

Service Sheet

26th February 2023, 10.30am, St Mary's
The First Sunday of Lent

Thriving, Not Just Surviving: Turn from Temptation

Welcome to St Mary's Church! We are so glad you are here – whether you are in the church building or watching online. If you are here for the first time or visiting, please say hello (in the chat feature online, or to the service leader or a member of the welcome team in church). You can find out more about our church on our website (www.denhamparish.church) or Facebook page (facebook.com/denhamparish.church).



WELCOME

OPENING PSALM (141.1):

I call upon you, O LORD;
come quickly to me
give ear to my voice when I call to you.

HYMN

Forty days and forty nights
thou wast fasting in the wild;
forty days and forty night
tempted yet undefiled.

Sunbeams scorching all the day,
chilly dew-drops nightly shed,
prowling beasts about thy way,
stones thy pillow, earth thy bed.

Shall not we thy sorrows share,
and from earthly joys abstain;
fasting with unceasing prayer
glad with thee to suffer pain?

Keep, O keep us, Saviour dear
ever constant by thy side
that with thee we may appear
at th' eternal Eastertide.

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

Amen Lord have mercy.

SONG

Purify my heart | let me be as gold
and precious silver | Purify my heart,
let me be as gold, pure gold.

*Refiner's fire, my heart's one desire
is to be holy, set apart for you, Lord.
I choose to be holy, set apart for you,
my master, ready to do your will.*

CONFESSION

Most merciful God, Father of our Lord Jesus Christ, we confess that we have sinned in thought, word and deed. We have not loved you with our whole heart. We have not loved our neighbours as ourselves. In your mercy forgive what we have been, help us to amend what we are, and direct what we shall be; that we may do justly, love mercy, and walk humbly with you, our God. Amen.

Almighty God, who forgives all who truly repent, have mercy upon you, pardon and deliver you from all your sins, confirm and strengthen you in all goodness, and keep you in life eternal; through Jesus Christ our Lord. 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

SONG

Wonderful Lord wonderful God
You are my Shield my Protector
I can lie down go off to sleep
Knowing You're watching over me
Wonderful Lord wonderful God
Help me to trust You forever
I need not fear 'cause You are near
I can lie down and sleep in peace
(Repeat)

(The children leave for Sunday Club)

ANNOUNCEMENTS

FIRST READING: Psalm 141. 1-5, 8-10

¹ I call upon you, O LORD; come quickly to me; give ear to my voice when I call to you. ² Let my prayer be counted as incense before you, and the lifting up of my hands as an evening sacrifice. ³ Set a guard over my mouth, O LORD; keep watch over the door of my lips. ⁴ Do not turn my heart to any evil, to busy myself with wicked deeds in company with those who work iniquity; do not let me eat of their delicacies. ⁵ Let the righteous strike me; let the faithful correct me. Never let the oil of the wicked anoint my head, for my prayer is continually against their wicked deeds.

⁸ But my eyes are turned toward you, O GOD, my Lord; in you I seek refuge; do not leave me defenceless. ⁹ Keep me from the trap that they have laid for me, and from the snares of evildoers. ¹⁰ Let the wicked fall into their own nets, while I alone escape.

This is the Word of the Lord.

Thanks be to God.

GOSPEL READING: Matthew 4. 1-11

Hear the Gospel of our Lord Jesus Christ according to Matthew.

All: Glory to you, O Lord

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.

This is the Gospel of the Lord.

All: Praise to you, O Christ

SERMON

THE CREED

We believe in one God, 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, was incarnate from the Holy Spirit and 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 and the Son, who with the Father and the Son is worshipped and glorified, who 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.

PRAYERS

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

THE PEACE

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

OFFERTORY HYMN

Before the throne of God above

I have a strong, a perfect plea
A great High Priest, whose name is Love
Who ever lives and pleads for me
My name is graven on His hands
My name is written on His heart
I know that while in heaven He stands
No tongue can bid me thence depart
No tongue can bid me thence depart

When Satan tempts me to despair
And tells me of the guilt within

Upward I look, and see Him there
Who made an end of all my sin
Because the sinless Saviour died
My sinful soul is counted free
For God, the Just, is satisfied
To look on Him and pardon me
To look on Him and pardon me

Behold Him there! the risen Lamb!
My perfect, spotless righteousness
The great unchangeable I AM
The King of glory and of grace!
One with my Lord, I cannot die
My soul is purchased by His blood
My life is hid with Christ on high
With Christ, my Saviour and my God
With Christ, my Saviour and my God

OFFERTORY PRAYER

Yours, Lord, is the greatness,
the power, the glory,
the splendour, and the majesty;
for everything in heaven
and on earth is yours.
**All things come from you,
and of your own do we give you.**

THE EUCHARISTIC PRAYER

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.

