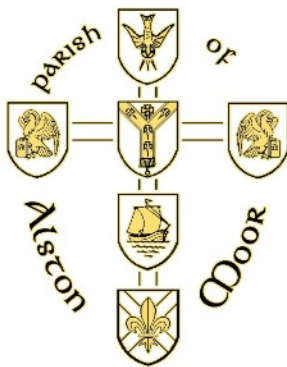


Prayer & Praise

in Lent



TO OUR VISITORS

Welcome

If you have a query,
please speak to the welcomer on duty,
who will be glad to help you.

Prayer Requests

If you would like us to pray for someone or
something specific during the service,
please speak to the welcomer.

A Word to Children

You are very welcome
at all our services.
We want you to feel comfortable
and able to join in,
and we don't mind a bit of noise!

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If you are in the church building

Standing, sitting, kneeling

This booklet suggests where to stand (typically, to praise God), to sit (to receive from God) and to kneel (to ask from God).

But feel free to stand, sit or kneel at any time, as you are most comfortable.

Loop System



This church is equipped with a loop system: please set hearing aids to the “T” position.

Livestreaming

This service will be livestreamed on Zoom and YouTube. If you prefer not to be filmed, please ask the welcomer where to sit.



If you are joining in online

Where to find us

Find us on Zoom (Meeting 357 123 751) or at www.alstonmoor.tiny.us/youtube

You may like to prepare ...

- the Easter candle, or another candle, and something to light it with
- a Bible and hymnbook – or today's readings and hymns from our website

Microphones

Please keep your microphone muted, except when you are joining in the responses or prayers

Livestreaming

The service will be livestreamed on Zoom and YouTube. If you are uncomfortable with being seen online, or on a screen in church, please turn off your camera.

TO OUR VISITORS

Thank you
for worshipping with us today.

We thank God
for your presence in worship,
and we invite you to join us again soon.
Until then, may God bless you and keep
you safe.



I believe that your presence
is my strength,
My hope
My purpose,
I believe in the love
That conquers death,
Defeats evil And is life,
I believe in the joy
That is deep,
That cleanses
I believe that You are here
Beside me,
Around me
Holding me.

Lent

Lent is a season of penitence and preparation. Originally a time of preparation for baptism, its value was soon recognized by established Christians. Lent is traditionally marked by an emphasis on prayer and fasting.

In this season we remember Jesus' forty days of preparation in the wilderness; and we enter into the mystery of Christ's suffering and death, before the glorious victory of Easter.

In keeping with the reflective mood of the season, the church is stripped of flowers and the hangings are in sombre purple.

The same penitential tone marks the prayers and readings. In particular we pray *Kyrie Eleison*, "Lord, have mercy" (or "Lord, you are merciful") – a prayer which is both a petition and thanksgiving; an acknowledgment of what God has done, is doing, and will continue to do.

¶ Gathering as God's People

THE WELCOME

We stand as the ministers enter

Welcome in the name of Christ.

God's grace, mercy and peace be with you

All **and also with you.**

Words of welcome may be said

OPENING RESPONSES

◆ Young and old, friends and strangers

All **God welcomes us.**

Lost and bewildered, found and rejoicing,

All **God welcomes us.**

◆ Proud of our success, afraid of our poverty,

All **God welcomes us.**

This morning, this day, this night and forever

All **God welcomes us in love.**

◆ Whether present in this building,
or joining in online

All **we are united in the love of Christ.**

We light the Paschal Candle in church, and our candles at home, as a sign of Christ's presence among us

All **O Lord, open our lips,
and our mouths
shall proclaim your praise.**



HYMN

PRAYER OF APPROACH

This or another prayer is used

Loving Presence,
tender and compassionate,
revealing your nature to use
when you are most vulnerable,
defenceless and naked,
clear from our lives
all that keeps us defended from the truth,
the clutter of possessions and clothes,
words and fears,
that we may recognize one another
as sisters and brothers in your love.

Lover of all and of each,
enable us here to be fully open
to one another,
to you,
to all you have to offer,
to all that you ask of us.

