

First Sunday in Lent

Sung Eucharist

Book of Alternative Services (p. 185)

ANNOUNCEMENTS

LITURGY OF THE WORD

THE LENTEN PROSE

Refrain: **Hear us, O Lord, have mercy upon us: for we have sinn'd against thee.**

INVOCATION

INTROIT SENTENCE

We shall not live by bread alone, but by every word that proceeds from the mouth of God.

MATTHEW 4:4

THE GRACE

(STAND)

THE CALL TO CONFESSION

Silence is kept.

KYRIE CONFESSION AND ABSOLUTION

(KNEEL OR SIT)

Please say or sing the KYRIE ELEISON after each of the three petitions.

Kyrie Eleison. Christe Eleison. Kyrie Eleison. (MERBECKE: CP 678/HB C177)
or

Lord, have mercy upon us. Christ, have mercy upon us.

Lord, have mercy upon us.

THE COLLECT

(STAND)

Silence is kept.

Almighty God, whose Son Jesus Christ fasted forty days in the wilderness, and was tempted as we are, yet without sin: give us grace to discipline ourselves in obedience to your Spirit; and, as you know our weakness, so may we know your power to save; through Jesus Christ your Son our Lord, who is alive and reigns with you, in the unity of the Holy Spirit, one God, now and for ever. **Amen**

THE PROCLAMATION OF THE WORD

(SIT)

*After each reading, except the psalm, the reader says "The Word of the Lord" and all respond: **Thanks be to God.***

FIRST READING – 1ST READER

The LORD God took the man and put him in the garden of Eden to till it and keep it. And the LORD God commanded the man, "You may freely eat of every tree of the garden; but of the tree of the knowledge of good and evil you shall not eat, for in the day that you eat of it you shall die." Now the serpent was more crafty than any other wild animal that the LORD God had made. He said to the woman, "Did God say, 'You shall not eat from any tree in the garden'?" The woman said to the serpent, "We may eat of the fruit of the trees in the garden; but God said, 'You shall not eat of the fruit of the tree that is in the middle of the garden, nor shall you touch it, or you shall die.'" But the serpent said to the woman, "You will not die; for God knows that when you eat of it your eyes will be opened, and you will be like God, knowing good and evil." So when the woman saw that the tree was good for food, and that it was a delight to the eyes, and that the tree was to be desired to make one wise, she took of its fruit and ate; and she also gave some to her husband, who was with her, and he ate. Then the eyes of both were opened, and they knew that they were naked; and they sewed fig leaves together and made loincloths for themselves.

GENESIS 2:15-17, 3:1-7

PSALM – 1ST READER

Happy are they whose transgressions are forgiven, and whose sin is put away!

Happy are they to whom the Lord imputes no guilt, and in whose spirit there is no guile!

While I held my tongue, my bones withered away, because of my groaning all day long.

For your hand was heavy upon me day and night; my moisture was dried up as in the heat of summer.

Then I acknowledged my sin to you, and did not conceal my guilt.

I said, "I will confess my transgressions to the Lord." Then you forgave me the guilt of my sin.

Therefore all the faithful will make their prayers to you in time of trouble; when the great waters overflow, they shall not reach them.

You are my hiding-place; you preserve me from trouble; you surround me with shouts of deliverance.

"I will instruct you and teach you in the way that you should go; I will guide you with my eye.

Do not be like horse or mule, which have no understanding; who must be fitted with bit and bridle, or else they will not stay near you."

Great are the tribulations of the wicked; but mercy embraces those who trust in the Lord.

Be glad, you righteous, and rejoice in the Lord; shout for joy, all who are true of heart.

PSALM 32

SECOND READING – 2ND READER

Therefore, just as sin came into the world through one man, and death came through sin, and so death spread to all because all have sinned sin was indeed in the world before the law, but sin is not reckoned when there is no law. Yet death exercised dominion from Adam to Moses, even over those whose sins were not like the transgression of Adam, who is a type of the one who was to come. But the free gift is not like the trespass. For if the many died through the one man's trespass, much more surely have the grace of God and the free gift in the grace of the one man, Jesus Christ, abounded for the many. And the free gift is not like the effect of the one man's sin. For the judgement following one trespass brought condemnation, but the free gift following many trespasses brings justification. If, because of the one man's trespass, death exercised dominion through that one, much more surely will those who receive the abundance of grace and the free gift of righteousness exercise dominion in life through the one man, Jesus Christ. Therefore just as one man's trespass led to condemnation for all, so one man's act of righteousness leads to justification and life for all. For just as by the one man's disobedience the many were made sinners, so by the one man's obedience the many will be made righteous.

ROMANS 5:12-19

GOSPEL

(STAND)

Gospeller: Praise to you, O Lord, King of eternal glory. (CP: 717)

All: Praise to you, O Lord, King of eternal glory.

Gospeller: The Lord is a great God, O that today you would listen to his voice. Harden not your hearts.

CF. PSALM 95:3, 8

All: Praise to you, O Lord, King of eternal glory.

