

First Sunday of Lent
February 26th

Collect

Heavenly Father,
your Son battled with the powers of darkness,
and grew closer to you in the desert:
help us to use these days to grow in wisdom and prayer
that we may witness to your saving love
in Jesus Christ our Lord.

Psalm 32

- 1 Happy the one whose transgression is forgiven,
and whose sin is covered.
- 2 Happy the one to whom the Lord imputes no guilt,
and in whose spirit there is no guile.**
- 3 For I held my tongue;
my bones wasted away through my groaning all the day long.
- 4 Your hand was heavy upon me day and night;
my moisture was dried up like the drought in summer.**
- 5 Then I acknowledged my sin to you
and my iniquity I did not hide.
- 6 I said, 'I will confess my transgressions to the Lord,'
and you forgave the guilt of my sin.**
- 7 Therefore let all the faithful make their prayers to you
in time of trouble;
in the great water flood, it shall not reach them.
- 8 You are a place for me to hide in; you preserve me from trouble;
you surround me with songs of deliverance.**
- 9 'I will instruct you and teach you in the way that you should go;
I will guide you with my eye.
- 10 'Be not like horse and mule which have no understanding;
whose mouths must be held with bit and bridle,
or else they will not stay near you.'**
- 11 Great tribulations remain for the wicked,
but mercy embraces those who trust in the Lord.

**12 Be glad, you righteous, and rejoice in the Lord;
shout for joy, all who are true of heart.**

Reading: Matthew 4:1-11

¹ Jesus, full of the Holy Spirit, returned from the Jordan and was led by the Spirit in the wilderness, ² where for forty days he was tempted by the devil. He ate nothing at all during those days, and when they were over, he was famished. ³ The devil said to him, 'If you are the Son of God, command this stone to become a loaf of bread.' ⁴ Jesus answered him, 'It is written, "One does not live by bread alone."' ⁵ Then the devil led him up and showed him in an instant all the kingdoms of the world. ⁶ And the devil said to him, 'To you I will give their glory and all this authority; for it has been given over to me, and I give it to anyone I please. ⁷ If you, then, will worship me, it will all be yours.' ⁸ Jesus answered him, 'It is written, "Worship the Lord your God, and serve only him."' ⁹ Then the devil took him to Jerusalem, and placed him on the pinnacle of the temple, saying to him, 'If you are the Son of God, throw yourself down from here, ¹⁰ for it is written, "He will command his angels concerning you, to protect you", ¹¹ and "On their hands they will bear you up, so that you will not dash your foot against a stone."'

Second Sunday of Lent
March 5th

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 Jesus Christ our Lord.

Psalm 121

1. I lift up my eyes to the hills;
from where is my help to come?

**2 My help comes from the Lord,
the maker of heaven and earth.**

3 He will not suffer your foot to stumble;
he who watches over you will not sleep.

**4 Behold, he who keeps watch over Israel
shall neither slumber nor sleep.**

5 The Lord himself watches over you;
the Lord is your shade at your right hand,

**6 So that the sun shall not strike you by day,
neither the moon by night.**

7 The Lord shall keep you from all evil;
it is he who shall keep your soul.

**8 The Lord shall keep watch over your going out and your coming in,
from this time forth for evermore.**

Reading: John 3:1-17

¹ Now there was a Pharisee, a man named Nicodemus who was a member of the Jewish ruling council. ² He came to Jesus at night and said, “Rabbi, we know that you are a teacher who has come from God. For no one could perform the signs you are doing if God were not with him.”

³ Jesus replied, “Very truly I tell you, no one can see the kingdom of God unless they are born again.

⁴ “How can someone be born when they are old?” Nicodemus asked. “Surely they cannot enter a second time into their mother’s womb to be born!”

⁵ Jesus answered, “Very truly I tell you, no one can enter the kingdom of God unless they are born of water and the Spirit. ⁶ Flesh gives birth to flesh, but the Spirit gives birth to spirit. ⁷ You should not be surprised at my saying, ‘You must be born again.’ ⁸ The wind blows wherever it pleases. You hear its sound, but you cannot tell where it comes from or where it is going. So it is with everyone born of the Spirit.”

⁹ “How can this be?” Nicodemus asked.

¹⁰ “You are Israel’s teacher,” said Jesus, “and do you not understand these things? ¹¹ Very truly I tell you, we speak of what we know, and we testify to what we have seen, but still you people do not accept our testimony. ¹² I have spoken to you of earthly things and you do not believe; how then will

you believe if I speak of heavenly things? ¹³ No one has ever gone into heaven except the one who came from heaven—the Son of Man. ¹⁴ Just as Moses lifted up the snake in the wilderness, so the Son of Man must be lifted up, ¹⁵ that everyone who believes may have eternal life in him.”

¹⁶ For God so loved the world that he gave his one and only Son, that whoever believes in him shall not perish but have eternal life. ¹⁷ For God did not send his Son into the world to condemn the world, but to save the world through him.

