

# Eucharist – Lent 2

28<sup>th</sup> February 2021

**OPENING HYMN: Praise to the Holiest in the height**

*sung by St Martin's Voices*

- 1 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.
- 2 O loving wisdom of our God!  
when all was sin and shame,  
a second Adam to the fight  
and to the rescue came.
- 3 O generous love! that he, who smote  
in man for man the foe,  
the double agony in man  
for man should undergo;
- 4 And in the garden secretly,  
and on the Cross on high,  
should teach his brethren, and inspire  
to suffer and to die.
- 5 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.

*John Henry Newman (1801-1890)*

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

**Amen.**

The Lord be with you.

**and also with you.**

## **PRAYERS OF PENITENCE**

*The people are invited to reflect on their sins. We keep a few moments of silence to remember before God our faults and the things we have done that are wrong. God promises us forgiveness, healing and a fresh start when we confess our sins in faith and penitence.*

**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.**

Almighty God,

who forgives all who truly repent,

have mercy upon you,

pardon and deliver you from all your sins,

confirm and strengthen you in all goodness,

and keep you in life eternal,

through Jesus Christ our Lord.

**Amen.**

#### **COLLECT**

Almighty God,

you show to those who are in error the light of your truth,

that they may return to the way of righteousness:

grant to all those who are admitted

into the fellowship of Christ's religion,

that they may reject those things

that are contrary to their profession,

and follow all such things as are agreeable to the same;

through our Lord Jesus Christ,

who is alive and reigns with you,

in the unity of the Holy Spirit,

one God, now and for ever.

**Amen.**

#### **NEW TESTAMENT READING - Romans 4:13-end**

**13** For the promise that he would inherit the world did not come to Abraham or to his descendants through the law but through the righteousness of faith. **14**If it is the adherents of the law who are to be the heirs, faith is null and the promise is void. **15**For the law brings wrath; but where there is no law, neither is there violation.

**16** For this reason it depends on faith, in order that the promise may rest on grace and be guaranteed to all his descendants, not only to the adherents of the law but also to those who share the faith of Abraham (for he is the father of all of us, **17**as it is written, 'I have made you the father of many nations')—in the presence of the God in whom he believed, who gives life to the dead and calls into existence the things that do not exist. **18**Hoping against hope, he believed that he would become 'the father of many nations', according to what was said, 'So numerous shall your descendants be.' **19**He did not weaken in faith when he considered his own body, which was already as good as dead (for he was

about a hundred years old), or when he considered the barrenness of Sarah's womb. <sup>20</sup>No distrust made him waver concerning the promise of God, but he grew strong in his faith as he gave glory to God, <sup>21</sup>being fully convinced that God was able to do what he had promised. <sup>22</sup>Therefore his faith 'was reckoned to him as righteousness.' <sup>23</sup>Now the words, 'it was reckoned to him', were written not for his sake alone, <sup>24</sup>but for ours also. It will be reckoned to us who believe in him who raised Jesus our Lord from the dead, <sup>25</sup>who was handed over to death for our trespasses and was raised for our justification.

This is the word of the Lord.

**Thanks be to God.**

#### **GOSPEL READING** Mark 8:31-end

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

**Glory to you, O Lord.**

31 Then he began to teach them that the Son of Man must undergo great suffering, and be rejected by the elders, the chief priests, and the scribes, and be killed, and after three days rise again. 32 He said all this quite openly. And Peter took him aside and began to rebuke him. 33 But turning and looking at his disciples, he rebuked Peter and said, 'Get behind me, Satan! For you are setting your mind not on divine things but on human things.'

34 He called the crowd with his disciples, and said to them, 'If any want to become my followers, let them deny themselves and take up their cross and follow me. 35 For those who want to save their life will lose it, and those who lose their life for my sake, and for the sake of the gospel, will save it. 36 For what will it profit them to gain the whole world and forfeit their life? 37 Indeed, what can they give in return for their life? 38 Those who are ashamed of me and of my words in this adulterous and sinful generation, of them the Son of Man will also be ashamed when he comes in the glory of his Father with the holy angels.'

This is the Gospel of the Lord.

**Praise to you, O Christ.**

#### **SERMON**

#### **APOSTLES CREED**

**I believe in God, the Father almighty,  
creator of heaven and earth.**

**I believe in Jesus Christ, his only Son, our Lord,  
who was conceived by the Holy Spirit,**

**born of the Virgin Mary,  
suffered under Pontius Pilate,  
was crucified, died, and was buried;**

**he descended to the dead.**

**On the third day he rose again;**

**he ascended into heaven,**

**he is seated at the right hand of the Father,  
and he will come to judge the living and the dead.**

**I believe in the Holy Spirit,**

**the holy catholic Church,**

**the communion of saints,**

**the forgiveness of sins,**

**the resurrection of the body,  
and the life everlasting.**

**Amen.**

### **PRAYERS OF INTERCESSION**

*Response:*

Lord in your mercy

**Hear our prayer**

*At the end:*

Merciful Father,

**accept these prayers for the sake of Your Son,  
our Saviour, Jesus Christ.**

**Amen**

### **THE PEACE**

*The priest introduces the peace.*

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

Let us offer one another a sign of peace.

