



Welcome to St Alban's

2nd Sunday of Lent

OPENING HYMN *Charles Wesley (1707-1788)*

**1 And can it be that I should gain
an interest in the Saviour's blood?
Died he for me, who caused His pain?
For me, who him to death pursued?
Amazing love! How can it be
that thou, my God, shouldst die for me? (rpt)**

**2 'Tis mystery all! The Immortal dies:
who can explore his strange design?
In vain the first-born seraph tries
to sound the depths of love divine!
'Tis mercy all! Let earth adore,
let angel minds inquire no more. (rpt)**

**He left his Father's throne above,
So free, so infinite his grace;
emptied himself of all but love,
and bled for Adam's helpless race.
'Tis mercy all, immense and free;
for, O my God, it found out me. (rpt)**

**Long my imprisoned spirit lay
fast bound in sin and nature's night;
thine eye diffused a quickening ray,
I woke, the dungeon flamed with light;
my chains fell off, my heart was free;
I rose, went forth, and followed thee. (rpt)**

**No condemnation now I dread;
Jesus, and all in him, is mine!
Alive in him, my living Head,
and clothed in righteousness divine.
Bold I approach the eternal throne,
and claim the crown, through Christ my own. (rpt)**

† In the name of the Father and of the Son and of the Holy Spirit. **Amen.**
The Lord be with you. **And also with you.**

INVITATION TO CONFESSION

The sacrifice of God is a broken spirit; a broken and contrite heart God will not despise. Let us come to the Lord, who is full of compassion, and acknowledge our transgressions in penitence and faith.

Lord Jesus, illuminate the darkness in our hearts:
Lord, have mercy. **Lord, have mercy.**

Lord Jesus, open our eyes to your saving love:
Christ, have mercy. **Christ, have mercy.**

Lord Jesus, unstop our ears to hear your living word:
Lord, have mercy. **Lord, have mercy.**

ABSOLUTION

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.

THE COLLECT

Almighty God,
by the prayer and discipline of Lent
may we enter into the mystery of Christ's sufferings,
and by following in his Way
come to share in his glory;
through Christ our Lord. **Amen**

OLD TESTAMENT READING

Genesis 17.1-7,15-26

When Abram was ninety-nine years old, the Lord appeared to Abram, and said to him, 'I am God Almighty; walk before me, and be blameless. ²And I will make my covenant between me and you, and will make you exceedingly numerous.'

³Then Abram fell on his face; and God said to him, ⁴'As for me, this is my covenant with you: You shall be the ancestor of a multitude of nations. ⁵No longer shall your name be Abram, but your name shall be Abraham; for I have made you the ancestor of a multitude of nations. ⁶I will make you exceedingly fruitful; and I will make nations of you, and kings shall come from you.

⁷I will establish my covenant between me and you, and your offspring after you throughout their generations, for an everlasting covenant, to be God to you and to your offspring after you.

This is the word of the Lord: **Thanks be to God.**

THE GOSPEL
Mark 8.31-end

Praise to you, O Christ, King of eternal glory.

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

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

Glory to you, O Lord.

Then he began to teach them that the Son of Man must undergo great suffering, and be rejected by the elders, the chief priests, and the scribes, and be killed, and after three days rise again. ³² He said all this quite openly. And Peter took him aside and began to rebuke him. ³³ But turning and looking at his disciples, he rebuked Peter and said, 'Get behind me, Satan! For you are setting your mind not on divine things but on human things.'

³⁴ He called the crowd with his disciples, and said to them, 'If any want to become my followers, let them deny themselves and take up their cross and follow me. ³⁵ For those who want to save their life will lose it, and those who lose their life for my sake, and for the sake of the gospel, will save it. ³⁶ For what will it profit them to gain the whole world and forfeit their life? ³⁷ Indeed, what can they give in return for their life? ³⁸ Those who are ashamed of me and of my words in this adulterous and sinful generation, of them the Son of Man will also be ashamed when he comes in the glory of his Father with the holy angels.'

