

Morning Prayer

Nineteenth Sunday After Trinity

Online Service | Sunday, 10 Oct 2021



Synod of the Diocese of West Malaysia

St Mary's Cathedral

Making disciples of Jesus Christ

Greeting

¶ *The Minister welcomes the people to the online service.*

Hymn: God Is Our Refuge And Our Strength

God is our refuge and our strength,
Our ever-present aid,
And, therefore, though the earth remove,
We will not be afraid;
Though hills amidst the seas be cast,
Though foaming waters roar,
And though the mighty billows shake
The mountains on the shore.

A river flows whose streams make glad
The city of our God,
The holy place wherein the Lord
Most High has His abode;
Since God is in the midst of her,
Unmoved her walls shall stand,
For God will be her early help,
When trouble is at hand.

‘Be still and know that I am God,
O’er all exalted high;
The subject nations of the earth
My name shall magnify.’

The Lord of hosts is on our side
Our safety to secure;
The God of Jacob is for us
A refuge strong and sure.

Tune: ELLACOMBE

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*Audio of congregational singing
of Metropolitan Tabernacle, London*

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Prayer of Confession

This saying is true and worthy of full acceptance, that Christ Jesus came into the world to save sinners.

(1 Timothy 1:15)

But with you there is forgiveness, that you may be feared.

(Psalm 103:4)

Minister: Let us therefore draw near to the throne of our gracious God, through our Lord Jesus Christ who died for us, and confess our sins together:

All: **Heavenly Father,
you have loved us with an everlasting love,
but we have gone our own way
and broken your laws.
We are sorry for our sins
and turn away from them.
For the sake of your Son who died for us,
forgive us, cleanse us and change us.
By your Holy Spirit, enable us to live for you,
and to please you more and more
through Jesus Christ our Lord.
Amen.**

Minister: Almighty God, who in his great mercy has promised forgiveness of sins to all who truly repent and turn to him: Have mercy upon you, pardon and deliver you from all your sins, confirm and strengthen you in all goodness, and bring you to eternal life through Jesus Christ our Lord.

All: **Amen.**

The Apostles' Creed

All: I believe in God, the Father almighty,
creator of heaven and earth.
I believe in Jesus Christ, his only Son, our Lord.
He was conceived by the power of the Holy Spirit
and born of the Virgin Mary.
He suffered under Pontius Pilate,
was crucified, died, and was buried.
He descended to the dead.
On the third day he rose again.
He ascended into heaven, and is seated at the right
hand of the Father.
He will come again to judge the living and the dead.
I believe in the Holy Spirit,
the holy catholic Church,
the communion of saints,
the forgiveness of sins,
the resurrection of the body,
and the life everlasting.
Amen.

Old Testament Reading: 1 Samuel 21:1-22:2

¹ Then David came to Nob, to Ahimelech the priest. And Ahimelech came to meet David, trembling, and said to him, “Why are you alone, and no one with you?” ² And David said to Ahimelech the priest, “The king has charged me with a matter and said to me, ‘Let no one know anything of the matter about which I send you, and with which I have charged you.’ I have made an appointment with the young men for such and such a place. ³ Now then, what do you have on hand? Give me five loaves of bread, or whatever is here.” ⁴ And the priest answered David, “I have no common bread on hand, but there is holy bread—if the young men have kept themselves from women.” ⁵ And David answered the priest, “Truly women have been kept from us as always when I go on an expedition. The vessels of the young men are holy even when it is an ordinary journey. How much more today will their vessels be holy?” ⁶ So the priest gave him the holy bread, for there was no bread there but the bread of the Presence, which is removed from before the LORD, to be replaced by hot bread on the day it is taken away.

⁷ Now a certain man of the servants of Saul was there that

day, detained before the LORD. His name was Doeg the Edomite, the chief of Saul's herdsmen.

⁸ Then David said to Ahimelech, “Then have you not here a spear or a sword at hand? For I have brought neither my sword nor my weapons with me, because the king's business required haste.” ⁹ And the priest said, “The sword of Goliath the Philistine, whom you struck down in the Valley of Elah, behold, it is here wrapped in a cloth behind the ephod. If you will take that, take it, for there is none but that here.” And David said, “There is none like that; give it to me.”

¹⁰ And David rose and fled that day from Saul and went to Achish the king of Gath. ¹¹ And the servants of Achish said to him, “Is not this David the king of the land? Did they not sing to one another of him in dances, ‘Saul has struck down his thousands, and David his ten thousands’?”

¹² And David took these words to heart and was much afraid of Achish the king of Gath. ¹³ So he changed his behavior before them and pretended to be insane in their hands and made marks on the doors of the gate and let his spittle run down his beard. ¹⁴ Then Achish said to his servants, “Behold, you see the man is mad. Why then

have you brought him to me? ¹⁵ Do I lack madmen, that you have brought this fellow to behave as a madman in my presence? Shall this fellow come into my house?"

