

## Lent 1 2023

### *Introit*

### *Welcome and Introduction*

*Hymn:*       **Forty days and forty nights, thou wast fasting in the wild;  
Forty days and forty nights, tempted, and yet undefiled.**

**Sunbeams scorching all the day, chilly dewdrops nightly shed,  
Prowling beasts about thy way, stones thy pillow, earth thy bed.**

**Let us thy endurance share and from earthly greed abstain,  
With thee watching unto, with thee strong to suffer pain?**

**Then if evil on us press, flesh or spirit to assail,  
Victor in the wilderness, may we never faint nor fail!**

**So shall peace divine be ours; holier gladness ours shall be;  
Come to us angelic powers, such as ministered to thee.**

### *Penitence:*

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."

**All: Amen. Lord have mercy.**

Lord Jesus, you were sent to heal the contrite.  
Lord, have mercy.

**Lord have mercy.**

Lord Jesus, you came to call sinners.  
Christ, have mercy.

**Christ have mercy.**

Lord Jesus, you plead for us at the right hand of the Father.  
Lord, have mercy.

**Lord, have mercy.**

Let us confess our sins to Almighty God.

**Heavenly Father,  
we have sinned in thought, word and deed,  
and have failed to do what we ought to have done.  
We are sorry and truly repent.  
For the sake of your Son Jesus Christ who died for us,  
forgive us all that is past  
and lead us in his way  
to walk as children of light. Amen.**

*The Absolution.*

*The Collect for the first Sunday of Lent:*

*Old Testament Reading:* Genesis 2.15–17; 3.1–7.

*New Testament Reading:* Matthew 4.1–11.

*Hymn:*

**Mae d'eisiau di bob awr, fy Arglwydd Dduw,  
daw hedd o'th dyner lais o nefol ryw.  
*Mae d'eisiau, O mae d'eisiau,  
bob awr mae arnaf d'eisiau,  
Bendithia fi, fy Ngheidwad, bendithia nawr.***

**I need Thee ev'ry hour: stay Thou nearby;  
Temptations lose their power when Thou art nigh.  
*I need thee O I need thee: every hour I need thee  
O bless me now my saviour, I come to Thee.***

**Mae d'eisiau di bob awr, rho d'olau clir,  
rho imi nerth, a blas dy eiriau gwir...**

**I need Thee ev'ry hour, in joy or pain;  
Come quickly and abide, or life is vain...**

**Mae d'eisiau di bob awr, sancteiddiaf Ri,  
yn Iesu gwna fi'n wir yn eiddot ti...**

*The Address.*

*Hymn:*

When the music fades, all is stripped away and I simply come,  
Longing just to bring something that's of worth that will bless your heart.

I'll bring You more than a song; for a song in itself  
Is not what You have required.  
You search much deeper within, through the way things appear:  
You're looking into my heart.  
I'm coming back to the heart of worship,  
And it's all about You; it's all about You, Jesus.  
I'm sorry, Lord, for the thing I've made it,  
When it's all about You; it's all about You, Jesus.

King of endless worth, no-one could express  
How much you deserve.  
Though I'm weak and poor, all I have is yours, every single breath...

*Prayers*

*The Lord's Prayer*

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.

Ein Tad yr hwn wyt yn y nefoedd,  
sancteiddier dy enw,  
deled dy dernas  
gwneled dy ewyllys,  
megis yn y nef, felly ar y ddaear hefyd.  
Dyro i ni heddiw ein bara beunyddiol  
a maddau i ni ein dyledion,  
fel y maddeuwn ninnau i'n dyledwyr.

Ac nac arwain ni i brofedigaeth;  
eithr gwared ni rhag drwg.  
Canys eiddot yw'r deyrnas,  
a'r gallu a'r gogoniant,  
yn oes oesoedd. Amen

*Intercessions:*

*Led by Helen.*

*Hymn:*

**What a friend we have in Jesus, all our sins and griefs to bear!  
What a privilege to carry everything to God in prayer!  
O what peace we often forfeit, O what needless pain we bear,  
all because we do not carry everything to God in prayer!**

**Have we trials and temptations? Is there trouble anywhere?  
We should never be discouraged; take it to the Lord in prayer!  
Can we find a friend so faithful who will all our sorrows share?  
Jesus knows our every weakness; take it to the Lord in prayer!**

**Are we weak and heavy laden, cumbered with a load of care?  
Precious Saviour, still our refuge - take it to the Lord in prayer!  
Do your friends despise, forsake you? Take it to the Lord in prayer!  
In his arms he'll take and shield you; you will find a solace there.**

*Lenten Blessing:* Christ crucified draw you to himself,  
to find in him a sure ground for faith,  
a firm support for hope,  
and the assurance of sins forgiven;  
and the blessing of God almighty,  
the Father, the Son and the Holy Spirit  
rest upon you and remain with you always. Amen.