



 **St. Mary's Church**
SAWSTON

SUNDAY 21st FEBRUARY – LENT 1

Welcome

Hymn Forty Days and Forty Nights

<https://www.youtube.com/watch?v=9N29ZnwU4LM>

Forty days and forty nights
Thou wast fasting in the wild;
Forty days and forty nights
Tempted, and yet undefiled.

And if Satan, vexing sore,
Flesh or spirit should assail,
Thou his vanquisher before,
Grant we may not faint nor fail.

Sunbeams scorching all the day;
Chilly dew-drops nightly shed;
Prowling beasts about Thy way;
Stones thy pillow; earth thy bed.

So shall we have peace divine:
Holier gladness ours shall be;
Round us, too, shall angels shine,
Such as ministered to thee.

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

Greeting

The Lord be with you
and also with you.

Prayer of Preparation

We say the Collect for Purity:

**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.**

Prayers of Penitence

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.

**Father eternal, giver of light and grace,
we have sinned against you and against our neighbour,
in what we have thought, in what we have said and done,
through ignorance, through weakness,
through our own deliberate fault.
We have wounded your love,
and marred your image in us.
We are sorry and ashamed, 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 lead us out from darkness
to walk as children of light. Amen.**

Kyrie Eleison

Lord, have mercy,
Lord, have mercy,

Christ Have mercy
Christ have mercy

Lord have mercy
Lord have mercy

Absolution

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,
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.**

The Liturgy of the Word

Genesis 9.8–17

Then 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.

1 Peter 3.18–22

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 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.

Thanks be to God.

THE GOSPEL

Hear the Gospel of our Lord Jesus Christ according to Mark

Glory to you, O Lord.

Mark 1.9–15

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.

Praise to you, O Christ.

The Sermon John Pinder

The Nicene Creed

We stand to affirm our faith in the words of the Nicene Creed

**We believe in one God, the Father, the Almighty,
maker of heaven and earth, of all that is,
seen and unseen.**

**We believe in one Lord, Jesus Christ,
the only Son of God,
eternally begotten of the Father,
God from God, Light from Light, true God from true God,
begotten, not made, of one Being with the Father;
through him all things were made.
For us and for our salvation he came down from heaven,
was incarnate from the Holy Spirit and the Virgin Mary
and was made man.**

**For our sake he was crucified under Pontius Pilate;
he suffered death and was buried.
On the third day he rose again
in accordance with the Scriptures;
he ascended into heaven
and is seated at the right hand of the Father.
He will come again in glory to judge
the living and the dead, and his kingdom will have no end.
We believe in the Holy Spirit, the Lord, the giver of life,
who proceeds from the Father and the Son,
who with the Father and the Son is worshipped and glorified,
who has spoken through the prophets.
We believe in one holy catholic and apostolic Church.
We acknowledge one baptism for the forgiveness of sins.
We look for the resurrection of the dead,
and the life of the world to come. Amen.**

Prayers of Intercession

Jose

and at the end:

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

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

Hymn Will you come and follow me

<https://www.youtube.com/watch?v=eAYM8pWCwWk>

Will you come and follow me
if I but call your name?
Will you go where you don't know
and never be the same?
Will you let my love be shown,
will you let my name be known,
will you let my life be grown in you
and you in me?

Will you let the blinded see
if I but call your name?
Will you set the prisoners free
and never be the same?
Will you kiss the leper clean,
and do such as this unseen,
and admit to what I mean
in you and you in me?"

Will you leave yourself behind
if I but call your name?
Will you care for cruel and kind
and never be the same?
Will you risk the hostile stare,
should your life attract or scare?
Will you let me answer prayer in you
and you in me?"

Will you love the you you hide
if I but call your name?
Will you quell the fear inside
and never be the same?
Will you use the faith you've found
to reshape the world around,
through my sight and touch
and sound in you and you in me?"

Lord, your summons echoes true
when you but call my name.
Let me turn and follow you
and never be the same
In your company I'll go
where your love and footsteps show.
Thus I'll move and live and grow
in you and you in me.

The Offertory

Yours, Lord, is the greatness, the power, the glory,
the splendour and the majesty;
for everything in heaven and on earth is yours.

**All things come from you
and of your own do we give you.**

The Eucharistic Prayer

The Lord is here.

His Spirit is with us.

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.

The prayer continues ...

for ever praising you and *saying*:

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.

The prayer continues ...

Great is the mystery of faith:

Christ has died:

Christ is risen:

Christ will come again.

The prayer continues ...

for ever and ever. **Amen.**

The Lord's Prayer

As our Saviour Jesus Christ has taught us, so we pray:

Our Father in heaven, hallowed be your name,

your kingdom come, your will be done,

on earth as in heaven.

Give us today our daily bread.

Forgive us our sins

as we forgive those who sin against us.

Lead us not into temptation but deliver us from evil.

For the kingdom, the power, and the glory

are yours, now and for 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 we all share in one bread.**

Agnus Dei

Jesus, Lamb of God: have mercy on us.

Jesus, bearer of our sins: have mercy on us.

Jesus, redeemer of the world: grant us peace.

Draw near with faith.

Receive the body of our Lord Jesus Christ which he gave for you, and his blood which he shed for you.

Eat and drink in remembrance that he died for you, and feed on him in your hearts by faith with thanksgiving.

Most merciful Lord,

your love compels us to come in.

**Our hands were unclean, our hearts were unprepared;
we were not fit even to eat the crumbs from
under your table.**

**But you, Lord, are the God of our salvation,
and share your bread with sinners.**

So cleanse and feed us

**with the precious body and blood of your Son,
that he may live in us and we in him;**

**and that we, with the whole company of Christ,
may sit and eat in your kingdom. Amen.**

Prayer after Communion

Lord God, you have renewed us with the living bread from heaven;
by it you nourish our faith, increase our hope,
and strengthen our love:

teach us always to hunger for him

who is the true and living bread,

and enable us to live by every word

that proceeds from out of your mouth;

through Jesus Christ our Lord. **Amen**

**Almighty God,
we thank you for feeding us
with the body and blood of your Son Jesus Christ.
Through him we offer you our souls and bodies
to be a living sacrifice.
Send us out in the power of your Spirit
to live and work to your praise and glory. Amen.**

NOTICES

HYMN FATHER HEAR THE PRAYER WE OFFER

<https://www.youtube.com/watch?v=DgwZu7sgxTk>

Father, hear the prayer we offer:
not for ease that prayer shall be,
but for strength that we may ever
live our lives courageously.

Not for ever by still waters
would we idly rest and stay;
but would smite the living fountains
from the rocks along our way.

Not for ever in green pastures
do we ask our way to be;
but the steep and rugged pathway
may we tread rejoicingly.

Be our strength in hours of
weakness,
in our wanderings be our guide;
through endeavour, failure, danger,
Father, be thou at our side.

The Blessing and Dismissal

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.

Go in peace to love and serve the Lord
In the name of Christ. Amen.