

W@H 31st May 2026

Introduction

Hello, my name is Helen Watson and I'm a Methodist Local Preacher in the Berkshire and Hampshire Borders Circuit. I'm very pleased to be with you today on Trinity Sunday.

Call to Worship²

Risen Jesus, you are alive and you are here.

Speak to us again and equip us to do your will and speak your Word that we might continue the mission you gave your first disciples.

Amen

Hymn **STF28 Jesus calls us here to meet him**

STF 28

- | | |
|---|--|
| <p>1 Jesus calls us here to meet him
as, through word and song and
prayer,
we affirm God's promised presence
where his people live and care.
Praise the God who keeps his
promise ;
praise the Son who calls us friends ;
praise the Spirit who, among us,
to our hopes and fears attends.</p> <p>2 Jesus calls us to confess him
Word of life and Lord of all,
sharer of our flesh and frailness,
saving all who fail or fall.
Tell his holy human story ;
tell his tales that all may hear ;
tell the world that Christ in glory
came to earth to meet us here.</p> | <p>3 Jesus calls us to each other,
vastly different though we are ;
creed and colour, class and gender
neither limit nor debar.
Join the hand of friend and stranger ;
join the hands of age and youth ;
join the faithful and the doubter
in their common search for truth.</p> <p>4 Jesus calls us to his table
rooted firm in time and space,
where the Church in earth and
heaven
finds a common meeting place.
Share the bread and wine, his body ;
share the love of which we sing ;
share the feast for saints and sinners
hosted by our Lord and King.</p> |
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John L. Bell (*b.* 1949) and Graham Maule (*b.* 1958)

Verse 4 may be omitted when Holy Communion is not being celebrated.

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<www.wgrg.co.uk>

Prayer³ and Lords Prayer

In the mystery of things, Creator God, you made the planet.

Rock upon layer of rock, to be weathered and planted, to become a place for living.

In the mystery of human life, Parent God, you made us, flesh and blood and spirit and bone,
image of yourself, all people, for loving.

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In the mystery of your unconditional love, Redeemer God, you came in Jesus, flesh of our flesh, bone of our bone, to buy us back from captivity,
Back to our true belonging together, children of heaven, living and loving here on earth.

So here in this sacred place, a place of celebration, of struggle and of safety, we rest;
content or cautious, to know your presence, to hear your word, sense your spirit welcoming
us and waiting, once again.

And if, in the quiet, there come to mind the broken or the wounded bits of our lives, and of
our world, help us to name some of them now, and as you shared our deepest sufferings so
may the glue of your transforming grace be for us and for our world a mending, once again.

And if in this place, it will come to pass once again, or perhaps for the very first time, that
your Spirit will touch ours – then in your mercy turn us to face you in ourselves, our world,
our neighbour, and send us out from here, your companion on the way.

We pray in Jesus name,

Amen.

We say together the Lord's prayer.

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 today our daily bread, and forgive us our trespasses,

As we forgive those who trespass against us.

And 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.

Reading Matthew 28: 16 – 20

The Great Commission¹

Then the 11 disciples went to Galilee. They went to the mountain where Jesus had told
them to go. When they saw him, they worshipped him. But some still had their doubts.
Then Jesus came to them.

He said, "All authority in heaven and on earth has been given to me. So you must go and
make disciples of all nations. Baptize them in the name of the Father and of the Son and of
the Holy Spirit. Teach them to obey everything I have commanded you. And you can be sure
that I am always with you, to the very end."

Reflection²

Have you ever had to send someone you care about off on a new adventure? Maybe a child
who is starting a new school, going to university or taking a trip by themselves for the first
time, or it could be seeing a spouse or close friend feel nervous as they start a new job.

Or maybe you can remember a time when you had to go somewhere or do something that
you'd never done before. How did you feel – excited, nervous or anxious?

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In Matthew 28, Jesus is sending his disciples out. He loves them. and he can send them out with confidence because he's spent three years teaching and guiding them so they will be ready for this mission. His parting instructions to 'go', 'make disciples' and 'baptise and teach' aren't stand-alone items on a checklist for the disciples. There is so much more to each of these actions, and the disciples understand what is required of them because they have been shown what to do – they have participated in Jesus' work and have been given opportunities to try it out and learn for themselves.

