



FOLLOWING JESUS

Sharing the journey

Communion
Service:
18 Feb 2024
1st Sunday
of Lent



Notices

- Community Hub, 9:30-3, Monday 19th, with...
- Swap Shop, 1-3pm!!
- Mulbarton PCC, Wed 21st
- Adrian away 22nd-26th
- Choir Concert POSTPONED – Sun 24th March
- Teas & cakes at Hethel Church – Sun 25th Feb

Collect for 1st Sunday of Lent

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.

Song: My Jesus, My Saviour

My Jesus, my Saviour,
Lord, there is none like you;
all of my days
I want to praise
the wonders of your mighty love.

My comfort, my shelter,
tower of refuge and strength,
let every breath,
all that I am,
never cease to worship you.

Shout to the Lord all the Earth, let us sing
power and majesty, praise to the King:
mountains bow down
and the seas will roar
at the sound of your name.

I sing for joy at the work of your hands,
for ever I'll love you,
for ever I'll stand;
nothing compares to the promise
I have in you.

Darlene Zschech © Copyright 1993 Darlene Zschech

Confession

Let us admit to God the sin which always confronts us.

Lord God,

we have sinned against you;

we have done evil in your sight.

We are sorry and repent.

Have mercy on us according to your love.

Confession

Wash away our wrongdoing and cleanse us from our sin.

Renew a right spirit within us and restore us to the joy of your salvation, through Jesus Christ our Lord.

cf Psalm 51

Amen.

Absolution

May the God of love
bring *us* back to himself,
forgive *us our* sins,
and assure *us* of his eternal love
in Jesus Christ our Lord.

Amen.

Song: How deep the Father's love

How deep the Fathers love for us,

How vast beyond all measure,

That He should give His only Son

To make a wretch His treasure.

How great the pain of searing loss –

The Father turns His face away,

As wounds which mar the Chosen One

Bring many sons to glory.

Behold the Man upon a cross,
My sin upon His shoulders;
Ashamed, I hear my mocking voice
Call out among the scoffers.
It was my sin that held Him there
Until it was accomplished;
His dying breath has brought me life –
I know that it is finished.

I will not boast in anything,
No gifts, no power, no wisdom;
But I will boast in Jesus Christ,
His death and resurrection.
Why should I gain from His reward?
I cannot give an answer;
But this I know with all my heart –
His wounds have paid my ransom.

Genesis 9:8-17

⁸ Then God said to Noah and to his sons with him: ⁹ “I now establish my covenant with you and with your descendants after you ¹⁰ and with every living creature that was with you—the birds, the livestock and all the wild animals, all those that came out of the ark with you—every living creature on earth. ¹¹ I establish my covenant with you: Never again will all life be destroyed by the waters of a flood; never again will there be a flood to destroy the earth.”

Genesis 9:8-17

¹² And God said, “This is the sign of the covenant I am making between me and you and every living creature with you, a covenant for all generations to come: ¹³ I have set my rainbow in the clouds, and it will be the sign of the covenant between me and the earth. ¹⁴ Whenever I bring clouds over the earth and the rainbow appears in the clouds,

Genesis 9:8-17

¹⁵ I will remember my covenant between me and you and all living creatures of every kind. Never again will the waters become a flood to destroy all life. ¹⁶ Whenever the rainbow appears in the clouds, I will see it and remember the everlasting covenant between God and all living creatures of every kind on the earth.”

¹⁷ So God said to Noah, “This is the sign of the covenant I have established between me and all life on the earth.”

Mark 1:9-15

⁹ At that time Jesus came from Nazareth in Galilee and was baptized by John in the Jordan. ¹⁰ Just as Jesus was coming up out of the water, he saw heaven being torn open and the Spirit descending on him like a dove. ¹¹ And a voice came from heaven: “You are my Son, whom I love; with you I am well pleased.”

Mark 1:9-15

¹² At once the Spirit sent him out into the wilderness, ¹³ and he was in the wilderness forty days, being tempted by Satan. He was with the wild animals, and angels attended him.

