

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 Welcome, Notices, Confession, and Kyrie

The 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 the same 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 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 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: Lent Prose

Hear us, O Lord, have mercy upon us: for we have sinned against thee.

O thou chief Corner-stone, Right Hand of the Father:
Way of Salvation, Gate of Life Celestial:
cleanse thou our sinful souls from all defilement.

God, we implore thee, in thy glory seated:
bow down and hearken to thy weeping children:
Pity and pardon all our grievous trespasses.

Sins oft committed now we lay before thee:
with true contrition, now no more we veil them:
grant us, Redeemer, loving absolution.

Mode v 507 NEH

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 Sermon

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.

The Prayers of Intercession and The Peace

Offertory Hymn: Before the throne of God above

Before the throne of God above
I have a strong, a perfect plea;
a great High Priest, whose name is Love,
who ever lives and pleads for me.
My name is graven on his hands,
my name is written on his heart;
I know that while in heaven he stands
no tongue can bid me thence depart,
no tongue can bid me thence depart.

When Satan tempts me to despair,
and tells me of the guilt within,
upward I look, and see him there
who made an end of all my sin.
Because the sinless Saviour died,
my sinful soul is counted free;
for God, the Just, is satisfied
to look on him and pardon me,
to look on him and pardon me.

Behold him there! the risen Lamb,
my perfect, spotless Righteousness;
the great unchangeable I AM,
the King of glory and of grace!
One with my Lord, I cannot die;
my soul is purchased by his blood;
my life is hid with Christ on high,
with Christ, my Saviour and my God,
with Christ, my Saviour and my God.

Before the Throne of God 598 AM

Anthem: Ne Irascaris Domine

Ne irascaris Domine satis,
et ne ultra memineris iniquitatis nostrae.
Ecce, respice; populus tuus omnes nos.

*Do not be exceedingly angry, O Lord,
and do not remember our iniquity forever.
Behold and see; we are all your people.*

*William Byrd (c 1540–1623)
Sacrarum cantionum 1589*

Communion 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

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