

2ND SUNDAY BEFORE LENT



OPENING RESPONSES

Let everything be said and done in the name of the Lord Jesus,
giving thanks to God through Jesus Christ.

Sing psalms, hymns and sacred songs:
let us sing to God with thankful hearts.

Open our lips, Lord:
and we shall praise your name.



O WORSHIP THE KING

O worship the King all glorious above,
and gratefully sing his power and his love:
our shield and defender, the Ancient of Days,
pavilioned in splendour and girded with praise.

O tell of his might and sing of his grace,
whose robe is the light, whose canopy space;
his chariots of wrath the deep thunder-clouds form,
and dark is his path on the wings of the storm.

The earth, with its store of wonders untold,
Almighty, your power has founded of old;
established it fast, by a changeless decree,
and round it has cast, like a mantle, the sea.

Your bountiful care, what tongue can recite?
It breathes in the air, it shines in the light;
it streams from the hills, it descends to the plain,
and sweetly distils in the dew and the rain.

We children of dust are feeble and frail -
in you do we trust, for you never fail;
your mercies, how tender, how firm to the end!
our maker, defender, redeemer, and friend.

O measureless Might, unchangeable Love,
whom angels delight to worship above!
Your ransomed creation, with glory ablaze,
in true adoration shall sing to your praise!



CONFESSION

Our Lord Jesus Christ said:

The first commandment is this:

'Hear, O Israel, the Lord our God is the only Lord.
You shall love the Lord your God with all your heart,
with all your soul, with all your mind,
and with all your strength.'

The second is this: 'Love your neighbour as yourself.'

There is no other commandment greater than these.

On these two commandments hang all the law and the prophets.

Amen. Lord, have mercy.

God so loved the world
that he gave his only Son Jesus Christ
to save us from our sins,
to be our advocate in heaven,
and to bring us to eternal life.

Let us confess our sins in penitence and faith,
firmly resolved to keep God's commandments
and to live in love and peace with 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 the Father of all mercies
cleanse *you* from *your* sins,
and restore *you* in his image
to the praise and glory of his name,
through Jesus Christ our Lord.
Amen.

Blessed is the Lord,
for he has heard the voice of our prayer;
Therefore shall our hearts dance for joy
and in our song will we praise our God.

 **HOW GREAT THOU ART**

O LORD my God! When I in awesome wonder
Consider all the works Thy hand hath made;
I see the stars, I hear the mighty thunder,

Then sings my soul, my Saviour God, to Thee,
How great Thou art! How great Thou art!
Then sings my soul, my Saviour God, to Thee,
How great Thou art! How great Thou art!

When through the woods and forest glades I wander
And hear the birds sing sweetly in the trees;
When I look down from lofty mountain grandeur,
And hear the brook, and feel the gentle breeze:

And when I think that God, His Son not sparing,
Sent Him to die - I scarce can take it in:
That on the Cross, my burden gladly bearing,
He bled and died to take away my sin:

When Christ shall come with shout of acclamation
And take me home - what joy shall fill my heart!
Then shall I bow in humble adoration,
And there proclaim, my God how great Thou art!

 **COLLECT**

Almighty God,
you have created the heavens and the earth
and made us in your own image:
teach us to discern your hand in all your works
and your likeness in all your children;
through Jesus Christ your Son our Lord,
who with you and the Holy Spirit reigns supreme over all things,
now and for ever.

Amen



BIBLE READING

Colossians 1.15-20

¹⁵Christ is the image of the invisible God, the firstborn of all creation; ¹⁶for in him all things in heaven and on earth were created, things visible and invisible, whether thrones or dominions or rulers or powers – all things have been created through him and for him. ¹⁷He himself is before all things, and in him all things hold together. ¹⁸He is the head of the body, the church; he is the beginning, the firstborn from the dead, so that he might come to have first place in everything. ¹⁹For in him all the fullness of God was pleased to dwell, ²⁰and through him God was pleased to reconcile to himself all things, whether on earth or in heaven, by making peace through the blood of his cross.

This is the word of the Lord.

Thanks be to God.



REFLECTION



AMAZING GRACE

O for a thousand tongues to sing
my great Redeemer's praise,
the glories of my God and King,
the triumphs of his grace!

My gracious Master and my God,
assist me to proclaim,
to spread thro' all the earth abroad
the honors of your name.

Jesus! the name that charms our
fears,
that bids our sorrows cease,
'tis music in the sinner's ears,
'tis life and health and peace.

He breaks the power of cancelled sin,
he sets the prisoner free;
his blood can make the foulest clean;
his blood availed for me.

