

## Morning Prayer 14<sup>th</sup> February 2021

### First Sunday of Lent

*Rescue us from the chaos of sin*

#### Hymn: 'Be thou my guardian and my guide'



1. 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.
2. 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.
3. 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.
4. 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.

#### Preparation

O Lord, open our lips  
**and our mouth shall proclaim your praise.**

In your resurrection, O Christ,  
**let heaven and earth rejoice. Alleluia.**

We have come together in the name of Christ  
to offer our praise and thanksgiving,  
to hear and receive God's holy word,  
to pray for the needs of the world,  
and to seek the forgiveness of our sins,  
that by the power of the Holy Spirit  
we may give ourselves to the service of God.

## 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.

**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.  
**Amen.**

Blessed is the Lord,  
**for he has heard the voice of our prayer;**  
Therefore shall our hearts dance for joy  
**and in our song will we praise our God.**

### ***This prayer of thanksgiving is said***

Blessed are you, Lord God of our salvation,  
to you be praise and glory for ever.  
As once you ransomed your people from Egypt  
and led them to freedom in the promised land,  
so now you have delivered us from the dominion of darkness  
and brought us into the kingdom of your risen Son.  
May we, the first fruits of your new creation,  
rejoice in this new day you have made,  
and praise you for your mighty acts.  
Blessed be God, Father, Son and Holy Spirit.  
**Blessed be God for ever.**

The night has passed, and the day lies open before us;  
let us pray with one heart and mind.

***Silence is kept***

As we rejoice in the gift of this new day,  
so may the light of your presence, O God,  
set our hearts on fire with love for you;  
now and for ever.

**Amen.**

## Collect for the Day

Holy God,  
our lives are laid open before you:  
rescue us from the chaos of sin  
and through the death of your Son  
bring us healing and make us whole  
in Jesus Christ our Lord.

## Old Testament Reading Genesis 9:8-17

<sup>8</sup> Then God said to Noah and to his sons with him, <sup>9</sup>As for me, I am establishing my covenant with you and your descendants after you, <sup>10</sup>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. <sup>11</sup> 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.' <sup>12</sup>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: <sup>13</sup>I have set my bow in the clouds, and it shall be a sign of the covenant between me and the earth. <sup>14</sup>When I bring clouds over the earth and the bow is seen in the clouds, <sup>15</sup>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. <sup>16</sup>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.' <sup>17</sup>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**

## Psalm 25: 1-9

<sup>1</sup> To you, O Lord, I lift up my soul;  
O my God, in you I trust; ♦  
let me not be put to shame;  
let not my enemies triumph over me.

<sup>2</sup> Let none who look to you be put to shame, ♦

but let the treacherous be shamed and frustrated.

<sup>3</sup> Make me to know your ways, O Lord, ♦  
and teach me your paths.

<sup>4</sup> Lead me in your truth and teach me, ♦  
for you are the God of my salvation;  
for you have I hoped all the day long.

<sup>5</sup> Remember, Lord, your compassion and love, ♦  
for they are from everlasting.

<sup>6</sup> Remember not the sins of my youth  
or my transgressions, ♦  
but think on me in your goodness, O Lord,  
according to your steadfast love.

<sup>7</sup> Gracious and upright is the Lord; ♦  
therefore shall he teach sinners in the way.

<sup>8</sup> He will guide the humble in doing right ♦  
and teach his way to the lowly.

<sup>9</sup> All the paths of the Lord are mercy and truth ♦  
to those who keep his covenant and his testimonies.

