

St. Andrew's Presbyterian Church, Perth
Sunday, October 5th, 2025
Rev. Gerry Gallant

If You Love Me
Proper 22
John 14:15-31

Welcome

Announcements

Call to Worship

We come as guests invited to a table;
We come to celebrate with friends and neighbors.

Jesus Christ, our Friend and Savior, invites us to gather:
We gather with his friends around the world.

Come and worship with hearts full of God's praise and promise.
We worship God in gladness, for God's faithfulness endures forever.

Prayer of Adoration and Invocation

Gracious and Generous God,
you spread a banquet table and make room for all to come:
friend and foe, healed and sick, hopeful and hopeless.
You feed our desires with goodness
and fill our longing with steadfast love.
We worship you with grateful praise,
together with all your people, here and everywhere,
who break bread at your table and who share the cup.
We celebrate our life together in Christ
and offer our love and loyalty to you, O God,
Source of all goodness,
through Jesus Christ, who shares our flesh,
and your Holy Spirit who prays within us.

Children's Hymn: "Thankful Heart"**Call to Confession**

Prepare the way of the Lord!
Let us make our confession to God.

Prayer of Confession

God of mercy and mystery,
When you invite us to your table,
you ask us to come with clean hands and open hearts.
You ask us to come in peace,
seeking reconciliation with you and with each other.
In this silence, we hand over to you
the broken relationships, disagreements and disappointments
that keep us from living in your peace.
Free us from the burdens we carry
which we share in this silence.
so that we may be a source of peace in this troubled world. Amen.

Assurance of Pardon

Hear and believe this good news! Anyone who is in Christ is a new creation.
The old life has gone, new life has begun.
Know that you are forgiven.
Have the courage to forgive one another, and be at peace – with God, with your
neighbor and with yourself.

The Lord's Prayer

Our Father, who art in heaven, hallowed be thy name.
Thy Kingdom come, Thy will be done on earth as it is in heaven.
Give us this day our daily bread.
And forgive us our debts, as we forgive our debtors.
And lead us not into temptation, but deliver us from the Evil One.
For Thine is the Kingdom, the power, and the glory,
Forever and ever. Amen.

Hymn: "Precious Lord Take My Hand"

Chorus

Precious Lord take my hand, lead me on let me stand. I am tired, I am weak, I am worn
Through the storm, through the night, lead me on, to the light
Take my hand, precious Lord, lead me home.

When my way grows drear, precious Lord, linger near, when my life is almost gone.
Hear my cry, hear my call, hold my hand lest I fall
Take my hand, precious Lord, lead me home. (Chorus)

When the darkness appears and the night draws near, and the day is past and gone.
At the river I stand, guide my feet, hold my hand,
Take my hand, precious Lord, lead me home. (Chorus)

Responsive Reading**Psalm 23**

1 The LORD is my shepherd; I shall not want.

**2 He makes me lie down in green pastures.
He leads me beside still waters.**

3 He restores my soul.
He leads me in paths of righteousness
for his name's sake.

**4 Even though I walk through the valley of the shadow of death,
I will fear no evil,
for you are with me;
your rod and your staff,
they comfort me.**

5 You prepare a table before me
in the presence of my enemies;
you anoint my head with oil;
my cup overflows.

**6 Surely goodness and mercy shall follow me
all the days of my life,
and I shall dwell in the house of the LORD
forever.**

Anthem (Music Ministry): “Crucified With Christ”

Prayer for illumination
(Congregant Prepared)

Scripture

John 14:15-31

¹⁵ “If you love me, you will keep my commandments. ¹⁶ And I will ask the Father, and he will give you another Helper, to be with you forever, ¹⁷ even the Spirit of truth, whom the world cannot receive, because it neither sees him nor knows him. You know him, for he dwells with you and will be in you.

¹⁸ “I will not leave you as orphans; I will come to you. ¹⁹ Yet a little while and the world will see me no more, but you will see me. Because I live, you also will live. ²⁰ In that day you will know that I am in my Father, and you in me, and I in you.

²¹ Whoever has my commandments and keeps them, he it is who loves me. And he who loves me will be loved by my Father, and I will love him and manifest myself to him.” ²² Judas (not Iscariot) said to him, “Lord, how is it that you will manifest yourself to us, and not to the world?” ²³ Jesus answered him, “If anyone loves me, he will keep my word, and my Father will love him, and we will come to him and make our home with him. ²⁴ Whoever does not love me does not keep my words. And the word that you hear is not mine but the Father’s who sent me.

