

# Sunday **5 July 2026 Fifth Sunday after Trinity**

## COLLECT

Almighty and everlasting God,  
by whose Spirit the whole body of the Church is  
governed and sanctified:  
hear our prayer which we offer for all your faithful  
people,  
that in their vocation and ministry  
they may serve you in holiness and truth  
to the glory of your name;  
through our Lord and Saviour Jesus Christ,  
who is alive and reigns with you,  
in the unity of the Holy Spirit,  
one God, now and for ever.

## FIRST READING Zechariah 9:9-12

*A reading from the book of the prophet Zechariah.*

Rejoice greatly, O daughter Zion! Shout aloud, O daughter Jerusalem! Lo, your king comes to you; triumphant and victorious is he, humble and riding on a donkey, on a colt, the foal of a donkey. He will cut off the chariot from Ephraim and the war horse from Jerusalem; and the battle-bow shall be cut off, and he shall command peace to the nations; his dominion shall be from sea to sea, and from the River to the ends of the earth. As for you also, because of the blood of my covenant with you, I will set your prisoners free

from the waterless pit. Return to your stronghold, O prisoners of hope; today I declare that I will restore to you double.

**Or Genesis 24:34-38. 42-49. 58-end**

**PSALM Psalm 145:8-15**



**R** *Great is the Lord and highly to be praised.*

The Lord is gracious and merciful,  
long-suffering and of great goodness.

The Lord is loving to everyone  
and his mercy is over all his creatures. **R**

All your works praise you, O Lord,  
and your faithful servants bless you.  
They tell of the glory of your kingdom  
and speak of your mighty power, **R**

To make known to all peoples your mighty acts  
and the glorious splendour of your kingdom.  
Your kingdom is an everlasting kingdom;  
your dominion endures throughout all ages. **R**

The Lord is sure in all his words  
and faithful in all his deeds.  
The Lord upholds all those who fall  
and lifts up all those who are bowed down. **R**

## **SECOND READING Romans 7:15-25a**

*A reading from the letter of Paul to the Romans.*

I do not understand my own actions. For I do not do what I want, but I do the very thing I hate. Now if I do what I do not want, I agree that the law is good. But in fact it is no longer I that do it, but sin that dwells within me. For I know that nothing good dwells within me, that is, in my flesh. I can will what is right, but I cannot do it. For I do not do the good I want, but the evil I do not want is what I do. Now if I do what I do not want, it is no longer I that do it, but sin that dwells within me. So I find it to be a law that when I want to do what is good, evil lies close at hand. For I delight in the law of God in my inmost self, but I see in my members another law at war with the law of my mind, making me captive to the law of sin that dwells in my members. Wretched man that I am! Who will rescue me from this body of death? Thanks be to God through Jesus Christ our Lord!

## **GOSPEL Matthew 11:16-19. 25-end**

*Hear the gospel of our Lord Jesus Christ according to Matthew.*

At that time Jesus said, "To what will I compare this generation? It is like children sitting in the market-places and calling to one another, 'We played the flute for you, and you did not dance; we wailed, and you did not mourn.' For John came neither eating nor drinking, and they say, 'He has a demon'; the Son of Man came

eating and drinking, and they say, 'Look, a glutton and a drunkard, a friend of tax-collectors and sinners!' Yet wisdom is vindicated by her deeds. 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; yes, Father, for such was your gracious will. 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. Come to me, all you that are weary and are carrying heavy burdens, and I will give you rest. 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. For my yoke is easy, and my burden is light."

## POST COMMUNION

Grant, O Lord, we beseech you,  
that the course of this world may be so peaceably  
ordered by your governance,  
that your Church may joyfully serve you in all godly  
quietness;  
through Jesus Christ our Lord.