¹⁴ After John was put in prison, Jesus went into Galilee, proclaiming the good news of God. ¹⁵ “The time has come,” he said. “The kingdom of God has come near. Repent and believe the good news!”

Song: Such Love

Such love, pure as the whitest snow
Such love, weeps for the shame I know
Such love, paying the debt I owe
O Jesus, such love

Such love, stilling my restlessness

Such love, filling my emptiness

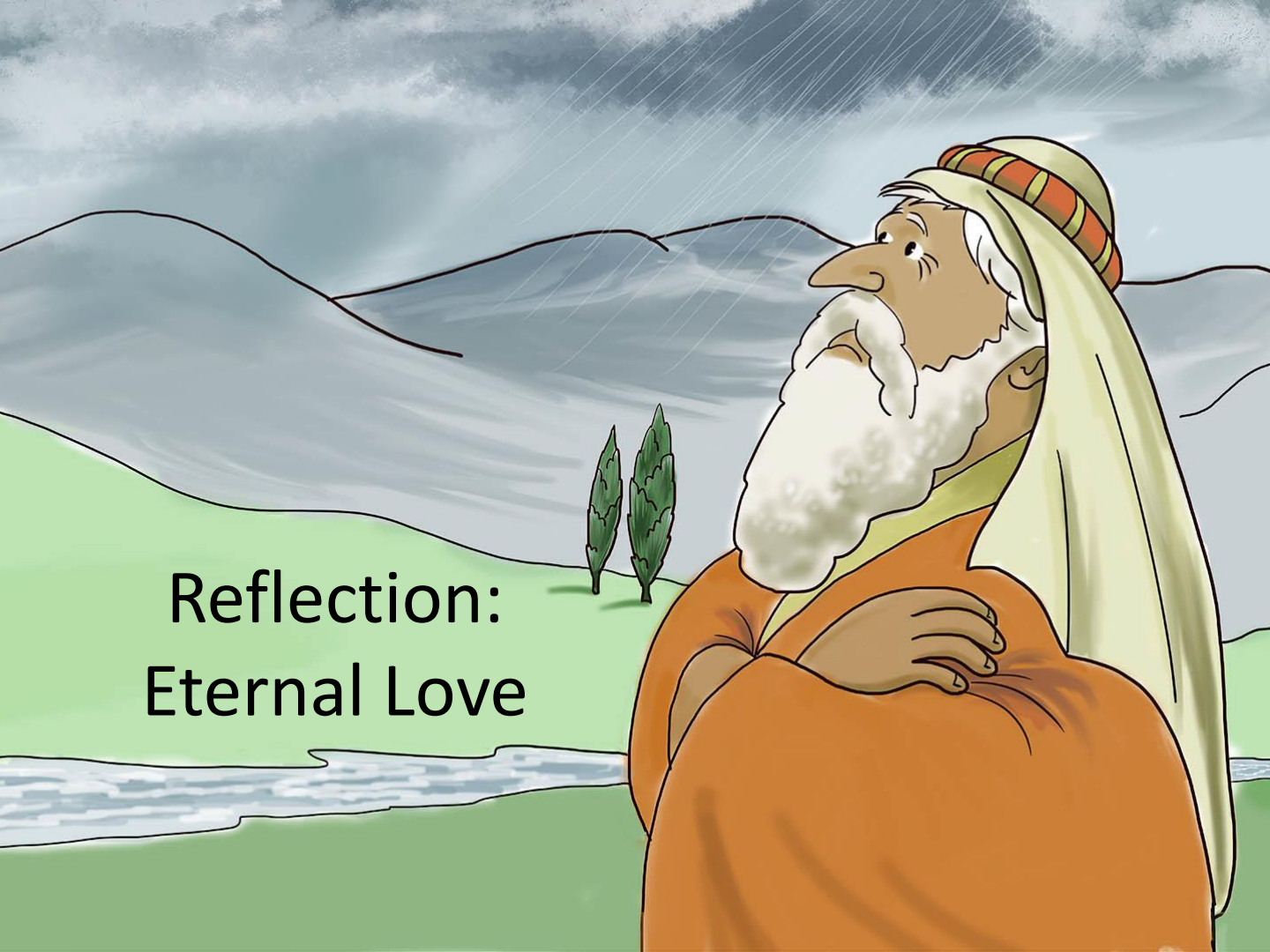
Such love, showing me holiness

O Jesus, such love

Such love, springs from eternity
Such love, streaming through history
Such love, fountain of life to me
O Jesus, such love