### **HYMN: Just as I am, without one plea**

*sung by St Martin's Voices*

- 1 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.
- 2 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.
- 3 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.
- 4 Just as I am, thou wilt receive,  
wilt welcome, pardon, cleanse, relieve:  
because thy promise I believe,  
O Lamb of God, I come.
- 5 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.

6 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.

*Charlotte Elliott (1789-1871)*

## **THE EUCHARISTIC PRAYER**

The Lord is here.  
**His Spirit is with us.**

Lift up your hearts.  
**We lift them to the Lord.**

Let us give thanks to the Lord our God.  
**It is right to give thanks and praise.**

*The priest praises God for his mighty acts and we respond:*

**Holy, holy, holy Lord,  
God of power and might,  
heaven and earth are full of your glory.  
Hosanna in the highest.  
Blessed is he who comes in the name of the Lord.  
Hosanna in the highest.**

*The priest recalls the Last Supper.*

Great is the mystery of faith:  
**Christ has died:  
Christ is risen:  
Christ will come again.**

*The Prayer continues.*

*At the end we respond:*  
**Amen.**

## **THE LORD'S PRAYER**

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.**

We break this bread  
to share in the body of Christ.  
**Though we are many, we are one body,  
because we all share in one bread.**

**Lamb of God,  
you take away the sins of the world,  
have mercy on us.**

**Lamb of God,  
you take away the sins of the world,  
have mercy on us.**

**Lamb of God,  
you take away the sins of the world,  
grant us peace.**

Jesus is the lamb of God  
Who takes away the sin of the world.  
Blessed are those who are called to his supper.  
**Lord, I am not worthy to receive you,  
But only say the word, and I shall be healed.**

#### **GIVING OF COMMUNION**

*You are invited to use the prayer for Spiritual Communion below asking Jesus to be with you now.*

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

*The anthem is sung Saint Richards Prayer by Joanna Forbes L'Estrange.*

*Thanks be to thee, my Lord Jesus Christ, for all the benefits thou hast given me,  
for all the pains and insults thou hast borne for me.*

*O most merciful redeemer, friend and brother, may I know thee more clearly,  
love thee more dearly, and follow thee more nearly, day by day.  
Amen.*

### **PRAYER AFTER COMMUNION**

Almighty God,  
you see that we have no power of ourselves to help ourselves:  
keep us both outwardly in our bodies,  
and inwardly in our souls;  
that we may be defended from all adversities  
which may happen to the body,  
and from all evil thoughts which may assault and hurt the soul;  
through Jesus Christ our Lord.  
**Amen.**

### **THE BLESSING**

*A blessing is given.*

Go in peace to love and serve the Lord.  
**In the name of Christ. Amen.**

### **HYMN: Lift up your hearts!**

*Sung by St James Church Choir*

"Lift up your hearts!" We lift them, Lord, to thee;  
here at thy feet none other may we see;  
"Lift up your hearts!" E'en so, with one accord,  
We lift them up, we lift them to the Lord.

Above the level of the former years,  
the mire of sin, the weight of guilty fears,  
the mist of doubt, the blight of love's decay,  
O Lord of Light, lift all our hearts today!

Above the swamps of subterfuge and shame,  
The deeds, the thoughts, that honour may not name,  
The halting tongue that dares not tell the whole,  
O Lord of truth, lift every Christian soul.

Lift every gift that thou thyself hast given;  
low lies the best till lifted up to heaven;  
low lie the bounding heart, the teeming brain,  
till, sent from God, they mount to God again.

Then, as the trumpet call, in after years,  
"Lift up your hearts!" rings pealing in our ears,  
still shall those hearts respond, with full accord  
"We lift them up, we lift them to the Lord!"

*The ministers depart. An organ voluntary is played.*

### Spiritual Communion.

The term 'Spiritual Communion' has been used historically to describe the means of grace by which a person, prevented for some serious reason from sharing in a celebration of the Eucharist, nonetheless shares in the communion of Jesus Christ. The form of prayer offers Christians an opportunity to give thanks for their communion with him, particularly at times when they would ordinarily be present at the Eucharist.

The Book of Common Prayer instructs us that if we offer ourselves in penitence and faith, giving thanks for the redemption won by Christ crucified, we may truly 'eat and drink the Body and Blood of our Saviour Christ', although we cannot receive the sacrament physically in ourselves. Making a Spiritual Communion is particularly fitting for those who cannot receive the sacrament at the great feasts of the Church, and it fulfils the duty of receiving Holy Communion 'regularly, and especially at the festivals of Christmas, Easter and Whitsun or Pentecost' (Canon B 15).

The Church of which we are members is not defined by the walls of a building but by the Body of Christ of which we are members. In making our communion spiritually, we are joining with Christians everywhere to be nourished by the one who tells us, 'I am the Bread of Life'.