^{22:1} David departed from there and escaped to the cave of Adullam. And when his brothers and all his father's house heard it, they went down there to him. ² And everyone who was in distress, and everyone who was in debt, and everyone who was bitter in soul, gathered to him. And he became commander over them. And there were with him about four hundred men.

Reader: This is the Word of the Lord.

All: **Thanks be to God.**

Psalm 52

To the choirmaster. A Maskil of David, when Doeg, the Edomite, came and told Saul, "David has come to the house of Ahimelech."

¹ Why do you boast of evil, O mighty man?

The steadfast love of God endures all the day.

² Your tongue plots destruction,

like a sharp razor, you worker of deceit.

³ You love evil more than good,

and lying more than speaking what is right. *Selah*

⁴ You love all words that devour,

O deceitful tongue.

⁵ But God will break you down forever;

he will snatch and tear you from your tent;

he will uproot you from the land of the living. *Selah*

⁶ The righteous shall see and fear,

and shall laugh at him, saying,

⁷ "See the man who would not make

God his refuge,

but trusted in the abundance of his riches

and sought refuge in his own destruction!"

⁸ But I am like a green olive tree

in the house of God.

I trust in the steadfast love of God
forever and ever.

⁹ I will thank you forever,
because you have done it.

I will wait for your name, for it is good,
in the presence of the godly.

Reader: Glory be to the Father and to the Son and to the
Holy Spirit,

All: **As it was in the beginning, is now and shall be
forever. Amen.**

New Testament Reading: Luke 6:1-5

¹ On a Sabbath, while he was going through the grainfields, his disciples plucked and ate some heads of grain, rubbing them in their hands. ² But some of the Pharisees said, “Why are you doing what is not lawful to do on the Sabbath?” ³ And Jesus answered them, “Have you not read what David did when he was hungry, he and those who were with him: ⁴ how he entered the house of God and took and ate the bread of the Presence, which is not lawful for any but the priests to eat, and also gave it to those with him?” ⁵ And he said to them, “The Son of Man is lord of the Sabbath.”

Reader: This is the Word of the Lord.

All: **Thanks be to God.**

Song: Turn Your Eyes

Turn your eyes upon Jesus
Look full in His wonderful face
And the things of earth will grow strangely dim
In the light of His glory and grace

Turn your eyes to the hillside
Where justice and mercy embraced
There the Son of God gave His life for us
And our measureless debt was erased

*Jesus, to You we lift our eyes
Jesus, our glory and our prize
We adore You, behold You, our Saviour ever true
Oh Jesus, we turn our eyes to You*

Turn your eyes to the morning
And see Christ the Lion awake
What a glorious dawn, fear of death is gone
For we carry His life in our veins

Turn your eyes to the heavens
Our King will return for His own
Every knee will bow, every tongue will shout,
'All glory to Jesus alone!'

*Original Words (vs 1) and Music by Helen Howarth Lemmel.
Additional words (vs 2-4) and Chorus by George Romanacce,
Nic Trout, Kevin Winebarger, and Nathan Stiff.
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Sermon: The King To Align With

1 Samuel 21-22

1. Background

2. The Story

- **Nob (21:1-9)**
 - **Gath [foreign King] (21:10-15)**
 - **The Cave of Adullam (22:1-2)**
 - **Moab [foreign king] (22:3-5)**
- **Consequences for Nob (22:6-23)**

3. So where do we fit in?

Song: Yet Not I But Through Christ In Me

What gift of grace is Jesus my redeemer
There is no more for heaven now to give
He is my joy, my righteousness, and freedom
My steadfast love, my deep and boundless peace
To this I hold, my hope is only Jesus
For my life is wholly bound to his
Oh how strange and divine, I can sing: all is mine!
Yet not I, but through Christ in me

The night is dark but I am not forsaken
For by my side, the Saviour He will stay
I labour on in weakness and rejoicing
For in my need, His power is displayed
To this I hold, my Shepherd will defend me
Through the deepest valley He will lead
Oh the night has been won, and I shall overcome!
Yet not I, but through Christ in me

No fate I dread, I know I am forgiven
The future sure, the price it has been paid
For Jesus bled and suffered for my pardon
And He was raised to overthrow the grave
To this I hold, my sin has been defeated
Jesus now and ever is my plea
Oh the chains are released, I can sing: I am free!
Yet not I, but through Christ in me

With every breath I long to follow Jesus
For He has said that He will bring me home
And day by day I know He will renew me
Until I stand with joy before the throne
To this I hold, my hope is only Jesus
All the glory evermore to Him
When the race is complete, still my lips shall repeat:
Yet not I, but through Christ in me!

