

First Sunday of Lent February 21st, 2021

The Gathering

- 1 *Forty days and forty nights
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.*

The Greeting

In the name of the Father, and of the Son,
and of the Holy Spirit.

All Amen.

Welcome in the name of Christ.
God's grace, mercy and peace be with you

All and also with you.

Prayers of Penitence

The prayers are introduced

**All Lord God,
we have sinned against you;
we have done evil in your sight.
We are sorry and repent.
Have mercy on us according to your love.
Wash away our wrongdoing and cleanse us from our sin.
Renew a right spirit within us
and restore us to the joy of your salvation,
through Jesus Christ our Lord.
Amen.**

May the Father of all mercies
Cleanse you from your sins,
and restore you in his image
to the praise and glory of his name,
through Jesus Christ our Lord.

All Amen.

Lord, have mercy.

All Lord, have mercy.

Christ, have mercy.

All Christ, have mercy.

Lord, have mercy.

All Lord, have mercy.

Collect

Let us pray.

Silence is kept.

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.

All **Amen.**

Liturgy of the Word

First Reading

Genesis 9.8-17

A reading from the Book of the 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.

All **Thanks be to God.**

Lent Prose

*Hear us, O Lord, have mercy upon us:
for we have sinned against thee.*

To thee, Redeemer, on thy throne of glory:
lift we our weeping eyes in holy pleadings:
listen, O Jesu, to our supplications.
Refrain

O thou chief Corner-stone, Right Hand of the Father
Way of Salvation, Gate of Life Celestial
cleanse thou our sinful souls from all defilement.
Refrain

God, we implore thee, in thy glory seated
bow down and hearken to thy weeping children
pity and pardon all our grievous trespasses.
Refrain

Sins oft committed now we lay before thee
with true contrition, now no more we veil them
grant us, Redeemer, loving absolution.
Refrain

Innocent, captive, taken unresisting
falsely accused, and for us sinners sentenced,
save us, we pray thee, Jesu our Redeemer.
Refrain

Second Reading

1 Peter 3.18-end

A reading from the First Letter of Peter

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 people, 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.

All Thanks be to God.

Gospel Acclamation

Praise to you, O Christ, King of eternal glory.

No one lives by bread alone, but by every word of God.

All Praise to you, O Christ, King of eternal glory.

Gospel Reading

Mark 1.9-15

The Lord be with you

All and also with you.

Hear the Gospel of our Lord Jesus Christ according to Mark.

All Glory to you, O Lord.

In those days Jesus came from Nazareth of Galilee and was baptized by John in the Jordan. And just as he was coming up out of the water, he saw the heavens torn apart and the Spirit descending like a dove on him. And a voice came from heaven, 'You are my Son, the Beloved; with you I am well pleased.' And the Spirit immediately drove him out into the wilderness. He was in the wilderness for forty days, tempted by Satan; and he was with the wild beasts; and the angels waited on him. Now after John was arrested, Jesus came to Galilee, proclaiming the good news of God, and saying, 'The time is fulfilled, and the kingdom of God has come near; repent, and believe in the good news.'

This is the Gospel of the Lord.

All Praise to you, O Christ.

Sermon

The Creed

**All believe in God, the Father almighty,
creator of heaven and earth.**

**I believe in Jesus Christ, his 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 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.

Prayers of Intercession

Liturgy of the Sacrament

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.
The peace of the Lord be always with you

All **and also with you.**

The Offertory

- 1 *Jesu, lover of my soul,
let me to thy bosom fly,
while the gath'ring waters roll,
while the tempest still is high:
Hide me, O my Saviour, hide,
till the storm of life is past;
safe into the haven guide,
O receive my soul at last.*
- 2 *Other refuge have I none,
hangs my helpless soul on thee;
leave, ah, leave me not alone,
still support and comfort me.
All my trust on thee is stayed,
all my help from thee I bring;
cover my defenceless head
with the shadow of thy wing.*
- 3 *Plenteous grace with thee is found,
grace to cover all my sin;
let the healing streams abound,
make and keep me pure within.
Thou of life the fountain art,
freely let me take of thee,
spring thou up within my heart,
rise to all eternity.*

Charles Wesley (1707-1788)

Pray, my friends, that our sacrifice may be acceptable
to God the almighty Father.

All **May the Lord accept the sacrifice
at your hands,
for the praise and glory of his name,
for our good, and for the good of all
his holy Church.**

Lord, at the beginning of this holy season refashion our hearts
and make them one with the sacrifice we are about to offer.

We ask this through Jesus Christ our Lord.

All **Amen.**

The Eucharistic Prayer

The Lord be with you
All and also with you.

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

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

It is truly right and good, our duty and our joy,
always and everywhere to give you thanks,
holy Father, almighty and eternal God,
through Jesus Christ our Lord.
Each year you bid your faithful people cleanse their hearts
and prepare with joy for the paschal feast.
By more faithful prayer and works of love
and by celebrating the mysteries of our rebirth,
we are led to the fullness of grace as your sons and daughters.
And so, with angels and archangels, with all the heavenly host,
we proclaim your glory and join their unending chorus of praise:

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

All glory be to you, our heavenly Father,
who, in your tender mercy,
gave your only Son our Saviour Jesus Christ
to suffer death upon the cross for our redemption;
who made there by his one oblation
of himself once offered
a full, perfect and sufficient sacrifice, oblation and satisfaction
for the sins of the whole world;
he instituted,
and in his holy gospel commanded us to continue,
a perpetual memory of his precious death
until he comes again.

