

# 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** *I will exalt you, O God my king,  
[and bless your name for 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. **R**

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. **R**

The Lord is faithful in all his words  
and merciful in all his deeds.  
The Lord upholds all those who fall;  
he lifts up 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.