Words and Music: Jonny Robinson, Rich Thompson, Michael Farren

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Prayers of Intercession

Collects

¶ Collect for the nineteenth Sunday after Trinity

All: O God, forasmuch as without you we are not able to please you; mercifully grant that your Holy Spirit may in all things direct and rule our hearts; 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.

¶ Collect based on Ephesians 1

All: Blessed are you, the God and Father of our Lord Jesus Christ, for you have blessed us in Christ with every spiritual blessing. You chose us in Christ before the foundation of the world and destined us for adoption as your children. In Christ we have the forgiveness of sins,

**an inheritance in your kingdom,
the seal of your Spirit,
and in him we live for the praise of your glory
for ever and ever.
Amen.**

¶ *The Lord's Prayer*

**All: 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.
Lead us not into temptation
but deliver us from evil.
For the kingdom, the power,
and the glory are yours
now and forever.
Amen.**

Announcements

Hymn: In The Lord I've Put My Trust

In the Lord I've put my trust;
Why, my soul, to mountains flee?
Hills of safety from unrest,
Far from scorn and enmity;
Hiding-places quiet and broad,
From the battles of the Lord.

O assist me here to stand,
Daily fervent to proclaim
To the lost around me here
All the wonders of Thy name,
Telling of Thy love to me,
Shrinking not from loyalty.

Though foundations be destroyed,
Men no longer care or know
Of divine and holy things,
Seeking all their good below;
Yet Thy power, O Lord, can still
Stir the hearer at Thy will.

Therefore from Thy temple, Lord,
Look upon our strivings here.
Try our hearts and make us now
More devoted and sincere;
Make us know we're in Thy sight,
And supported by Thy might.

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*Audio of congregational singing
of Metropolitan Tabernacle, London
Courtesy of Martijn de Groot
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Closing and Grace

¶ *Parting words from the minister, with the grace.*

All: **The grace of our Lord Jesus Christ,
and the love of God,
and the fellowship of the Holy Spirit,
be with us all evermore. Amen.**

Minister: Go in peace to love and serve the Lord.

All: **In the name of Christ. Amen.**

Connect with us

Thank you for joining our service. If you would like for us to get in touch with you, or have any feedback for us, please fill in our connection card at stmarys.my/connect

Giving

Online transfer

Bank name: **Standard Chartered Bank Malaysia Bhd**

Account name: **St Mary's Cathedral**

Account number: **312 142 334 691**

Recipient reference: If giving a pledge, enter ***your 3-digit pledge number***.

Otherwise, enter **Online Service**

For one-off giving, please email the bank-in slip or online transfer receipt to: **collections@stmaryscathedral.org.my**

Boost e-wallet

Scan the following QR code using the Boost App. Be sure to confirm "St Mary's Cathedral" is listed as the payee.



St Mary's Cathedral

Note: This method of giving is analogous to putting cash into the offertory bag/box. Your donation will go to the General Fund. You will not be given a receipt. Do not use this to give a pledge.

Details on our webpage: stmarys.my/give

Virtual Tea Terrace

Our virtual tea terrace will be open after today's online service. This virtual tea terrace provides a place that people can come to chat with each other after church. We will also be praying about the things that have happened since the recording of the prayers of intercession in our online service today. Please do join us on this link that will take you straight into the Zoom meeting: stmarys.my/vtt

Onsite & Online Services

God willing, we will be having the following English services in the Cathedral on Sunday, 17 October.

- English Liturgical Service – 10.00 am
- English Contemporary (SMACC) Service – 5.00 pm

If you would like to book to come, you can do so at stmarys.my/booking. Bookings will open at 2.00 pm on Sunday and will close at noon on Friday or when all the seats are taken, whichever comes first. If you find it hard to book online, you can call the Cathedral Office on 011-5760-3484 during office hours and Mrs Nesamani will help with the booking. **You will need to have a confirmed booking before you can come on Sunday.**

If you are joining us online on Sundays, both the services above will be livestreamed from the Cathedral (Liturgical at 10.00 am, SMACC at 5.00 pm).

More information about our services can be found here: stmarys.my/services

Adult Confirmation Programme

Our Adult Confirmation Programme at St Mary's has 2 parts. Part 1 is called 'Just for Starters' – and the same material is also used for baptism preparation and other bible studies as well. This is normally done one-to-one or in a very small group. Part 2 is called 'Being Anglican' (it was previously called 'Adult Anglican Confirmation 2') and it's a basic introduction to Christian living in an Anglican church. *(It is not to be confused with the Anglicanism programme which is for leaders and people who want to study Anglican doctrine and practice in a more detailed way.)*

The next round of Part 2 of the Adult Confirmation Programme, 'Being Anglican', by Rev Lee Kon Yim, will begin on 24 October at 2.00 pm and will go for 5-6 sessions.