**Third Sunday of Lent
March 12th**

Collect

Eternal God,
give us insight
to discern your will for us,
to give up what harms us,
and to seek the perfection we are promised
in Jesus Christ our Lord.

Psalm 95

1 O come, let us sing to the Lord;
let us heartily rejoice in the rock of our salvation.

**2 Let us come into his presence with thanksgiving
and be glad in him with psalms.**

3 For the Lord is a great God
and a great king above all gods.

**4 In his hand are the depths of the earth
and the heights of the mountains are his also.**

5 The sea is his, for he made it,
and his hands have moulded the dry land.

**6 Come, let us worship and bow down
and kneel before the Lord our Maker.**

7 For he is our God;
we are the people of his pasture and the sheep of his hand.

8 O that today you would listen to his voice:

‘Harden not your hearts as at Meribah,

on that day at Massah in the wilderness,

9 ‘When your forebears tested me, and put me to the proof, though they had seen my works.

10 ‘Forty years long I detested that generation and said,

“This people are wayward in their hearts;

they do not know my ways.”

11 ‘So I swore in my wrath,

“They shall not enter into my rest.””

Reading: John 4:5-42

¹ So he came to a town in Samaria called Sychar, near the plot of ground Jacob had given to his son Joseph. ⁶ Jacob’s well was there, and Jesus, tired as he was from the journey, sat down by the well. It was about noon.

⁷ When a Samaritan woman came to draw water, Jesus said to her, “Will you give me a drink?” ⁸ (His disciples had gone into the town to buy food.)

⁹ The Samaritan woman said to him, “You are a Jew and I am a Samaritan woman. How can you ask me for a drink?” (For Jews do not associate with Samaritans.) ¹⁰ Jesus answered her, “If you knew the gift of God and who it is that asks you for a drink, you would have asked him and he would have given you living water.”

¹¹ “Sir,” the woman said, “you have nothing to draw with and the well is deep. Where can you get this living water? ¹² Are you greater than our father Jacob, who gave us the well and drank from it himself, as did also his sons and his livestock?”

¹³ Jesus answered, “Everyone who drinks this water will be thirsty again, ¹⁴ but whoever drinks the water I give them will never thirst. Indeed, the water I give them will become in them a spring of water welling up to eternal life.”

¹⁵ The woman said to him, “Sir, give me this water so that I won’t get thirsty and have to keep coming here to draw water.”

¹⁶ He told her, “Go, call your husband and come back.”

¹⁷ “I have no husband,” she replied.

Jesus said to her, “You are right when you say you have no husband. ¹⁸ The fact is, you have had five husbands, and the man you now have is not your husband. What you have just said is quite true.”

¹⁹ “Sir,” the woman said, “I can see that you are a prophet. ²⁰ Our ancestors worshipped on this mountain, but you Jews claim that the place where we must worship is in Jerusalem.”

²¹ “Woman,” Jesus replied, “believe me, a time is coming when you will worship the Father neither on this mountain nor in Jerusalem. ²² You Samaritans worship what you do not know; we worship what we do know, for salvation is from the Jews. ²³ Yet a time is coming and has now come when the true worshipers will worship the Father in the Spirit and in truth, for they are the kind of worshipers the Father seeks. ²⁴ God is spirit, and his worshipers must worship in the Spirit and in truth.”

²⁵ The woman said, “I know that Messiah” (called Christ) “is coming. When he comes, he will explain everything to us.”

²⁶ Then Jesus declared, “I, the one speaking to you—I am he.”

²⁷ Just then his disciples returned and were surprised to find him talking with a woman. But no one asked, “What do you want?” or “Why are you talking with her?”

²⁸ Then, leaving her water jar, the woman went back to the town and said to the people, ²⁹ “Come, see a man who told me everything I ever did. Could this be the Messiah?” ³⁰ They came out of the town and made their way toward him.

³¹ Meanwhile his disciples urged him, “Rabbi, eat something.”

³² But he said to them, “I have food to eat that you know nothing about.”

³³ Then his disciples said to each other, “Could someone have brought him food?”

³⁴ “My food,” said Jesus, “is to do the will of him who sent me and to finish his work. ³⁵ Don’t you have a saying, ‘It’s still four months until harvest’? I tell you, open your eyes and look at the fields! They are ripe for harvest. ³⁶ Even now the one who reaps draws a wage and harvests a crop for eternal life, so that the sower and the reaper may be glad together. ³⁷ Thus the saying ‘One sows and another reaps’ is true. ³⁸ I sent you to reap what you have not worked for. Others have done the hard work, and you have reaped the benefits of their labour.”

³⁹ Many of the Samaritans from that town believed in him because of the woman’s testimony, “He told me everything I ever did.” ⁴⁰ So when the Samaritans came to him, they urged him to stay with them, and he stayed two days. ⁴¹ And because of his words many more became believers.

⁴² They said to the woman, “We no longer believe just because of what you said; now we have heard for ourselves, and we know that this man really is the Saviour of the world.”