Graham Kendrick, Copyright © 1988 Make Way Music

Reflection: Eternal Love



The Profession of Faith:

**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.**

Song: Standing on the Promises

Standing on the promises
of Christ, my King,
Through eternal ages let his praises ring;
Glory in the highest, I will shout and sing,
Standing on the promises of God.

Standing, standing,
Standing on the promises
of God, my Saviour;
Standing, standing,
I'm standing on the promises of God.

Standing on the promises
that cannot fail.

When the howling storms
of doubt and fear assail,

By the living Word of God I shall prevail,
Standing on the promises of God.

Standing, standing,
Standing on the promises
of God, my Saviour;
Standing, standing,
I'm standing on the promises of God.

Standing on the promises
of Christ, the Lord,
Bound to him eternally
by love's strong cord,
Overcoming daily with the Spirit's sword,
Standing on the promises of God.

Standing, standing,
Standing on the promises
of God, my Saviour;
Standing, standing,
I'm standing on the promises of God.

Standing on the promises I cannot fall,
List'ning ev'ry moment to the Spirit's call,
Resting in my Savior as my all in all,
Standing on the promises of God.

Standing, standing,
Standing on the promises
of God, my Saviour;
Standing, standing,
I'm standing on the promises of God.

Russell Kelso Carter (1886)

Sharing Journeys:



Our Prayers



Behold the Lamb

Behold the Lamb who bears our sins away,
Slain for us: and we remember:
The promise made that all who come in faith
Find forgiveness at the cross.
So we share in this Bread of life,
And we drink of His sacrifice,
As a sign of our bonds of peace
Around the table of the King.

The body of our Saviour, Jesus Christ,
Torn for you: eat and remember
The wounds that heal,
the death that brings us life,
Paid the price to make us one.
So we share in this Bread of Life,
And we drink of His sacrifice
As a sign of our bonds of love
Around the table of the King.

The blood that cleanses every stain of sin,
Shed for you: drink and remember
He drained death's cup that all may enter in
To receive the life of God.
So we share in this Bread of Life,
And we drink of His sacrifice,
As a sign of our bonds of grace
Around the table of the King.

And so with thankfulness and faith
We rise to respond: and to remember
Our call to follow in the steps of Christ
As His body here on earth.
As we share in His suffering,
We proclaim: Christ will come again!
And we'll join in the feast of heaven
Around the table of the King.

Holy Communion

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.



It is right to praise you,
Father, Lord of all creation;
in your love you made us for yourself.

When we turned away
you did not reject us,
but came to meet us in your Son.

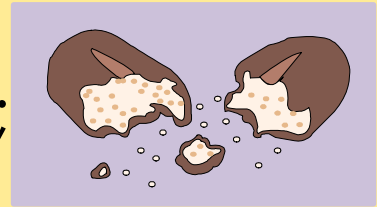
**You embraced us
as your children
and welcomed us
to sit and eat with you.**



In Christ you shared our life
that we might live in him
and he in us.

**He opened his arms of love
upon the cross
and made for all
the perfect sacrifice for sin.**

On the night he was betrayed,
at supper with his friends
he took bread,
and gave you thanks;
he broke it



and gave it to them, saying:
Take, eat; this is my body
which is given for you;
do this in remembrance of me.

**Father, we do this
in remembrance of him:
his body is the bread of life.**



At the end of supper,
taking the cup of wine,
he gave you thanks, and said:
Drink this, all of you;
this is my blood of the new covenant,
which is shed for you
for the forgiveness of sins;
do this in remembrance of me.



