

The Blofield Benefice

A Service

for the

1st Sunday of Lent



*Keeping
a Holy Lent*

Praise the Lord, my soul;
all my inmost being, praise his holy name.
² Praise the Lord, my soul,
and forget not all his benefits –
³ who forgives all your sins
and heals all your diseases,
⁴ who redeems your life from the pit
and crowns you with love and compassion,
⁵ who satisfies your desires with good things
so that your youth is renewed like the eagle's.

Psalm. 103. 1-5

**Praise the Lord, my soul;
all my inmost being, praise his holy name.**

Opening prayer.

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

Hymn

- 1 Forty days and forty nights
you were fasting in the wild;
forty days and forty nights
tempted and yet undefiled.
- 2 Burning heat throughout the day,
bitter cold when light had fled;
prowling beasts around your way,
stones your pillow, earth your bed.
- 3 Shall not we your trials share,
learn your discipline of will;
and with you by fast and prayer
wrestle with the powers of hell?

- 4 So if Satan, pressing hard,
 soul and body would destroy:
 Christ who conquered, be our guard;
 give to us the victor's joy.
- 5 Saviour, may we hear your voice -
 keep us constant at your side;
 and with you we shall rejoice
 at the eternal Eastertide.

Jubilate Hymns version of *Forty days and forty nights* George H Smyttan (1822-1870) © Jubilate Hymns Ltd
Used By Permission. CCL Licence No. C201849
Copied from HymnQuest: Copyright Licence Users' Edition
HymnQuest ID: 73495

Prayer of Confession

The gospel calls us to turn away from sin
and be faithful to Christ.

As we offer ourselves to him in repentance and faith,
we renew our confidence and trust in his mercy.

All **Almighty God, our heavenly Father,**
 we have sinned against you
 and against our neighbour
 in thought and word and deed,
 through negligence, through weakness,
 through our own deliberate fault.
 We are truly sorry
 and repent of all our sins.
 For the sake of your Son Jesus Christ,
 who died for us,
 forgive us all that is past
 and grant that we may serve you in
 newness of life
 to the glory of your name.
 Amen.

May almighty God,
who sent his Son into the world to save sinners,
bring *you* his pardon and peace, now and for ever.
Amen.

The Collect Prayer

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.

Amen

Psalm 25.

- ¹ In you, Lord my God,
I put my trust.
- ² I trust in you;
do not let me be put to shame,
nor let my enemies triumph over me.
- ³ No one who hopes in you
will ever be put to shame,
but shame will come on those
who are treacherous without cause.
- ⁴ Show me your ways, Lord,
teach me your paths.
- ⁵ Guide me in your truth and teach me,
for you are God my Saviour,
and my hope is in you all day long.
- ⁶ Remember, Lord, your great mercy and love,
for they are from of old.
- ⁷ Do not remember the sins of my youth

and my rebellious ways;
according to your love remember me,
for you, Lord, are good.

⁸ Good and upright is the Lord;
therefore he instructs sinners in his ways.

⁹ He guides the humble in what is right
and teaches them his way.

¹⁰ All the ways of the Lord are loving and faithful
toward those who keep the demands of his covenant.

¹¹ For the sake of your name, Lord,
forgive my iniquity, though it is great.

A song

1 Purify my heart,
let me be as gold
and precious silver.
Purify my heart,
let me be as gold,
pure gold.
*Refiner's fire,
my heart's one desire
is to be holy,
set apart for You Lord.
I choose to be holy,
set apart for You my master,
ready to do Your will.*

2 Purify my heart,
cleanse me from within
and make me holy.
Purify my heart,
cleanse me from my sin,
deep within.
Chorus

Brian Doerksen (born 1965)
© 1990 Mercy/Vineyard Publishing/Admin. by
Song Solutions CopyCare, 14 Horsted Square,
Uckfield, East Sussex, TN22 1QG, UK.
info@songsolutions.org Used by CCL Licence
No. C201849 Copied from HymnQuest:
Copyright Licence Users' Edition HymnQuest
ID: 66513 CCLI#: 426298

A reading from the Gospel of Mark
The Baptism and The Temptation of Jesus
Mark.1.9-15.

