

21st Feb Lent 1 2021 Eucharist for Lent



Nails were not enough to hold God-and-Man nailed and fastened to the cross, had not love held Him there. Catherine of Sienna

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

Hymn 40 days and 40 nights

Forty days and forty nights
You were fasting in the wild;
Forty days and forty nights
Tempted, and yet undefiled.

Shall not we Your sorrow share
And from worldly joys abstain,
Fasting with unceasing prayer,
Strong with You to suffer pain?

Then, if Satan on us press,
Flesh or spirit to assail,
Victor in the wilderness,
Grant we may not faint nor fail!

So shall we have peace divine;
Holier gladness ours shall be.

'Round us, too, shall angels shine,
Such as served You faithfully.

Keep, O keep us, Saviour dear,
Ever constant by Your side,
That with You we may appear
At the eternal Eastertide.

Source: [One Lord, One Faith, One Baptism: an African American ecumenical hymnal #299](#)

O Lord, open our lips **and our mouth shall proclaim your praise.**
O God, make speed to save us. **O Lord, make haste to help us.**

Glory to the Father and to the Son and to the Holy Spirit;
as it was in the beginning is now and shall be for ever. Amen.
Praise the Lord. **The Lord's name be praised.** *cf Psalm 51.15; 70.1*

Prayer of Preparation

**Almighty God, to whom all hearts are open, all desires known,
and from whom no secrets are hidden: cleanse the thoughts of our
hearts by the inspiration of your Holy Spirit, that we may perfectly
love you, and worthily magnify your holy name; through Christ our
Lord. Amen.**

Summary of the Law

Our Lord Jesus Christ said: The first commandment is this:
'Hear, O Israel, the Lord our God is the only Lord. You shall love the
Lord your God with all your heart, with all your soul, with all your
mind, and with all your strength.' The second is this: 'Love your
neighbour as yourself.' There is no other commandment greater than
these.

On these two commandments hang all the law and the prophets.
Amen. Lord, have mercy.

Invitation to 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.

Almighty God, our heavenly Father, we have sinned against you and against our neighbour in thought and word and deed, through negligence, through weakness, through our own deliberate fault. We are truly sorry and repent of all our sins. For the sake of your Son Jesus Christ, who died for us, forgive us all that is past and grant that we may serve you in newness of life to the glory of your name. Amen.

Almighty God, who forgives all who truly repent, have mercy upon *you*, pardon and deliver *you* from all *your* sins, confirm and strengthen *you* in all goodness, and keep *you* in life eternal; through Jesus Christ our Lord. **Amen.**

The Collect

Almighty and everlasting God, you hate nothing that you have made and forgive the sins of all those who are penitent: create and make in us new and contrite hearts that we, worthily lamenting our sins and acknowledging our wretchedness, may receive from you, the God of all mercy, perfect remission and forgiveness; through Jesus Christ your Son our Lord. **Amen.**

Reading 1 Peter 3.18-22

¹⁸Christ 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, ¹⁹in which also he went and made a proclamation to the spirits in prison, ²⁰who 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. ²¹And 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, ²²who 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.**

Gospel Reading

Hear the Gospel of our Lord Jesus Christ according to *Mark 1.9-15*
Glory to you, O Lord.

⁹In those days Jesus came from Nazareth of Galilee and was baptized by John in the Jordan. ¹⁰And 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. ¹¹And a voice came from heaven, 'You are my Son, the Beloved; with you I am well pleased.'

¹²And the Spirit immediately drove him out into the wilderness. ¹³He was in the wilderness forty days, tempted by Satan; and he was with the wild beasts; and the angels waited on him. ¹⁴Now after John was arrested, Jesus came to Galilee, proclaiming the good news of God, ¹⁵and 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. **Praise to you, O Christ.**

Sermon

Let us declare our faith in God, Father, Son and Holy Spirit.

