



Welcome to this Family Communion Service

The Gathering

As we gather - an introduction to Lent with GUS & TOM.

Opening Prayer

Lord God, we have made so many choices already today:
what to eat for breakfast;
what to wear;
what to do.

Now we choose to gather here and worship you,
hear us and guide us, O Lord.

Amen.

Song Raise a Hallelujah

I raise a hallelujah, in the presence of my enemies
I raise a hallelujah, louder than the unbelief
I raise a hallelujah, my weapon is a melody
I raise a hallelujah, heaven comes to fight for me

*I'm gonna sing, in the middle of the storm
Louder and louder, you're gonna hear my praises roar
Up from the ashes, hope will arise*

Death is defeated, the King is alive!
I raise a hallelujah, with everything inside of me
I raise a hallelujah, I will watch the darkness flee
I raise a hallelujah, in the middle of the mystery
I raise a hallelujah, fear you lost your hold on me!

I'm gonna sing, in the middle of the storm
Louder and louder, you're gonna hear my praises roar
Up from the ashes, hope will arise
Death is defeated, the King is alive!

Sing a little louder (In the presence of my enemies)
Sing a little louder (Louder than the unbelief)
Sing a little louder (My weapon is a melody)
Sing a little louder (Heaven comes to fight for me)
Sing a little louder (In the presence of my enemies)
Sing a little louder (Louder than the unbelief)
Sing a little louder (My weapon is a melody)
Sing a little louder (Heaven comes to fight for me)
Sing a little louder!

I'm gonna sing, in the middle of the storm
Louder and louder, you're gonna hear my praises roar
Up from the ashes, hope will arise
Death is defeated, the King is alive!
(Repeat)

Raise a Hallelujah ! x 4

I'm gonna sing, in the middle of the storm
Louder and louder, you're gonna hear my praises roar
Up from the ashes, hope will arise
Death is defeated, the King is alive!

Source: [LyricFind](#) © Bethel Music Publishing

Performed by Martin Smith & Elle Limebear; Filmed live with Bright City at St Peter's Brighton; © Smith United Limited 2020; Gloworks.

Summary of the law

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

Amen. Lord, have mercy.

Confession

After a period of reflection

Remembering God's steadfast love, yet aware of our sin, we ask for God's mercy upon us, and upon the world that God has created and saved.

To you, O Lord, I lift up my soul.

O my God, in you I trust.

Lord, have mercy.

Lord, have mercy.

Make me to know your ways, O Lord.

Teach me your paths.

Christ, have mercy.

Christ, have mercy.

Turn to me and be gracious to me, O Lord.

Consider my trouble, and forgive all my sins.

Lord, have mercy.

Lord, have mercy.

Amen.

Collect

Heavenly Father, your Son battled with the powers of darkness, and grew closer to you in the desert: help us to use these days to grow in wisdom and prayer that we may witness to your saving love in Jesus Christ our Lord.

Amen

Reading Luke 4.1-13 read by Margriet Wells.

Jesus, full of the Holy Spirit, left the Jordan and was led by the Spirit into the wilderness, **2** where for forty days he was tempted by the devil. He ate nothing during those days, and at the end of them he was hungry.

3 The devil said to him, 'If you are the Son of God, tell this stone to become bread.'

4 Jesus answered, 'It is written: "Man shall not live on bread alone."'

5 The devil led him up to a high place and showed him in an instant all the kingdoms of the world. **6** And he said to him, 'I will give you all their authority and splendour; it has been given to me, and I can give it to anyone I want to. **7** If you worship me, it will all be yours.'

8 Jesus answered, 'It is written: "Worship the Lord your God and serve him only."'

9 The devil led him to Jerusalem and had him stand on the highest point of the temple. 'If you are the Son of God,' he said, 'throw yourself down from here. **10** For it is written:

“He will command his angels concerning you to guard you carefully; 11 they will lift you up in their hands, so that you will not strike your foot against a stone.”

12 Jesus answered, ‘It is said: “Do not put the Lord your God to the test.”’ **13** When the devil had finished all this tempting, he left him until an opportune time.

