

Sunday 21 February 2021: Lent 1

Welcome to Praying Together but Separately

WELCOME AND INTRODUCTION

HYMN. Praise to the Holiest in the height *sung by St Martin's Voices*

- 1 Praise to the Holiest in the height,
and in the depth be praise:
in all his words most wonderful,
most sure in all his ways.
- 2 O loving wisdom of our God!
when all was sin and shame,
a second Adam to the fight
and to the rescue came.
- 3 O generous love! that he, who smote
in man for man the foe,
the double agony in man
for man should undergo;
- 4 And in the garden secretly,
and on the Cross on high,
should teach his brethren, and inspire
to suffer and to die.
- 5 Praise to the Holiest in the height,
and in the depth be praise:
in all his words most wonderful,
most sure in all his ways.

John Henry Newman (1801-1890)

GATHERING BEFORE GOD

**I am in the presence of the Living God, Father, Son, and Holy Spirit.
Amen.**

PSALM 25: 1-9

R: Remember, Lord, your compassion and love.

To you, O Lord, I lift up my soul;
O my God, in you I trust;
let me not be put to shame;
let not my enemies triumph over me.
Let none who look to you be put to shame,
but let the treacherous be shamed and frustrated.

R: Remember, Lord, your compassion and love.

Make me to know your ways, O Lord;
and teach me your paths.

Lead me in your truth, and teach me,
for you are the God of my salvation;
for you have I hoped all the day long.

Remember, Lord, your compassion
and love, for they are from everlasting.

R: Remember, Lord, your compassion and love.

Remember not the sins of my youth or my transgressions,
But think on me in your goodness, O Lord,
according to your steadfast love.

Gracious and upright is the Lord;
therefore shall he teach sinners in the way.

R: Remember, Lord, your compassion and love.

He will guide the humble in doing right
and teach his way to the lowly.

All the paths of the Lord are mercy and truth
To those who keep his covenant and
His testimonies.

R: Remember, Lord, your compassion and love.

CONFESSION

The sacrifice of God is a broken spirit;
a broken and contrite heart God will not despise.
Let us come to the Lord, who is full of compassion,
and acknowledge our transgressions in penitence and faith.

**Most merciful God,
Father of our Lord Jesus Christ,
We confess that we have sinned
in thought, word and deed.
We have not loved you with our whole heart.
We have not loved our neighbours as ourselves.
In your mercy forgive what we have been,
Help us to amend what we are
and direct what we shall be;
That we may do justly, love mercy,
And walk humbly with you, our God. Amen**

Kyrie confession:

Wash me thoroughly from my wickedness
And cleanse me from my sin:
Lord have mercy, **Lord have mercy.**

Make me a clean heart, O God,
And renew a right spirit within me:
Christ have mercy. **Christ have mercy.**

Cast me not away from your presence
And take not your holy spirit from me:
Lord have mercy, **Lord have mercy.**

Absolution:

May the God of love bring us back to himself, forgive us our sins,
and assure us of his eternal love in Jesus Christ our Lord. **Amen**

AFFIRMATION OF FAITH.

Let us declare our faith in God.
**We believe in God the Father,
from whom every family in heaven and earth is named.**

**We believe in God the Son,
who lives in our hearts through faith,
and fills us with his love.**

**We believe in God the Holy Spirit,
who strengthens us with power from on high.
We believe in one God;
Father Son and Holy Spirit. Amen**

PRAYER OF THE DAY

Almighty God,
whose Son Jesus Christ fasted forty days in the wilderness,
and was tempted as we are, yet without sin:
Give us grace to discipline ourselves
in obedience to your Spirit;
And, as you know our weakness,
so may we know your power to save;
Through Jesus Christ your son our Lord,
Who is alive and reigns with you
In the unity of the Holy Spirit,
one God, now and for ever. **Amen**

BIBLE READINGS:

FIRST READING: GENESIS 9: 8-17

A reading from the book of Genesis.

God said to Noah and to his sons with him, "As for me, I am establishing my covenant with you and your descendants after you, and with every living creature that is with you, the birds, the domestic animals, and every animal of the earth with you, as many as came out of the ark. I establish my covenant with you, that never again shall all flesh be cut off by the waters of a flood, and never again shall there be a flood to destroy the earth." God said, "This is the sign of the covenant that I make between me and you and every living creature that is with you, for all future generations: I have set my bow in the clouds, and it shall be a sign of the covenant between me and the earth. When I bring clouds over the earth and the bow is seen in the clouds, I will remember my covenant that is between me and you and every living creature of all flesh; and the waters shall never again become a flood to destroy all flesh. When the bow is in the clouds, I will see it and remember the everlasting covenant between God and every living creature of all flesh that is on the earth." God said to Noah, "This is the sign of the covenant that I have established between me and all flesh that is on the earth."

This is the word of the Lord. Thanks be to God

SECOND READING: 1 PETER 3: 18-END

A reading from the first letter of Peter

For Christ also suffered for sins once for all, the righteous for the unrighteous, in order to bring you to God. He was put to death in the flesh, but made alive in the spirit, in which also he went and made a proclamation to the spirits in prison, who in former times did not obey, when God waited patiently in the days of Noah, during the building of the ark, in which a few, that is, eight persons, were saved through water. And baptism, which this prefigured, now saves you—not as a removal of dirt from the body, but as an appeal to God for a good conscience, through the resurrection of Jesus Christ, who has gone into heaven and is at the right hand of God, with angels, authorities, and powers made subject to him.

This is the word of the Lord. Thanks be to God

HYMN Be thou my guardian and my guide *sung by St Martin's Voices*

and hear me when I call;
let not my slippery footsteps slide,
and hold me lest I fall.