After all we don't wave off our children as they go to university and say, 'remember to cook dinner for yourself', expecting them to teach themselves how to cook when they arrive. Hopefully, we have given them opportunities to learn some cooking skills at home, and they will have had some practice before they are fully responsible for this aspect of their lives.

Jesus is commissioning his disciples at this point. They have been shown how to do all the things he is asking of them. It might feel like a big next step to be without him by their side, but he knows they are ready and can do it.

However, Jesus has an advantage over parents or friends sending off loved ones. He can assure them, 'I am with you always', knowing that they will be filled with the Holy Spirit and able to know his presence wherever they go.

Jesus sent them out – and he sends us out too. We may be anxious or nervous, but as well as sending us out, Jesus is able to promise to be with us through the gift of the Holy Spirit, to the end of the age. What a wonderful and reassuring gift that is.

And a short prayer:

Loving God, you have sent us out to help others learn about you.

Help us to be brave in sharing what you have taught us

and remind us that you are with us, wherever we are and whoever we're with.

May we continue the work you gave to your disciples

and know you besides us, as they did.

Amen

Hymn STF477 Teach me to dance to the beat of your heart

Teach me to dance to the beat of your heart,

teach me to move in the power of your Spirit,

teach me to walk in the light of your presence,

teach me to dance to the beat of your heart.

Teach me to love with your heart of compassion,

teach me to trust in the word of your promise,

teach me to hope in the day of your coming,

teach me to dance to the beat of your heart.

1 You wrote the rhythm of life,
created heaven and earth ;
in you is joy without measure.
So, like a child in your sight,
I dance to see your delight,
for I was made for your pleasure,
pleasure.

2 Let all my movements express
a heart that loves to say 'yes,'
a will that leaps to obey you.
Let all my energy blaze
to see the joy in your face,
let my whole being praise you,
praise you.

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Graham Kendrick (b. 1950) and Steve Thompson

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Prayers of Intercession⁴

There is a response in these prayers. When I say 'Lord in your mercy' , I invite you to respond with '**hear our prayer**'

Gracious God, whose Spirit helps us in our weakness and guides us in our prayers, we bring our prayers for ourselves and for our world.

We pray for the church throughout the world.

Renew its life and faith, strengthen its witness and make us one in Christ.

Grant that we and all who confess that Christ is Lord, may be faithful in your service and filled with the Spirit.

Lord in your mercy

Hear our prayer

Guide the nations in the ways of justice, liberty and peace and help them to seek the unity and welfare of all people.

Bring peace with honour to the places where there is fighting, killing and strife.

Give to all in authority wisdom to know and strength to do what is right.

Lord in your mercy

Hear our prayer

Comfort those in sorrow, heal the sick in body or in mind and deliver the oppressed.

We particularly remember those dear to us who need healing and comfort.

Grant us compassion for all who suffer and help us so to carry one another's burdens that we may fulfil the law of Christ.

Lord in your mercy

Hear our prayer

Receive our thanks and praise for all who have served you faithfully here on earth, especially those who have revealed to us your grace in Christ.

May we and all your people share the life and joy of your Kingdom.

Through Jesus Christ our Lord.

Amen

Hymn STF82 O Lord my God, when I in awesome wonder consider all the works thy hand has made

1 O Lord, my God, when I in awesome wonder
consider all the works thy hand hath made,
I see the stars, I hear the mighty thunder,
thy power throughout the universe displayed :
*Then sings my soul, my Saviour God, to thee :
how great thou art, how great thou art !*
*Then sings my soul, my Saviour God, to thee :
how great thou art, how great thou art !*

2 When through the woods and forest glades I wander
and hear the birds sing sweetly in the

trees ;
when I look down from lofty mountain grandeur,
and hear the brook, and feel the gentle breeze :
3 And when I think that God, his Son not sparing,
sent him to die, I scarce can take it in that on the cross, my burden gladly bearing,
he bled and died to take away my sin :
4 When Christ shall come with shout of acclamation
and take me home — what joy shall fill my heart ;
then shall I bow in humble adoration,
and there proclaim : my God, how great thou art

Stuart K. Hine (1899–1989)
vv. 1, 2, 4 based on *O store Gud* 1885 by
Carl Gustaf Boberg (1859–1940)

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Blessing

May the blessing of God, Father, Son and Holy Spirit, be with us and with those we love now and forever.

Amen

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