Sermon Nigel Lowe is opening God’s Word for us today

Creed

Let us affirm our faith in Jesus Christ the Son of God.

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

Intercessions written and shared by Jamie Brady

For in you O Lord

Do we put our trust

Song From the inside out

A thousand times I've failed still Your mercy remains
Should I stumble again I'm caught in Your grace
Everlasting, your light will shine when all else fades
Never ending your glory goes beyond all fame

In my heart and my soul I give You control
Consume me from the inside out, Lord.
Let justice and praise become my embrace
To love you from the inside out.

Your will above all else my purpose remains
The art of losing myself in bringing You praise
Everlasting, Your light will shine when all else fades
Never ending Your glory goes beyond all fame.

In my heart and my soul I give You control
Consume me from the inside out, Lord.

Let justice and praise become my embrace
To love you from the inside out.
Everlasting, Your light will shine when all else fades
Never ending Your glory goes beyond all fame
And the cry of my heart is to bring You praise
From the inside out, Lord, my soul cries out.

A thousand times I've failed still Your mercy remains
Should I stumble again I'm caught in Your grace
Everlasting Your light will shine when all else fades
Never ending Your glory goes beyond all fame.

In my heart and my soul I give You control
Consume me from the inside out, Lord.
Let justice and praise become my embrace
To love You from the inside out.

Everlasting, Your light will shine when all else fades
Never ending Your glory goes beyond all fame
And the cry of my heart is to bring You praise
From the inside out Lord my soul cries out.

Source: [LyricFind](#)

Songwriters: Jeff Pardo / Jeremy Bose; © Universal Music Publishing Group; performed on iSing Worship
Volume 3

The Liturgy of the Sacrament

The Peace

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

We know that Christians have shared a sign of peace since the very earliest days of the Church. In these times, it may seem strange to 'share the Peace.' But peace is from the heart and from God. God's peace in the Spirit moves among us and unites us, physically distanced yet one in the Body of Christ.

Eucharistic Prayer

The Lord be with you
and also with you.

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.

Father, we give you thanks and praise through your beloved Son Jesus Christ, your living Word, through whom you have created all things; who was sent by you in your great goodness to be our Saviour.

By the power of the Holy Spirit he took flesh; as your Son, born of the blessed Virgin, he lived on earth and went about among us; he opened wide his arms for us on the cross; he put an end to death by dying for us; and revealed the resurrection by rising to new life; so he fulfilled your will and won for you a holy people.

Therefore with angels and archangels, and with all the company of heaven, we proclaim your great and glorious name, for ever praising you and saying:

**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.

Lord, you are holy indeed, the source of all holiness; grant that by the power of your Holy Spirit, and according to your holy will, these gifts of bread and wine may be to us the body and blood of our Lord Jesus Christ; who, in the same night that he was betrayed, took bread and gave you thanks; he broke it and gave it to his disciples, saying:

Take, eat; this is my body which is given for you; do this in remembrance of me.

In the same way, after supper he took the cup and gave you thanks; he gave it to them, saying:

*Drink this, all of you; this is my blood of the new covenant,
which is shed for you and for many for the forgiveness of sins.*

Do this, as often as you drink it, in remembrance of me.

Dying you destroyed our death, rising you restored our life: Lord Jesus, come in glory.

And so, Father, calling to mind his death on the cross, his perfect sacrifice made once for the sins of the whole world; rejoicing in his mighty resurrection and glorious ascension, and looking for his coming in glory, we celebrate this memorial of our redemption.

As we offer you this our sacrifice of praise and thanksgiving, we bring before you this bread and this cup and we thank you for counting us worthy to stand in your presence and serve you.

Send the Holy Spirit on your people and gather into one in your kingdom all who share this one bread and one cup, so that we may praise and glorify you for ever, through Jesus Christ our Lord; by whom, and with whom, and in whom, in the unity of the Holy Spirit, all honour and glory be yours, almighty Father, for ever and ever
Amen.

The Lord's Prayer

**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.**

Breaking of the bread

We break this bread to share in the body of Christ.