⁹ In those days Jesus came from Nazareth of Galilee and was baptized by John in the Jordan. ¹⁰ And when he came up out of the water, immediately he saw the heavens being torn open and the Spirit descending on him like a dove. ¹¹ And a voice came from heaven, “You are my beloved Son;^[a] with you I am well pleased.”

¹² The Spirit immediately drove him out into the wilderness. ¹³ And he was in the wilderness forty days, being tempted by Satan. And he was with the wild animals, and the angels were ministering to him.

¹⁴ Now after John was arrested, Jesus came into Galilee, proclaiming the gospel of God, ¹⁵ and saying, “The time is fulfilled, and the kingdom of God is at hand; repent and believe in the gospel.”

After the reading this response is used

This is the word of the Lord.

All **Thanks be to God.**

The Sermon

A Song

*Bless the Lord, my soul
And bless God's holy name
Bless the Lord, my soul
Who rescues me from death.*

It is he who forgives all your guilt,
who heals every one of your ills,
who redeems your life from the grave,
Who crowns you with love and compassion.

The Lord is compassions and love.
Slow to anger and rich in mercy.
He does not treat us according to our sins
Nor repay us according to our faults.

Has Father has compassion on his children.,
The Lord has compassion on those who fear him,
For he knows of what we are made
He remembers we are dust.

The Affirmation of Faith

Let us affirm our faith in Jesus Christ the Son of God.

All **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.

cf Philipians 2.6-11

The Intercessions

The Intercessions for today have been prepared by the Rev Paul Oliver.

Jesus said, 'I saw Satan fall like lightning from heaven.'

Luke 10.18

We name the evil in our world,
and in the name of Jesus, proclaim its defeat.

In a world where the rich are protected,
From recognising the need of poor people,
Help us to trust the words of Jesus,

Let the evil one fall.

In a world where international debt is a crippling burden
And where children are tempted to use on social media
to scorn and abuse other children
Help us the trust the words of Jesus.

Let the evil one fall.

In a world where unjust laws are upheld
And privileged people dominate the riches of the planet
Help us to trust the words of Jesus.

In a world where the vulnerable are abused
exploited and silenced.
Help us the trust the words of Jesus.

In a world where the virus produces grief and loss
And people are tempted to forget other people's needs
Help us to trust the words of Jesus.

In a world where the resources of Gods rich creation are exploited.

And people are discontented and unable to live simply.

Help us to trust the words of Jesus.

Amen

The Lord's Prayer

As our Saviour taught us, so we pray:

All

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

A hymn.

- I Lead us, heavenly Father, lead us
through this world's tempestuous sea;
guard us, guide us, keep us, feed us -
for your help is full and free,
here possessing every blessing
if our God our Father be.

- 2 Saviour, by your grace restore us -
all our weaknesses are plain;
you have lived on earth before us,
you have felt our grief and pain:
tempted, taunted, yet undaunted,
from the depths you rose again.
- 3 Spirit of our God, descending,
fill our hearts with holy peace;
love with every passion blending,
pleasure that can never cease:
thus provided, pardoned, guided,
ever shall our joys increase.

Jubilate Hymns version of *Lead us, heavenly Father, lead us* James Edmeston (1791-1867)
© Jubilate Hymns Ltd
Used By Permission. CCL Licence No. C201849
Copied from HymnQuest: Copyright Licence Users' Edition
HymnQuest ID: 73924

Concluding prayer

May God the Father,
who does not despise the broken spirit,
give to us a contrite heart.

May Christ,
who bore our sins in his body on the cross
heal us by his wounds.

May the Holy Spirit,
who leads us into all truth,
speak to us words of pardon and peace.

Amen.