Hear us, merciful Father, we humbly pray,
and grant that,
by the power of your Holy Spirit,
we receiving these gifts of your creation,
this bread and this wine,
according to your Son our Saviour Jesus Christ's
holy institution,
in remembrance of his death and passion,
may be partakers of his most blessed body and blood;

who, in the same night that he was betrayed,
took bread and gave you thanks;
he broke it and gave it to his disciples, saying:
Take, eat; this is my body which is given for you;
do this in remembrance of me.
In the same way, after supper
he took the cup and gave you thanks;
he gave it to them, saying:
Drink this, all of you;
this is my blood of the new covenant,
which is shed for you and for many for the forgiveness of sins.
Do this, as often as you drink it,
in remembrance of me.

Jesus Christ is Lord:
All **Lord, by your cross and resurrection**
you have set us free.
You are the Saviour of the world.

Therefore, Lord and heavenly Father,
in remembrance of the precious death and passion,
the mighty resurrection and glorious ascension
of your dear Son Jesus Christ,
we offer you through him
this our sacrifice of praise and thanksgiving.
Grant that by his merits and death,
and through faith in his blood,
we and all your Church may receive forgiveness of our sins
and all other benefits of his passion.

Although we are unworthy,
through our manifold sins, to offer you any sacrifice,
yet we pray that you will accept this
the duty and service that we owe.
Do not weigh our merits, but pardon our offences,

and fill us all who share in this holy communion
with your grace and heavenly blessing;

through Jesus Christ our Lord,
by whom, and with whom, and in whom,
in the unity of the Holy Spirit,
all honour and glory be yours,
almighty Father,
for ever and ever.

All Amen.

Silence will be kept

The Lord's Prayer

Trusting in the compassion of God,
let us pray with confidence as our Saviour has taught us:

All **Our Father...**

Breaking of the Bread

Every time we eat this bread, and drink this cup,

All **we proclaim the Lord's death until he comes.**

All **Lamb of God,
you take away the sin of the world:
have mercy on us.**

**Lamb of God,
you take away the sin of the world:
have mercy on us.**

**Lamb of God,
you take away the sin of the world:
grant us peace.**

Giving of Communion

Behold the Lamb of God,
behold him who takes away the sins of the world.
Blessed are those who are called to his supper.

All **Lord, I am not worthy to receive you,
but only say the word,
and I shall be healed.**

It is not possible for us to receive holy communion together so the priest will do so on our behalf, but you might like to make an act of spiritual communion

**All My Jesus, I believe that you are present
in the Eucharist,
through Word and Sacrament.
I love you above all things
and I passionately desire
to receive you into my soul.
Since I cannot now receive you sacramentally,
come spiritually into my soul
so that I may unite myself wholly to you
now and forever.
Amen.**

Lord, for thy tender mercy's sake – Farrant
sung by St Martin's Voices

Lord, for thy tender mercy's sake,
lay not our sins to our charge,
but forgive that is past,
and give us grace to amend our sinful lives:
to decline from sin and incline to virtue,
that we may walk in a perfect heart
before thee now and evermore. Amen.

from 'Lydley's Prayers', in Christian Prayers and Holy Meditations (1568)
Henry Bull (c.1530-1577)

Prayer after Communion

Silence will be kept

Let us pray.

Lord, you have renewed us with the heavenly bread
that enlivens our faith, inspires our hope, and strengthens our love.

Teach us to hunger for Christ, the true and living bread,
and to live by every word that proceeds from your mouth.

We ask this through Jesus Christ our Lord.

All Amen.

The Dismissal

The Lord be with you
All and also with you.

May God the Father,
who does not despise the broken spirit,
give to you a contrite heart.

All Amen.

May Christ,
who bore our sins in his body on the tree,
heal you by his wounds.

All Amen.

May the Holy Spirit,
who leads us into all truth,
speak to you words of pardon and peace.

All Amen.

And the blessing of God almighty,
the Father, the Son, and the Holy Spirit
be among you and remain with you always.

All Amen.

Go in the peace of Christ.

All Thanks be to God.

- 1 *Lord Jesus, think on me,
and purge away my sin;
from earthborn passions set me free,
and make me pure within.*

- 2 *Lord Jesus, think on me,
with care and woe opprest;
let me thy loving servant be,
and taste thy promised rest.*

- 3 *Lord Jesus, think on me,
amid the battle's strife;
in all my pain and misery
be thou my health and life.*

- 4 *Lord Jesus, think on me,
nor let me go astray;
through darkness and perplexity
point thou the heavenly way.*

- 5 *Lord Jesus, think on me,
when flows the tempest high:
when on doth rush the enemy
O Saviour, be thou nigh.*

- 6 *Lord Jesus, think on me,
that when the flood is past,
I may the eternal brightness see,
and share thy joy at last.*

Synesius of Cyrene (or Crete) 375-430, tr Allen W Chatfield (1808-96) and others

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