**Morning Prayer on The First Sunday after Trinity**

Sunday 22 June 2025 at 9.30 (call in from 9.15)

Join Zoom Meeting

https://us02web.zoom.us/j/85649430168?pwd=QzFzNytXM01TQTc5cTROaHc2aElvZz09

Meeting ID: 856 4943 0168

Passcode: 336782

**Telephone instructions:**

\* Dial: 0131 460 1196  
  
\* You are then welcomed to Zoom and asked to type in the meeting ID ie. 856 4943 0168  
  
\* If the next instruction is to add your personal ID just press # to ignore  
  
\* When passcode requested type numbers i.e. 336782 plus #.  
  
\* At this point you should be admitted to the call.****

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**Preparation**

In the name of the living God,

Father, Son and Holy Spirit.

*All* **Amen.**

O Lord, open our lips

*All* **and our mouth shall proclaim your praise.**

Blessed are you, Sovereign God, creator of all,

to you be glory and praise for ever.

You founded the earth in the beginning

and the heavens are the work of your hands.

In the fullness of time you made us in your image,

and in these last days you have spoken to us

in your Son Jesus Christ, the Word made flesh.

As we rejoice in the gift of your presence among us,

let the light of your love always shine in our hearts,

your Spirit ever renew our lives

and your praises ever be on our lips.

Blessed be God, Father, Son and Holy Spirit.

*All* **Blessed be God for ever.**

The night has passed, and the day lies open before us;

let us pray with one heart and mind.

As we rejoice in the gift of this new day,

so may the light of your presence, O God,

set our hearts on fire with love for you;

now and for ever.

*All* **Amen.**

### A prayer of confession

For the times when we’re frightened to walk with Jesus,  
because we don’t know where he’ll lead us,  
forgive us, God,  
who always changes lives for the better.  
For the times, when we are frightened to stay put  
and just want to escape,  
forgive us, God…  
For the times, when we’re puzzled by the  
actions of Jesus or others,  
forgive us, God…  
Loving God, you comfort the afflicted and afflict the comfortable;  
forgive us and take away our fear and our complacency.  
**Amen.**

### Assurance of forgiveness

The Lord God, who commands all the unclean spirits  
to come out,  
has made us all one in Christ Jesus.  
We are free indeed. Hallelujah!  
We are heirs according to his promise.  
We are free indeed. Hallelujah!  
Jesus freed the man from the demons.  
How much more can he make us free from our sins.  
We are free indeed. Hallelujah!

Amen

**The Word of God**

First Reading: Galatians 3: 23-29

**23**Before the coming of this faith,[[j](https://www.biblegateway.com/passage/?search=Galations%203&version=NIV#fen-NIV-29126j)] we were held in custody under the law, locked up until the faith that was to come would be revealed. **24**So the law was our guardian until Christ came that we might be justified by faith. **25**Now that this faith has come, we are no longer under a guardian.

**26**So in Christ Jesus you are all children of God through faith, **27**for all of you who were baptized into Christ have clothed yourselves with Christ. **28**There is neither Jew nor Gentile, neither slave nor free, nor is there male and female, for you are all one in Christ Jesus. **29**If you belong to Christ, then you are Abraham’s seed, and heirs according to the promise.

This is the word of the Lord.

*All*  **Thanks be to God.**

Psalmody Psalm 42

**1**As the deer pants for streams of water,  
    so my soul pants for you, my God.  
**2**My soul thirsts for God, for the living God.  
    When can I go and meet with God?  
**3**My tears have been my food  
    day and night,  
while people say to me all day long,  
    “Where is your God?”  
**4**These things I remember  
    as I pour out my soul:  
how I used to go to the house of God  
    under the protection of the Mighty One[[d](https://www.biblegateway.com/passage/?search=psalm%2042&version=NIV#fen-NIV-14560d)]  
with shouts of joy and praise  
    among the festive throng.

**5**Why, my soul, are you downcast?  
    Why so disturbed within me?  
Put your hope in God,  
    for I will yet praise him,  
    my Saviour and my God.

**6**My soul is downcast within me;  
    therefore I will remember you  
from the land of the Jordan,  
    the heights of Hermon—from Mount Mizar.  
**7**Deep calls to deep  
    in the roar of your waterfalls;  
all your waves and breakers  
    have swept over me.

**8**By day the Lord directs his love,  
    at night his song is with me—  
    a prayer to the God of my life.

**9**I say to God my Rock,  
    “Why have you forgotten me?  
Why must I go about mourning,  
    oppressed by the enemy?”  
**10**My bones suffer mortal agony  
    as my foes taunt me,  
saying to me all day long,  
    “Where is your God?”

**11**Why, my soul, are you downcast?  
    Why so disturbed within me?  
Put your hope in God,  
    for I will yet praise him,  
    my Saviour and my God.

*All* **Glory to the Father and to the Son**

**and to the Holy Spirit;**

**as it was in the beginning,**

**is now, and shall be for ever. Amen.**

Second Reading: Luke 8: 26-39

**26**They sailed to the region of the Gerasenes, which is across the lake from Galilee. **27**When Jesus stepped ashore, he was met by a demon-possessed man from the town. For a long time this man had not worn clothes or lived in a house, but had lived in the tombs. **28**When he saw Jesus, he cried out and fell at his feet, shouting at the top of his voice, “What do you want with me, Jesus, Son of the Most High God? I beg you, don’t torture me!” **29**For Jesus had commanded the impure spirit to come out of the man. Many times it had seized him, and though he was chained hand and foot and kept under guard, he had broken his chains and had been driven by the demon into solitary places.

