

**OPENING RESPONSES:**

O Lord, open thou our lips.  
And our mouth shall shew forth thy praise.

O God, make speed to save us.  
O Lord, make haste to help us.

Glory be to the Father, and to the Son, and to the Holy Ghost.  
As it was in the beginning, is now, and ever shall be, world without end. Amen.

Praise ye the Lord.  
The Lord's name be praised.

**PSALM: 106**

O give thanks unto the Lord, for he is gracious \*  
and his mercy endureth for ever.  
Who can express the noble acts of the Lord \*  
or shew forth all his praise?  
Blessed are they that alway keep judgement \*  
and do righteousness.  
Remember me, O Lord, according to the favour that thou bearest unto thy people \*  
O visit me with thy salvation;  
That I may see the felicity of thy chosen \*  
and rejoice in the gladness of thy people, and give thanks with thine inheritance.  
We have sinned with our fathers \*  
we have done amiss, and dealt wickedly.  
Our fathers regarded not thy wonders in Egypt, neither kept they thy great goodness in  
remembrance \*  
but were disobedient at the sea, even at the Red sea.  
Nevertheless, he helped them for his Name's sake \*  
that he might make his power to be known.  
He rebuked the Red sea also, and it was dried up \*  
so he led them through the deep, as through a wilderness.  
And he saved them from the adversary's hand \*  
and delivered them from the hand of the enemy.  
As for those that troubled them, the waters overwhelmed them \*  
there was not one of them left.  
Then believed they his words \*  
and sang praise unto him.  
But within a while they forgot his works \*  
and would not abide his counsel.  
But lust came upon them in the wilderness \*  
and they tempted God in the desert.  
And he gave them their desire \*  
and sent leanness withal into their soul.  
They angered Moses also in the tents \*  
and Aaron the saint of the Lord.  
So the earth opened, and swallowed up Dathan \*  
and covered the congregation of Abiram.  
And the fire was kindled in their company \*  
the flame burnt up the ungodly.

They made a calf in Horeb \*  
and worshipped the molten image.  
Thus they turned their glory \*  
into the similitude of a calf that eateth hay.  
And they forgat God their Saviour \*  
who had done so great things in Egypt;  
Wondrous works in the land of Ham \*  
and fearful things by the Red sea.  
So he said, he would have destroyed them, had not Moses his chosen stood before him in the gap \*  
to turn away his wrathful indignation, lest he should destroy them.  
Yea, they thought scorn of that pleasant land \*  
and gave no credence unto his word;  
But murmured in their tents \*  
and hearkened not unto the voice of the Lord.  
Then lift he up his hand against them \*  
to overthrow them in the wilderness;  
To cast out their seed among the nations \*  
and to scatter them in the lands.  
They joined themselves unto Baalpeor \*  
and ate the offerings of the dead.  
Thus they provoked him to anger with their own inventions \*  
and the plague was great among them.  
Then stood up Phinees and prayed \*  
and so the plague ceased.  
And that was counted unto him for righteousness \*  
among all posterities for evermore.  
They angered him also at the waters of strife \*  
so that he punished Moses for their sakes;  
Because they provoked his spirit \*  
so that he spake unadvisedly with his lips.  
Neither destroyed they the heathen \*  
as the Lord commanded them;  
But were mingled among the heathen \*  
and learned their works.  
Insomuch that they worshipped their idols, which turned to their own decay \*  
yea, they offered their sons and their daughters unto devils;  
And shed innocent blood, even the blood of their sons and of their daughters \*  
whom they offered unto the idols of Canaan; and the land was defiled with blood.  
Thus were they stained with their own works \*  
and went a whoring with their own inventions.  
Therefore was the wrath of the Lord kindled against his people \*  
insomuch that he abhorred his own inheritance.  
And he gave them over into the hand of the heathen \*  
and they that hated them were lords over them.  
Their enemies oppressed them \*  
and had them in subjection.  
Many a time did he deliver them \*  
but they rebelled against him with their own inventions, and were brought down in their wickedness.  
Nevertheless, when he saw their adversity \*  
he heard their complaint.  
He thought upon his covenant, and pitied them, according unto the multitude of his mercies \*  
yea, he made all those that led them away captive to pity them.  
Deliver us, O Lord our God, and gather us from among the heathen \*  
that we may give thanks unto thy holy Name, and make our boast of thy praise.

Blessed be the Lord God of Israel from everlasting, and world without end \*  
and let all the people say, Amen.

Glory be to the Father:  
and to the Son, and to the Holy Ghost.

As it was in the beginning, is now, and ever shall be:  
world without end. Amen.

**FIRST LESSON: Genesis 2:15-17; 3:1-7**

The LORD God took the man and put him in the garden of Eden to till it and keep it. And the LORD God commanded the man, 'You may freely eat of every tree of the garden; but of the tree of the knowledge of good and evil you shall not eat, for in the day that you eat of it you shall die.'

