

SAFFRON WALDEN AND VILLAGES TEAM MINISTRY

HYMNS AND PRAYERS FOR SUNDAYS IN LENT – LENT 1 TO MOTHERING SUNDAY

This prayer sheet is specially designed for those who are praying at home during this time of Coronavirus. It covers services for the first four Sundays in Lent, with readings and suggested hymns for each week. The text of the readings will be set out in the Grapevine, which will be sent round each week as usual. We hope that this sheet will continue to connect you to the rhythm of our worship together.

You might like to light a candle, symbolising Jesus as the Light of the World: and to say the prayers and readings out loud. Remember that even if you are by yourself at home, you are still part of God's Church, praying across the world.

Lent is traditionally a time of penitence and facing ourselves with honesty, as we prepare to follow Jesus on his journey through the wilderness as he prepares to take up the way of the Cross. In that journey, Mothering Sunday provides a joyful respite as we thank God for the love and example of those who have loved and nurtured us – while also recognising the sacrifices which they have often made for our sake. May God give his strength to all who care for others.

Introduction

We gather together, united in purpose though separate in place, in the name of God, our Creator, Redeemer and Sustainer.

*We say together (or why not **sing!**) an opening hymn: see pages 5-12.*

The Lord is here.

His Spirit is with us.

We have come together as the family of God in this community. And especially today we thank you, heavenly Father, for this time of Lent, to look at ourselves and prepare to follow our Lord Jesus Christ on the way to the cross, sharing in his suffering and coming with him to the glory of Easter. Help us to pray to you in faith, to sing your praise with gratitude, and to listen to your word with eagerness; through Jesus Christ our Lord. **Amen.**

Prayers of Penitence

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 sins in penitence and faith.

For turning away from you, and ignoring your will for our lives:

Lord have mercy *Lord have mercy*

For behaving just as we wish, without thinking of you:

Christ have mercy *Christ have mercy*

For following the temptations in the world about us:

Lord have mercy *Lord have mercy*

Hearing God's forgiveness

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

As God's forgiven people, we say

Thanks be to God for his endless grace.

Readings *We now follow the readings on the Grapevine:*

Collect (the special prayer for each Sunday)

February 21st (Lent 1):

First Reading: 1 Peter 3:18-22; **Gospel:** Mark 1: 9-15

February 28th (Lent 2):

First Reading: Romans 4: 13-25; **Gospel:** Mark 8: 1-12

March 7th (Lent 3)

First Reading: 1 Corinthians 1:18-25; **Gospel:** John 2:13-22

March 14th (Lent 4 – Mothering Sunday):

First Reading: Exodus 2:1-10; **Gospel:** John 19:25b-27

Reflection *You may wish to read the Reflection on the Grapevine. In a moment of quiet, think what message this may have for you, and ask God to help you live it out in your life this week.*

We declare our faith together

**We believe and trust in God the Father,
from whom every family in heaven and on earth is named.**

**We believe in God the Son,
who lives in our hearts through faith, and fills us with his love.**

**We believe in God the Holy Spirit,
who strengthens us with power from on high.**

**This is our faith. We believe and trust in one God;
Father, Son and Holy Spirit. Amen.**

Prayers of Intercession

You may like to base your own prayers around the themes below: feel free to expand and to use your own words

Father, we remember how your Son Jesus was tempted in the wilderness to turn away from you and use his strength for himself alone. Give us the courage to stand firm against what we know to be wrong, however enticing it may seem.

Lord, in your mercy

Hear our prayer

We pray for all those who are faced with hard decisions: all whose path of life is steep and bleak. We pray for world leaders, and all who make decisions which affect our lives. As your Son took up his cross, knowing the pain it would bring, may we too be ready to suffer for your sake and the sake of truth.

Lord, in your mercy

Hear our prayer

We pray for those who place their trust in material things. Help them to see that profit brings nothing without the love of you and neighbour. Help us all to use the good things you have given us to serve you in your world.

Lord, in your mercy

Hear our prayer

We pray for our families: all who have nurtured and cared for us. We thank you for the good things our family life has given us, and ask for your healing of any hurts. We pray for mothers all over the world who face pain as they watch their children suffer, and pray that you will give them strength. We thank you for Mary, the mother of Jesus, and pray that we may know her courage.

Lord, in your mercy

Hear our prayer

We pray for your Church throughout the world: for our Bishops; for all the people, communities and churches of this Saffron Walden and Villages Team Ministry: and for Jeremy and his family as he begins his ministry as Team Rector. Bind us together into a people showing your love.

Lord, in your mercy

Hear our prayer

We pray for the continuing struggle against COVID-19: for all medical staff: all those suffering the virus: all who mourn loved ones: all who are anxious about their future work and education. We thank you for the roll-out of vaccines, and pray for patience and responsibility as we hope for the opening up of society.

Lord, in your mercy

Hear our prayer

We pray for our communities in town and villages. Bless all who are sick or in any kind of need. Bless our families, friends and neighbours, both near and far, especially those in need of any kind whom we name before you in the silence of our hearts Hold them in your loving arms, and be with them always.

Lord, in your mercy

Hear our prayer

In a moment of silence, offer to God any other needs on your heart.

