

**Sunday 26<sup>th</sup> February 2023**

**First Sunday of Lent**

**Reading 1:** Romans 5: 12 - 19

**Gospel:** Matthew 4: 1 - 11

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

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

**Prayer:**

Lord, direct our thoughts, and teach us to pray.  
Lift up our hearts to worship you in spirit and in truth,  
through Jesus Christ our Lord. Amen.

**Psalm: 32**

Happy are those whose transgression is forgiven,  
whose sin is covered.

<sup>2</sup> Happy are those to whom the LORD imputes no iniquity,  
and in whose spirit there is no deceit.

<sup>3</sup> While I kept silence, my body wasted away  
through my groaning all day long.

<sup>4</sup> For day and night your hand was heavy upon me;  
my strength was dried up<sup>[a]</sup> as by the heat of summer.

<sup>5</sup> Then I acknowledged my sin to you,  
and I did not hide my iniquity;  
I said, 'I will confess my transgressions to the LORD',  
and you forgave the guilt of my sin.

<sup>6</sup> Therefore let all who are faithful  
offer prayer to you;  
at a time of distress,<sup>[b]</sup> the rush of mighty waters  
shall not reach them.

<sup>7</sup> You are a hiding-place for me;  
you preserve me from trouble;  
you surround me with glad cries of deliverance.

<sup>8</sup> I will instruct you and teach you the way you should go;  
I will counsel you with my eye upon you.

<sup>9</sup> Do not be like a horse or a mule, without understanding,

whose temper must be curbed with bit and bridle,  
else it will not stay near you.

<sup>10</sup> Many are the torments of the wicked,  
but steadfast love surrounds those who trust in the LORD.

<sup>11</sup> Be glad in the LORD and rejoice, O righteous,  
and shout for joy, all you upright in heart.

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.

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 commandment greater than these. On these two commandments hang all the law and the prophets.

Amen, Lord, have mercy.

### **Invitation to Confession:**

Compassion and forgiveness belong to the Lord our God,  
though we have rebelled against him.

Let us then renounce our wilfulness and ask his mercy  
by confessing our sins in penitence and faith.

### **Confession:**

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.

### **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:**

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..

**Song:** (*click link*)    Amazing Grace    <https://youtu.be/Jbe7OruLk8I>

### **Reading 1: Romans 5: 12 – 19**

<sup>12</sup> Therefore, just as sin came into the world through one man, and death came through sin, and so death spread to all because all have sinned— <sup>13</sup> sin was indeed in the world before the law, but sin is not reckoned when there is no law. <sup>14</sup> Yet death exercised dominion from Adam to Moses, even over those whose sins were not like the transgression of Adam, who is a type of the one who was to come.

<sup>15</sup> But the free gift is not like the trespass. For if the many died through the one man's trespass, much more surely have the grace of God and the free gift in the grace of the one man, Jesus Christ, abounded for the many. <sup>16</sup> And the free gift is not like the effect of the one man's sin. For the judgement following one trespass brought condemnation, but the free gift following many trespasses brings justification. <sup>17</sup> If, because of the one man's trespass, death exercised dominion through that one, much more surely will those who receive the abundance of grace and the free gift of righteousness exercise dominion in life through the one man, Jesus Christ.

<sup>18</sup> Therefore just as one man's trespass led to condemnation for all, so one man's act of righteousness leads to justification and life for all. <sup>19</sup> For just as by the one man's disobedience the many were made sinners, so by the one man's obedience the many will be made righteous.

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

### **Gospel: Matthew 4: 1 – 11**

Then Jesus was led up by the Spirit into the wilderness to be tempted by the devil. <sup>2</sup> He fasted for forty days and forty nights, and afterwards he was famished. <sup>3</sup> The tempter came and said to him, 'If you are the Son of God, command these stones to become loaves of bread.' <sup>4</sup> But he answered, 'It is written,

"One does not live by bread alone, but by every word that comes from the mouth of God."

<sup>5</sup> Then the devil took him to the holy city and placed him on the pinnacle of the temple, <sup>6</sup> saying to him, 'If you are the Son of God, throw yourself down; for it is written,

"He will command his angels concerning you",  
and "On their hands they will bear you up, so that you will not dash your foot against a stone."

<sup>7</sup> Jesus said to him, 'Again it is written, "Do not put the Lord your God to the test."'

<sup>8</sup> Again, the devil took him to a very high mountain and showed him all the kingdoms of the world and their splendour; <sup>9</sup> and he said to him, 'All these I will give you, if you will fall down and worship me.' <sup>10</sup> Jesus said to him, 'Away with you, Satan! for it is written,

"Worship the Lord your God, and serve only him."

<sup>11</sup> Then the devil left him, and suddenly angels came and waited on him.

*This is the gospel of the Lord.*

*Praise to you, O Christ.*

**Talk:** (click link) <https://youtu.be/vehvhJDRoNw>

*Let us affirm our faith in Jesus Christ the Son of God.*

### **The 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.**

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 the sick.

[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.**

Merciful Father,

**Accept these prayers**

**for the sake of your only son**

**our saviour, Jesus Christ.      Amen.**

***Silence is kept.***

**Lord's Prayer:**

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

and 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 forever.      Amen.

**Song:** *(click link)*      Great is thy Faithfulness      <https://youtu.be/iDuMoA9IxE>

**Blessing:**

God give you grace to grow in holiness,

to deny yourselves,

take up your cross and follow him.....

.....and the blessing of God almighty;

Father Son and Holy Spirit,

be with us, and remain with us

and all those whom we love,

now and forever.

Amen.

**Song:** *(click link)*

*Post something on the Facebook page to bless others.*