Now the serpent was more crafty than any other wild animal that the LORD God had made. He said to the woman, 'Did God say, "You shall not eat from any tree in the garden"?' The woman said to the serpent, 'We may eat of the fruit of the trees in the garden; but God said, "You shall not eat of the fruit of the tree that is in the middle of the garden, nor shall you touch it, or you shall die." ' But the serpent said to the woman, 'You will not die; for God knows that when you eat of it your eyes will be opened, and you will be like God, knowing good and evil.' So when the woman saw that the tree was good for food, and that it was a delight to the eyes, and that the tree was to be desired to make one wise, she took of its fruit and ate; and she also gave some to her husband, who was with her, and he ate. Then the eyes of both were opened, and they knew that they were naked; and they sewed fig leaves together and made loincloths for themselves.

**MAGNIFICAT:**

My soul doth magnify the Lord:  
and my spirit hath rejoiced in God my Saviour.

For he hath regarded:  
the lowliness of his handmaiden.

For behold, from henceforth:  
all generations shall call me blessed.

For he that is mighty hath magnified me:  
and holy is his Name.

And his mercy is on them that fear him:  
throughout all generations.

He hath shewed strength with his arm:  
he hath scattered the proud in the imagination of their hearts.

He hath put down the mighty from their seat:  
and hath exalted the humble and meek.

He hath filled the hungry with good things:  
and the rich he hath sent empty away.

He remembering his mercy hath holpen his servant Israel:  
as he promised to our forefathers, Abraham and his seed for ever.

Glory be to the Father:  
and to the Son, and to the Holy Ghost.

As it was in the beginning, is now, and ever shall be:  
world without end. Amen.

**SECOND LESSON: Romans 5:12-19**

Just as sin came into the world through one man, and death came through sin, and so death spread to all because all have sinned— sin was indeed in the world before the law, but sin is not reckoned when there is no law. Yet death exercised dominion from Adam to Moses, even over those whose sins were not like the transgression of Adam, who is a type of the one who was to come.

But the free gift is not like the trespass. For if the many died through the one man's trespass, much more surely have the grace of God and the free gift in the grace of the one man, Jesus Christ, abounded for the many. And the free gift is not like the effect of the one man's sin. For the judgement following one trespass brought condemnation, but the free gift following many trespasses brings justification. If, because of the one man's trespass, death exercised dominion through that one, much more surely will those who receive the abundance of grace and the free gift of righteousness exercise dominion in life through the one man, Jesus Christ.

Therefore just as one man's trespass led to condemnation for all, so one man's act of righteousness leads to justification and life for all. For just as by the one man's disobedience the many were made sinners, so by the one man's obedience the many will be made righteous.

#### **NUNC DIMITTIS:**

Lord, now lettest thou thy servant depart in peace:

according to thy word.

For mine eyes have seen:

thy salvation.

Which thou hast prepared:

before the face of all people.

To be a light to lighten the Gentiles:

and to be the glory of thy people Israel.

Glory be to the Father:

and to the Son, and to the Holy Ghost.

As it was in the beginning, is now, and ever shall be:

world without end. Amen.

#### **THE APOSTLES' CREED:**

I believe in God the Father almighty, maker of heaven and earth; And in Jesus Christ his only Son our Lord; who was conceived by the Holy Spirit, born of the Virgin Mary, suffered under Pontius Pilate, was crucified, dead, and buried. He descended into hell. The third day he rose again from the dead. He ascended into heaven, and sitteth on the right hand of God the Father almighty. From thence he shall come to judge the quick 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.

The Lord be with you.

And with thy spirit.

Let us pray.

Lord, have mercy upon us.

Christ, have mercy upon us.

Lord, have mercy upon us.

Our Father, which art in heaven,

Hallowed be thy name.

Thy kingdom come.

Thy will be done,

In earth, as it is in heaven.

Give us this day our daily bread.

And forgive us our trespasses,

As we forgive them that trespass against us.

And lead us not into temptation;

But deliver us from evil. Amen.

O Lord, shew thy mercy upon us.  
And grant us thy salvation.

O Lord, save the Queen.  
And mercifully hear us when we call upon thee.

Endue thy ministers with righteousness.  
And make thy chosen people joyful.

O Lord, save thy people.  
And bless thine inheritance.

Give peace in our time, O Lord.  
Because there is none other that fighteth for us, but only thou, O God.

O God, make clean our hearts within us.  
And take not thy Holy Spirit from us.

### **THE COLLECT OF THE DAY**

O Lord, who for our sake didst fast forty days and forty nights; Give us grace to use such abstinence, that, our flesh being subdued to the Spirit, we may ever obey thy godly motions in righteousness, and true holiness, to thy honour and glory, who livest and reignest with the Father and the Holy Spirit, one God, world without end. Amen.

### **LENTEN COLLECT**

Almighty and everlasting God, who hatest nothing that thou hast made, and dost forgive the sins of all them that are penitent; Create and make in us new and contrite hearts, that we, worthily lamenting our sins, and acknowledging our wretchedness, may obtain of thee, the God of all mercy, perfect remission and forgiveness; through Jesus Christ our Lord. Amen.

