

## **Sunday March 6<sup>th</sup> 2022:** First Sunday in Lent

*For use by the Central Norfolk Circuit at 10.30 am or other suitable time.*



### **Hymn StF 317 H&P 74**

At the name of Jesus / every knee shall bow / every tongue confess him / King of Glory now.  
'Tis the Father's pleasure / we should call him Lord / who from the beginning / was the mighty Word.  
Humbled for a season / to receive a name / from the lips of sinners / unto whom he came.  
Faithfully he bore it / spotless to the last / brought it back victorious when from death he passed.  
In your hearts enthroned him / there let him subdue / all that is not holy / all that is not true;  
crown him as your captain / in temptation's hour: let his will enfold you / in its light and power.  
For this same Lord Jesus / shall return again / with his Father's glory / with his angel train;  
all the wreaths of empire / meet upon his brow / and our hearts confess him / King of Glory now.

Caroline Maria Noel (1817 – 1877)

### **Prayer**

Lord, you are steadfast in your love and infinite in your mercy;  
We confess our sins, trusting in you to forgive us.

We have yielded to temptation and sinned, Lord have mercy: **Lord, have mercy.**

We have turned from our neighbours in their need, Christ have mercy: **Christ, have mercy.**

We have resisted your word in our hearts, Lord have mercy: **Lord, have mercy.**

The almighty and most merciful God grant us pardon,  
forgiveness of all our sins, time for true repentance and amendment of life,  
and the grace and comfort of the Holy Spirit. Amen.

The Methodist Worship Book

**Psalm set for today:** Psalm 91 v 1 – 2, 9 – 16

### **To think about**

How should we best understand this psalm? Figurately? Literally? In our current world situation?

**Gospel reading set for today:** Luke 4 v 1 – 13

### **Hymn StF 236 H&P 130**

Forty days and forty nights / you were fasting in the wild;  
forty days and forty nights / tempted and yet undefiled.  
Shall not we your trials share / learn your discipline of will:  
and with you by fast and prayer / wrestle with the powers of hell?  
Watching, praying, struggling thus / victory shall be ours too,  
angels minister to us / as they ministered to you.

Saviour, may we hear your voice / keep us constant at your side;  
and with you we shall rejoice / at the eternal Eastertide.

George Hunt Smyttan (1822 – 1870)

### **Message from a Circuit friend**

I don't know about you but when I was a child I had a great deal of difficulty understanding this passage. I think part of it was that I did not know what a wilderness (desert) was and not too sure about temples and how tall they would be. In some ways I probably concentrated so much on what I didn't know that I never really thought about what it really is telling us. Jesus has come from being baptised and acknowledged as the Son of God. Now, before embarking on His ministry, He goes out on his own to meditate, to talk to His

Father and prepare for what lay ahead. He spends forty days fasting and praying. At the end of this period, when undoubtedly at his weakest point, the devil tempts Him. They are not just any old temptation but ones designed to get Jesus thinking only of himself and his needs: turn the stones into bread, after all you need to eat! Note His response “Man shall not live by bread alone” In other words we need other food, not just the physical but also spiritual. Then the devils tempts with offering his authority over all the world on condition that Jesus pays homage to him – Jesus quotes the ten commandments – worship only God and none other. Lastly, from the top of the temple, jump and the angels will stop you from hurting yourself – No you don’t test God with things like that. As an adult I understand more clearly that Jesus was not only the Son of God, he was also human, with human needs. He knew that the time would come when an even harder temptation would be presented – to flee from the cross. He overcame these tempting offers and would remember them later in His life. Obedience sometimes comes at a cost. Having been to the Holy Land, seen the deserts, the mountains and a model of what the temple would have been like, I can see that this occurrence was monumental in many ways. To spend forty days on your own in the bleakness of desert conditions, the heat during the day and cold at night, would have been the end of a lot of us. To be offered the kingdoms of the earth with only the condition of worshipping what we should not and the thought of jumping off the tallest part of the temple would have frightened most of us out of our senses. Jesus was not like us in that He had a deeper trust in His Father, a closeness to God that most of us cannot attain in this lifetime. We may not be tempted in that way but daily there are temptations put in front of us and we need to remember what Jesus went through. Can we accept the challenge?

**Jacky Woor (Local Preacher and member of Trinity Methodist Church, Dereham)**

### **Prayers of Intercession**

We pray for peace in our world, especially thinking of the situation in Ukraine; especially holding before God the relationship between Russia and the West. We pray for all who are suffering because of war, the threat of war, acts of violence and oppression.

We pray for our own country, our own community, our neighbours, our family and our friends...

### **Offer to God your offertory for the week, and say the Lord’s Prayer...**

#### **Hymn StF 238 H&P 68**

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;  
tempted, taunted, yet undaunted / 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.

James Edmeston (1791 – 1867)

**May the blessing of God: Father, Son and Holy Spirit be with us, and all those we love, this day and always, Amen.**

### **CIRCUIT NEWS**

Various Lent Courses are taking place throughout the Circuit (either in person, or online). For details, contact your section Minister or our Administrator (07736 467831).

Last week’s ‘Big Sunday’ was again successfully used in churches throughout the circuit as well as by people at home – on zoom, youtube or using the Worship at Home sheet. The recording of the live zoom, the youtube recording and the powerpoint showing photos of mountains – from people around the circuit – can all be accessed on our Circuit website under the Worship tab.

The next Big Sunday will be on June 5<sup>th</sup> when we will be marking the Queen’s platinum jubilee.