Though we are many, we are one body, because we all share in the one bread.

Giving of Communion

God's holy gifts for God's holy people.

Jesus Christ is holy, Jesus Christ is Lord, to the glory of God the Father.

We are invited to make spiritual Communion with God, who comes to meet us wherever we are. And as we do so please listen to 'As the Deer pants'

Instrumental version; Worship Audio.

Prayer after communion

And we say together ...

Lord God, you have renewed us with the living bread from heaven;
by it you nourish our faith, increase our hope, and strengthen our love:
teach us always to hunger for him who is the true and living bread,
and enable us to live by every word that proceeds from out of your mouth;
through Jesus Christ our Lord.

Amen.

The Dismissal

Song King of my heart - Kids version (video)

Let the King of my heart be the mountain where I run
The fountain I drink from. Oh, He is my song.
Let the King of my heart be the shadow where I hide
The ransom for my life. Oh, He is my song.

'Cause You are good You're good, oh oh
You are good You're good, oh oh
(repeat x 2)

And let the King of my heart be the wind inside my sails
The anchor in the waves. Oh, He is my song
Let the King of my heart be the fire inside my veins
The echo of my days. Oh, He is my soul.

Let the King of my heart be the wind inside my sails
The anchor in the waves. Oh, He is my song.
Let the King of my heart be the fire inside my veins
The echo of my days. Oh, He is my song.

You are good You're good, oh oh
You are good You're good, oh oh
(repeat x 2)

You're never gonna let You're never gonna let me down
(repeat x 8)

You are good You're good, oh oh
You are good You're good, oh oh
(repeat x 2)

You're never gonna let You're never gonna let me down
(repeated)

Source: [LyricFind](#) Songwriters: John Mark McMillan / Sarah McMillan; Performed and recorded by Playback Media; used with permission by WorshipHouseMedia.com

Final Prayer & Blessing

Faithful God,
we lay before you the choices
and decisions we face.
We recognise the struggles they represent
and the need for thoughtfulness.

We understand that some choices include loss
while others give comfort.

We understand that some choices include fear
while others give courage.

We understand that some choices include excitement
or give joy.

We understand that some choices include responsibility
and give wisdom.

We know that in whatever we decide,
in you we live,
and move
and have our being.

Amen.

Thank you for joining us today.

Beloved

Mark 1.9-15

Where, after a description of the eccentricity of John the Baptist and a sense of the power of his preaching, Mark relates the story of Jesus coming to John to be baptized. God is seen in the form of a dove and a voice from heaven pronouncing love and approval of Jesus. Jesus then spends 40 days and nights in the wilderness, before returning to Galilee and starting his own campaign to declare the good news of the kingdom.

Now read **Mark 1.9-15** see p.2 for text.

A note on the passage

Mark intends us to read these two passages together so that Jesus' baptism is clearly seen as preparation for his time in the wilderness. Knowing he is, 'Beloved' in God's eyes, helps him to get through this time of testing. How aware are you of your identity in God? What has helped you get through tough times?

MIRROR PRAYER

Set aside 10 minutes each day for this imagination prayer exercise using a mirror. Find a comfortable seated or lying position and close your eyes. Imagine being baptized by John in the river. Try to awaken all your senses as you imagine. What can you see, hear, smell, taste and feel? As you imagine coming up out of the water, open your eyes and look in the mirror, as you think about God's voice speaking words of love and approval over you. Take a moment to write down what you imagined God saying, and come back to it throughout the day.



PADDLE



Baptism is an outward sign of an inward grace – we show the power of God in our lives by symbolically dying to old ways of life as we go under the water, and rising to new life in Jesus as we come back up. Find a place when you can go into some water – it might be a river or beach where you can have a paddle, some puddles on the street or just have a bath or shower! As you go into the water, reflect on what it would mean to leave behind old ways of behaving, and as you come out, imagine entering the new life that Jesus offers.

LENT GARDEN OF RESPONSES

Lent is a time when people will often give something up for these few weeks before Easter to reflect on Jesus and his journey to the cross. Other people take on a new habit for Lent – like daily acts of kindness.

