

**Parishes of Elstead,
Thursley, Shackleford and Peper Harow**



Lent

Lent

Spiritual Communion

Materials from Common Worship: Services and Prayers for the Church of England and Common Worship: Times and Seasons and included in this service; they are copyright © The Archbishops' Council 2000, 2002 & 2006

Welcome to the Season of Lent

The Christian community is invited into a season of study and repentance, for a period of forty days. This reminds us of the forty days that Jesus spent in the wilderness, being tested by Satan.

The season of Lent begins with Ash Wednesday. Ashes are an ancient sign of penitence; from the middle ages it became the custom to begin Lent by being marked in ash with the sign of the cross.

During the season of Lent, Churches are kept bare of flowers and decoration. Gloria in excelsis is not used.

The Fourth Sunday of Lent (Laetareor Refreshment Sunday) was allowed as a day of relief from the rigour of Lent, and the Feast of the Annunciation almost always falls in Lent; these breaks from austerity are the background to the modern observance of Mothering Sunday on the Fourth Sunday of Lent.

As Holy Week approaches, the atmosphere of the season darkens; the readings begin to anticipate the story of Christ's suffering and death, and the reading of the Passion Narrative gave to the Fifth Sunday its name of Passion Sunday.

Source: Common Worship—Tides and Seasons

Be Thou my wisdom, be Thou my true word,
Be Thou ever with me, and I with Thee, Lord;
Be Thou my great Father, and I Thy true son;
Be Thou in me dwelling, and I with Thee one.

Be Thou my breastplate, my sword for the fight;
Be Thou my whole armour, be Thou my true might;
Be Thou my soul's shelter, be Thou my strong tower:
O raise Thou me heavenward, great Power of my power.

Riches I need not, nor man's empty praise:
Be Thou mine inheritance now and always;
Be Thou and Thou only the first in my heart:
O Sovereign of heaven, my treasure Thou art.

High King of heaven, Thou heaven's bright Sun,
O grant me its joys after victory is won;
Great Heart of my own heart, whatever befall,
Still be Thou my vision, O Ruler of all.

Tr. Mary E. Byrne & Eleanor H. Hull.

The Blessing and the Sending Out

God of compassion,
through your Son Jesus Christ
you have reconciled your people to yourself.
As we follow his example of prayer and fasting,
may we obey you with willing hearts
and serve one another in holy love;
and the blessing of God almighty,
the Father, the Son, and the Holy Spirit,
be among you and remain with you always.

Amen

Let us bless the Lord.
Thanks be to God.

The Sharing of Spiritual Communion

As I receive these gifts on behalf of all God's people gathered in worship near and far today we pray together:

**Thanks be to you, Lord Jesus Christ,
for all you have given me,
and for all the pains and insults
you have borne for me.
Since I cannot now receive you sacramentally,
I ask you to come spiritually into my heart.
O most merciful redeemer, friend and brother,
may I know you more clearly,
love you more dearly,
and follow you more nearly,
day by day.
Amen.**

Prayer after Communion

**Almighty God, we thank you that through this
spiritual communion you have united
us with 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 Spirit
to live and work to your praise and glory. Amen.**

HYMN 🎵

Be thou my vision, O Lord of my heart,
Be all else but naught to me, save that Thou art;
Be Thou my best thought in the day and the night,
Both waking and sleeping, Thy presence my light.

The Gathering

HYMN 🎵

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.

Bore it up triumphant
With its human light,
Through all ranks of creatures
To the central height,
To the throne of Godhead,
To the Father's breast,
Filled it with the glory
Of that perfect rest.

In your hearts enthrone 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.

Brothers, this Lord Jesus
Shall return again,
With His Father's glory,
With His angel-train;
For all wreaths of empire
Meet upon His brow,
And our hearts confess Him
King of glory now.
Caroline Maria Noel.

The Greeting

The Lord our redeemer be with you
and also with you.

Words of Welcome are said and Notices are given

Opening Prayer

God of our days and years,
we set this time apart for you.
Form us in the likeness of Christ
so that our lives may glorify you.
Amen.

The Prayer of Preparation

Almighty God,
to whom all hearts are open, all desires known,
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 Christ our Lord.
Amen.

The Lord's Prayer

Believing the promises of God, as our Saviour taught us, so we pray

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.

Breaking of the Bread

We break the bread of life, and that life is the light of the world.
God here among us,
light in the midst of us,
bring us to light and life.

Agnus Dei

♪ **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.

The Eucharistic Prayer

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.

We praise God for his mighty acts.

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

**Blessed is he who comes in the name of the Lord.
Hosanna in the highest.**

We recall the Last Supper.
Great is the mystery of faith:
**Christ has died,
Christ is risen
Christ will come again
Amen.**

Prayers of Penitence

Let us confess to God our sins and the shortcomings of the world; its pride, its selfishness, its greed; its divisions and hatreds.

God our Father, we are sorry
for the times when we have used your gifts carelessly,
and acted ungratefully.
Father in your mercy:
forgive us and help us

We enjoy the fruits of the harvest,
but sometimes forget that you have given them to us.
Father in your mercy:
forgive us and help us

We belong to a people who are full and satisfied,
but ignore the cry of the hungry.
Father in your mercy:
forgive us and help us

We are thoughtless,
and do not care enough for the world you have made.
Father in your mercy:
forgive us and help us

We store up good for ourselves alone,
as if there were no God in heaven.
Father in your mercy:
forgive us and help us

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

Silence is kept.

