

THE GATHERING

The president says the following sentence

The sacrifice of God is a broken spirit: a broken and contrite heart,
O God, you will not despise. *Psalm 51.17*

THE GREETING

The grace of our Lord Jesus Christ, the love of God,
and the fellowship of the Holy Spirit be with you
And also with you

WELCOME & INTRODUCTION

The president explains the meaning of Lent

THE LITURGY OF PENITENCE

Self-examination and Confession

Let us now call to mind our sin and the infinite mercy of God

God the Father,
have mercy on us.

God the Son,
have mercy on us.

God the Holy Spirit,
have mercy on us.

Trinity of love,
have mercy on us.

**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, and mind, and
strength.

We have not loved our neighbours as ourselves.

We have not forgiven others, as we have been forgiven.

Lord, have mercy.

We have been deaf to your call to serve, as Christ served us.

We have not been true to the mind of Christ.

We have grieved your Holy Spirit.

Lord, have mercy.

We confess to you, Lord ...
all our past unfaithfulness: the pride, hypocrisy and impatience of our lives.
Lord, have mercy.

Our self-indulgent appetites and ways, and our exploitation of other people.
Lord, have mercy.

Our anger at our own frustration
and our envy of those more fortunate than ourselves.
Lord, have mercy.

Our intemperate love of worldly goods and comforts
and our dishonesty in daily life and work.
Lord, have mercy.

Our negligence in prayer and worship
and our failure to commend the faith that is in us.
Lord, have mercy.

Accept our repentance, Lord ...
for the wrongs we have done,
for our blindness to human need and suffering,
and our indifference to injustice and cruelty.
Accept our repentance, Lord.

For all false judgements,
for uncharitable thoughts towards our neighbours
and for our prejudice and contempt towards those who differ from us.
Accept our repentance, Lord.

For our waste and pollution of your creation
and our lack of concern for those who come after us.
Accept our repentance, Lord.

Restore us, good Lord, and let your anger depart from us.
Favourably hear us, for your mercy is great.

Accomplish in us the work of your salvation,
that we may show your glory in the world.

By the cross and passion of your Son our Lord,
Silence is kept
**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.**

Silence is kept

THE IMPOSITION OF THE SIGN OF THE CROSS

The president and people together trace the sign of the cross each on their own foreheads as a ritual gesture of penitence.
At the making of the sign of the cross each says

I turn away from sin
and be healed by Christ.

AMEN

THE ABSOLUTION

The president says

The Lord enrich *you* with his grace,
and nourish *you* with his blessing;
the Lord defend *you* in trouble and keep *you* from all evil;
the Lord accept *your* prayers,
and absolve *you* from *your* offences,
for the sake of Jesus Christ, our Saviour.
Amen.

THE COLLECT

The **COLLECT** (is the prayer for the day) is said

Holy God, our lives are laid open before you; rescue us from chaos of sin and through the death of your son bring us healing and make us whole in Jesus Christ our Lord. **Amen**

HYMN

Choir led 190 "Forty Days and forty night"

THE READING

At the beginning of the reading you may like to say

The reading is taken from the Gospel of Saint Matthew chapter 6 verses 1-6 and verses 16-21

At the end of the reading you may like to say

For the word of God in Scripture ALL: **Thanks be to God**

SERMON

MUSIC FOR REFLECTION

A recording is played 'All shall be well'

THE BLESSING

Saviour Jesus Christ.

The president says a blessing:

Christ give you grace to grow in holiness,
to deny yourselves,
take up your cross, and follow him;
and the blessing
and the blessing of God almighty,
the Father, the Son, and the Holy Spirit,
be among you and remain with you always.

Amen

THE DISMISSAL

Go in peace to love and serve the Lord

In the name of Christ. Amen.

The president explains the meaning of Lent

Brothers and sisters in Christ: since early days Christians have observed with great devotion the time of our Lord's passion and resurrection. It became the custom of the Church to prepare for this by a season of penitence and fasting.

At first this season of Lent was observed by those who were preparing for Baptism at Easter and by those who were to be restored to the Church's fellowship from which they had been separated through sin. In course of time the Church came to recognize that, by a careful keeping of these days, all Christians might take to heart the call to repentance and the assurance of forgiveness proclaimed in the gospel, and so grow in faith and in devotion to our Lord.

I invite you, therefore, in the name of the Church, to the observance of a holy Lent, by self-examination and repentance; by prayer, fasting, and self-denial; and by reading and meditating on God's holy word.