Over the course of Lent this year, create a garden of responses. You can either do this by putting soil in a tray and placing particular objects there as directed; or take a large piece of paper and make a 'garden page' by drawing, writing, cutting and sticking. If you live with others, you could build your 'garden' together.

Make a list of the ways you see God's kingdom – in the actions of others, in nature, etc. Either paint or write the words, 'God's kingdom is near' on a rock or stone, and place it in your garden tray, along with the list of the ways you see God's kingdom; or write the words decoratively, alongside your list on your garden page.

FAIR TRADE



Both John and Jesus preached that the kingdom of God was near. When the Bible talks about the kingdom, it's the idea of everything being as God intended it. One way that our society often isn't the way God intended it is in the area of people getting paid fairly for the goods they sell. 22 February – 7 March is Fairtrade Fortnight. As you shop during this time, consider swapping some items for Fairtrade alternatives. Most major supermarkets will stock Fairtrade bananas, tea, coffee and chocolate, but you may find other options as well.



You will need: paper and a pencil.

- Draw round your hand to make a dove shape. You will need to stretch your fingers one way (as the body and wing) and your thumb the other way (as the head).

- Add features (feathers, eye etc.) to the dove and words/drawings about yourself. Try and keep in a meditative frame of mind, with your ears open to hear God's words of approval for you, his beloved child.

Name _____



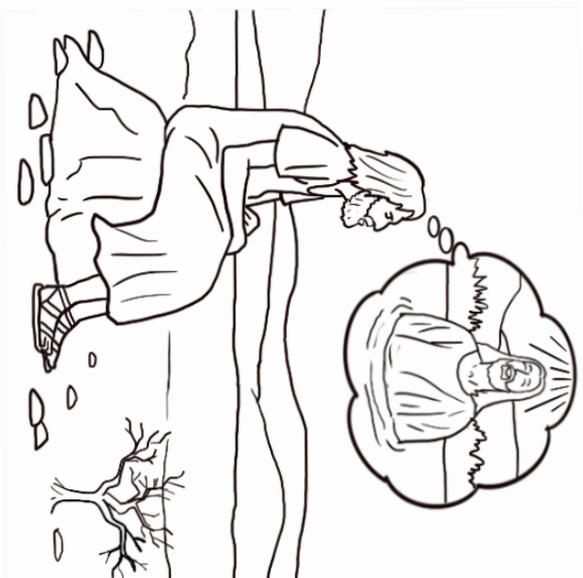
ROOTS Activity Sheet

21-27 February 2021
Lent 1



Mark 1.9-15

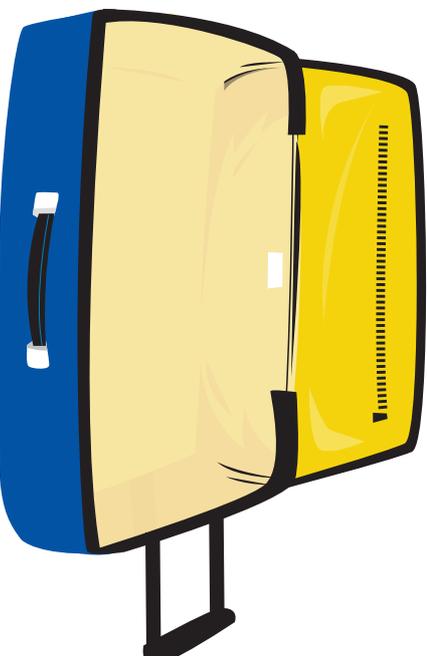
After his baptism by John, Jesus is sent into the wilderness by the Spirit, where he is tempted by Satan for 40 days.



God prepared Jesus to get through the wilderness.



Draw the things you might need to be ready to go into the wilderness.



Puzzle

God was making Jesus ready for what came next, when he was baptized by John in the river. Can you fit some of the key words from today's story into the word 'ready'?

r
e
a
d
y

you, beloved, water, baptism, Jordan



Make a list of all the qualities that make you who you are, inside the box.

God loves me because...