2 The world, the flesh, and Satan dwell
around the path I tread;
O save me from the snares of hell,
thou quickener of the dead.

3 And if I tempted am to sin,
and outward things are strong,
do thou, O Lord, keep watch within,
and save my soul from wrong.

4 Still let me ever watch and pray,
and feel that I am frail;
that if the tempter cross my way,
yet he may not prevail. *Isaac Williams (1802-1865)*

Gospel: Mark:1:9-15

Hear the gospel of our Lord Jesus Christ according to Mark
Glory to you O Lord

At that time Jesus came from Nazareth in Galilee and was baptized by John in the Jordan. Just as Jesus was coming up out of the water, he saw heaven being torn open and the Spirit descending on him like a dove. And a voice came from heaven: "You are my Son, whom I love; with you I am well pleased." At once the Spirit sent him out into the wilderness, and he was in the wilderness forty days, being tempted by Satan. He was with the wild animals, and angels attended him. After John was put in prison, Jesus went into Galilee, proclaiming the good news of God. "The time has come," he said. "The kingdom of God has come near. Repent and believe the good news!"

This is the gospel of the Lord, Praise to you, O Christ

SERMON

HYMN **Forty days and forty nights.** *sung by St Martin's Voices*

thou wast fasting in the wild;
forty days and forty nights
tempted, and yet undefiled.

2 Sunbeams scorching all the day;
chilly dew-drops nightly shed;
prowling beasts about thy way;
stones thy pillow, earth thy bed.

3 Let us thine endurance share,
and awhile from joys abstain,
with thee watching unto prayer,
strong with thee to suffer pain?

4 And if Satan, vexing sore,
flesh or spirit should assail,
thou, his vanquisher before
grant we may not faint nor fail.

5 So shall we have peace divine;
holier gladness ours shall be;
round us too shall angels shine,
such as ministered to thee.

6 Keep, O keep us, Saviour dear,
ever constant by thy side;
that with thee we may appear
at the eternal Eastertide.

George Hunt Smyttan (1822-1870), Francis Pott (1832-1909)-1908, Samuel Longfellow (1819-1892)

OUR PRAYERS

Loving Father who has created us for goodness and for life.
In this Lent help me with your strength and power to be followers of your
Son. Help me to recognise the goodness in others and in myself.

Lord in your love, hear my prayer.

Jesus, when you were on earth you showed love towards those who followed you, but you also made demands on their lives. You do not expect us to sit back as your disciples and wait for everything to come to us. Help me to live life to the full as you did, and to know that you understand I go through the hard times.

Lord in your love, hear my prayer.

Jesus, you were the one who showed us how to live a life of peace and kindness, with justice. You were the one who showed us what was important in life and what really matters. You showed us that riches and power were not everything.

Help me to know and remember this.

Lord in your love, hear my prayer.

Holy Spirit, you have been present at every important event in history. Thank you that you have shown us Jesus.

Just as you led Jesus in the desert, help me to see you at work as I allow you to lead and show me the way to go.

May the leaders of the world seek peace and kindness.

May I see the needs of others and so do my best to help them.

Lord in your love, hear my prayer.

Living God, Soul of all, I pray today for people who are sad at this time, particularly those who have no work and are broken by worry.

I pray for people who are sick and troubled, and those who care for them.

May they know the power of your healing in their life
and your comfort in their hearts.

Lord in your love, hear my prayer.

Holy God, three in one, I worship you with my lips this Lent.

I pray afresh that I may also worship you with my life in the week ahead.

Let my home and life be filled with your joy as I share the gift of your kindness with others.

Lord in your love, hear my prayer.

A PRAYER CONCERNING THE CORONAVIRUS God of compassion, be close to those who are ill, afraid or in isolation. In their loneliness, be their consolation; in their anxiety, be their hope; in their darkness, be their light; through him who suffered alone on the cross, but reigns with you in glory, Jesus Christ our Lord. **Amen.**

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 trespasses,
as we forgive those who trespass against us.
And lead us not into temptation;
but deliver us from evil.
For thine is the kingdom,
the power and the glory,
for ever and ever. Amen**

AN ACT OF SPIRITUAL COMMUNION

**My Jesus, I believe that You
are present in the Most Holy Sacrament.
I love You above all things,
and I desire to receive You into my soul.
Since I cannot at this moment receive You sacramentally,
come at least spiritually into my heart.
I embrace You as if You were already there
and unite myself wholly to You
Never permit me to be separated from You. Amen**

THE PEACE

Since we are justified by faith,
we have peace with God through our Lord Jesus Christ,

who has given us access to his grace. Cf Romans 5: 1,2

HYMN Guide me, O thou great Redeemer *sung by St Martin's Voices*

pilgrim through this barren land;
I am weak, but thou art mighty,
hold me with thy powerful hand:
bread of heaven,
feed me now and evermore.

2 Open now the crystal fountain
whence the healing stream doth flow;
let the fiery, cloudy pillar
lead me all my journey through:
strong deliverer,
be thou still my strength and shield.

3 When I tread the verge of Jordan
bid my anxious fears subside;
death of death, and hell's destruction,
land me safe on Canaan's side:
songs of praises
I will ever give to thee.

*Arglwydd arwain drwy'r anialwch William Williams (1717-1791)
Translated by Peter Williams (1727-1796)*

THE BLESSING

Christ give you grace to grow in holiness,
to deny yourselves, take up your cross, and follow him;
and the blessing of God Almighty,
Father, Son and Holy Spirit be with you,
and those you love, today and for ever more. **Amen**