All **Amen.**

SAYING SORRY, BEING FORGIVEN

These or other appropriate words are said

- ◆ The sacrifice of God is a broken spirit;
a broken and contrite heart
God will not despise.
Let us come to the Lord,
who is full of compassion,
and acknowledge our transgressions
in penitence and faith.

We sit or kneel

After a moment of silence, we pray in these or similar words

- ◆ You enter the desert to face the hardest truth;
we live in self-deception.
Lord, have mercy.
All **Lord, have mercy.**
- ◆ You offer the bread that gives true life;
we consume what leaves us craving more.
Christ, have mercy.
All **Christ, have mercy.**
- ◆ You refuse to worship empty power;
we let greed rule our world.
Lord, have mercy.
All **Lord, have mercy.**

¶ Leaving in God's Strength

The Lord be with you

All **And also with you.**

CLOSING RESPONSES

- ◆ Jesus calls us to leave the past
All **Jesus calls us to hope.**
- ◆ Jesus calls us to travel lightly
All **Jesus calls us to faith.**
- ◆ Jesus calls us to live fairly
All **Jesus calls us to justice.**
- ◆ Jesus calls us to risky living
All **Jesus calls us to life.**

Either:

THE GRACE

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

- ◆ Let us bless the Lord.
All **Thanks be to God.**

Or:

THE BLESSING

This or another suitable blessing is used

Lent 1-4

May Christ give us grace to grow in holiness,
to deny ourselves, take up our cross,
and follow him; ...

Lent 5

May Christ crucified draw us to himself,
to find in him a sure ground for faith,
a firm support for hope,
and the assurance of sins forgiven; ...

and may the blessing of God almighty,
the Father, the Son, and the Holy Spirit,
be among us and remain with us always.

All **Amen.**

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

CLOSING PRAYER

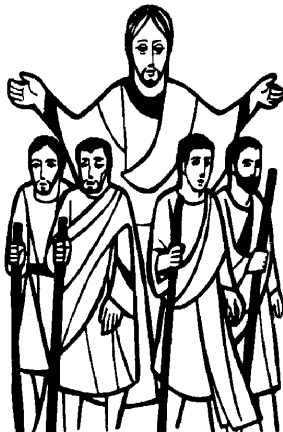
All **Living God,**
we thank you for being with us
in our spoken prayers
and our deepest longings.
As you live in us, may we live in you.
Send us with Jesus
on the way of the cross,
that we might lose our love of death
and take the risk of life,
through Jesus Christ,
the new covenant.
Amen.

We sit

*Notices may be read and Banns of Marriage
published*

HYMN

We stand



*The minister assures us of God's forgiveness in these
or other words*

May the God of love and power
forgive us and free us from our sins,
heal and strengthen us by his Spirit,
and raise us to new life in Christ our Lord.

All **Amen.**

KYRIE ELEISON

◆ Lord, have mercy.

All **Lord, have mercy.**

◆ Christ, have mercy.

All **Christ, have mercy.**

◆ Lord, have mercy.

All **Lord, have mercy.**

THE COLLECT (PRAYER FOR THE WEEK)

*After a period of silent prayer the minister says the
Collect and we respond*

All **Amen.**



¶ Listening & Responding to God

READINGS

We sit

We hear one or two readings from the Bible

At the end of each, the reader says

Your word is a lamp to our feet

All **and a light to our path.**

A hymn, psalm or canticle may follow each reading



GOSPEL READING

We stand

The Gospel is heralded by an acclamation such as

- ◆ Praise to you, O Christ,
King of eternal glory.
I am the light of the world, says the Lord,
whoever follows me
will have the light of life. *John 8.12*

All **Praise to you, O Christ,
King of eternal glory**

- ◆ Hear the Gospel of our Lord Jesus Christ
according to N.

All **Glory to you, O Lord.**

And at the end

- ◆ This is the Gospel of the Lord.

All **Praise to you, O Christ.**

ACTIVITY

*We may have an activity for those who are young, or
young at heart – either now or at another point in the
service*

SERMON OR REFLECTION

We sit

by whom, with whom, and in whom,
with all the voices of creation,
we worship you, O God,
our life-giver, pain-bearer, love-maker:

All **Blessing and honour
and glory and power
be yours for ever and ever.
Amen.**



THE LORD'S PRAYER

We sit or kneel

*We pray the Lord's Prayer,
in whichever version or language we wish*

- ◆ Lord Jesus, remember us in your Kingdom,
and teach us to pray:

Either

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.**

Or

All **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.**

We welcome you as God's own fool
whose cross brings to nothing
the violence of the world
and reveals another wisdom
outside the city walls.

