



## Surf Coast Uniting Churches

Sunday 5<sup>th</sup> July 2026



Nesting - T. Lyndon

### Welcome

Today we enter our Winter Sabbath. A time of nesting, going slower, and deeper with our faith. It is a time of rest where we can experience union with God in our own warm homes. It's not about doing nothing. It's about arriving at the fullness of life in the kingdom of God and enjoying resting in God's presence, through meals with loved ones or quiet worship or reading or reflection and prayer.

### Acknowledgement

This land is God's land and God's Spirit dwells here.  
 We acknowledge the Wadawurrung people,  
 traditional custodians of this land under God.  
 We commit ourselves again to working for reconciliation in this land.

### Call to Worship

Let us worship God  
**With all our heart and soul and mind**

### Prayer

Joan Bel Geddes, The Way of Healing, Compiled by Lyn Klug © 1999 Lion Publishing Oxford  
[www.lion-publishing.co.uk](http://www.lion-publishing.co.uk)

God, teach me to let my soul rest, to still my worries and doubts,  
 to stop my constant clatter of questions and protests.  
 Let me come to you sometimes and just sit quietly,  
 like a mother smiling at her sleeping baby and  
 listening to its soft breathing...  
 or like a small child intent on hearing a kitten's purr or a little birds chirp  
 or as if I were trying to hear a soft breeze moving across a pond,

a leaf dropping onto the grass.....  
 Let me learn to wait patiently and trustingly for you  
 to make things clearer to me.  
 Teach me to be as calm as a lake after sundown  
 as trusting as a baby in its mother's lap.  
 Teach me to grow gradually, unprotestingly, like a flower....  
 to go unresistingly wherever you send me,  
 like airborne seed obeying the breeze.  
 Teach me to turn towards you,  
 The very essence of love and life,  
 The cause of love and life  
 The nourisher of love and life  
 The purpose of love and life  
 The way leaves keep turning towards the life-giving sun.

### **Confession.**

An invitation to be still and slow down



T. Lyndon

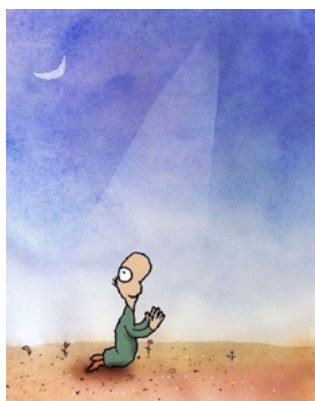
We are invited to sit quietly before God and bring to God all that's on our hearts, asking for a fresh start, a new beginning, forgiveness for hurting others, release from burdens, the grace to forgive others and receive forgiveness from others.

### *Silence*

Hear then Jesus Christ's words of grace to you

"Your sins are forgiven"

**Thanks be to God**



Leunig, used with permission

### Matthew 11:25-30

11:25 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; 11:26 yes, Father, for such was your gracious will.

11:27 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.

11:28 "Come to me, all you who are weary and are carrying heavy burdens, and I will give you rest.

11:29 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.

11:30 For my yoke is easy, and my burden is light."

### Hymn- 129 Amazing Grace

Amazing grace (how sweet the sound)  
that saved a wretch like me!  
I once was lost, but now am found,  
was blind, but now I see.

As grace first taught my heart to fear  
so grace my fears relieved;  
how precious did that grace appear  
the hour I first believed!

Through many dangers, toils and snares  
I have already come:  
God's grace has brought me safe thus far,  
and grace will lead me home.

The Lord has promised good to me,  
his word my hope secures;  
he will my shield and portion be  
as long as life endures.

John Newton 1725-1807 *alt.*

## Sermon

*In the name of the Father, the Son and the Holy Spirit, amen.*



Gáspár, Péter. Memorial to the Persecuted - Bearing a Heavy Weight Together, from **Art in the Christian Tradition**, a project of the Vanderbilt Divinity Library, Nashville, TN. <https://diglib.library.vanderbilt.edu/act-imagelink.pl?RC=55479> [retrieved July 4, 2026]. Original source: <http://commons.wikimedia.org/wiki/File:Kom%C3%A1rom554.JPG>.

God has handed over all things in heaven and earth to Jesus, who prays to God with thanks and reverence. He sets an example of how to pray to God and reveals God to us, but it depends on us becoming like a child, dependant on God, trusting and open hearted, and humble and gentle like him.

He invites us to come to him when we are weary. I wonder what makes us weary?

Perhaps its everyday life today in a society that demands we keep pace with machines.

Sometimes there is no place to pull over on the highways of life. There is so much technological stimulation, TV's, computers, electrical appliances, mobile phone. It seems like we're tethered to technology and must travel at the pace of technology, rather than nature.

When we drive our cars, there is always that one person driving behind us, trying to aggressively force us to go faster, where we can feel afraid for our safety. There is nowhere to pull over, to get away from them.

