

5th Sunday after Trinity — Sunday 9th July 2023
COLLECT, READINGS AND POST COMMUNION PRAYER

THE COLLECT

Almighty and everlasting God,
by whose Spirit the whole body of the Church is
governed and sanctified: hear our prayer which
we offer for all your faithful people, that in their
vocation and ministry they may serve you in
holiness and truth to the glory of your name;
through our Lord and Saviour Jesus Christ, who
is alive and reigns with you, in the unity of the
Holy Spirit, one God, now and for ever.

1st READING: Zechariah 9:9-12

⁹ Rejoice greatly, O daughter Zion!
Shout aloud, O daughter Jerusalem!
Lo, your king comes to you;
triumphant and victorious is he,
humble and riding on a donkey,
on a colt, the foal of a donkey.
¹⁰ He will cut off the chariot from Ephraim
and the warhorse from Jerusalem;
and the battle-bow shall be cut off,
and he shall command peace to the nations;
his dominion shall be from sea to sea,
and from the River to the ends of the earth.
¹¹ As for you also, because of the blood of my
covenant with you, I will set your prisoners free
from the waterless pit.
¹² Return to your stronghold, O prisoners of hope;
today I declare that I will restore to you double.

2nd READING: Romans 7:15-25a

¹⁵ I do not understand my own actions. For I do
not do what I want, but I do the very thing I
hate. ¹⁶ Now if I do what I do not want, I agree that
the law is good. ¹⁷ But in fact it is no longer I that
do it, but sin that dwells within me. ¹⁸ For I know
that nothing good dwells within me, that is, in my
flesh. I can will what is right, but I cannot do
it. ¹⁹ For I do not do the good I want, but the evil I
do not want is what I do. ²⁰ Now if I do what I do
not want, it is no longer I that do it, but sin that
dwells within me.
²¹ So I find it to be a law that when I want to do
what is good, evil lies close at hand. ²² For I delight
in the law of God in my inmost self, ²³ but I see in
my members another law at war with the law of

my mind, making me captive to the law of sin that
dwells in my members. ²⁴ Wretched man that I
am! Who will rescue me from this body of
death? ²⁵ Thanks be to God through Jesus Christ
our Lord!

THE GOSPEL: Matthew 11:16-19, 25-end

¹⁶ Jesus said to the crowd 'But to what will I
compare this generation? It is like children
sitting in the market-places and calling to one
another,

¹⁷ *"We played the flute for you, and you did
not dance;
we wailed, and you did not mourn."*

¹⁸ For John came neither eating nor drinking,
and they say, "He has a demon"; ¹⁹ 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.'

²⁵ 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; ²⁶ yes, Father, for such was your
gracious will. ²⁷ 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.

²⁸ 'Come to me, all you that are weary and are
carrying heavy burdens, and I will give you
rest. ²⁹ 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. ³⁰ For my yoke
is easy, and my burden is light.'

THE POST COMMUNION PRAYER

Grant, O Lord, we beseech you, that the course
of this world may be so peaceably ordered by
your governance, that your Church may joyfully
serve you in all godly quietness;
through Jesus Christ our Lord.