²⁵ “These things I have spoken to you while I am still with you. ²⁶ But the Helper, the Holy Spirit, whom the Father will send in my name, he will teach you all things and bring to your remembrance all that I have said to you. ²⁷ Peace I leave with you; my peace I give to you. Not as the world gives do I give to you. Let not your hearts be troubled, neither let them be afraid. ²⁸ You heard me say to you, ‘I am going away, and I will come to you.’ If you loved me, you would have rejoiced, because I am going to the Father, for the Father is greater than I. ²⁹ And now I have told you before it takes place, so that when it does take place you may believe. ³⁰ I will no longer talk much with you, for the ruler of this world is coming. He has no claim on me, ³¹ but I do as the Father has commanded me, so that the world may know that I love the Father. Rise, let us go from here.

Sermon

Today we continue in our study of the conversation that is happening in the upper room with Jesus and the disciples.

They were gathered together to celebrate the Passover meal, the Last Supper has been instituted, and in the midst of this warm and wonderful evening Jesus has told the disciples two shocking bits of information.

The first, that there was one among them who would betray him, leading them all into questioning their own actions, and their own obedience to their master.

The second, was perhaps even more troubling to the disciples, that Jesus was leaving them.

Our Scripture today is a continuation of the conversation between Jesus and the remaining eleven disciples that is taking place just a few hours before his arrest and his inevitable crucifixion.

Notice how Jesus begins.

John 14:15-17

¹⁵ "If you love me, you will keep my commandments. ¹⁶ And I will ask the Father, and he will give you another Helper, to be with you forever, ¹⁷ even the Spirit of truth, whom the world cannot receive, because it neither sees him nor knows him. You know him, for he dwells with you and will be in you.

Jesus makes a very simple and direct statement, one that I believe many Christians today need to hear just as much as the disciples did that evening, 'If you love me, you will keep my commandments.'

As we learned last week, Jesus had just promised the disciples that anything that they asked of God in His name would be given, a wonderful and powerful promise. Then he follows it with, 'If you love me, you will keep my commandments.'

In that little room, in the midst of the celebration of the Passover, Jesus look at the men that he has lived with for the past three years, the ones who have walked, ate and slept alongside him, the ones who have heard all of his teachings on the Scriptures and God, the ones who have witnessed all of his miracles, and tells them 'If you love me, you will keep my commandments.'

That is a pretty powerful statement

Think about it, if you were to hear that from your spouse, or parent, your child, or even a friend. If you love me (...)

That would be pretty hard to hear, and you would take it seriously.

Jesus looks at these men he loves and says, 'If you love me, you will keep my commandments.'

So, what does he mean by keep my commandments?

Well, the disciples had spent three years walking alongside Jesus, so they knew of his adherence to the scriptures of the Old Testament, they knew that he was speaking about all of God's Word.

However, just that evening, during the meal, he had also given them a few new commandments.

John 13:14-15

¹⁴ If I then, your Lord and Teacher, have washed your feet, you also ought to wash one another's feet. ¹⁵ For I have given you an example, that you also should do just as I have done to you

He commanded them; 'as I have washed your feet, wash one another's feet'. Cleansing the dirt from the roads of this world from our brothers and sisters, doing acts of humble service for the world around us.

John 13:34

³⁴ **A new commandment I give to you, that you love one another: just as I have loved you, you also are to love one another.**

He commanded them; to 'love one another, as he had loved them'

John 14:1

¹ **"Let not your hearts be troubled. Believe in God; believe also in me.**

He commanded them; to put their faith and trust in God the Father and in Jesus himself.

Jesus is telling those men in this world whom he was closest to that if they love him, they will serve him, and serve one another, they will love him and love one another with the same love he has shown them, and that they will place their full trust in God and in Jesus Christ.

Jesus is stating if you love me, you will obey me.

This is why I believe more of the world today need to spend some time in this section of the Book of John.

There are a lot of people claiming Christianity in the world today, who will proudly proclaim their love of Jesus. They just do not want Jesus telling them how to live their lives.

There are people who on Sunday are caught up in their love of God, and then the other six days of the week live a live that in no way demonstrates that love of God in their lives.

There is something wrong with that form of faith, 'If you love Him, keep His commandments!