### **COLLECT FOR PEACE**

O God, from whom all holy desires, all good counsels and all just works do proceed; Give unto thy servants that peace which the world cannot give; that both, our hearts may be set to obey thy commandments, and also that by thee we being defended from the fear of our enemies may pass our time in rest and quietness; through the merits of Jesus Christ our Saviour. Amen.

### **COLLECT FOR AID AGAINST ALL PERILS**

Lighten our darkness, we beseech thee, O Lord: and by thy great mercy defend us from all perils and dangers of this night; for the love of thy only Son, our Saviour Jesus Christ. Amen.

### **PRAYERS**

O Lord of grace, lead us and guide us from a life of self-centredness and satisfaction for what we are and what we do to a life of dependence on you. Inspire our hearts that we rise beyond the daily trifles of our existence and join with you in love and concern of the whole creation, that we may always remind ourselves that we are the disciples of one who did not help himself but was a man or others. Grant that we may, through our life and example, work for a world where God is praised and we all live like salt and leaven in the midst of this mass of humanity and in a bond of charity. O God the Holy Spirit, inspire, hallow and guide us in this vocation of wholeness and healing; through Jesus Christ our Lord.

*Church of Bangladesh*

You, Lord Jesus, knew great power,  
to heal, to transform,  
to proclaim the reign of God.  
So you met great temptations.

The wrong way, glittering and possible, was open;  
you could rule if you chose,  
in majesty and wonder,  
more victorious than Alexander,  
more imperial than Caesar.

But you said No,  
simply, decisively, for ever, for us.

We pray for the Church, tempted like its Head.

When the Church seeks political power,

*Jesus, stay with us.*

When the Church longs to become wealthy,

*Jesus, speak to us.*

When the Church strives to impress with splendour,

*Jesus, give us simplicity.*

When the Church wanders from the way of sacrifice,

*Jesus, hold us.*

When the Church listens to the call for cheap grace,

*Jesus, keep us always in your way.*

Holy Spirit of God, enable us to respond to temptation  
with the strength of your Word within us,  
so that we may hold firm to our calling  
and take your better way in faithfulness.

*Bernard Thorogood*

God be in my head, and in my understanding. God be in mine eyes, and in my looking. God be in my mouth, and in my speaking. God be in my heart and in my thinking. God be at my end, and at my departing.

*Sarum Primer (1588)*

Pause for **SILENT REFLECTION**

### **A PRAYER OF ST JOHN CHRYSOSTOM**

Almighty God, who hast given us grace at this time with one accord to make our common supplications unto thee; and dost promise that when two or three are gathered together in thy Name thou wilt grant their requests: Fulfil now, O Lord, the desires and petitions of thy servants as may be most expedient for them; granting us in this world knowledge of thy truth, and in the world to come life everlasting. Amen.

### **THE GRACE**

The grace of our Lord Jesus Christ, and the love of God, and the fellowship of the Holy Spirit, be with us all evermore. Amen.

*Bible passages in this service are from the New Revised Standard Version.*

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## Hymns suitable for use at home:

### ICH 250

All hail the power of Jesu's name;  
let angels prostrate fall;  
bring forth the royal diadem  
to crown him Lord of all.

Crown him, ye martyrs of your God,  
who from his altar call;  
extol him in whose path ye trod,  
and crown him Lord of all.

Ye seed of Israel's chosen race,  
ye ransomed of the fall,  
hail him who saves you by his grace,  
and crown him Lord of all.

Sinners, whose love can ne'er forget  
the wormwood and the gall,  
go spread your trophies at his feet,  
and crown him Lord of all.

Let every kindred, every tribe,  
on this terrestrial ball,  
to him all majesty ascribe,  
and crown him Lord of all.

O that with yonder sacred throng,  
we at his feet may fall;  
we'll join the everlasting song,  
and crown him Lord of all.

*Words: Edward Perronet (1726-92) and John Rippon (1751-1836) based on Revelation 4:9-11*

*Tune: MILES LANE William Shrubsole (1760-1806)*

### ICH 214

O love, how deep, how broad, how high!  
It fills the heart with ecstasy,  
that God, the Son of God, should take  
our mortal form for mortals' sake.

He sent no angel to our race  
of higher or of lower place,  
but wore the robe of human frame  
himself, and to this lost world came.

For us he was baptised, and bore  
his holy fast, and hungered sore;  
for us temptations sharp he knew;  
for us the tempter overthrew.

For us he prayed, for us he taught,  
for us his daily works he wrought;  
by words, and signs, and actions thus  
still seeking not himself but us.

For us to wicked men betrayed,  
scourged, mocked, in purple robe arrayed,  
he bore the shameful cross and death;  
for us at length gave up his breath.

For us he rose from death again,  
for us he went on high to reign,  
for us he sent his Spirit here  
to guide, to strengthen, and to cheer.

To him whose boundless love has won  
salvation for us through his Son,  
to God the Father, glory be  
both now and through eternity.

*Words: Anon. 15<sup>th</sup> century Latin tr. Benjamin Webb (1820-85)*

*Tune: EISENACH Melody by J.H. Schein (1586-1630) in his revised Cantional (1645) harm. J.S. Bach (1685-1750)*