



## 1st Sunday in Lent 2021

**Introduction:** *Sonnets: The temptations, by Malcolm Guite*

**Hymn:** Forty days and forty nights

### **Gathering**

We meet in the presence of the Living God who is, Father, Son, and Holy Spirit.  
**Amen.**

### **Prayer**

Heavenly Father,  
your Son battled with the powers of darkness,  
and grew closer to you in the desert:  
help us to use these days to grow in wisdom and prayer  
that we may witness to your saving love  
in Jesus Christ our Lord.

**Amen.**

## **Reading** 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 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."

**Hymn:** Be thou my guardian and my guide

**Reflection:** Provided by Rev. Shaun Speller

## **Intercessions**

### **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.**

## **The Peace**

Christ is our peace.  
He has reconciled us to God  
in one body by the cross.  
We meet in his name and share his peace.

The Peace of the Lord be always with you  
**And also with you.**

## **Confession**

Lord forgive us when we put our own needs first.

**Jesus, lead us into life.**

Lord forgive us when we choose to do wrong.

**Jesus, lead us into life.**

Lord, forgive us when we treat others badly

**Jesus, lead us into life.**

Lord, forgive us when we do nothing as others are treated badly or are in need.

**Jesus, lead us into life.**

Lord, set us free from sin, and teach us to serve you.

**Jesus, lead us into life.**

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

### **Act of Spiritual Communion**

Thanks be to you, Lord Jesus Christ, for all the benefits you have given me, for all the pains and insults you have borne for me. Since I cannot now receive you sacramentally, I ask you to come spiritually into my heart. O most merciful redeemer, friend and brother, may I know you more clearly, love you more dearly, and follow you more nearly, day by day. **Amen.**

### **Conclusion**

The peace of God, which passes all understanding,  
keep our hearts and minds in the knowledge and love of God,  
and of his son Jesus Christ our Lord;  
and the blessing of god Almighty,  
the Father, the Son and the Holy Spirit,  
be among us and remain with us always. **Amen**

**Hymn:** Lead us heavenly Father, lead us

## **Forty days and forty nights**

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

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

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

And if Satan, vexing sore,  
flesh or spirit should assail,  
thou, his vanquisher before  
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 ministered to thee.

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)*

## **Be thou my guardian and my guide**

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.

*Isaac Williams (1802-1865)*

## **Lead us, heavenly Father, lead us**

Lead us, heavenly Father, lead us  
o'er the world's tempestuous sea;  
guard us, guide us, keep us, feed us  
for we have no help but thee;  
yet possessing every blessing,  
if our God our Father be.

Saviour, breathe forgiveness o'er us;  
all our weakness thou dost know;  
thou didst tread this earth before us,  
thou didst feel its keenest woe;  
self denying, death defying,  
thou to Calvary didst go.

Spirit of our God, descending,  
fill our hearts with heavenly joy,  
love with every passion blending,  
pleasure that can never cloy:  
thus provided, pardoned, guided,  
nothing can our peace destroy.

*James Edmeston (1791-1867)*