**Psalm 34.15-end**

15  The eyes of the Lord are upon the righteous •
   and his ears are open to their cry.
16  The face of the Lord is against those who do evil, •
   to root out the remembrance of them from the earth.
17  The righteous cry and the Lord hears them •
   and delivers them out of all their troubles.
18  The Lord is near to the brokenhearted •
   and will save those who are crushed in spirit.
19  Many are the troubles of the righteous; •
   from them all will the Lord deliver them.
20  He keeps all their bones, •
   so that not one of them is broken.
21  But evil shall slay the wicked •
   and those who hate the righteous will be condemned.
22  The Lord ransoms the life of his servants •
   and will condemn none who seek refuge in him.

**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.**

**Collect**

Almighty and everlasting God,

you are always more ready to hear than we to pray

and to give more than either we desire or deserve:

pour down upon us the abundance of your mercy,

forgiving us those things of which our conscience is afraid

and giving us those good things which we are not worthy to ask

but through the merits and mediation

of 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.**

**Ephesians 6.10-20**

**The Whole Armour of God**

10 Finally, be strong in the Lord and in the strength of his power. 11Put on the whole armour of God, so that you may be able to stand against the wiles of the devil. 12For our\* struggle is not against enemies of blood and flesh, but against the rulers, against the authorities, against the cosmic powers of this present darkness, against the spiritual forces of evil in the heavenly places. 13Therefore take up the whole armour of God, so that you may be able to withstand on that evil day, and having done everything, to stand firm. 14Stand therefore, and fasten the belt of truth around your waist, and put on the breastplate of righteousness. 15As shoes for your feet put on whatever will make you ready to proclaim the gospel of peace. 16With all of these, take the shield of faith, with which you will be able to quench all the flaming arrows of the evil one. 17Take the helmet of salvation, and the sword of the Spirit, which is the word of God.

18 Pray in the Spirit at all times in every prayer and supplication. To that end keep alert and always persevere in supplication for all the saints. 19Pray also for me, so that when I speak, a message may be given to me to make known with boldness the mystery of the gospel, 20for which I am an ambassador in chains. Pray that I may declare it boldly, as I must speak.

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**John 6.56-69**

56Those who eat my flesh and drink my blood abide in me, and I in them. 57Just as the living Father sent me, and I live because of the Father, so whoever eats me will live because of me. 58This is the bread that came down from heaven, not like that which your ancestors ate, and they died. But the one who eats this bread will live for ever.’ 59He said these things while he was teaching in the synagogue at Capernaum.

60 When many of his disciples heard it, they said, ‘This teaching is difficult; who can accept it?’ 61But Jesus, being aware that his disciples were complaining about it, said to them, ‘Does this offend you? 62Then what if you were to see the Son of Man ascending to where he was before? 63It is the spirit that gives life; the flesh is useless. The words that I have spoken to you are spirit and life. 64But among you there are some who do not believe.’ For Jesus knew from the first who were the ones that did not believe, and who was the one that would betray him. 65And he said, ‘For this reason I have told you that no one can come to me unless it is granted by the Father.’

66 Because of this many of his disciples turned back and no longer went about with him. 67So Jesus asked the twelve, ‘Do you also wish to go away?’ 68Simon Peter answered him, ‘Lord, to whom can we go? You have the words of eternal life. 69We have come to believe and know that you are the Holy One of God.’\*

**Post Communion Prayer**

God of all mercy,

in this eucharist you have set aside our sins

and given us your healing:

grant that we who are made whole in Christ

may bring that healing to this broken world,

in the name of Jesus Christ our Lord.

**Amen.**

**NOTICES:**

At the end of the service please place your service booklet in the box provided at the back of church and take this sheet home with you.

To comply with NHS Test & Trace we ask you to fill in the contact sheet and place this in a separate box at the back of church. Please do not fold the sheet. For the time enter the time of the service you are attending. If you are using the NHS app the QR code is displayed at the back of church and in the porch.

**Forthcoming services:**

22nd August Trinity 12

9.30am Holy Communion at St Mary’s

11.00am Morning Prayer at St Peter’s

29th August Trinity 13

10.30am Benefice Communion at St Mary’s