Almighty God,
by the prayer and discipline of Lent
may we enter into the mystery of Christ's sufferings, and
by following in his Way
come to share in his glory;
through Jesus Christ our Lord.

Amen

The Liturgy of the Word

First Reading: Psalm 22.23–end

You who fear the Lord, praise him! All you descendants of Jacob, honour him! Revere him, all you descendants of Israel! For he has not despised or scorned the suffering of the afflicted one; he has not hidden his face from him but has listened to his cry for help. From you comes the theme of my praise in the great assembly; before those who fear you I will fulfil my vows. The poor will eat and be satisfied; those who seek the Lord will praise him— may your hearts live forever! All the ends of the earth will remember and turn to the Lord, and all the families of the nations will bow down before him, for dominion belongs to the Lord and he rules over the nations. All the rich of the earth will feast and worship; all who go down to the dust will kneel before him—those who cannot keep themselves alive. Posterity will serve him; future generations will be told about the Lord. They will proclaim his righteousness, declaring to a people yet unborn: He has done it!

Second Reading Romans 4.13–end

It was not through the law that Abraham and his offspring received the promise that he would be heir of the world, but through the righteousness that comes by faith. For if those who depend on the law are heirs, faith means nothing and the promise is worthless, because the law brings wrath. And where there is no law

Prayers of Intercession

The following response may be used

Lord, meet us in the silence:
and hear our prayer.

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

The Peace

Since we are justified by faith,
we have peace with God through our Lord Jesus Christ,
who has given us access to his grace.

Romans 5:12

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

Let us offer one another a sign of peace

The Liturgy of the Sacrament

Prayer at the Preparation of the Table

God of our journey,
as we walk with you on your path of obedience,
sustain us on our way and lead us to your glory;
through Jesus Christ our Lord.
Amen

I am the resurrection,
I am the life,
He who believes in Me
Even if he die,
He shall live for ever.

*And I will raise him up,
And I will raise him up,
And I will raise him up on the last day.*

Yes, Lord, we believe
That You are the Christ,
The Son of God
Who has come
Into the world.

And I will raise him up,.....

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The Apostles 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.**

there is no transgression. Therefore, the promise comes by faith, so that it may be by grace and may be guaranteed to all Abraham's offspring—not only to those who are of the law but also to those who have the faith of Abraham. He is the father of us all. As it is written: "I have made you a father of many nations." He is our father in the sight of God, in whom he believed—the God who gives life to the dead and calls into being things that were not. Against all hope, Abraham in hope believed and so became the father of many nations, just as it had been said to him, "So shall your offspring be." Without weakening in his faith, he faced the fact that his body was as good as dead—since he was about a hundred years old—and that Sarah's womb was also dead. Yet he did not waver through unbelief regarding the promise of God, but was strengthened in his faith and gave glory to God, being fully persuaded that God had power to do what he had promised. This is why "it was credited to him as righteousness." The words "it was credited to him" were written not for him alone, but also for us, to whom God will credit righteousness—for us who believe in him who raised Jesus our Lord from the dead. He was delivered over to death for our sins and was raised to life for our justification.

At the end of each reading the reader says

This is the word of the Lord.

Thanks be to God.

HYMN

Take up thy cross, the Savior said,
if thou wouldst my disciple be;
deny thyself, the world forsake,
and humbly follow after me.

Take up thy cross, let not its weight
fill thy weak spirit with alarm;
his strength shall bear thy spirit up,
and brace thy heart and nerve thine arm.

Take up thy cross, nor heed the shame,
nor let thy foolish pride rebel;
thy Lord for thee the cross endured,
to save thy soul from death and hell.

Take up thy cross then in his strength,
and calmly sin's wild deluge brave,
'twill guide thee to a better home,
it points to glory o'er the grave.

Take up thy cross and follow Christ,
nor think til death to lay it down;
for only those who bear the cross
may hope to wear the glorious crown.

To thee, great Lord, the One in Three,
all praise forevermore ascend:
O grant us in our home to see
the heavenly life that knows no end.

Gospel Reading: Mark 8.31–end

Hear the Gospel of our Lord Jesus Christ according to Mark.

Glorify to you, O Lord.

He then began to teach them that the Son of Man must suffer many things and be rejected by the elders, the chief priests and the teachers of the law, and that he must be killed and after three days rise again. He spoke plainly about this, and Peter took him aside and began to rebuke him. But when Jesus turned and looked at his disciples, he rebuked Peter. "Get behind me, Satan!" he said. "You do not have in mind the concerns of God, but merely human concerns." Then he called the crowd to him along with his disciples and said: "Whoever wants to be my disciple must deny themselves and take up their cross and follow me. For whoever wants to save their life will lose it, but whoever loses their life for me and for the gospel will save it. What good is it for someone to gain the whole world, yet forfeit their soul? Or what can anyone give in exchange for their soul? If anyone is ashamed of me and my words in this adulterous and sinful generation, the Son of Man will be ashamed of them when he comes in his Father's glory with the holy angels."

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

Sermon

HYMN ♪

I am the bread of life,
He who comes to Me shall not hunger,
He who believes in Me shall not thirst.
No one can come to Me
Unless the Father draw him.

*And I will raise him up,
And I will raise him up,
And I will raise him up on the last day.*

The bread that I will give
Is My flesh for the life of the world,
And he who eats of this bread,
He shall live for ever,
He shall live for ever.

And I will raise him up,....

Unless you eat
Of the flesh of the Son of Man
And drink of His blood,
And drink of His blood,
You shall not have life within you.

And I will raise him up,....