This is something that I need to hear regularly, and I am guessing it is something that you all need to hear regularly as well.

'If I love Him, I need to keep His commandments'

That means when I stumble, when I fall, when I fail, it is not just a moment of weakness, it is not from a lack of strength, or determination.

I don't need more willpower, or more conviction, or more information and better ways to resist.

The truth is that my stumbling, my falling and failure to obey is rooted in the reality that I do not love Jesus as much as I should.

If I really loved him more, I would obey him better

If I really loved him, I would keep his commandments

Looking back at your past week: How many times you stumbled? You fell and failed to keep God's commandments? Ask yourself, how much do you really love God?

If you want to obey him more, you need to love him more.

It is that simple, love him more and you will obey him more.

So how do you love him more?

It is very simple.

We love him, because he loved us first

If you want to grow in your love for Jesus, know that he loved you first, put your heart and mind to the discovery of how much he loves you.

Remember Jesus knows everything about you, even the things that you do not want to admit to yourself, and he loves you; he died for you! Know how much he loves you, and put your whole identity in him, love him the same way he loves you and you will find yourself obeying him better.

When your life is rooted in Christ, you will obey him more.

Jesus also assures them that they will have a helper. He had told them earlier that they would keep doing the work of God after he was gone, and now he says I will send a helper for you, the Holy Spirit.

Jesus knew that the disciples, and all of us, could not do it on our own. He knew we needed God in our lives to be able to live the way we are called to live, and that is why when we root out life in Christ the Holy Spirit enters us and helps us to live a life of obedience and trust.

The word that we see translated here as 'Helper' has multiple meanings in Biblical Greek, means someone who comes alongside to assist, it means an attorney or a legal assistant, it means comforter, it means intercessor, it means mediator, it means advocate, in essence it means someone who comes alongside in a moment of need and gives the help that that person is in such dire need of in that instant.

Jesus says that the Holy Spirit will come and be there to help you.

John 14:16

¹⁶And I will ask the Father, and he will give you another Helper, to be with you forever,

That word 'another' that is used to describe the Helper is also critical for us to understand; Greek has some words that have very specific meanings. They had two words for 'another', one word meant 'another of a different kind' and the other meant 'another of the same kind'.

Jesus used the word that meant 'another of the same kind' here, Jesus is the first helper, and he is telling the disciples that another, just like me, is coming to assist you in your walk with me in this world.

Imagine if Jesus was still walking in the world today, alongside you every moment of your life and you could turn to him at anytime and ask his advice on how you are to live.

You could talk everything over with Jesus, what a great help that would be, and that is what we have in the Holy Spirit, a Helper that we should be turning to constantly in our lives when we are wondering how to strengthen our walk with God and live out our love of Jesus.

Jesus said the Holy Spirit will come and HE will live with us and in us.

We can easily understand Jesus and God the Father, however we never really get the Holy Spirit. We have one God in three persons, and the most misunderstood one is the Holy Spirit,

the Holy Spirit is a real person that has no body and lives in us and works in believers in this world.

Jesus could not walk alongside us, but he sent the Holy Spirit to be in us, in the faithful.

He is a being, the Holy Spirit is not some magic force, He is a God with us and in us. Jesus sent the Holy Spirit to be in the faithful and he tells the disciples that the world cannot receive Him.

The world does not want the Truth of God, because they love the lies of the deceiver.

The world does not want the holiness of God, because they love the sinfulness of self.

This is going to be hard for some to hear, when the church tries to be like the world, it cannot receive the Holy Spirit, when a person wants to be like the world, they cannot receive the Holy Spirit.

Christians were called to be different from the world, to be separate, to belong to God, to love him first and obey him.

Christians are called to be different from the world, and it is a hard life at times.

We are called to be different, to live differently. But we are also called to live in this world and bring the Word of God to others.

We are called to be in the world and be set apart from the world at the same time.

That is what the Holy spirit will do for us in this world.

As Christians we do not spend enough time thinking about the Holy Spirit which abides in us.

As Christians we need to know the Holy Spirit, know that He is with us in all we do, and know that He lives in us to help us obey Jesus and live a life in which we can love others as Jesus loved us.

True Christians have the Holy Spirit with them and in them, and that those who live in the world cannot have the Holy Spirit in their lives.

You need the Holy Spirit in your life to live the Christian life.

