

## Trinity Four

### Psalm 145

**I will exalt you, O God my King,  
and bless your name for ever and ever.**

The Lord is gracious and full of compassion  
Slow to anger and of great kindness.

The Lord is loving to everyone  
and his compassion is over all his works.

All your works praise you, O Lord,  
and your faithful servants bless you.

**I will exalt you, O God my King,  
and bless your name for ever and ever.**

They make known the glory of your kingdom  
and speak of your power,

That the peoples may know of your power  
and the glorious splendour of your kingdom.

Your kingdom is an everlasting kingdom;  
your dominion endures throughout all ages.

**I will exalt you, O God my King,  
and bless your name for ever and ever.**

The Lord is faithful in all his words  
and merciful in all his deeds.

The Lord upholds all those who fall  
and lifts up all those who are bowed down.

**I will exalt you, O God my King,  
and bless your name for ever and ever.**

O God, the protector of all who trust in you,  
without whom nothing is strong, nothing is holy:  
increase and multiply upon us your mercy;  
that with you as our ruler and guide  
we may so pass through things temporal  
that we lose not our hold on things eternal;  
grant this, heavenly Father,  
for our Lord Jesus Christ's sake,  
who is alive and reigns with you,  
in the unity of the Holy Spirit,  
one God, now and for ever. **Amen**

Jesus or John?  
Party or abstinence?  
Need it be a choice?  
Can't it be both?

John bore his burdens.  
Jesus did too.  
Same but different.  
Jesus offers us the chance to  
lighten our load.

So he enjoyed a party or two,  
and enjoyed the company of  
sinners.  
Jesus offers us the chance to  
lighten our load.



Come on, shrug off that burden,  
pull up a chair, sinner,  
and join Jesus,  
let him take your burdens:  
let him lighten your load.

**Matthew 11. 27 – 30** (from *The Message*)

Jesus resumed talking to the people, but now tenderly.



“Are you tired? Worn out?  
Burned out on religion?  
Come to me.  
Get away with me and you’ll recover  
your life.  
I’ll show you how to take a real rest.  
Walk with me and work with me –  
watch how I do it.  
Learn the unforced rhythms of grace.  
I won’t lay anything heavy or ill-fitting  
on you.  
Keep company with me and you’ll  
learn to live freely and lightly.”