

# 28<sup>th</sup> 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      Dear Lord and Father**

Dear Lord and Father of mankind,  
forgive our foolish ways:  
re clothe us in our rightful mind;  
in purer lives your service find,  
in deeper reverence praise, in deeper reverence praise.

In simple trust like theirs who heard,  
beside the Syrian sea,  
the gracious calling of the Lord  
let us, like them, obey his word:  
'Rise up and follow me, rise up and follow me!'

O sabbath rest by Galilee!  
O calm of hills above,  
when Jesus shared on bended knee  
the silence of eternity  
interpreted by love, interpreted by love!

With that deep hush subduing all  
our words and works that drown  
the tender whisper of your call,

as noiseless let your blessing fall  
as fell your manna down, as fell your manna down.

Drop your still dews of quietness,  
till all our strivings cease;  
take from our souls the strain and stress,  
and let our ordered lives confess  
the beauty of your peace, the beauty of your peace.

Breathe through the heats of our desire  
your coolness and your balm;  
let sense be dumb, let flesh retire,  
speak through the earthquake, wind and fire,  
O still small voice of calm, O still small voice of calm!

Jubilate Hymns version of Dear Lord and Father of mankind John Greenleaf  
Whittier (1807 - 1892) © Jubilate Hymns Ltd

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 God, by the prayer and discipline of Lent may we enter into the mystery of Christ's sufferings, and by following in his Way come to share in his glory; through Jesus Christ our Lord. **Amen.**

### **Reading Romans 4.13-25**

<sup>13</sup>The promise that Abraham would inherit the world did not come to Abraham or to his descendants through the law but through the righteousness of faith. <sup>14</sup>If it is the adherents of the law who are to be the heirs, faith is null and the promise is void. <sup>15</sup>For the law brings wrath; but where there is no law, neither is there violation.

<sup>16</sup>For this reason it depends on faith, in order that the promise may rest on grace and be guaranteed to all his descendants, not only to the adherents of the law but also to those who share the faith of Abraham

(for he is the father of all of us, <sup>17</sup>as it is written, 'I have made you the father of many nations'). Abraham believed in the presence of the God who gives life to the dead and calls into existence the things that do not exist. <sup>18</sup>Hoping against hope, he believed that he would become 'the father of many nations,' according to what was said, 'So numerous shall your descendants be.' <sup>19</sup>He did not weaken in faith when he considered his own body, which was already as good as dead (for he was about a hundred years old), or when he considered the barrenness of Sarah's womb. <sup>20</sup>No distrust made him waver concerning the promise of God, but he grew strong in his faith as he gave glory to God, <sup>21</sup>being fully convinced that God was able to do what he had promised. <sup>22</sup>Therefore his faith 'was reckoned to him as righteousness.' <sup>23</sup>Now the words, 'it was reckoned to him,' were written not for his sake alone, <sup>24</sup>but for ours also. It will be reckoned to us who believe in God who raised Jesus our Lord from the dead, <sup>25</sup>who was handed over to death for our trespasses and was raised for our justification.

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

### **Gospel Reading**

Hear the Gospel of our Lord Jesus Christ according to Mark 8.31-38  
**Glory to you, O Lord.**

<sup>31</sup>Jesus began to teach his disciples that the Son of Man must undergo great suffering, and be rejected by the elders, the chief priests, and the scribes, and be killed, and after three days rise again. <sup>32</sup>He said all this quite openly. And Peter took him aside and began to rebuke him. <sup>33</sup>But turning and looking at his disciples, he rebuked Peter and said, 'Get behind me, Satan! For you are setting your mind not on divine things but on human things.'

<sup>34</sup>He called the crowd with his disciples, and said to them, 'If any want to become my followers, let them deny themselves and take up their cross and follow me. <sup>35</sup>For those who want to save their life will lose it, and those who lose their life for my sake, and for the sake of the gospel, will save it. <sup>36</sup>For what will it profit them to gain the whole

world and forfeit their life? <sup>37</sup>Indeed, what can they give in return for their life? <sup>38</sup>Those who are ashamed of me and of my words in this adulterous and sinful generation, of them the Son of Man will also be ashamed when he comes in the glory of his Father with the holy angels.'

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 Be Thou my guardian and my guide by Isaac Williams**

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

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.

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.

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.

Source: [Ancient and Modern: hymns and songs for refreshing worship #116](#)

**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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