

WORSHIP AT HOME
SUNDAY 21st February
First Sunday of Lent

If a household are praying together, one person may act as leader and the others as the congregation and they join in the words in bold type. If alone, read all the words aloud. You may want to light a candle before you begin, and have a Bible, cross or crucifix to look at. You might prepare for this act of worship by listening to some music, or by being still

Preparation.

In the name of the Father, and of the Son, and of the Holy Spirit.

Amen.

Most holy Lord,
You were tempted, as we are;
Be our strength in times of weakness.
When we fall lift us up, when we are in error direct us,
in all our wanderings, be our guide;

Silence is kept

Eternal Wisdom, shine in our lives,
that we may delight in you and your light.
Scatter the darkness that is before us,
enlighten our minds and dispel our ignorance,
that we may know you as the true God,
the Maker, Redeemer and Sustainer of all things. **Amen.**

Prayers of Penitence

The sacrifice acceptable to God is a broken spirit;
a broken and contrite heart God will not despise.
Our sins accuse us.
We confess them to God.

My God, for love of you
I desire to hate and forsake all sins
by which I have ever displeased you;
and I resolve by the help of your grace

to commit them no more;
and to avoid all opportunities of sin.
Help me to do this,
through Jesus Christ our Lord. **Amen**

Words of forgiveness

May the Father of all mercies cleanse us from our sins,
and restore us in his image
to the praise and glory of his name,
through Jesus Christ our Lord. **Amen.**

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 the grace to discipline ourselves in obedience to your Spirit;
and, as you know our weakness,
so may we know your power to save;
through Jesus Christ our Lord. Amen.

The Word of the Lord

First reading – Genesis 9:8-17

Then 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.

Thanks be to God.

Gospel reading Mark 1:9-15

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.

Praise to you, O Christ.

Affirmation of faith.

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:
and at the name of Jesus
every knee shall bow,
and every voice proclaim that Jesus is Lord,
to the glory of God the Father. Amen.**

Prayers of intercession

(Here you may wish to offer prayer in your own words, or be prompted by the words here)

Come Spirit of God, fill our lives, fill our minds that we may know you, fill our hearts that we may love you and move our wills so we may serve you. Let our whole being proclaim you. We pray for the newly baptised, those preparing for confirmation, for ordination, that your whole church may show forth gifts of the Spirit.....help us seek out the lost and the deprived, the poor and the rejected, help us bring them to you. We pray for all undertaking mission and outreach of the whole Church.....come Lord of light, transfigure our towns and cities in this dark time of uncertainty and ill health, transform our places of poverty and help us have better attitudes to each other.....Lord of light transfigure our home, that they may radiate your presence, make them places of peace, kindness, hospitality and holiness.....lord of light transfigure our hospitals and nursing homes and all staff who tend to us at this difficult time, we pray for all seeking healing and hope.....we give thanks for all who have passed beyond death and have been transformed into your glorious kingdom, for saints and benefactors and for loved ones departed.....and lastly Lord we commend to you the world, our family and loved ones and ourselves.

The Lord's prayer

As our Father 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 for ever. Amen.**

The Grace.

**The grace of the Lord Jesus Christ,
the love of God,
and the fellowship of the Holy Spirit
be with us all, evermore. Amen.**

This week's readings; -

Monday: Psalm 19:7- end, Matt 25: 31-end

Tuesday: Psalm 34;4-6, 21-22, Matt 6:7-15

Wednesday: Psalm 51:1-5,17-18, Luke 11:29-32

Thursday: Psalm 138, Matt 7:7-12

Friday: Psalm 130 Matt 5:20-26

Saturday: Psalm 119:1-8, Matt 5:43 -end.