

TRINITY 1

THE COLLECT

O GOD, the strength of all those who put their trust in thee; Mercifully accept our prayers; and because, through the weakness of our mortal nature, we can do no good thing without thee, grant us the help of thy grace, that in keeping thy commandments we may please thee, both in will and deed; through Jesus Christ our Lord. Amen.



1. Of whom is God the strength?
A. Of all that put their _____ in Him (Psalm 34:22)
2. What do we pray Him mercifully to accept?
A. Our _____ (Psalm 4:1)
3. Why can we do no good thing without God?
A. Because of the _w_____ of our mortal nature.
(St. Matthew 26:41)
4. For what purpose do we ask his grace?
A. That we may please Him both in _____ and _____.
(Colossians 1:10)
5. Through whom shall we be enabled to do this?
A. Through _____
(Philippians 4:19)

INTRODUCTION.

We are only half-way through the church year, and all the other Sundays are named after Trinity Sunday. The first half of the year is all about Christian doctrine, the facts of our Savior's earthly life leading up to the full revelation of God. The second half of the year is all about Christian duty, what sort of life this faith calls on us to live.

When we begin to live this life and do God's will, what do we find out? Our weakness. We can do no good thing without God. Then what do we need? Strength. Whence does it come? From God, Who is our strength.

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I. THE PERSON WHO STRENGTHENS.

God is our strength. We may think of God as a great reservoir, but we must be joined to Him. There must be channels whereby the water in the reservoir may run where it is needed. These channels are the means of grace, those helps by which the strength and life comes from God into our souls.

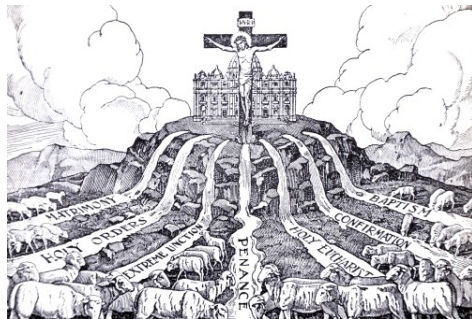
II. THE PROCESS OF STRENGTHENING.

The hands and feet are strong when they are united with the body, and the blood flows from heart into them. The branches are strengthened by being joined to the vine, so that the life may flow along the little channels into them, that they may bear fruit. Just so, we receive strength when we are united with Christ, as His life flows to us through the channels of grace.

III. THE CHANNELS.

God's grace gives us strength, but what are these channels through which we receive grace? It is good to know, so that we may avail ourselves of them. **There are many channels leading to the reservoir of God's grace, including prayer and the reading of Holy Scripture.** Today we are going to speak of those channels available to us through the church. The church offers something to us called Sacraments. *A sacrament is a "visible sign of invisible grace"*. We do something visible to our material bodies that gives our invisible souls invisible grace.

- A. **Through the Sacrament of Baptism** we are reborn as children of God, our chains of guilt and sins are washed away making us free and able to follow God's will.
- B. **The Sacrament of the Eucharist** strengthens us by cleansing our sinful bodies from the stain of sin and by washing our souls in the blood of Christ so that cleansed we may dwell in Him and He in us, making us fit for heaven.
- C. **The Church offers us several other means of grace as well**, including confirmation, penance, anointing of the sick, and special graces to those who take vows of matrimony (marriage) or take Holy Orders.



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