	God's Spirit is with us.

Lift up your hearts	We lift them to the Lord.
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Let us give thanks to the Lord our God	It is right to give thanks and praise.
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It is right at all times and in all seasons to give you thanks and praise. Through Moses and the prophets you taught your people to remember the sabbath and to delight in your goodness. In your Son Jesus Christ you revealed the true purpose of the sabbath: to bring freedom to the burdened, healing to the broken, welcome to the outsider, and rest to the weary. And now, at his table, you gather us as one family, feed us with the bread of life, and give us a foretaste of the eternal sabbath of your kingdom. 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*:

either

**Holy, holy, holy, holy,
Lord of power, Lord of might
Heaven and earth are full of your glory:
sing hosanna evermore**

**Blest and holy, blest and holy,
he who comes from God on high.
Raise your voices, sing his glory,
praise his name for evermore.**

or

**Holy, holy, holy Lord,
God of power and might,
heaven and earth
are full of your glory.
Hosanna in the highest.**

**Blessed is he who comes
in the name of the Lord.
Hosanna in the highest.**

Accept our praises, heavenly Father, through your Son our Saviour Jesus Christ, and as we follow his example and obey his command, grant that by the power of your Holy Spirit these gifts of bread and wine may be to us his body and his blood; who in the same night that he was betrayed, took bread and gave 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. In the same way, after supper he took the cup and gave you thanks; he gave it to them, saying: Drink 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.

Great is the mystery of faith

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

Therefore, heavenly Father, we remember now his offering of himself made once for all upon the cross; we proclaim his mighty resurrection and glorious ascension; and as we look for the coming of your kingdom, we make with this bread and this cup the memorial of Christ your Son our Lord. Accept through him, our great high priest, this our sacrifice of thanks and praise, and as we eat and drink these holy gifts in the presence of your divine majesty, renew us by your Holy Spirit, inspire us with your love and unite us in the body of your Son, Jesus Christ our Lord. Through him, and with him, and in him, in the unity of the Holy Spirit, with all who stand before you in earth and heaven, we worship you, Father almighty, in songs of everlasting praise:

Blessing and honour and glory and power be yours for ever and ever. Amen!

contemporary language

**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.**

**Lead us not into temptation
but deliver us from evil.**

**For the kingdom,
the power, and the glory
are yours now and for ever. Amen**

traditional language

**Our Father, who art in heaven,
hallowed be thy name;
thy kingdom come;
thy will be done;
on earth as it is in heaven.**

Give us this day our daily bread.

**Forgive us our trespasses,
as we forgive those
who trespass against us.**

**Lead us not into temptation;
but deliver us from evil.**

**For thine is the kingdom,
the power and the glory,
for ever and ever. Amen**

The bread is broken

Holy God, holy and strong, holy and immortal
**give us the bread of everlasting life
and make us branches of the true vine. Amen**

People of God, people of life: we gather as a holy communion, for a meal that has been shared countless times, in countless places and in countless ways. The first time this meal was shared, Jesus promised that whenever the bread was broken and the wine poured, wherever the story was told around a table, he would be there. Today as we remember the story, as it's been told a thousand times over, we eat the bread, and we drink the wine; and we affirm that we all belong at this table, and that Jesus is here.

**This is a holy table, with food to fill a hungry world
and wine to quench our thirsty hearts. Amen**

Communion is shared

A hymn may be sung during communion

Prayers after Communion

Let us pray.

**Almighty God, we thank you for feeding us
with the body and blood of your Son Jesus Christ.
Through him we offer you
our souls and bodies to be a living sacrifice.
Send us out in the power of your Spirit
to live and work to your praise and glory. Amen.**

A final hymn may be sung

Notices are shared

Blessing and farewell

God of eternity
teach us to pause.
God of creation
teach us to wonder.
God of Sabbath
teach us to rest.
God of delight
teach us to play.
God of the poor
teach us to share in your work of liberation.
God of love
fill our lives with your perfect peace. Amen.

The blessing of God,
Creator, Redeemer and Sustainer,
shape you, restore you and uphold you
now and forever.
Amen.

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

