

Sunday 18th February 2024: First Sunday in Lent

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



StF 238 H&P 68 'Lead us heavenly Father, lead us' by James Edmeston (1791 – 1867)

Opening Prayer

Think of the past week and say both 'thank you' and 'sorry' to our loving God.

Epistle Reading set for today: 1 Peter 3 v 18 – 22

To think about

This reading from 1 Peter is not an easy one! Try and make a note of the things it says Jesus did as well as the things that happened because of what he did...

StF 504 H&P 739 'May the mind of Christ my Saviour' by Kate Wilkinson (1859 – 1928)

Gospel reading set for today: Mark 1 v 9 – 15

Message from a Circuit Friend

John the Baptist did not feel worthy of undertaking the baptism of Jesus, but Jesus insisted it was right to do so, he knew he must first be baptised in the Spirit to enable him to fulfil his destiny. The spirit descended like a dove engulfing him with joy and love from the father. Many of us are baptised as young children, beginning our spiritual journey. Yet many Christian denominations undertake full immersion in water, washing away the old and letting the new begin. While water is a vital component of this process, we are baptised in spirit. It is this spirit which gives us true life. Jesus had an impossible journey to face. While we may not suffer the immense spiritual and physical pain like he did, we can often go through many trials and temptations along the road, knowing we have the spirit with us is certainly a comfort. I have suffered for many years with depression, some call it a black mist descending, it's definitely a trial, but it has given me many blessings. I have grown emotionally, and it has brought me back to where I began, in my home church in Gressenhall with my folk, and now on my preaching voyage. I now realise this was God's overall plan. These readings comfort me, letting me know that everyone can benefit from being baptised in the Spirit, and this is open to all. Jesus didn't need anything but the Spirit to help him overcome temptation in the 40 days in the desert. This gives us hope too so we may feel spiritually renewed as we start our Lenten journey of discovery, looking forward to the resurrection and finding the true meaning of Christ.

Anna Hall (Local Preacher on trial and member of Gressenhall Methodist Church)

StF 404 H&P 315 'God's spirit is in my heart' by Alan T Dale (1902 – 1979)

Prayers of Intercession

We pray for our world... for the church... for our communities... for our families & friends...

Collect for the first Sunday in Lent

Gracious God, your blessed Son Jesus Christ came from heaven to be the true bread which gives life to the world. Evermore give us this bread, that he may live in us, and we in him; through Jesus Christ our Lord. Amen.

Offer to God your offertory for the week, and say the Lord's Prayer...

StF 531 H&P 559 'What a friend we have in Jesus' by Joseph Scriven (1819 – 1986)

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: For this first time this last week, Ministers, Local Preachers and Worship Leaders were joined at their quarterly meeting by those who have received the certificate in leading Fellowship Services. We hope that this will be an annual event. Please pray for all who lead worship – in any capacity.