Gospeller: The Lord be with you. (TONE - BAS P.920 OR CP: 718)

All: And also with you.

Gospeller: The Holy Gospel of our Lord Jesus Christ according to

All: Glory to you, Lord Jesus Christ.

Then Jesus was led up by the Spirit into the wilderness to be tempted by the devil. He fasted for forty days and forty nights, and afterwards he was famished. The tempter came and said to him, "If you are the Son of God, command these stones to become loaves of bread." But he answered, "It is written, 'One does not live by bread alone, but by every word that comes from the mouth of God.'" Then the devil took him to the holy city and placed him on the pinnacle of the temple, saying to him, "If you are the Son of God, throw yourself down; for it is written, 'He will command his angels concerning you', and 'On their hands they will bear you up, so that you will not dash your foot against a stone.'" Jesus said to him, "Again it is written, 'Do not put the Lord your God to the test.'" Again, the devil took him to a very high mountain and showed him all the kingdoms of the world and their splendour; and he said to him, "All these I will give you, if you will fall down and worship me." Jesus said to him, "Away with you, Satan! for it is written, 'Worship the Lord your God, and serve only him.'" Then the devil left him, and suddenly angels came and waited on him.

MATTHEW 4:1-11

Gospeller: The Gospel of Christ.

All: Praise to you, Lord Jesus Christ.

All: Praise to you, O Lord, King of eternal glory.

SERMON (SIT)

THE NICENE CREED – BAS p.188 (STAND)

Celebrant: We believe in one God,

All: the Father, the Almighty, maker of heaven and earth, of all that is, seen and unseen. We believe in one Lord, Jesus Christ, the only Son of God, eternally begotten of the Father, God from God, Light from Light, true God from true God, begotten, not made, of one being with the Father. Through him all things were made. For us and for our salvation he came down from heaven: by the power of the Holy Spirit he became incarnate from the Virgin Mary, and was made man. For our sake he was crucified under Pontius Pilate; he suffered death and was buried. On the third day he rose again in accordance with the scriptures; he ascended into heaven and is seated at the right hand of the Father. He will

come again in glory to judge the living and the dead, and his kingdom will have no end. We believe in the Holy Spirit, the Lord, the giver of life, who proceeds from the Father. With the Father and the Son he is worshipped and glorified. He has spoken through the prophets. We believe in one holy catholic and apostolic Church. We acknowledge one baptism for the forgiveness of sins. We look for the resurrection of the dead, and the life of the world to come. Amen.

THE PRAYERS OF THE PEOPLE (KNEEL OR SIT)

The response will be announced.

THE PEACE (STAND)

LITURGY OF THE EUCHARIST

OFFERTORY HYMN

Eucharistic Prayer III – BAS p.198 (REMAIN STANDING)

PRAYER OVER THE GIFTS

God of Wisdom, may the light of your eternal word, our Lord and Saviour Jesus Christ, lead us in holiness and guide us to glory; we ask in his name. **Amen**

SURSUM CORDA (MUSIC - BAS P.921)

Celebrant: The Lord be with you.

All: And also with you.

Celebrant: Lift up your hearts.

All: We lift them to the Lord.

Celebrant: Let us give thanks to the Lord our God.

All: It is right to give our thanks and praise.

THE PREFACE

SANCTUS & BENEDICTUS (MERBECKE: CP 683/HB C177)

**All: Holy, holy, holy, Lord God of Hosts,
Heaven and earth are full of your glory.**

Glory be to you, O Lord most high.

Blessed is he that comes in the name of the Lord:

Hosanna in the highest.

THE EUCHARISTIC CANON (KNEEL OR STAND)

*Response to: "Therefore, Father, according to his command" is: **we remember his death, we proclaim his resurrection, we await his coming in glory; & at the end of the Eucharistic Prayer: Amen.***

THE LORD'S PRAYER

Celebrant: As our Saviour taught us, let us pray. Our Father in heaven,

All: 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. Save us from the time of trial, and deliver us from evil. For the kingdom, the power, and the glory are yours, now and for ever. Amen

FRACTION SENTENCE

Silence is kept.

Celebrant: Let your Church be the wheat which bears its fruit in dying.

All: If we have died with him, we shall live with him; if we hold firm, we shall reign with him.

AGNUS DEI (MERBECKE: CP 685/HB C177)

All: Lamb of God, you take away the sin of the world: Have mercy upon us. Lamb of God, you take away the sin of the world: Have mercy upon us. Lamb of God, you take away the sin of the world: Grant us your peace.

COMMUNION SENTENCE (KNEEL OR SIT)

Celebrant: Jesus is the Lamb of God who takes away the sin of the world. Blessed are those who are called to his supper.

All: Lord, I am not worthy to receive you, but only say the word, and I shall be healed.

COMMUNION

COMMUNION HYMN

PRAYER AFTER COMMUNION (KNEEL OR SIT)

Silence is kept.

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**

BLESSING (KNEEL)

RECESSIONAL HYMN

DISMISSAL (REMAIN STANDING)