John 14:18-21

¹⁸“I will not leave you as orphans; I will come to you. ¹⁹Yet a little while and the world will see me no more, but you will see me. Because I live, you also will live. ²⁰In that day you will know that I am in my Father, and you in me, and I in you. ²¹Whoever has my commandments and keeps them, he it is who loves me. And he who loves me will be loved by my Father, and I will love him and manifest myself to him.”

Jesus tells the disciples, yes I am leaving, but you will not be orphans. The Holy Spirit will be with you and when the Holy Spirit does its work, ‘you will know that I am in my Father, and you in me, and I in you.’

You will live in relationship with God, in personal connection with God through Jesus Christ, because of the Holy Spirit that lives in you.

The Holy Spirit reminds us that Jesus is alive, that God’s presence is in our lives, that we have a teacher, a protector, and advocate and a comforter in every step we take in this world.

The other Judas in the disciples then asks a question:

John 14:22-24

²²Judas (not Iscariot) said to him, “Lord, how is it that you will manifest yourself to us, and not to the world?” ²³Jesus answered him, “If anyone loves me, he will keep my word, and my Father will love him, and we will come to him and make our home with him. ²⁴Whoever does not love me does not keep my words. And the word that you hear is not mine but the Father’s who sent me.

Judas asks Jesus, how are we going to be able to see you if the rest of the world cannot?

Jesus doubles down, ‘If anyone loves me, he will keep my word!’

Jesus tells them that he will be reviled to them by the love that they have for Him.

Do you see the importance of this?

Do you see the emphasis on this?

It is a personal and real love, not a love of ideals and ethics and morals, not a love of teachings, not a belief that the Word of God has some good things for us to live by, but a very real and authentic love of Jesus as Lord and Savior.

If you love Jesus, you will obey Jesus and keep his word!

How many people out there claim to be faithful followers of Jesus Christ?

How many people out there claim to be practicing Christians?

How many people out there gather to show their love of Jesus every Sunday with praise and worship?

And then live lives that are contrary to the teachings of Scripture, believing that their life lived in disobedience is just fine because of their proclaimed love of Jesus.

They defend their lives saying things like I know that the Bible condemns the sins I have in my life, that Jesus condemns the sins I have in my life, but you need to know that the Bible is wrong about these things.

And they pick and choose the parts of the Bible they want to obey, skipping over, ignoring, modifying or re-interpreting any part of Scripture that they do not want to obey.

Denying the Word of God where it interferes with their personal life.

They all need to hear these words of our Lord and Savior.

If anyone loves me, he will keep my word!

To love Jesus Christ, you need to keep his Word, if you really love Jesus the way that you claim to, you will try to keep his Word, every word in your life and not modify it to fit your life.

Jesus needs to reign supreme in your heart, his Word above all of your worldly temptations and desires, and you need to turn to the Holy Spirit for the help you need to live a life of obedience.

John 14:25-27

²⁵ "These things I have spoken to you while I am still with you. ²⁶ But the Helper, the Holy Spirit, whom the Father will send in my name, he will teach you all things and bring to your remembrance all that I have said to you. ²⁷ Peace I leave with you; my peace I give to you. Not as the world gives do I give to you. Let not your hearts be troubled, neither let them be afraid.

Jesus tells the disciples that the Father will send the Helper, the Holy Spirit in the name of Jesus.

We talked about praying in the name of Jesus Christ and how it meant praying in according to the merits of Jesus and in the nature, character and will of Jesus.

The Father sent the Holy Spirit the same way, in the merits of Jesus.

We are not worthy of receiving the Spirit. Not a single human being has lived a life worthy of receiving the Holy Spirit. The Father sends the Spirit not in your name but in the name of Jesus.

Those who love Jesus can ask for an outpouring of the Holy Spirit in Jesus's name. The Father also sends the Holy Spirit in the nature, character and will of Jesus. Which means He will work in the same way as Jesus did.

The Holy Spirit will do the same work that Jesus did, living in obedience of God's Word. If you want to know if something is the will of God, if the Holy Spirit is guiding you, ask yourself if it is something that Jesus would do.

Jesus said 'my peace I give to you'.

'Shalom, peace be with you', and it was a common way to say 'hello and goodbye'.

Jesus said I will give you peace, but my peace is not the same as the way the rest of the world says it.

A modern-day example is a word that you probably use almost every day, 'goodbye'.

