

**Opening Hymn: Forty days and forty nights**

Forty days and forty nights  
thou wast fasting in the wild;  
forty days and forty nights  
tempted, and yet undefiled.

Sunbeams scorching all the day;  
chilly dew-drops nightly shed;  
prowling beasts about thy way;  
stones thy pillow, earth thy bed.

Shall not we thy sorrows share,  
and from earthly joys abstain,  
fasting with unceasing prayer,  
glad with thee to suffer pain?

And if Satan, vexing sore,  
flesh or spirit should assail,  
thou, his vanquisher before,  
grant we may not faint nor fail.

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 th'eternal Eastertide.

*Aus der Tiefe 67 NEH*

**The Collect**

Almighty and everlasting God,  
you hate nothing that you have made and forgive the sins of all those who are penitent:  
create and make in us new and contrite hearts  
that we, worthily lamenting our sins and acknowledging our wretchedness,  
may receive from you, the God of all mercy, perfect remission and forgiveness;  
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.**

**The Old Testament Reading**

A reading from the book Genesis.

God said to Noah and to his sons with him, 'As for me, I am establishing my covenant with you and your descendants after you, and with every living creature that is with you, the birds, the domestic animals, and every animal of the earth with you, as many as came out of the ark. I establish my covenant with you, that never again shall all flesh be cut off by the waters of a flood, and never again shall there be a flood to destroy the earth.' God said, 'This is the sign of the covenant that I make between me and you and every living creature that is with you, for all future generations: I have set my bow in the clouds, and it shall be a sign of the covenant between me and the earth. When I bring clouds over the earth and the bow is seen in the clouds, I will remember my covenant that is between me and you and every living creature of all flesh; and the waters shall never again become a flood to destroy all flesh. When the bow is in the clouds, I will see it and remember the everlasting covenant between God and every living creature of all flesh that is on the earth.' God said to Noah, 'This is the sign of the covenant that I have established between me and all flesh that is on the earth.'

This is the word of the Lord.

*Genesis 9: 8–17*

**Thanks be to God.**

**The New Testament Reading**

A reading from the first letter of St Peter.

Christ also suffered for sins once for all, the righteous for the unrighteous, in order to bring you to God. He was put to death in the flesh, but made alive in the spirit, in which also he went and made a proclamation to the spirits in prison, who in former times did not obey, when God waited patiently in the days of Noah, during the building of the ark, in which a few, that is, eight people, were saved through

**Sunday 21 February 2021**

**Hymns, Readings, and Collect**

**First Sunday of Lent**

water. And baptism, which this prefigured, now saves you—not as a removal of dirt from the body, but as an appeal to God for a good conscience, through the resurrection of Jesus Christ, who has gone into heaven and is at the right hand of God, with angels, authorities, and powers made subject to him.

This is the word of the Lord.

*1 Peter 3: 18–end*

**Thanks be to God.**

**Gradual antiphon: Wash me thoroughly**

Wash me thoroughly from my wickedness: and forgive me all my sin.

*Samuel Sebastian Wesley (1810–76)*

*Psalm 51: 2*

**The Gospel**

The Lord be with you.

**And also with you.**

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

**Glory to you, O Lord.**

In those days Jesus came from Nazareth of Galilee and was baptized by John in the Jordan. And just as he was coming up out of the water, he saw the heavens torn apart and the Spirit descending like a dove on him. And a voice came from heaven, ‘You are my Son, the Beloved; with you I am well pleased.’

And the Spirit immediately drove him out into the wilderness. He was in the wilderness for forty days, tempted by Satan; and he was with the wild beasts; and the angels waited on him.

Now after John was arrested, Jesus came to Galilee, proclaiming the good news of God, and saying, ‘The time is fulfilled, and the kingdom of God has come near; repent, and believe in the good news.’

This is the Gospel of the Lord.

*St Mark 1: 9–15*

**Praise to you, O Christ.**

**The Creed:**

Let us declare our faith in the living God.

**We believe in God the Father,**

**from whom every family in heaven and on earth is named.**

**We believe in God the Son,**

**who lives in our hearts through faith, and fills us with his love.**

**We believe in God the Holy Spirit,**

**who strengthens us with power from on high.**

**We believe in one God;**

**Father, Son and Holy Spirit. Amen.**

**Offertory Hymn: Just as I am**

Just as I am, without one plea  
but that thy blood was shed for me,  
and that thou bidst me come to thee,  
O Lamb of God, I come.

Just as I am, though tossed about  
with many a conflict, many a doubt,  
fightings within, and fears without,  
O Lamb of God, I come.

Just as I am, poor, wretched, blind;  
sight, riches, healing of the mind,  
yea, all I need, in thee to find,  
O Lamb of God, I come.

Just as I am, thou wilt receive,  
wilt welcome, pardon, cleanse, relieve:  
because thy promise I believe,  
O Lamb of God, I come.

Just as I am (thy love unknown  
has broken every barrier down),  
now to be thine, yea, thine alone,  
O Lamb of God, I come.

Just as I am, of that free love  
the breadth, length, depth, and height to prove,  
here for a season, then above,  
O Lamb of God, I come.

*Saffron Walden 294 NEH*

**A Prayer to receive Spiritual Communion**

In union, O Lord, with the faithful at every Altar of thy Church  
where the Holy Eucharist is now being celebrated,  
I desire to offer you praise and thanksgiving.  
I present to you my soul and body  
with the earnest wish that I may always be united to you.  
And since I cannot now receive you sacramentally,  
I beseech you to come spiritually into my heart.  
I unite myself with you, and embrace you with all the affections of my soul.  
Let nothing ever separate you from me.  
May I live and die in your love. Amen.

**Anthem: Call to remembrance**

Call to remembrance, O Lord, thy tender mercy:  
and thy loving kindness, which hath been ever of old.  
O remember not the sins and offences of my youth:  
but according to thy mercy think thou on me, O Lord, for thy goodness.

*Richard Farrant (c 1530–80)  
Psalm 25: 5–6*

**Dismissal: Praise to the holiest in the height**

Praise to the Holiest in the height,  
and in the depth be praise,  
in all his words most wonderful,  
most sure in all his ways.

O loving wisdom of our God!  
when all was sin and shame,  
a second Adam to the fight  
and to the rescue came.

O wisest love! that flesh and blood,  
which did in Adam fail,  
should strive afresh against their foe,  
should strive and should prevail;

and that a higher gift than grace  
should flesh and blood refine,  
God's presence and his very self,  
and essence all-divine.

O generous love! that he, who smote  
in Man for man the foe,  
the double agony in Man  
for man should undergo;

and in the garden secretly,  
and on the cross on high,  
should teach his brethren, and inspire  
to suffer and to die.

Praise to the Holiest in the height,  
and in the depth be praise,  
in all his words most wonderful,  
most sure in all his ways.

*Gerontius 439i NEH*