

## Lent 1 Year B

### Notes for Use

This service is designed for you to use in your home. If you used our Advent materials, you will notice a familiar structure and rhythm to these Lent resources. Feel free to use them in any way that suits you best. For example, you can move confession and the kyrie to between the intercessions and the concluding prayers, if you are used to confession just before the Eucharist. You can also cut the number of readings if you prefer, but we would advise if doing this that you retain the Psalm and the Gospel.

The intercessions are offered as a guide only. You are, of course, completely free to use this prayer space as you need or wish to.

The questions at the end of the reflection are optional but offer time for reflection either during the service or afterwards. If you are using this resource to worship either as a family or at an online gathering, you can use them for group discussion. In a group setting you can change the singular “I/my” for “We/our” as needed. Words in **bold** should be said together. Instructions and guidance are written in *italics*.

Lent, a season of penitence and reflection, can sometimes be a challenging season as we focus so much on personal relationship with God. Do remember that you can reach out to your priest, or fellow members of the congregation, or any other trusted person, if you want to discuss how you are feeling as you progress through Lent.

## Introduction

*You may wish to light a candle or have a moment of silence before you say:*

**Lord God, I open my ears to hear you.**

**Lord God, I open my eyes to see you.**

**Lord God, I open my heart to love you.**

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**Your paths, O Lord, are love and faithfulness**

**To those who keep your covenant**

## Confession

*A time of silent confession may be held here instead.*

**God our Father, we confess to you and to our fellow members in the Body of Christ that we have sinned in thought, word and deed, and in what we have failed to do. We are truly sorry. Forgive us our sins, and deliver us from the power of evil, for the sake of your Son who died for us, Jesus Christ, our Lord.**

## Kyrie

**Lord, have mercy.**

**Christ, have mercy.**

**Lord, have mercy**

## Collect for 1<sup>st</sup> Sunday of Lent

Almighty God, whose Son fasted forty days in the wilderness, and was tempted as we are but did not sin, give us grace to discipline ourselves in submission to your Spirit, that as you know our weakness so we may know your power to save; through Jesus Christ our Lord, who lives and reigns with you and the Holy Spirit, one God, now and for ever. Amen.

## Readings

*It is best to read the Scriptures aloud, even if you are by yourself, as you will read more slowly, and perhaps pick up on a phrase or a theme you might otherwise miss.*

## **Gen 9.8-17**

8 Then God said to Noah and to his sons with him, <sup>9</sup>As for me, I am establishing my covenant with you and your descendants after you, <sup>10</sup>and with every living creature that is with you, the birds, the domestic animals, and every animal of the earth with you, as many as came out of the ark. <sup>11</sup>I establish my covenant with you, that never again shall all flesh be cut off by the waters of a flood, and never again shall there be a flood to destroy the earth.' <sup>12</sup>God said, 'This is the sign of the covenant that I make between me and you and every living creature that is with you, for all future generations: <sup>13</sup>I have set my bow in the clouds, and it shall be a sign of the covenant between me and the earth. <sup>14</sup>When I bring clouds over the earth and the bow is seen in the clouds, <sup>15</sup>I will remember my covenant that is between me and you and every living creature of all flesh; and the waters shall never again become a flood to destroy all flesh. <sup>16</sup>When the bow is in the clouds, I will see it and remember the everlasting covenant between God and every living creature of all flesh

that is on the earth.' <sup>17</sup>God said to Noah, 'This is the sign of the covenant that I have established between me and all flesh that is on the earth.'

### **Psalm 25**

<sup>1</sup> To you, O Lord, I lift up my soul.

<sup>2</sup> O my God, in you I trust;  
do not let me be put to shame;  
do not let my enemies exult over me.

<sup>3</sup> Do not let those who wait for you be put to shame;  
let them be ashamed who are wantonly treacherous.

<sup>4</sup> Make me to know your ways, O Lord;  
teach me your paths.

<sup>5</sup> Lead me in your truth, and teach me,  
for you are the God of my salvation;  
for you I wait all day long.

<sup>6</sup> Be mindful of your mercy, O Lord, and of your steadfast love,  
for they have been from of old.

<sup>7</sup> Do not remember the sins of my youth or my transgressions;  
according to your steadfast love remember me,  
for your goodness' sake, O Lord!

<sup>8</sup> Good and upright is the Lord;  
therefore he instructs sinners in the way.

<sup>9</sup> He leads the humble in what is right,  
and teaches the humble his way.

### **1 P 3.18-22**

<sup>18</sup>For Christ also suffered for sins once for all, the righteous for the unrighteous, in order to bring you to God. He was put to death in the flesh, but made alive in the spirit, <sup>19</sup>in which also he went and made a proclamation to the spirits in prison, <sup>20</sup>who in former times did not obey, when God waited patiently in the days of Noah, during the building of the ark, in which a few, that is, eight people, were saved through water. <sup>21</sup>And baptism, which this prefigured, now saves you—not as a removal of dirt from the body, but as an appeal to God for a good conscience, through the resurrection of Jesus Christ, <sup>22</sup>who has gone into heaven and is at the right hand of God, with angels, authorities, and powers made subject to him.