Do you know where the word 'goodbye' comes from, it is a contraction of an old English saying, 'God be with you!'

Think about that, every time that someone says 'goodbye', they are saying 'God be with you.'

How many of them actually mean it, how many of them actually know what it means?

Most people do not know, understand or mean 'God be with you' when they say 'goodbye.'

'Shalom' was the same, just a word that people said, not one they meant.

Jesus is telling His disciples, I mean it. I will actually send my peace to be with you in this world.

The peace of Jesus Christ lives in the lives of those who love him in this world.

If you want peace in your heart, you can have the peace of Jesus in your life.

Think about how much peace Jesus has, it is the night before his crucifixion, and he is in a room sharing a peaceful meal with the ones he loved. He is at peace with the cross, he is at peace

with the sacrifice he is about to face, he is at peace with everything that is about to happen, so much so that he is trying to bring his peace to the ones he loves in this world.

If you want that peace in your life, go to God and ask for it.

John 14:28-31

²⁸You heard me say to you, 'I am going away, and I will come to you.' If you loved me, you would have rejoiced, because I am going to the Father, for the Father is greater than I. ²⁹And now I have told you before it takes place, so that when it does take place you may believe. ³⁰I will no longer talk much with you, for the ruler of this world is coming. He has no claim on me, ³¹but I do as the Father has commanded me, so that the world may know that I love the Father. Rise, let us go from here.

Jesus tells the disciples, I am leaving, and if you really understood what I am going to do you would be rejoicing too.

Then he gets up and tells the disciples it is time for them to leave, to begin their walk to the Garden of Gethsemane where Judas will be.

What is funny is that they stand here and then stand around talking for three more chapters. Jesus has a lot more to share in this goodbye.

Jesus tells them that the ruler of this world is coming, he knows that Satan was coming for Him and that Satan had no claim on him.

Jesus then tells the disciples that he is not going to the Cross because of the will of Satan, but because of the love of the Father.

Jesus sends the Holy Spirit in this world to those who love him.

This is the peace that Jesus offers us, that when his Holy Spirit is in us completely, Satan has no part in us, no foothold, no place, no stronghold of deception, no lies, no deceit.

When we love Jesus and keep his commandments, we are evicting Satan from his place in us and strengthening our walk with God as the Salt and Light of His Word in this dark and broken world.

Let us pray,

By Your Word You Have Brought Us out of Darkness

Lord God, heavenly Father,
 we most heartily thank you
 that by your Word
 you have brought us out of the darkness of error
 into the light of your grace.
 Mercifully help us to walk in that light,
 guard us from all error and false doctrine
 and grant that we may not become ungrateful
 and despise and persecute your Word,
 as your people did long ago,
 but receive it with all our heart,
 govern our lives according to it
 and put all our trust in your grace
 through the merit of your dear Son,
 Jesus Christ our Lord,
 who lives and reigns with you and the Holy Spirit,
 one true God, now and forever.

Source: Veit Dietrich, d. 1549, Trinity 25 / Reformation

Hymn #540: "One Bread, One Body" (V 1,2,3)

Refrain

One bread, one body, one Lord of all
 One cup of blessing which we bless
 And we, though many, throughout the Earth
 We are one body in this one Lord

Gentile or Jew
 Servant or free
 Woman or man
 No more. (Refrain)

Many the gifts, many the works
 One in the Lord
 Of all. (Refrain)

Grain for the fields,
 scattered and grown,

gathered to one, for all. (Refrain)

Communion

Invitation to the Table

This is the joyful feast of the people of God!
 They will come from east and west, and from north and south,
 and sit at table in the kingdom of God.
 This is the table not of one denomination, but of our one Lord Jesus Christ.
 It is made ready for those who love him
 and those who want to love him more.
 So come, you who have much faith and you who have little,
 you who have been here often
 and you who have not been for a long time.
 Our Saviour invites all those who trust him
 to share the feast which he has prepared.

Invitation

Jesus invites us to this table and now we do as Jesus did.
 We take this bread and this wine, ordinary things of the world.
 In these, Jesus has promised to be present.
 Through these Christ can make us whole.
 Come all of you this is the joyful feast of the people of God.

As Jesus offered thanks for the gifts of the earth,
 let us also bless God with great thanksgiving.

The Prayer of Great Thanksgiving

The Lord be with you;
And also with you.

Lift up your hearts;
We lift them up to the Lord.

