

# Eucharist – Lent 3

7<sup>th</sup> March 2021

**OPENING HYMN: I heard the voice of Jesus say**

*sung by St Martin's Voices*

- 1 I heard the voice of Jesus say:  
'Come unto me and rest;  
lay down, thou weary one, lay down  
thy head upon my breast.'  
I came to Jesus as I was,  
weary and worn and sad,  
I found in him a resting-place,  
and he has made me glad.
  
- 2 I heard the voice of Jesus say:  
'Behold, I freely give  
the living water; thirsty one,  
stoop down and drink and live.'  
I came to Jesus, and I drank  
of that life-giving stream;  
my thirst was quenched, my soul revived,  
and now I live in him.
  
- 3 I heard the voice of Jesus say:  
'I am this dark world's Light;  
look unto me, thy morn shall rise,  
and all thy day be bright.'  
I looked to Jesus, and I found  
in him my star, my sun;  
and in that light of life I'll walk,  
till travelling days are done.

*Horatius Bonar (1808-1889)*

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,

whose most dear Son went not up to joy but first he suffered pain,

and entered not into glory before he was crucified:

mercifully grant that we, walking in the way of the cross,

may find it none other than the way of life and peace;

through 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.**

#### **NEW TESTAMENT READING – 1 Corinthians 1:18-25**

18 For the message about the cross is foolishness to those who are perishing, but to us who are being saved it is the power of God. 19 For it is written,

‘I will destroy the wisdom of the wise,  
and the discernment of the discerning I will thwart.’

20 Where is the one who is wise? Where is the scribe? Where is the debater of this age? Has not God

made foolish the wisdom of the world? 21 For since, in the wisdom of God, the world did not know

God through wisdom, God decided, through the foolishness of our proclamation, to save those who

believe. 22 For Jews demand signs and Greeks desire wisdom, 23 but we proclaim Christ crucified, a

stumbling-block to Jews and foolishness to Gentiles, 24 but to those who are called, both Jews and

Greeks, Christ the power of God and the wisdom of God. 25 For God’s foolishness is wiser than human

wisdom, and God’s weakness is stronger than human strength.

This is the word of the Lord.

**Thanks be to God.**

**GOSPEL READING** John 2:13-22

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

**Glory to you, O Lord.**

13 The Passover of the Jews was near, and Jesus went up to Jerusalem. 14 In the temple he found people selling cattle, sheep, and doves, and the money-changers seated at their tables. 15 Making a whip of cords, he drove all of them out of the temple, both the sheep and the cattle. He also poured out the coins of the money-changers and overturned their tables. 16 He told those who were selling the doves, 'Take these things out of here! Stop making my Father's house a market-place!' 17 His disciples remembered that it was written, 'Zeal for your house will consume me.' 18 The Jews then said to him, 'What sign can you show us for doing this?' 19 Jesus answered them, 'Destroy this temple, and in three days I will raise it up.' 20 The Jews then said, 'This temple has been under construction for forty-six years, and will you raise it up in three days?' 21 But he was speaking of the temple of his body. 22 After he was raised from the dead, his disciples remembered that he had said this; and they believed the scripture and the word that Jesus had spoken.

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: Dear Lord and Father of mankind**

*Sung by St James Church Choir*

Dear Lord and Father of mankind,  
forgive our foolish ways!  
Reclothe us in our rightful mind,  
in purer lives thy service find,  
in deeper reverence praise.

In simple trust like theirs who heard,  
beside the Syrian sea,  
the gracious calling of the Lord,  
let us, like them, without a word  
rise up and follow thee.

O Sabbath rest by Galilee!  
O calm of hills above,  
where Jesus knelt to share with thee  
the silence of eternity,  
interpreted by love!

Drop thy still dews of quietness,  
till all our strivings cease;  
take from our souls the stain and stress,  
and let our ordered lives confess  
the beauty of thy peace.

Breathe through the heats of our desires  
thy coolness and thy balm;  
let sense be dumb let flesh retire;  
speak through the earthquake wind and fire,

O still small voice of calm.

## **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, God of hope and Lord of healing by Rizza*

#### **PRAYER AFTER COMMUNION**

Merciful Lord,  
grant your people grace to withstand the temptations of the world, the flesh and the devil,  
and with pure hearts and minds to follow you, the only God;  
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: O for a heart to praise my God**

*sung by St Martin's Voices*

- 1 O for a heart to praise my God,  
a heart from sin set free,  
a heart that always feels thy blood  
so freely spilt for me;
- 2 A heart resigned, submissive, meek,  
my dear redeemer's throne,  
where only Christ is heard to speak,  
where Jesus reigns alone;
- 3 A humble, lowly, contrite heart,  
believing, true, and clean;  
which neither life nor death can part  
from him that dwells within;
- 4 A heart in every thought renewed,  
and full of love divine;  
perfect, and right, and pure, and good,  
a copy, Lord, of thine!
- 5 My heart, thou know'st, can never rest  
till thou create my peace:  
till of mine Eden repossess,  
from self, and sin, I cease.
- 6 Thy nature, gracious Lord, impart;  
come quickly from above,  
write thy new name upon my heart,  
thy new, best name of love.

*Charles Wesley (1707-1788)*

*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'.