**Father, we do this
in remembrance of him:
his blood is shed for all.**



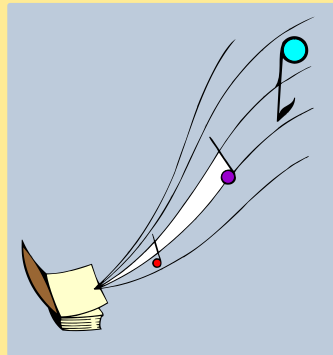
As we proclaim his death
and celebrate his rising in glory,
send your Holy Spirit
that this bread and this wine
may be to us the body and blood
of your dear Son.



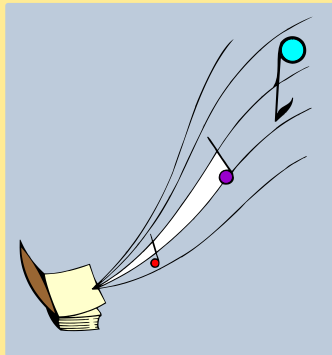
**As we eat and drink
these holy gifts
make us one in Christ,
our risen Lord.**



With your whole Church
throughout the world
we offer you
this sacrifice of praise
and lift our voice
to join the eternal song of heaven:



**Holy, holy, holy Lord,
God of power and might,
Heaven and earth are full
of your glory.
Hosanna in the highest.**



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.**

Every time we eat this bread
and drink this cup.

**We proclaim the Lord's death
until he comes.**



Giving of Communion

Draw near with faith.

Receive the body of our Lord Jesus Christ
which he gave for you,
and his blood which he shed for you.

Eat and drink

in remembrance that Christ died for you,
and feed on him in your hearts
by faith with thanksgiving.



Song: Restore O Lord

Restore, O Lord,
The honour of Your name,
In works of sovereign power
Come shake the earth again;
That all may see
And come with reverent fear
To the living God,
Whose kingdom shall outlast the years.

Restore, O Lord,
In all the earth Your fame,
And in our time revive
The church that bears Your name.
And in Your anger,
Lord, remember mercy,
O living God,
Whose mercy shall outlast the years.

Bend us, O Lord,
Where we are hard and cold,
In Your refiner's fire
Come purify the gold.
Though suffering comes
And evil crouches near,
Still our living God
Is reigning, He is reigning here.

Restore, O Lord,
The honour of Your name,
In works of sovereign power
Come shake the earth again;
That all may see
And come with reverent fear
To the living God,
Whose kingdom shall outlast the years.

Graham Kendrick & Chris Rolinson © 1981 Thankyou Music

Song: Worthy, O Worthy

Worthy, o worthy, are you, Lord
Worthy to be thanked and praised
And worshipped and adored
(x2)

Singing hallelujah,
Lamb upon the throne,
We worship and adore you,
Make your glory known.
Hallelujah, glory to the king,
You're more than a conqueror,
You're Lord of everything.

Mark Kinzer © 1976, Word of God

Prayer After Communion

Almighty God,

we thank you for feeding us with the body and blood of your Son Jesus Christ.

Through him we offer you our souls and bodies to be a living sacrifice.

Send us out in the power of your Spirit to live and work to your praise and glory.

Amen.

Song: Praise Is Rising

Praise is rising,
eyes are turning to You
We turn to You
Hope is stirring,
hearts are yearning for You
We long for You

When we see You
We find strength to face the day
In Your presence all our fears
Are washed away, washed away

Hosanna, Hosanna
You are the God who saves us
Worthy of all our praises
Hosanna, Hosanna
Come have Your way among us
We welcome You here, Lord Jesus

Hear the sound
of hearts returning to You
We turn to You
In Your kingdom
broken lives are made new
You make all things new

When we see You
We find strength to face the day
In Your presence all our fears
Are washed away, washed away

Hosanna, Hosanna
You are the God who saves us
Worthy of all our praises
Hosanna, Hosanna
Come have Your way among us
We welcome You here, Lord Jesus

Paul Baloche, Brenton Brown © 2005 Hosanna! Music

Closing Blessing

Christ give you grace to grow in holiness,
to deny yourselves, take up your cross,
and follow him;

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

Amen.