This is the Gospel of the Lord.

Praise to you, O Christ.

THE SERMON

THE NICENE 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 OF INTERCESSION

RESPONSE: Lord, in your mercy...**hear our prayer.**

At the end of the prayers we say together:

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

THE PEACE

Since we are justified by faith,
we have peace with God through our Lord Jesus Christ,
who has given us access to his grace.

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

THE PREPARATION OF THE TABLE

Blessed are you, Lord God of all creation.
Through your goodness we have this bread to offer, which earth has given and human
hands have made, it will become for us the bread of life.
Blessed be God forever.

Blessed are you, Lord God of all creation.
Through your goodness we have this wine to offer, fruit of the vine and work of human hands. It will become for us the cup of salvation.
Blessed be God forever.

THE EUCHARIST

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.**

It is indeed right and good to give you thanks and praise,
almighty God and everlasting Father, through Jesus Christ your Son.
For in these forty days you lead us into the desert of repentance
that through a pilgrimage of prayer and discipline
we may grow in grace and learn to be your people once again.
Through fasting, prayer and acts of service
you bring us back to your generous heart.
Through study of your holy word you open our eyes
to your presence in the world and free our hands
to welcome others into the radiant splendour of your love.
As we prepare to celebrate the Easter feast with joyful hearts and minds
we bless you for your mercy
and join with saints and angels for ever praising you and singing:

**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.**

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.

Great is the mystery of faith

Christ has died: Christ is risen: Christ will come again.

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 the Blessed Virgin Mary, St Alban and 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. **Amen.**

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.

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.

Lamb of God, you take away the sin of the world, have mercy on us.

Lamb of God, you take away the sin of the world, have mercy on us.

Lamb of God, you take away the sin of the world, grant us peace.

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

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

*The Church of which we are members is not defined by the walls of a building but by the
Body of Christ of which we are members.*

*In making our communion spiritually, we are joining with Christians everywhere to be
nourished by the one who tells us, 'I am the Bread of Life'.*

An Act of Spiritual Communion

My Jesus, I believe that you are present in the Holy Sacrament of the altar.

I love you above all things and I passionately desire to receive you into my soul.

Since I cannot now receive you sacramentally, come spiritually into my soul

so that I may unite myself wholly to you now and for ever. Amen.

POST COMMUNION PRAYERS

Almighty God,
you see that we have no power of ourselves to help ourselves:
keep us both outwardly in our bodies,
and inwardly in our souls;
that we may be defended from all adversities
which may happen to the body,
and from all evil thoughts which may assault and hurt the soul;
through Jesus Christ our Lord. **Amen.**

**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.**

THE BLESSING AND DISMISSAL

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

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

CLOSING HYMN *Stuart Townend & Keith Getty ©2001 Thankyou Music*

**1 In Christ alone my hope is found,
He is my light, my strength, my song;
This Cornerstone, this solid Ground,
Firm through the fiercest drought and storm.
What heights of love, what depths of peace,
When fears are stilled, when strivings cease!
My Comforter, my All in All,
Here in the love of Christ I stand.**

**2 In Christ alone! - who took on flesh,
Fullness of God in helpless babe.
This gift of love and righteousness,
Scorned by the ones He came to save:
Till on that cross as Jesus died,
The wrath of God was satisfied -
For every sin on Him was laid;
Here in the death of Christ I live.**

**3 There in the ground His body lay,
Light of the world by darkness slain:
Then bursting forth in glorious day
Up from the grave He rose again!
And as He stands in victory
Sin's curse has lost its grip on me,
For I am His and He is mine -
Bought with the precious blood of Christ.**

**4 No guilt in life, no fear in death,
This is the power of Christ in me;
From life's first cry to final breath,
Jesus commands my destiny.
No power of hell, no scheme of man,
Can ever pluck me from His hand:
Till He returns or calls me home,
Here in the power of Christ I'll stand.**

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