

## Lent: Sunday Prayers & Readings Sun 21<sup>st</sup> Feb –Sun 21<sup>st</sup> March

For thus said the Lord God, the Holy One of Israel:  
In returning and rest you shall be saved; in  
quietness and in trust shall be your strength.  
Isaiah 30:15



Be alert at all times, praying that you may have the  
strength to escape all these things that will take place, and to stand before the Son of Man. Luke 21:36

**Greeting:** Grace, mercy and peace from God our Father and the Lord Jesus Christ be with you.

**The Lord's Prayer:** trusting in the compassion of God, as our Saviour taught us, so we pray:  
Our Father in heaven, hallowed be your name, your kingdom come, your will be done, on earth as in  
heaven. Give us today our daily bread. Forgive us our sins as we forgive those who sin against us. Lead us  
not into temptation but deliver us from evil. For the kingdom, the power, and the glory are yours. Now and  
forever. Amen

**Asking for God's forgiveness:** Compassion and forgiveness belong to the Lord our God, though we have  
rebelled against him. Let us then renounce our wilfulness and ask his mercy by confessing our sins in  
penitence and faith.

We confess to you our  
selfishness and lack of love:  
fill us with your Spirit.  
Lord, have mercy.  
**Lord, have mercy.**

Most merciful God, Father  
of our Lord Jesus Christ,  
we confess that we have  
sinned in thought, word  
and deed.

We confess to you  
our fear and failure  
in sharing our faith:  
fill us with your Spirit.  
Christ, have mercy.  
**Christ, have mercy.**

We have not loved you  
with our whole heart.

We have not loved our  
neighbours as ourselves.

We confess to you our  
stubbornness and lack of trust:  
fill us with your Spirit.  
Lord, have mercy.  
**Lord, have mercy.**

In your mercy forgive what we have been, help us to amend  
what we are, and direct what we shall be; that we may do justly,  
love mercy, and walk humbly with you, our God. Amen.



**Declaring God's forgiveness:** The almighty and merciful Lord grant us pardon and forgiveness of all our  
sins, time for amendment of life, and the grace and strength of the Holy Spirit. Amen.

**The Prayer for each Sunday- Collects** (Please see separate sheet for each week)

Heavenly Father, your Son battled with the powers of darkness,  
and grew closer to you in the desert: help us to use these days to grow in wisdom and prayer  
that we may witness to your saving love in Jesus Christ our Lord.

**Bible readings (please see separate sheet):**

Sunday 21<sup>st</sup> Feb: Genesis 9:8-17; 1 Peter 3:18-22; Mark 1:9-15

Sunday 28<sup>th</sup> Feb: Genesis 17:1-7, 15-16; Romans 4:13-25; Mark 8:31-38

Sunday 7<sup>th</sup> Mar: Exodus 20:1-17; 1 Corinthians 1: 18-25; John 2:13-22

Sunday 14<sup>th</sup> Mar: Exodus 2:1-10; 2 Corinthians 1:3-7; Luke 2:33-35 **or** Ephesians 2:1-10; John 3: 14-21

Sunday 21<sup>st</sup> Mar: Jeremiah 31:31-34; Hebrews 5:5-10; John 12:20-33

## Time of Reflection

### The Creed

Let us affirm our faith in Jesus Christ the Son of God.  
Though he was divine, he did not cling to equality with God, but made himself nothing.  
Taking the form of a slave, he was born in human likeness.  
He humbled himself and was obedient to death, even the death of the cross.  
Therefore God has raised him on high, and given him the name above every name:  
that at the name of Jesus every knee should bow, and every voice proclaim that Jesus Christ is Lord, to the glory of God the Father. Amen.

**Intercessions** – we pray for our community and the world  
(A separate sheet of intercessions is offered as a resource.)

### Prayers of spiritual communion

Jesus said, 'I am the bread of life. Whoever comes to me will never be hungry, and whoever believes in me will never be thirsty.' John 6.35

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

Lord Jesus Christ, you said to your disciples, 'I am with you always'.  
Be with us today, as we offer ourselves to you. Hear our prayers for others and for ourselves, and keep us in your care. Amen.

O God, help us to trust you, help each of us to know that you are with us, help us to believe that nothing can separate us from your love revealed in Jesus Christ our Lord. Amen.

Lord, in these days of mercy, make us quiet and prayerful; in these days of challenge, make us stronger in you; in these days of emptiness, take possession of us; in these days of waiting open our hearts to the mystery of your cross. The Lord bless us, and preserve us from all evil, and keep us in eternal life. Amen.

**Or we remember:** St Paul writes to the Christians in Corinth: For I received from the Lord what I also handed on to you, that the Lord Jesus on the night when he was betrayed took a loaf of bread, and when he had given thanks, he broke it and said, "This is my body that is for you. Do this in remembrance of me." In the same way he took the cup also, after supper, saying, "This cup is the new covenant in my blood. Do this, as often as you drink it, in remembrance of me." For as often as you eat this bread and drink the cup, you proclaim the Lord's death until he comes. (*1 Corinthians 11:22-26*)

*I invite you, if you wish, to break and eat part of your bread or cracker and to sip your fruit juice or wine, in remembrance of our risen Lord Jesus Christ. This is not Holy Communion.*

**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. The peace of the Lord be always with you.

**The Blessing:** Christ give us the grace to grow in holiness, to deny ourselves, take up our cross and follow him; and the blessing of God, Father Son and Holy Spirit be with us all. Amen.