**30**Jesus asked him, “What is your name?”

“Legion,” he replied, because many demons had gone into him. **31**And they begged Jesus repeatedly not to order them to go into the Abyss.

**32**A large herd of pigs was feeding there on the hillside. The demons begged Jesus to let them go into the pigs, and he gave them permission. **33**When the demons came out of the man, they went into the pigs, and the herd rushed down the steep bank into the lake and was drowned.

**34**When those tending the pigs saw what had happened, they ran off and reported this in the town and countryside, **35**and the people went out to see what had happened. When they came to Jesus, they found the man from whom the demons had gone out, sitting at Jesus’ feet, dressed and in his right mind; and they were afraid. **36**Those who had seen it told the people how the demon-possessed man had been cured. **37**Then all the people of the region of the Gerasenes asked Jesus to leave them, because they were overcome with fear. So he got into the boat and left.

**38**The man from whom the demons had gone out begged to go with him, but Jesus sent him away, saying, **39**“Return home and tell how much God has done for you.” So the man went away and told all over town how much Jesus had done for him.

This is the word of the Lord.

*All*  **Thanks be to God**

*We pause to reflect on the readings before turning to prayer.*

**Hands holding up a cross

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**Prayers of intercession**

Lord, we are all one in you

Lord Jesus, as we reflect on our Bible reading today, remembering that we are all one in Christ, we think about what this means. In our individual congregations, we pray for the humility to remember always that we are all equal in your sight. Nothing makes one of us any better than our neighbour.  
**Response: Lord, we are all one in you.**

We pray for the many branches of your Church, worshipping you in different ways; may there be a spirit of unity among us, for we serve the same God.  
**Response: Lord, we are all one in you.**

We are only human, Lord, and we often make divisions of the differences between us, building barriers where none should exist. We pray that you will help us all to change for the better, to build bridges and recognise the equal validity of each one of us.  
**Response: Lord, we are all one in you.**

**Amen**

Heavenly Father, we bring before you the worsening situation in the cradle of our faith, the Middle East, where nations and religions continue to collide and bring devastation to so many. We pray for all those caught up in the conflict through no choice of their own; for innocent civilians losing loved ones, homes and livelihoods. We pray for peace, in the Middle East and Ukraine, and wherever else in the world war is being waged as we speak; please influence the hearts and minds of leaders of nations, to work for an end to warfare, and a lasting peace.

Lord, we think of the wild weather which has battered some of our communities recently, and the soaring temperatures of this week which are not good news for the frail and vulnerable, and we pray for our planet as we face the consequences of climate change. May each one of us as individuals continue to think about how we live, and what we might do to help save the wonderful world you have given us. Lord, please guide world leaders to make decisions that will give long-term protection to the many rather than short-term profits for the few.

Lord, we pray for all those known to us who are sick in body, mind, or both, whether they are at home or in hospital;(Prayer list) we pray for your healing touch to be upon them. We pray also for the newly bereaved, (Prayer list) that you will give them strength in their journey of grieving; may they feel your loving presence and know that they are never alone. For ourselves we pray also, that whatever our troubles may be, we will be able to cast them on you, for you are our companion on the way.

**Amen**

Collect for the First Sunday after Trinity

O God,

the strength of all those who put their trust in you,

mercifully accept our prayers

and, because through the weakness of our mortal nature

we can do no good thing without you,

grant us the help of your grace,

that in the keeping of your commandments

we may please you both in will and deed;

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.

*All* **Amen.**

The Lord’s Prayer

As our Saviour taught us, so we pray

*All* **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.**

Blessing

The love of the Lord Jesus draw us to himself;

the power of the Lord Jesus strengthen us in his service;

the joy of the Lord Jesus fill our hearts;

and the blessing of God almighty,

the Father, the Son, and the Holy Spirit,

be among us and remain with us

and those whom we love and pray for

today and always.

*All* **Amen.**

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**What’s on ….**

**Steph Update**

Please continue to pray for Steph and her family. We heard the wonderful news that Steph had come through major surgery on Tuesday and the tumours have been removed. She is in some discomfort but is in good spirits. No visitors please.

**Exe Valley Community Lunches**

The next lunch is at Calverleigh Court on July 10th from 12.30pm. Please let the church office know if you will be joining us and if you need transport.

**Prayer Chain**

The Exe Valley Mission Community are starting a telephone prayer chain. If you like to be included for prayer or know someone who would like to be included, please contact the church office 01884 250417. Only first initials will be used on the prayer chain to ensure total confidentiality.

**Contacting Church Office**

Monday, Wednesday and Friday 10.00am -12 noon

Email: [office@exevalleymissioncommunity.org](mailto:office@exevalleymissioncommunity.org)

Tel: 01884 250417 or 07733949295

**Giving to the Exe Valley Mission Community**

If you would like to make a contribution to the work of The Exe Valley Mission Community please make a gift using the Exe Valley Group of Churches BACS details. Please use the reference EVMC Services.

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