

Sunday Lent 1 – February 21, 2021

WELCOME

'Rise up and follow me,
rise up and follow me!'

OPENING PRAYER

PRAYER OF PREPARATION

**Almighty God, to whom all hearts are open
all desires know 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 Jesus Christ our Lord. Amen**

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!

Psalm 63

You, God, are my God,
earnestly I seek you;
I thirst for you,
my whole being longs for you,
in a dry and parched land
where there is no water.
2 I have seen you in the sanctuary
and beheld your power and your glory.
3 Because your love is better than life,
my lips will glorify you.
4 I will praise you as long as I live,
and in your name I will lift up my hands.
5 I will be fully satisfied as with the richest of
foods;
with singing lips my mouth will praise you.
6 On my bed I remember you;
I think of you through the watches of the
night.
7 Because you are my help,
I sing in the shadow of your wings.
8 I cling to you;
your right hand upholds me.

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!

***Glory to the Father and to the Son and to
the Holy Spirit, as it was in the beginning
is now and shall be forever. Amen***

SONG

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.

CONFESSION

God loved the world so much that he gave his
one and only Son, Jesus Christ, to save us
from our sins, to be our advocate in heaven
and to bring us to eternal life.

*Therefore, let us confess our sins in penitence
and faith, firmly resolved to keep God's
commandments and to live in love and peace
with all.*

Silence:

In simple trust like theirs who heard,
beside the Syrian sea,
the gracious calling of the Lord
let us, like them, obey his word:

**Most merciful God, Father of our Lord
Jesus Christ, we confess that we have
sinned in thought, word and deed. We
have not loved you with our whole heart.
We have not loved our neighbours as
ourselves.**

In your mercy, forgive what we have been, help us to amend what we are and direct what we shall be, that we may do justly, love mercy, and walk humbly with you, our God. Amen

ABSOLUTION:

May the God of all mercy and forgiveness draw you (us) to himself, that you (we) may behold the glory of his Son, the all-sufficient Christ, and be cleansed from all your (our) sins, through Jesus Christ our Lord. Amen

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

READING: 1 Peter 3:18-end

¹⁸For Christ also suffered once for sins, the righteous for the unrighteous, to bring you to God. He was put to death in the body but made alive in the Spirit. ¹⁹After being made alive,^[a] he went and made proclamation to the imprisoned spirits— ²⁰to those who were disobedient long ago when God waited patiently in the days of Noah while the ark was being built. In it only a few people, eight in all, were saved through water, ²¹and this water symbolizes baptism that now saves you also—not the removal of dirt from the body but the pledge of a clear conscience toward God.^[a] It saves you by the resurrection of Jesus Christ, ²²who has gone into heaven and is at God's right hand—with angels, authorities and powers in submission to him.

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

SONG:

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

Should not we Thy sorrow share
And from worldly joys abstain,
Fasting with unceasing prayer,
Strong with Thee to suffer pain?

Then if Satan on us press,
Jesus, Saviour, hear our call!
Victor in the wilderness,
Grant we may not faint nor fall!

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.

GOSPEL: Mark 1:9-15

*Hear the gospel according to Mark;
Glory to you, O Lord*

⁹At that time Jesus came from Nazareth in Galilee and was baptized by John in the Jordan. ¹⁰Just as Jesus was coming up out of the water, he saw heaven being torn open and the Spirit descending on him like a dove. ¹¹And a voice came from heaven: "You are my Son, whom I love; with you I am well pleased."

¹²At once the Spirit sent him out into the wilderness, ¹³and he was in the wilderness forty days, being tempted^[a] by Satan. He was with the wild animals, and angels attended him.

¹⁴After John was put in prison, Jesus went into Galilee, proclaiming the good news of God. ¹⁵"The time has come," he said. "The kingdom of God has come near. Repent and believe the good news!"

*This is the Gospel of Christ;
Praise to you O Lord.*

SERMON: Journeying with Christ in the wilderness – the temptation

SONG

As the deer pants for the water
So my soul longs after You
You alone are my heart's desire
And I long to worship You

*You alone are my strength, my shield
To You alone may my spirit yield
You alone are my heart's desire
And I long to worship You*

I want You more than gold or silver
Only You can satisfy
You alone are the real joy giver
And the apple of my eye

You're my friend and You're my brother
Even though you are a King
I love You more than any other
So much more than anything

CREED:

Let us affirm our faith in God:

**We believe and trust in God the Father,
Creator of the world.**

**We believe and trust in His Son Jesus
Christ, who redeemed humanity from sin
and death.**

**We believe and trust in the Holy Spirit, who
gives life to the people of God.**

**We believe and trust in one God:
Father, Son and Holy Spirit. Amen.**

INTERCESSION:

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

PEACE

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

The peace of the Lord be always with you
And also with you

OFFERING: *(Please remember to put aside
your weekly offering – if you do not pay
through the bank – to be blessed and bring it
when you return to the building. (Santander
Bank account number: **91028603**; sort code:
090155; St. Saviour's Parochial Church
Council)*

**Gracious God, for all you have given us, all
you will give us and all you give us here
and now, we offer you our thanks and
praise. Bless this offering of our money
and of ourselves to be used in your
service, through Jesus Christ our Lord.
Amen**

HOLY COMMUNION

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.

It is right to praise you, Father, Lord of all
creation; in your love you made us for
yourself.

When we turned away you did not reject us,
but came to meet us in your Son.

**You embraced us as your children and
welcomed us to sit and eat with you.**

In Christ you shared our life that we might live
in him and he in us.

**He opened his arms of love upon the cross
and made for all the perfect sacrifice for
sin.**

On the night he was betrayed, at supper with
his friends he took bread, and gave you
thanks; he broke it and gave it to them,
saying: Take, eat; this is my body which is
given for you; do this in remembrance of me.

**Father, we do this in remembrance of him:
his body is the bread of life.**

At the end of supper, taking the cup of wine,
he gave you thanks, and said: Drink this, all of
you; this is my blood of the new covenant,
which is shed for you for the forgiveness of
sins; do this in remembrance of me.

**Father, we do this in remembrance of him:
his blood is shed for all.**

As we proclaim his death and celebrate his
rising in glory, send your Holy Spirit that this
bread and this wine may be to us the body
and blood of your dear Son.

**As we eat and drink these holy gifts make
us one in Christ, our risen Lord.**

With your whole Church throughout the world
we offer you this sacrifice of praise and lift our
voice to join the eternal song of heaven:

Holy, holy, holy Lord, God of power and might, Heaven and earth are full of your glory. Hosanna in the highest.

The Lord's Prayer

Jesus taught us to call God Father, so in faith and trust 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.**

Lamb of God

**Lamb of God you take away the sins of the
world; have mercy on us
Lamb of God you take away the sins of the
world; have mercy on us
Lamb of God you take away the sins 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 Jesus died for you, and feed on him in your hearts by faith with thanksgiving. **Amen**

**Lord, I am not worthy to receive you, but
only say the word and I shall be healed.
Amen**

POST-COMMUNION PRAYER

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**

PRAYER OF THANKS:

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 Holy Spirit to live and work to your praise and glory. Amen

FINAL SONG

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;
lone and dreary, faint and weary,
through the desert thou 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.

PRAYER AND BLESSING

Gracious God, take this moment, this minute, this hour, this day and empower us to live for Christ alone.

As we journey through the wilderness of this world, journey with us we pray and strengthen us for the journey. Through Jesus Christ our Lord. **Amen**

May the blessing...

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

NOTICES

- **Happy birthday** to all who are celebrating this week and **happy anniversary** to all couples celebrating this week
- Please continue to **pray** and **check** on each other as we wait patiently for the Lord to deliver us from this pandemic.
- **Congrats** to all those who have already gotten their vaccines. We pray that God will use this instrument to bring us deliverance from COVID-19 disease.

- **February month of prayer** – the archbishops are asking us to make February a month of prayer to join them at 6pm for prayer each evening.
churchofengland.org/PrayerForTheNation.
- **Bereavement course for those who have lost loved ones:** a course offered by Rev. Christie at St. Matthews. If you can help with the course, please contact Cornelius
- **Three zoom courses for those interested:**
 1. **Time to Share** evangelism course on Thursday evenings (7:30-9:30). If interested please email rev. Jeanette Meadway revjeanettem16@gmail.com
 - 2. **SHAPE** course for those discerning their spiritual gifts also on Thursday evenings (7:30-9). Contact Cornelius for zoom details.
 3. **YOUTH ALPHA** on Monday evenings (5pm) for ages 14-17. Email Youth for Christ for more information:
info@newham.yfc.co.uk
- **Friday evening (young people) Bible study** (meet every other Friday)
- **Tuesday evening Bible study 8-9 on zoom.** Join Zoom Meeting

<https://stsaviourse7.org.uk/>

<https://www.youtube.com/c/StSavioursChurchE7>

<https://www.facebook.com/Stsaviourse7/>