The Creed

I 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

Lord, in your mercy **hear our prayer.**

And at the end Merciful Father, **accept these prayers for the sake of your Son, our Saviour Jesus Christ. Amen.**

The Peace

May the God of peace sanctify you: may he so strengthen your hearts in holiness that you may be blameless before him at the coming of our Lord Jesus with his saints. *cf 1 Thessalonians 5.23;3.13*

The peace of the Lord be always with you **and also with you.**

God of mercy and compassion, your Word calls us home to faith and love. Accept all we offer you this day; in the name of Jesus Christ the Lord. **Amen.**

The Eucharistic Prayer

The Lord be with you **and also with you.**

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

Let us give thanks to the Lord our God.

It is right to give thanks and praise.

Lord of all life, you created the universe, where all living things reflect your glory. You give us this great and beautiful earth, to discover and to cherish. You give us your love, even when things go wrong. Jesus knew hurt and pain. Through him you wipe away our tears and fill us with your peace. You made us all, each wonderfully different, to join with the angels and sing your praise:

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.

We thank you, loving Father, because, when we turned away, you sent Jesus, your Son. He gave his life for us on the cross and shows us the way to live. Send your Holy Spirit that these gifts of bread and wine may be for us Christ's body and his blood. On the night before he died, when darkness had fallen, Jesus took bread. He gave thanks, broke it, and shared it with his disciples, saying: 'This is my body, given for you. Do this to remember me.'

After they had eaten, he took the cup of wine, gave thanks, and shared it with his disciples, saying: 'This is my blood, poured out for you and for many, for the forgiveness of sins.'

So, Father, with this bread and this cup we celebrate his love, his death, his risen life. As you feed us with these gifts, send your Holy Spirit, and change us more and more to be like Jesus our Saviour.

Help us, Father, to love one another, as we look forward to that day when suffering is ended, and all creation is gathered in your loving arms. And now with all your saints we give you glory, through Jesus Christ, in the strength of the Spirit, today and for ever. **Amen.**

The Lord's Prayer

Our Father, which art in heaven, hallowed be thy name; thy kingdom come; thy will be done, in earth as it is in heaven. Give us this day our daily bread. And forgive us our trespasses, as we forgive them that 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.

Breaking of the Bread

We break this bread to share in the body of Christ.

**Though we are many, we are one body,
because one day we will all share together in one bread again.**

Agnus Dei

**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.**

Words of Assurance (inspired by Psalm 139:1-6, 13-18)

Our God knows you by name. Our God knows what you fear. For you are fearfully and wonderfully made. In your name, God's works are revealed again to us. Jesus become the bread and wine of our new life, to feed us spiritually to give us courage and strength to meet the day. **Thanks be to God. Amen.**

Communion is received.

Prayer after Communion

Almighty God, you see that we have no power of ourselves to help ourselves: keep us both outwardly in our bodies, and inwardly in our souls; that we may be defended from all adversities which may happen to the body, and from all evil thoughts which may assault and hurt the soul; through Jesus Christ our Lord. Amen.

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, the Father, the Son, and the Holy Spirit, be among you and remain with you always. **Amen.**

Hymn Just as I am

Just as I am, without one plea,
but that thy blood was shed for me,
and that thou bidd'st me come to thee,
O Lamb of God, I come, I come.

Just as I am, and waiting not
to rid my soul of one dark blot,

to thee, whose blood can cleanse each spot,
O Lamb of God, I come, I come.

Just as I am, though tossed about
with many a conflict, many a doubt,
fightings and fears within, without,
O Lamb of God, I come, I come.

Just as I am, thou wilt receive,
wilt welcome, pardon, cleanse, relieve;
because thy promise I believe,
O Lamb of God, I come, I come.

Psalter Hymnal, (Gray) Words Charlotte Elliot

**Glory to God, whose power, at work among us,
can do infinitely more than all we can ask or conceive;
to him be glory in the Church and in Christ Jesus,
for ever and ever. Amen.**

cf Ephesians 3.20,21

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