

# 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.