Father, you made the world and love
your creation. You gave your Son
Jesus Christ to be our Saviour. His
dying and rising have set us free from
sin and death. And so we gladly thank
you, with saints and angels 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.**

We praise and bless you, loving
Father, through Jesus Christ, our
Lord; and as we obey his command,
send your Holy Spirit, that broken
bread and wine outpoured may be
for us the body and blood of your
dear Son.

On the night before he died he had
supper with his friends and, taking
bread, he praised you. He broke the
bread, gave it to them and said: Take,
eat; this is my body which is given for
you; do this in remembrance of me.

When supper was ended he took the
cup of wine. Again he praised you,
gave it to them and said:
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.

So, Father, we remember all that
Jesus did, in him we plead with
confidence his sacrifice made once
for all upon the cross.

Bringing before you the bread of life
and cup of salvation, we proclaim his
death and resurrection until he
comes in glory. Jesus Christ is Lord:

**Lord, by your cross and
resurrection you have set us free.
You are the Saviour of the world.**

Lord of all life, help us to work
together for that day when your
kingdom comes and justice and
mercy will be seen in all the earth.

Look with favour on your people,
gather us in your loving arms and
bring us with all the saints to feast at
your table in heaven.

Through Christ, and with Christ, and
in Christ, in the unity of the Holy
Spirit, all honour and glory are yours,
O loving Father, for ever and ever.

**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 break this bread to share
in the body of Christ.
**Though we are many,
we are one body,
because we all share
in one bread.**

GIVING OF COMMUNION

*Please follow the directions of our
sidesteam. Please return to your seat
through the middle aisle.*

*We take communion in both bread and
wine. Please feel under no compulsion to
receive the wine, though. We now have
gluten free communion wafers
available, if you require a GF wafer,
please make this known to the minister
distributing communion.*

*If you'd like to receive a blessing, please
keep you hands at your sides as you
come forward.*

*If you'd like to receive Holy Communion
seated in the pew, please let a member of
our sidesteam know.*

CHOIR - O Praise the Lord (A. Batten)

**POST-COMMUNION PRAYER
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.**

HYMN

Guide me, O thou great Redeemer
Pilgrim through this barren land;
I am weak, but thou art mighty,
Hold me with thy powerful hand:
Bread of heaven, Bread of heaven,
Feed me now and ever more,
Feed me now and ever more.

Open now the crystal fountain
Whence the healing stream doth flow;
Let the fiery, cloudy pillar
Lead me all my journey through:
Strong deliverer, strong deliverer,
Be thou still my strength and shield,
Be thou still my strength and shield.

When I tread the verge of Jordan
Bid my anxious fears subside;
Death of death, and hell's destruction,
Land me safe on Canaan's side:
Songs of praises, songs of praises,
I will ever give to thee,
I will ever give to thee.

THE BLESSING

Go in peace to love and serve the Lord.
In the name of Christ. Amen.

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GROWING HEARTS OF SERVICE: Café Church

From March we are planning to bring back Café Church on the first Sunday of the month at St Mark's (3.30-5pm). Could you be part of the team? We are looking for cake bakers, table hosts, kitchen team and help with setup and take-down. No one is expected to be available every month. Offer your help by putting your name down on the sign-up sheet at the back of church after the service.



SUNDAY, 5 March, 3.30pm: Cafe Church

With Ian Jennings

Having been part of our church family for more than four years, Ian will retire from his role as associate minister at Denham Parish Church on **Sunday, 23 April**. This coming Sunday he will share with us from his life and ministry. Do come from 3.15pm for a hot cuppa. After the service, cakes, tea and coffee will be served.



THE "MATTHEW MARATHON" Saturday, 8 April, 6-9pm, on Zoom

This year we are focusing on the Gospel of Matthew in our Sunday services. The "Matthew Marathon" is a chance to read through the whole gospel together in one evening on Easter Saturday! We will all be on Zoom. Join us for some of the time or all of it. You are invited to read a section.

There will be a couple of comfort breaks around 7pm and 8pm.

Do you know someone who is not on the internet? Could you invite them to your home to experience the Matthew Marathon together?

IMPORTANT: To receive the details for this Zoom session you have to sign up in advance. You will then receive an email with the login details.

