

## Sunday 19 June – First Sunday after Trinity

### The Collect

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.  
Amen.

### Old Testament Reading: 1 Kings 19:1-15a

<sup>1</sup>Ahab told Jezebel all that Elijah had done, and how he had killed all the prophets with the sword. <sup>2</sup>Then Jezebel sent a messenger to Elijah, saying, 'So may the gods do to me, and more also, if I do not make your life like the life of one of them by this time tomorrow.' <sup>3</sup>Then he was afraid; he got up and fled for his life, and came to Beer-sheba, which belongs to Judah; he left his servant there.

<sup>4</sup>But he himself went a day's journey into the wilderness, and came and sat down under a solitary broom tree. He asked that he might die: 'It is enough; now, O LORD, take away my life, for I am no better than my ancestors.' <sup>5</sup>Then he lay down under the broom tree and fell asleep. Suddenly an angel touched him and said to him, 'Get up and eat.' <sup>6</sup>He looked, and there at his head was a cake baked on hot stones, and a jar of water. He ate and drank, and lay down again. <sup>7</sup>The angel of the LORD came a second time, touched him, and said, 'Get up and eat, otherwise the journey will be too much for you.' <sup>8</sup>He got up, and ate and drank; then he went in the strength of that food forty days and forty nights to Horeb the mount of God. <sup>9</sup>At that place he came to a cave, and spent the night there.

Then the word of the LORD came to him, saying, 'What are you doing here, Elijah?' <sup>10</sup>He answered, 'I have been very zealous for the LORD, the God of hosts; for the Israelites have forsaken your covenant, thrown down your altars,

and killed your prophets with the sword. I alone am left, and they are seeking my life, to take it away.'

<sup>11</sup>He said, 'Go out and stand on the mountain before the LORD, for the LORD is about to pass by.' Now there was a great wind, so strong that it was splitting mountains and breaking rocks in pieces before the LORD, but the LORD was not in the wind; and after the wind an earthquake, but the LORD was not in the earthquake; <sup>12</sup>and after the earthquake a fire, but the LORD was not in the fire; and after the fire a sound of sheer silence. <sup>13</sup>When Elijah heard it, he wrapped his face in his mantle and went out and stood at the entrance of the cave. Then there came a voice to him that said, 'What are you doing here, Elijah?' <sup>14</sup>He answered, 'I have been very zealous for the LORD, the God of hosts; for the Israelites have forsaken your covenant, thrown down your altars, and killed your prophets with the sword. I alone am left, and they are seeking my life, to take it away.' <sup>15</sup>Then the LORD said to him, 'Go, return on your way to the wilderness of Damascus; when you arrive, you shall anoint Hazael as king over Aram.'

### **Psalms 42 & 43**

As the deer longs for the water brooks, \*so longs my soul for you, O God.

My soul is athirst for God, even for the living God; \*  
when shall I come before the presence of God?

My tears have been my bread day and night, \*  
while all day long they say to me, 'Where is now your God?'

Now when I think on these things, I pour out my soul: \*  
how I went with the multitude and led the procession to the house of God,

With the voice of praise and thanksgiving, \*among those who kept holy day.

Why are you so full of heaviness, O my soul, \*  
and why are you so disquieted within me?

O put your trust in God; \*  
for I will yet give him thanks, who is the help of my countenance, and my God.

8My soul is heavy within me; \*therefore I will remember you from the land of Jordan,

and from Hermon and the hill of Mizar.

Deep calls to deep in the thunder of your waterfalls; \*  
all your breakers and waves have gone over me.  
The Lord will grant his loving-kindness in the daytime; \*  
through the night his song will be with me, a prayer to the God of my life.

I say to God my rock, 'Why have you forgotten me? \*  
and why go I so heavily, while the enemy oppresses me?'

As they crush my bones, my enemies mock me; \*  
while all day long they say to me, 'Where is now your God?'

Why are you so full of heaviness, O my soul? \*  
and why are you so disquieted within me?

O put your trust in God; \*  
for I will yet give him thanks, who is the help of my countenance, and my God.

Give judgement for me, O God, and defend my cause against an ungodly  
people; \*  
deliver me from the deceitful and the wicked.

For you are the God of my refuge; why have you cast me from you, \*  
and why go I so heavily, while the enemy oppresses me?

O send out your light and your truth, that they may lead me, \*  
and bring me to your holy hill and to your dwelling,

That I may go to the altar of God, to the God of my joy and gladness; \*  
and on the lyre I will give thanks to you, O God my God.

Why are you so full of heaviness, O my soul, \*  
and why are you so disquieted within me?

O put your trust in God; \*  
for I will yet give him thanks, who is the help of my countenance, and my God.

**New Testament Reading: Galatians 3:23-29**

Before faith in Jesus Christ came, we were held prisoners by the law, locked up until faith should be revealed. So the law was put in charge to lead us to Christ that we might be justified by faith. Now that faith has come, we are no longer under the supervision of the law.

You are all sons of God through faith in Christ Jesus, for all of you who were baptised into Christ have clothed yourselves with Christ. There is neither Jew nor Greek, slave nor free, male nor female, for you are all one in Christ Jesus. If you belong to Christ, then you are Abraham's seed, and heirs according to the promise.

### **Gospel: Luke 8:26-39**

<sup>26</sup>Jesus and his disciples arrived at the country of the Gerasenes, which is opposite Galilee. <sup>27</sup>As he stepped out on land, a man of the city who had demons met him. For a long time he had worn no clothes, and he did not live in a house but in the tombs. <sup>28</sup>When he saw Jesus, he fell down before him and shouted at the top of his voice, 'What have you to do with me, Jesus, Son of the Most High God? I beg you, do not torment me' – <sup>29</sup>for Jesus had commanded the unclean spirit to come out of the man. (For many times it had seized him; he was kept under guard and bound with chains and shackles, but he would break the bonds and be driven by the demon into the wilds.) <sup>30</sup>Jesus then asked him, 'What is your name?' He said, 'Legion'; for many demons had entered him. <sup>31</sup>They begged him not to order them to go back into the abyss.

<sup>32</sup>Now there on the hillside a large herd of swine was feeding; and the demons begged Jesus to let them enter these. So he gave them permission. <sup>33</sup>Then the demons came out of the man and entered the swine, and the herd rushed down the steep bank into the lake and was drowned.

<sup>34</sup>When the swineherds saw what had happened, they ran off and told it in the city and in the country. <sup>35</sup>Then people came out to see what had happened, and when they came to Jesus, they found the man from whom the demons had gone sitting at the feet of Jesus, clothed and in his right mind. And they were afraid. <sup>36</sup>Those who had seen it told them how the one who had been possessed by demons had been healed. <sup>37</sup>Then all the people of the surrounding country of the Gerasenes asked Jesus to leave them; for they were seized with great fear. So he got into the boat and returned. <sup>38</sup>The man from whom the demons had gone begged that he might be with him; but Jesus sent him away, saying, <sup>39</sup>'Return to your home, and declare how much God has done for you.' So he went away, proclaiming throughout the city how much Jesus had done for him.