At times we may feel overstimulated and stressed and have problems sleeping. Perhaps we long to travel at the pace of nature, our natural pace.

Jesus invites those carrying heavy burdens to come to him and he will give us rest. Perhaps some of us are carrying heavy burdens. We may have been hurt in the past by someone or an organisation and we can't let go of our feelings of hurt and we've been carrying them for years. We don't know who to talk to about how we feel and are afraid of conflict. We may want to maintain peace. If it's been someone in the church whose hurt us, it's more painful and disappointing.

Yet, when you think about the church and the people who belong to it, values such as inclusion, acceptance, compassion and caring are central to who we are as God's people. From the beginning the church has been one of the only places where all are welcome, the

lonely, the hurting and angry, the broken and marginalised, the unwanted, the unacceptable, the disabled, those with diseases and illnesses and those who suffer from deep wounds, all those who are seeking healing from Jesus. The people Jesus came for.

Jesus proclaimed his mission statement to the people of his own kin and village and they cast him out. His mission statement is found in Luke 4:18.

The Spirit of the Lord is upon me,  
because he has anointed me  
to bring good news to the poor.  
He has sent me to proclaim release to the captives  
and recovery of sight to the blind,  
to set free those who are oppressed.

The church is the body of Christ. If one member is burdened all are burdened. Spend a moment pondering on the image of a group of people carrying a heavy block of concrete on their backs. Who will remove their burden?

People come to the church to be made whole, to be forgiven and to be healed. It needs to be a safe place for all, even those who belong and hurt us. Give them to Jesus and pray for them. It is not our role to judge. Jesus is our judge. He knows our hearts and struggles. He told us he did not come to condemn, but to forgive and set free. The people of God are not perfect. No one is perfect.

We know in our hearts we all loved by God. There are no favourites with God. We need to be compassionate and try and stand in another's shoes. Try and understand, observe and pray for others. Our role is to put them into Jesus hands.

Our role is to love God with all our being and others as ourselves. This is not a burden. This is the easy yoke Jesus offers us.

A burden is holding onto something from the past that saps our energy, and stops us from having healthy, life-giving, happy relationships with God and one another. If we hold onto old grudges and resentments, it can sap away all our joy and fester in our heart, until we become an angry resentful person, who hurts others. There is no joy in this for anyone.

Jesus invites us to bring our burdens to him, and he will take them from us. He will set us free to see the wonderful life all around us which is waiting for us to embrace and live with joy. Our role is to be a brother or sister in Christ for the church, the body of Christ and love and bless others.

I wonder why Jesus chose a yoke a symbol. People used to put this heavy wooden yoke over their shoulders and carry heavy burdens that weighed them down. Even worse is the image of a group of people carrying a concrete block around on their backs. Who will remove it from their backs? Imagine what it would be like if Jesus removed that burden. The people could stand up; they could embrace one another and raise their arms with joy.

Jesus promises deep rest for our souls. This sabbath rest is a time of complete rest where we can experience union with God. It's not about doing nothing. It's about arrival at the fullness of life in the kingdom of God and enjoyment of complete rest in God's presence, always and anywhere.

Jesus is gentle and humble, and he invites us to become like him, gentle and humble, so we can receive these gifts of life and freedom from our burdens. Then we will see and know God in our hearts.

The Lord be with you

### **Offering**

Lord, giver of every good thing, we bring to you our lives, gifts and resources for the building up of your kingdom and church. We give thanks for blessings and transformation that come through your grace and love made known in Jesus Christ our Savior. Amen

### **Prayers of the People**

Prayers for your family and friends, our church family, all those who are suffering, homeless, starving, wounded, unwanted, unloved, abandoned, lonely, have illnesses and diseases and are carrying heavy burdens.



### **The Lord's Prayer**

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.

Save us from the time of trial and deliver us from evil.

For the kingdom, the power and the glory are yours, now and forever. Amen

## Hymn 655 O let the Son of God enfold you

O, let the Son of God enfold you  
 with his Spirit and his love;  
 let him fill your heart and satisfy your soul;  
 O, let him have the things that hold you  
 and his Spirit, like a dove,  
 will descend upon your life and make you whole.

*Jesus, O Jesus, come and fill our lives;  
 Jesus, O Jesus, come and fill our lives.*

O come and sing this song with gladness  
 as your hearts are filled with joy;  
 lift your hands in sweet surrender to his name;  
 O, give him all your tears and sadness,  
 give him all your years of pain,  
 and you'll enter into life in Jesus' name.

*Jesus, O Jesus, come and fill our lives;  
 Jesus, O Jesus, come and fill our lives.*

John Wimber 1934-97

### Blessing

May the blessing of the Holy Spirit be upon you  
 God's love and Light within you  
 In all your comings and goings  
 May you ever have a kindly greeting  
 From any you meet along the road.