### **Mk 1.9-15**

9 In those days Jesus came from Nazareth of Galilee and was baptized by John in the Jordan. <sup>10</sup>And just as he was coming up out of the water, he saw the heavens torn apart and the Spirit descending like a dove on him. <sup>11</sup>And a voice came from heaven, 'You are my Son, the Beloved; with you I am well pleased.'

12 And the Spirit immediately drove him out into the wilderness. <sup>13</sup>He was in the wilderness for forty days, tempted by Satan; and he was with the wild beasts; and the angels waited on him.

14 Now after John was arrested, Jesus came to Galilee, proclaiming the good news of God, <sup>15</sup>and saying, 'The time is fulfilled, and the kingdom of God has come near; repent, and believe in the good news.'

### Reflection

Many of you reading this will not remember your baptism, given the Anglican tradition of infant baptism. Some of you will remember your baptism leaning awkwardly over the font as a teenager or an adult. Others will vividly remember a full immersion baptism in a baptismal pool, the local river or even the sea.

Whatever way or whenever you were baptised, it is seen as a significant moment in your life. I have heard baptism described as the switching on of a light. The Holy Spirit lights the lamp within your heart. Of course, those exploring their faith but not yet ready for the sacrament are part of our Christian community, but baptism marks a permanent, irreversible step into the fellowship of Christ's Body.

Today's readings are not for the Feast of the Baptism of Jesus, which we celebrated in January. But they focus on baptism because of its significance as we begin the season of Lent. After all, there is a reason Jesus was baptised before he was driven out to the wilderness, which we too journey through during Lent.

At Jesus' baptism, something changes. In our Gospel reading, this is point where Jesus begins to move towards Jerusalem and his passion, death and resurrection. For the other Gospels, it marks the beginning of his teaching and healing. Whichever Gospel account you read, there is a sense of this moment marking a profound shift in Jesus' life. The Spirit had descended upon him. The Father had proclaimed him. What a high point, a moment of clarity it must have been. What a crash to reality to find himself wandering through a desert landscape, fighting every manner of temptation.

This matters to us today because it reminds us that our baptism, which brings us into fellowship with Christ, is a moment where we are changed. But it also reminds us that baptism does not "fix" everything in our lives. Having fellowship with Christ does not make us perfect. Nevertheless, we go prepared, with the Spirit a light in our hearts to guide us on the path and the knowledge that we too are God's beloved when we stumble. The crash back to reality for us is to navigate through our daily life. We might not have a dangerous, inhospitable wilderness on our doorstep, but we do have to gird ourselves from more mundane, everyday dangers of injustice, bitterness, greed, consumerism, and disinterest.

We will all sin, repeatedly, because that is what fallen people do. But we will be held as God's beloved, always, because that is what Jesus has made possible for us. That is the Good News we are asked to share as we come out of the wilderness, and our baptism marks us as ready to proclaim.

*Do you remember your baptism or have a memento from the day? What does your baptism mean to you? If you are not baptised, how would baptism change your relationship with God?*

*What temptations do you think you would face in the wilderness? Talk with God about how you might overcome them. Be honest with God, and be kind to yourself, remembering you are God's beloved.*

## Creed

*A short silence should be kept before reciting the creed.*

I believe in God, the Father almighty,  
creator of heaven and earth.  
I believe in Jesus Christ, God's only Son, our Lord,  
who was conceived by the Holy Spirit,  
born of the Virgin Mary,  
suffered under Pontius Pilate,  
was crucified, died, and was buried;  
he descended to the dead.  
On the third day he rose again;  
he ascended into heaven,  
he is seated at the right hand of the Father,  
and he will come to judge the living and the dead.  
I believe in the Holy Spirit,  
the holy catholic Church,  
the communion of saints,  
the forgiveness of sins,  
the resurrection of the body,  
and the life everlasting. Amen.

## Prayer

*The prayer here is a shortened, adapted form of intercession. If your church has shared intercession for the Sunday service beforehand, it can be said here instead. You may also find the intercessions for use during a pandemic suitable here.*

**I pray to you, Lord, that I may face the wilderness with your name on my heart . Hear my prayers:**

**I pray for the church,  
For....**

**I pray for my community,  
For...**

**I pray for the world,  
For...**

**I pray for those who are ill,  
For....**

**I pray for those who have died,  
For....**

**Hear my prayers Lord, that I may face the wilderness with your name on my heart.  
Amen.**

## Meditation



Sit with this image for a few minutes of meditation.

How does it make you feel?

How do you want to respond to God?

*Sawai Chinnawong (Thai, 1959–), Genesis 9:13, 2004. Acrylic on canvas, 27 × 27 in. Retrieved from [artandtheology.org](http://artandtheology.org)*

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## 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  
Forever and ever,  
Amen.

Our Father in heaven,  
hallowed be your name,  
your kingdom come,  
your will be done,  
on earth as it is in heaven.  
Give us today our daily bread,  
and forgive our sins,  
as we forgive those who sin against  
us.  
Do not bring us to the time of trial,  
but deliver us from evil.  
For the kingdom, the power and the  
glory are yours,  
Now and forever,  
Amen.

## Conclusion

**Lord, all that I have done in your name, accept as my offering today.**

**Lord, as I journey through the wilderness with all my brothers and sisters in Christ, I ask that you send us with every blessing in the name of the Father, the Son and the Holy Spirit.**

**Amen.**