To God all glory, praise, and love
be now and ever given
by saints below and saints above,
the Church in earth and heaven.



THE CREED

Let us declare our faith
in the resurrection of our Lord Jesus Christ.
**Christ died for our sins
in accordance with the Scriptures;
he was buried;
he was raised to life on the third day
in accordance with the Scriptures;
afterwards he appeared to his followers,
and to all the apostles:
this we have received,
and this we believe.
Amen.**



A TIME OF PRAYER



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 for ever.
Amen.**



The first 100 days

Mark 1.29-39

In which, in her own house, Jesus raises up Simon's mother-in-law, and she begins to serve. At sunset, everyone in Capernaum comes to be healed by Jesus. Very early in the morning, Jesus prays alone before moving with his disciples to neighbouring towns.

Now read **Mark 1.29-39** see p.2 for text.

A note on the passage

Good news spreads fast. Many people crowded to Jesus to find hope and healing, and they experienced his light shining in their darkness. But Jesus revealed that there is a big difference between developing a fan base and pursuing a mission.



In what circumstances do you feel the need to press the snooze button?



- Identify one small, achievable yet significant action that you can repeat each day this week – e.g. to sit quietly (no phones, etc) for five minutes per day; do one chore that you often neglect; do something kind for another person.
- Note how you feel as you make this a priority this week. How did you stick to the action? Was it easy or hard? Did it have any unexpected outcomes?

DISCOVER

- The Lindisfarne Gospels are so highly prized that they are still kept in the British Library over 1,300 years after they were created! They were a mission project combining the best of the culture of their time with the words of the four Gospels in Latin. Follow the links <https://artwritingandgeekingout.wordpress.com/tag/lindisfarne-gospels/> (see top of this page) to find out more.
- Eadfrith, the bishop who did most of the work, 'wrote this book for God', but other people made the book's covers and someone else added a translation in Old English for those who found Latin difficult.
- If you like meditative colouring, you could reflect on Eadfrith's skill and dedication while colouring in these designs.
- Could you help to do something eye-catching to share the Gospel in today's culture?

PRAYER WALK

Set aside some time to go for a walk and experience prayer outside. If possible, go early in the morning. You could go into your garden if you have one, or to any natural spot near to your home.

- How does this compare to praying indoors? Think about why Jesus did this. Pray about your own priorities.

IMAGINE

You will need: eight 1cm x 5cm strips of paper, and a small object to represent yourself (e.g. a pebble, a shell, a cup).

- Imagine that the strips are the total time and energy that you have available in any week of your life at the moment. Place the strips radiating out from your object, like sun rays. Each radiating line represents the time/energy you spend on different activities.
- So, what are you doing with your time/energy? Maybe you invest more heavily in a particular activity; if so, move some of the strips to make one line, representing that activity, proportionately longer (e.g. if it is half of you time, it will be four strips long). Notice that you now have fewer strips left for other activities, but a further 'reach' for that one pursuit. Write or draw on the strips to indicate what they represent. Continue to adjust the pattern until it reflects your life.

Is this how you would like it to be? Is your energy split between many activities or a few? Does this reflect your priorities? Do you feel any need to press the snooze button on any part of your life?



- Work at making different designs of paper kites or paper aeroplanes. Give them each a test flight (indoors or out, depending on the weather). Which design flew the greatest distance or stayed up for the longest? In a group, makes sure everyone starts with the same materials, compare and test together – and learn from each other.
- Which factors are crucial for a good flight? Which are less important? Think about how Jesus made choices in planning and shaping of his ministry.



ALL MY HOPE ON GOD IS FOUNDED

All my hope on God is founded,
all my trust he shall renew;
he, my guide through changing
order,
only good and only true:
God unknown, he alone
calls my heart to be his own.

Day by day our mighty giver
grants to us his gifts of love;
in his will our souls find pleasure,
leading to our home above:
love shall stand at his hand,
joy shall wait for his command.

Pride of man and earthly glory,
sword and crown betray his trust;
all that human toil can fashion,
tower and temple, fall to dust.
But God's power, hour by hour,
is my temple and my tower.

Still from Earth to God eternal
sacrifice of praise be done;
high above all praises praising
for the gift of Christ his Son:
hear Christ's call, one and all –
we who follow shall not fall.



THE CONCLUSION

**God of power,
may the boldness of your Spirit transform us,
may the gentleness of your Spirit lead us,
may the gifts of your Spirit equip us
to serve and worship you
now and always.
Amen**

God the Father,
who has given to his Son the name above every name,
strengthen you to proclaim Christ as Lord;
and the blessing of God almighty
the Father, the Son, and the Holy Spirit,
be among us and remain with us always.
Amen