**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**

## New Testament Reading

### 1 Peter 3:18 -end

<sup>18</sup>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, <sup>19</sup>in which also he went and made a proclamation to the spirits in prison, <sup>20</sup>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. <sup>21</sup>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, <sup>22</sup>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**

## Hymn: 'Father, hear the prayer we offer'



1. Father, hear the prayer we offer:  
not for ease that prayer shall be,  
but for strength that we may ever  
live our lives courageously.
2. Not for ever in green pastures  
do we ask our way to be;  
but the steep and rugged pathway  
may we tread rejoicingly.
3. Not for ever by still waters  
would we idly rest and stay;  
but would smite the living fountains  
from the rocks along our way.
4. Be our strength in hours of weakness,  
in our wanderings be our guide;  
through endeavour, failure, danger,  
Father, be thou at our side.

## Gospel Reading: Mark 1:9-15

Hear the Gospel of our Lord Jesus Christ according to Mark

**Glory to you, O Lord**

### **The Baptism of Jesus**

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

### **The Temptation of Jesus**

<sup>12</sup> And the Spirit immediately drove him out into the wilderness. <sup>13</sup> He was in the wilderness for forty days, tempted by Satan; and he was with the wild beasts; and the angels waited on him.

### **The Beginning of the Galilean Ministry**

<sup>14</sup> Now after John was arrested, Jesus came to Galilee, proclaiming the good news of God,

<sup>15</sup> 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**

## Sermon

### Hymn: 'Praise to the Holiest in the height'



1. Praise to the Holiest in the height,  
and in the depth be praise:  
in all his words most wonderful,  
most sure in all his ways.
2. O loving wisdom of our God!  
when all was sin and shame,  
a second Adam to the fight  
and to the rescue came.
3. O generous love! that he, who smote  
in man for man the foe,  
the double agony in man  
for man should undergo;
4. And in the garden secretly,  
and on the Cross on high,  
should teach his brethren, and inspire  
to suffer and to die.
5. Praise to the Holiest in the height,  
and in the depth be praise:  
in all his words most wonderful,  
most sure in all his ways.

## 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.**

## **Intercessions**

We pray to the Lord for courage to give up other things  
and to give ourselves to him this Lent.

Give your Church the courage  
to give up her preoccupation with herself  
and to give more time to your mission in the world.

**[We pray for ...]**

May the blood and water flowing from the side of Jesus  
bring forgiveness to your people  
and help us to face the cost of proclaiming salvation.  
Lord, meet us in the silence,  
**give us strength and hear our prayer.**

Give your world the courage  
to give up war, bitterness and hatred,  
and to seek peace.

**[We pray for ...]**

May the shoulders of the risen Jesus,  
once scourged by soldiers,  
bear the burden of political and military conflict in our world.  
Lord, meet us in the silence,  
**give us strength and hear our prayer.**

Give us the courage to give up quarrels, strife and jealousy  
in our families, neighbourhoods and communities.

**[We pray for ...]**

May the presence of the risen Jesus,  
his body once broken and now made whole,  
bring peace and direction as we live with one another.

Lord, meet us in the silence,  
**give us strength and hear our prayer.**

Give us the courage  
to give up our selfishness as we live for others,  
and to give time, care and comfort to those in need.  
**[We pray for ...]**

May the wounded hands of Jesus bring his healing touch,  
and the light of his presence fill their rooms.  
Lord, meet us in the silence,  
**give us strength and hear our prayer.**

Give us the courage to give up our fear of death  
and to rejoice with those who have died in faith.  
**[Especially we hold ... in our minds.]**

May the feet of the risen Lord Jesus, once nailed to the cross,  
walk alongside the dying and bereaved in their agony,  
and walk with us and all your Church  
through death to the gate of glory.

Lord, meet us in the silence,  
**give us strength and hear our prayer,  
here and in eternity. Amen.**

*The Lord's Prayer is said*

Rejoicing in God's new creation,  
let us pray with confidence as our Saviour has taught us.

**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 Conclusion

### Hymn: 'Lead us, heavenly Father, lead us'



1. 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.
2. 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.
3. 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.

## The Blessing

May God give to you and to all those you love  
his comfort and his peace,  
his light and his joy,  
in this world and the next;  
and the blessing ...**Amen.**

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