Let us give thanks to the Lord our God;
It is right to give God thanks and praise.

Holy God, Holy One, Holy Three,
 You are source of all that exists.
 You are beyond the galaxies, deeper than the oceans;
 You pour down rain and bring forth the fruit of the earth.
 You carry us through deep waters and hold us in the darkest night.

So with all your creatures, great and small,
with angels and archangels, with saints and servants in every generation
we join in the rejoicing of your creation:

**Holy, holy, holy Lord, God of power and might,
heaven and earth are full of your glory.
Hosanna in the highest.
Blessed is the one who comes in the name of the Lord.
Hosanna in the highest.**

Holy is your Son Jesus, O God,
Walking this earth, feeding the hungry, calling the lost, noticing the forgotten,
healing those who reached out, teaching those who sought wisdom,
he revealed your kingdom in our midst.
Today we thank you for all Jesus shared with us
to show us that you are always with us in times of plenty and times of pain.
And so we celebrate the mystery of our faith in him:

**Christ has died;
Christ is risen;
Christ will come again.**

Holy God,
When the sounds of our rejoicing fall silent,
we remember those who cannot rejoice today,
who face times of pain or fear or upheaval.
We think especially of those whose countries have been overwhelmed
by earthquake, flood and storm, by conflict, drought or famine.

Draw near to them in the power of the Spirit
to strengthen and sustain them through Christ's compassion and ours.

Holy Spirit, come now and settle on us
and on these gifts of bread and wine.
May they become for us Christ's body and life blood,
healing, forgiving and making us whole.
So may we become Christ's body, the Church,
loving and caring throughout the whole world
until that day when all creation feasts with you
in the fullness of your mercy and peace
that we savor today in the name of our Savior

who taught us when we pray to say together:

The Apostles Creed

**I believe in God, the Father almighty,
creator of heaven and earth.
I believe in Jesus Christ, God's only Son, our Lord,
who was conceived by the Holy Spirit,
born of the Virgin Mary,
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,
he is seated at the right hand of the Father,
and 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.**

The Story of the Last Supper

The Lord Jesus on the night he was betrayed took bread,
and when he had given thanks for it, he broke it, and said,
'This is my body which is for you. Do this in remembrance of me.'

In the same way also he took the cup, after supper, saying,
'This cup is the new covenant in my blood. Do this, as often as you drink it, in
remembrance of me.'

For as often as you eat this bread and drink the cup,
you proclaim the Lord's death until he comes.

This is the body of Christ broken for you.

This cup is the blood of Christ shed for you.

Prayer after Communion

Loving God, Christ our Lord, Holy Spirit,

you have nourished us, body and soul, in this meal.
 We have heard your love, so send us out to speak it.
 We have seen your love, so send us out to show it.
 We have been fed by your love, so send us out to share it.
 And let all things be done for your glory. **Amen.**

Invitation to Offering

Offering

Offertory Prayer

(Congregant Prepared)

Closing Hymn #375: "Fairest Lord Jesus" (V 1,3,4)

Fairest Lord Jesus,
 ruler of all nature,
 O thou of God and man the Son,
 Thee will I cherish,
 Thee will I honor,
 thou, my soul's glory, joy, and crown.

Fair is the sunshine,
 fairer still the moonlight,
 and all the twinkling starry host:
 Jesus shines brighter,
 Jesus shines purer
 than all the angels heaven can boast.

Beautiful Savior!
 Lord of all the nations!
 Son of God and Son of Man!
 Glory and honor,
 praise, adoration,
 now and forevermore be thine.

Pastoral Prayer

Almighty God, Father of all mercies,
 we, your unworthy servants, give you humble thanks

for all your goodness and loving-kindness
to us and to all whom you have made.
We bless you for our creation, preservation,
and all the blessings of this life,
but above all for your immeasurable love
in the redemption of the world by our Lord Jesus Christ,
for the means of grace, and for the hope of glory.
And, we pray, give us such an awareness of your mercies
that with truly thankful hearts we may show forth your praise,
not only with our lips, but in our lives,
by giving up ourselves to your service,
and by walking before you
in holiness and righteousness all our days,
through Jesus Christ, our Lord,
to whom, with you and the Holy Spirit,
be honor and glory throughout all ages. **Amen.**

Benediction

May the God who made you,
The Christ who mends you,
And the Spirit who brings you life
Bless and keep you now and always. **Amen.**