All **We give you thanks and praise.**

Therefore, with all who follow your way,
with the traders and tax collectors,
the soldiers and prostitutes,
and all who caught a glimpse of your glory
in the humanity you shared,
we worship God's own holiness
revealed in sweat and tears:

All **Holy, holy, holy, vulnerable God,
you who turn power upside-down,
heaven and earth are full of your glory.
Hosanna in the highest.**

Creator God,
in these last days you have sent us your Son,
Jesus, son of Mary, from Nazareth.
In word and deed
he brought the truth to light
and called us to follow
in the ways of integrity and discipleship.

When the enemies of life put him to death,
you raised him up by your power,
and likewise you raise us up
and unite us with Christ
that we too may be
an honoured dwelling place
for your Holy Spirit.

So with all your redeemed
and thankful people,
we dare to proclaim with confidence:

All **Christ has died,
Christ is risen,
Christ will come again.**

In trust we come to the One
in whom is our hope and our salvation,
responding to his call
and the promise
which echoes from the dawn of all time.

May mind and heart be held
by your self-giving love
as we stand before the cross,
approach the empty tomb
and greet the One
at whose name every knee shall bow;

AFFIRMING OUR FAITH

We stand

Either

◆ 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 Philippians 2.6-11

Or

◆ In his words and his life,
Jesus shows us God's way.
Let us affirm again
our commitment to that way:

◆ Blessed are the poor in spirit,
All for theirs is the kingdom of heaven.

◆ Blessed are those who mourn,
All for they shall be comforted.

◆ Blessed are the meek,
All for they shall inherit the earth.

◆ Blessed are those who hunger and thirst
after righteousness,
All for they shall be satisfied.

◆ Blessed are the merciful,
All for they shall obtain mercy.

◆ Blessed are the pure in heart,
All for they shall see God.

◆ Blessed are the peacemakers,
All for they shall be called children of God.

◆ Blessed are those who suffer persecution
for righteousness' sake,
All for theirs is the kingdom of heaven.

from Matthew 5

◆ In Jesus, the love of God comes close.
All We will walk in his way.

PRAYING FOR OTHERS

We sit or kneel

The prayers usually include these concerns:

- ¶ *The Church of Christ*
- ¶ *Creation and the environment*
- ¶ *Human society, the Queen, those in authority*
- ¶ *The local community*
- ¶ *Those who suffer*
- ¶ *The communion of saints*

One of these responses, or another, may be used

Lord, in your mercy
All hear our prayer.

Or

Lord, meet us in the silence,
All give us strength and hear our prayer.

Or

By the Saviour's cross and passion,
All Lord, save us and help us.

Or

Lord, your will be done



All Through our lives and by our prayers,
your King - dom come.

And at the end

Merciful Father
All Accept these prayers
for the sake of your Son,
our Saviour, Jesus Christ.
Amen.



¶ Giving Thanks

SHARING GOD'S PEACE

We stand

The minister introduces the Peace with words such as

Since we are justified by faith,
we have peace with God
through our Lord Jesus Christ,
who has given us access to his grace.
Romans 5.1,2

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

◆ Let us offer one another a sign of peace

All may exchange a sign of peace with immediate neighbours, for example in sign language, or with a handshake and greeting such as "Peace be with you"

HYMN

The Offertory is taken during this hymn



PRAYER OF THANKSGIVING

We remain standing

The Lord is here
All His Spirit is with us.

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

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

We thank you, God of our ancestors,
for in the valley of dry bones
you create hearts of flesh
quicken by the Spirit's breath.
All We give you thanks and praise.

We thank you, Holy Spirit,
that you walk in cloud and fire
with your lost and faithless people.
All We give you thanks and praise.

We thank you, Son of Heaven,
that you empty yourself of might and glory
and set your face towards the fickle crowd,
the cruel empire,
the faithful despisers.
All We give you thanks and praise.