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

Sharing God's Peace

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

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

As you say this, hold in your mind all who are joining in these prayers today.

The Lord's Prayer

Let us pray together as Jesus has taught us

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.

We ask God's grace for the week ahead

Heavenly Father, sustain us in our joys and in our anxieties. Enfold us in your peace in our waking and in our sleeping, and may we know your presence with us now and always: in the name of your Son, our Saviour Jesus Christ. **Amen.**

We say (or sing!) a final hymn: see pages 5-12.

Christ give us grace to grow in holiness, to deny ourselves, take up our cross, and follow him; and the blessing of God Almighty, the Father, the Son, and Holy Spirit, be with us all now and evermore.

Let us go in peace to love and serve the Lord.

Thanks be to God.

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SUGGESTED HYMNS

SUNDAY 21st FEBRUARY (Temptations in the wilderness)

Forty days and forty nights
You were fasting in the wild,
Forty days and forty nights,
Tempted still, yet unbeguiled.

Let us your endurance share,
And from earthly greed abstain,
With you vigilant in prayer,
With you strong to suffer pain.

So shall peace divine be ours;
Holy gladness, pure and true:
Come to us, angelic powers,
Such as ministered to you.

Keep, O keep us, Saviour dear,
Ever constant by your side,
That with you we may appear
At th'eternal Eastertide.

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Jesu, lover of my soul,
Let me to Thy bosom fly,
While the gath'ring waters roll,
While the tempest still is high:
Hide me, O my Saviour, hide,
Till the storm of life is past;
Safe into the haven guide,
O receive my soul at last.

Other refuge have I none,
Hangs my helpless soul on Thee;
Leave, oh, leave me not alone,
Still support and comfort me.
All my trust on Thee is stayed,
All my help from Thee I bring;
Cover my defenceless head
With the shadow of Thy wing.

Plenteous grace with Thee is found,
Grace to cleanse from ev'ry sin;
Let the healing streams abound;
Make and keep me pure within.
Thou of life the fountain art,
Freely let me take of Thee;
Spring Thou up within my heart,
Rise to all eternity.

SUNDAY 28th FEBRUARY (Take up thy cross)

Take my life and let it be
consecrated, Lord, to thee.
Take my moments and my days,
let them flow in endless praise.

Take my hands, and let them move
at the impulse of thy love;
Take my feet, and let them be
swift and beautiful for thee.

Take my will and make it thine:
it shall be no longer mine;
Take my heart: it is thine own;
it shall be thy royal throne.

Take my love; my Lord, I pour
at thy feet its treasure store;
Take myself, and I will be
ever, only, all for thee.

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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,
So weary, worn and sad;
I found in him a resting-place,
And he has made me glad.

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.

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 trav’ling days are done.

SUNDAY 7th MARCH (Jesus cleanses the Temple)

Father, hear the prayer we offer:
not for ease that prayer shall be,
but for strength, that we may ever
live our lives courageously.

Not for ever in green pastures
do we ask our way to be;
but the steep and rugged pathway
may we tread rejoicingly.

Not for ever by still waters
would we idly rest and stay;
but would smite the living fountains
from the rocks along our way.

Be our strength in hours of weakness,
in our wand'rings be our Guide;
through endeavour, failure, danger,
Father, be thou at our side.

In the Cross of Christ I glory,
Tow'ring o'er the wrecks of time;
All the light of sacred story
Gathers round its head sublime.

When the woes of life o'ertake me,
Hopes deceive, and fears annoy,
Never shall the Cross forsake me;
Lo! It glows with peace and joy.

When the sun of bliss is beaming
Light and love upon my way,
From the Cross the radiance streaming
Adds more lustre to the day.

Bane and blessing, pain and pleasure,
By the Cross are sanctified;
Peace is there that knows no measure,
Joys that through all time abide.

SUNDAY 14th MARCH (Mothering Sunday)

For the beauty of the earth,
for the beauty of the skies,
for the love which from our birth
over and around us lies,

*Lord of all, to thee we raise
this our sacrifice of praise.*

For the beauty of each hour
of the day and of the night
hill and vale and tree and flow'r
sun and moon and stars of light:

Lord of all...

For the joy of human love,
brother, sister, parent, child
friends on earth, and friends above
pleasures pure and undefiled:

Lord of all...

For each perfect gift of thine,
to our race so freely given
graces human and divine,
flowers of earth and buds of heaven:

Lord of all...

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Lord of all hopefulness, Lord of all joy,
whose trust, ever child-like, no cares could destroy,
be there at our waking, and give us, we pray,
your bliss in our hearts, Lord, at the break of the day.

Lord of all eagerness, Lord of all faith,
whose strong arms were skilled at the plane and the lathe,
be there at our labours, and give us, we pray,
your strength in our hearts, Lord, at the noon of the day.

Lord of all kindness, Lord of all grace,
your hands swift to welcome, your arms to embrace,
be there at our homing, and give us, we pray,
your love in our hearts, Lord, at the eve of the day.

Lord of all gentleness, Lord of all calm,
whose voice is contentment, whose presence is balm,
be there at our sleeping, and give us, we pray,
your peace in our hearts, Lord, at the end of the day.