Could you read a section from Mark's Gospel? You can tick a box on the sign-up form. Sign up at the back of church or at denhamparish.churchsuite.com/events/2axbjtr6



Annual Parochial Church Meeting (APCM) 21 May 2023 - Electoral Roll 2023

This year's Electoral Roll registration will be a revised version of 2022. If there are any changes to your details, please complete a new form which is available to collect from the Display Area near the main entrance of the Church.

Anyone who has been attending St Mary's for at least 6 months may apply to become a member of the Church which will enable them to vote at the APCM. Signed applications should be sent to the Electoral Roll Officer via the post/hand delivered to the Church Office by 13 April 2023.

Weekly Diary

Today:

10.15am Destiny Group, St Mark's

Wed s 1st March - Little Lions toddler group. St Mark's. Contact: eddalindner18@gmail.com

Wed 1st Mar 1-5pm Warm Space at St Mark's

DIARY DATE

**Sun 5th Mar
3.30pm Cafe Church St Mark's**

Thur 9th Mar 2.30pm. Service of Thanksgiving for Joyce Tearall. St Mary's.

Let's pray together ...

- For those affected by natural disasters, especially in Turkey and Syria.
- For conflicts and wars in our world: For people of peace to find ways of making peace.
- For those who are unwell.
- For those who have lost loved ones, especially the families of Joyce Tearall.

thriving

NOT JUST

surviving

Thriving not just Surviving

Jesus promises us life in all its fullness (in John 10.10) but often our reality seems to fall short. This Lent we are reflecting in our Sunday services on passages from Matthew's Gospel, combined with Psalms to learn how we can thrive rather than just survive.

Resources to help you grow during Lent

Lectio 365 is a 10-minute daily devotion following the pattern P.R.A.Y.: Pause | Read and Reflect | Ask | Yield. www.24-7prayer.com/resource/lectio-365/

The **Daily Reflections on the Church of England app** have the theme "Dust and Glory" this year. www.churchofengland.org

LICC is offering a **Lenten prayer journey**, based on a simple rule of life from 1 Thessalonians 5.16-18, regularly rejoicing, praying, and giving thanks in all circumstances. licc.org.uk

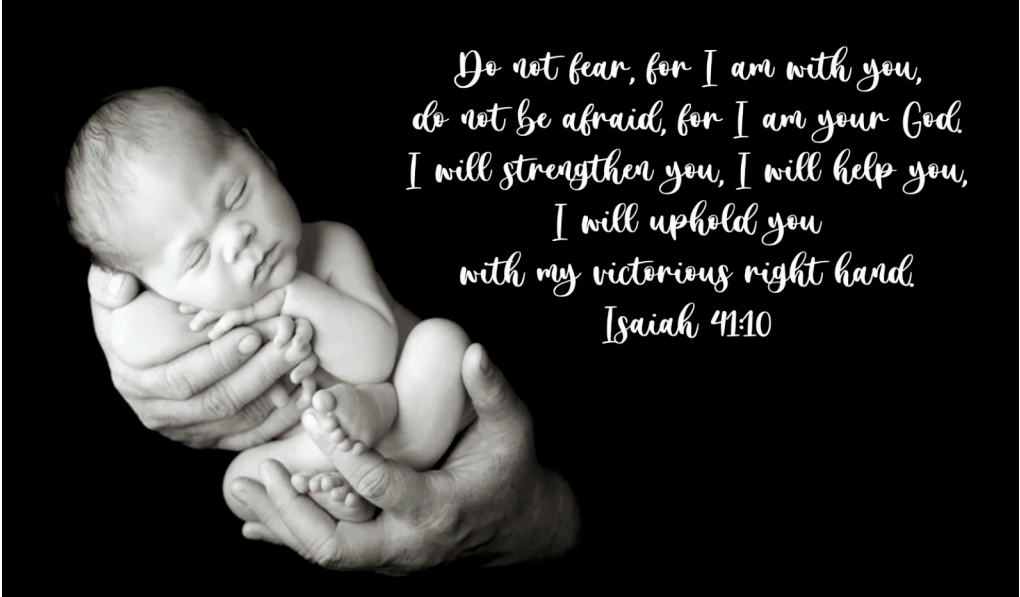
Read a book:

Emma Ineson: *Failure* (The Archbishop of Canterbury's Lent Book 2023)

Jeff Lucas: *Singing in Babylon*

Take Tearfund's One-Week Climate Challenge during Lent:

www.tearfund.org/changetheclimate



Do not fear, for I am with you,
do not be afraid, for I am your God.
I will strengthen you, I will help you,
I will uphold you
with my victorious right hand.
Isaiah 41:10