Fourth Sunday of Lent March 19th

Collect

Merciful Lord,
you know our struggle to serve you:
when sin spoils our lives
and overshadows our hearts,
come to our aid
and turn us back to you again;
through Jesus Christ our Lord.

Psalm 23

1 The Lord is my shepherd;
therefore can I lack nothing.

**2 He makes me lie down in green pastures
and leads me beside still waters.**

3 He shall refresh my soul
and guide me in the paths of righteousness for his name’s sake.

**4 Though I walk through the valley of the shadow of death,
I will fear no evil;**

for you are with me; your rod and your staff, they comfort me.

5 You spread a table before me in the presence of those who trouble me;
you have anointed my head with oil and my cup shall be full.

**6 Surely goodness and loving mercy shall follow me
all the days of my life,
and I will dwell in the house of the Lord for ever.**

Reading: John 9

¹ As he went along, he saw a man blind from birth. ² His disciples asked him, “Rabbi, who sinned, this man or his parents, that he was born blind?”

³ “Neither this man nor his parents sinned,” said Jesus, “but this happened so that the works of God might be displayed in him. ⁴ As long as it is day, we must do the works of him who sent me. Night is coming, when no one can work. ⁴ While I am in the world, I am the light of the world.”

⁶ After saying this, he spit on the ground, made some mud with the saliva, and put it on the man’s eyes. ⁷ “Go,” he told him, “wash in the Pool of Siloam” (this word means “Sent”). So the man went and washed, and came home seeing.

⁸ His neighbours and those who had formerly seen him begging asked, “Isn’t this the same man who used to sit and beg?” ⁹ Some claimed that he was. Others said, “No, he only looks like him.” But he himself insisted, “I am the man.”

¹⁰ “How then were your eyes opened?” they asked.

¹¹ He replied, “The man they call Jesus made some mud and put it on my eyes. He told me to go to Siloam and wash. So I went and washed, and then I could see.”

¹² “Where is this man?” they asked him.

“I don’t know,” he said.

¹³ They brought to the Pharisees the man who had been blind. ¹⁴ Now the day on which Jesus had made the mud and opened the man’s eyes was a Sabbath. ¹⁵ Therefore the Pharisees also asked him how he had received his sight. “He put mud on my eyes,” the man replied, “and I washed, and now I see.”

¹⁶ Some of the Pharisees said, “This man is not from God, for he does not keep the Sabbath.”

But others asked, “How can a sinner perform such signs?” So they were divided.

¹⁷ Then they turned again to the blind man, “What have you to say about him? It was your eyes he opened.”

The man replied, “He is a prophet.”

¹⁸ They still did not believe that he had been blind and had received his sight until they sent for the man’s parents. ¹⁹ “Is this your son?” they asked. “Is this the one you say was born blind? How is it that now he can see?”

²⁰ “We know he is our son,” the parents answered, “and we know he was born blind. ²¹ But how he can see now, or who opened his eyes, we don’t know. Ask him. He is of age; he will speak for himself.” ²² His parents said

this because they were afraid of the Jewish leaders, who already had decided that anyone who acknowledged that Jesus was the Messiah would be put out of the synagogue. ²³That was why his parents said, "He is of age; ask him."

²⁴ A second time they summoned the man who had been blind. "Give glory to God by telling the truth," they said. "We know this man is a sinner."

²⁵ He replied, "Whether he is a sinner or not, I don't know. One thing I do know. I was blind but now I see!"

²⁶ Then they asked him, "What did he do to you? How did he open your eyes?"

²⁷ He answered, "I have told you already and you did not listen. Why do you want to hear it again? Do you want to become his disciples too?"

²⁸ Then they hurled insults at him and said, "You are this fellow's disciple! We are disciples of Moses! ²⁹ We know that God spoke to Moses, but as for this fellow, we don't even know where he comes from."

³⁰ The man answered, "Now that is remarkable! You don't know where he comes from, yet he opened my eyes. ³¹ We know that God does not listen to sinners. He listens to the godly person who does his will. ³⁰ Nobody has ever heard of opening the eyes of a man born blind. ³⁰ If this man were not from God, he could do nothing."

³⁰ To this they replied, "You were steeped in sin at birth; how dare you lecture us!" And they threw him out.

³⁰ Jesus heard that they had thrown him out, and when he found him, he said, "Do you believe in the Son of Man?"

³⁰ "Who is he, sir?" the man asked. "Tell me so that I may believe in him."

³⁰ Jesus said, "You have now seen him; in fact, he is the one speaking with you."

³⁰ Then the man said, "Lord, I believe," and he worshiped him.

³⁰ Jesus said, "For judgment I have come into this world, so that the blind will see and those who see will become blind."

⁴⁰ Some Pharisees who were with him heard him say this and asked, "What? Are we blind too?"

⁴¹ Jesus said, "If you were blind, you would not be guilty of sin; but now that you claim you can see, your guilt remains."