If you are 18 and above and are interested in being confirmed then please let us know at stmarys.my/adultconfirmation. If you have already done 'Just for Starters', let us know on the form and we will enrol you in the 'Being Anglican' course. Otherwise, we will just hold your enquiry until the next time we run 'Just for Starters', so you can do part 1 first before doing part 2.

If you have already been prepared for confirmation, and you are just waiting for it to happen, there is no need to fill out the form. Someone will be in contact with you this week to arrange a time for the confirmation. However, if you don't hear from us this week, please call the Cathedral Office on 011- 5760-3484 next Monday, 18 October, or email office@stmaryscathedral.org.my or fill in a Connection Card at stmarys.my/connect and let us know.

Youth Confirmation Programme

If you would like to indicate interest in our Youth Confirmation Programme for your teenager aged 13-17, please let us know at stmarys.my/youthconfirmation and we will inform you when the next one starts.

Adopt-A-Family Initiative

Since our last update, the Adopt-A-Family initiative has now adopted an additional 16 families in a new community! We are now caring for 35 families in three communities in Kuala Lumpur. This wouldn't have been possible without your contribution and prayers.

This new community is looking to set up a day care centre so that some moms can go to work and other moms can earn some income from taking care of the kids in the community. To set up this day care centre, they would need kids furniture, mattresses, stationery, books and toys. If you have any suitable pre-loved items and would like to contribute to this, please fill in a Connection Card at stmarys.my/connect, and someone from our 'Adopt-A-Family' team will send you more details.

Online Public Tours of St Mary's Cathedral

Learn about the history of the Cathedral and its connection with Malaysia's past. Embark on a fascinating guided tour of this early English Gothic style church. This tour will take you through over 10 stations in the Cathedral. See the official seat of the Anglican Bishop of West Malaysia, a pipe organ designed and built by the famous Englishman Henry Willis, historical plaques hung in memory of notable people, and, of course, amazing stained glass windows.

Sign up by 14 October for a free online public tour of the Cathedral on Saturday, 16 October 2021 at 11.00 am.

Please visit stmarys.my/tours for more details on how to sign up.

Banns of Marriage

I publish the banns of marriage between Ezra Voon Bu Khiong and Emily Thea Li Ching - both of St. Mary's Cathedral.

This is the THIRD TIME of asking. If any of you know any reason in law why these persons may not marry each other, you are to declare to me.

Dean,
Very Rev Dr Andrew Cheah

The Daily Office

We invite you to join us for the Daily Office - a short daily service with systematic Bible readings and set prayers. This will take place every day at 7.30 am by Zoom (except Sunday).

If you think this would be a helpful part of your daily routine over this segment of the lockdown, please join us by simply going to stmarys.my/dailyoffice at about 7.25 am each day for a 7.30 am start. That will take you directly to the Zoom room where the service takes place. The service will finish well before 8.00 am.

If you can't use Zoom for any reason, but you are keen to be involved, then give our office a call during office hours on 01157603484 and we will be happy to discuss special arrangements with you.

Small Groups

Looking to connect with a Christian community to share lives and grow spiritually? As we have not been able to attend church services and see each other physically, please do consider joining an online small group to study God's Word, as well as to support and encourage one another.

Do fill in this form and we will connect you to a small group: stmarys.my/smallgroups

Kids' Church

Kids' Church meets online every week at the following times:

- 3-4 year olds on Sunday at 10.20 am
- 5-6 year olds on Sunday at 9.00 am
- 7-9's on Saturday at 2.00 pm
- 10-12's on Sunday at 2.00 pm

If you would like to enrol your child or find out more about Kids' Church, please visit stmarys.my/kids

Youth Fellowship

Our Youth Fellowship (ages 13-18) meets on Sundays at 2.00 pm. If you would like to join us, please sign up at stmarys.my/youth.

Zoom Prayer Meeting

We will be having our Zoom prayer meeting on the second and fourth Saturdays of each month. The link to this prayer meeting will be sent to you in our Friday emails (if you are not on our mailing list, please subscribe to it here: stmarys.my/subscribe).

Subscribe to our Mailing List

To receive emails about latest updates and important news about the Cathedral, fill in the form at stmarys.my/subscribe

Work Care Panel

We have a panel to help our Cathedral community look for work or advise about work and training opportunities. If you're looking for work and wouldn't mind a helping hand, fill in our connection card at stmarys.my/connect, indicating that you would like someone from the Work Care Panel to contact you.

Pastoral Emergencies

If you or someone you know is finding this time a particularly challenging one, or would like someone to pray with you, please do call one of your leaders or congregational pastors. Please also remember that you can use our Emergency Pastoral Care Hotline on 011 5762 8524.

Please do reach out if you need help with food or other essentials like groceries. You can let us know by filling in a Connection Card at stmarys.my/connect.