

First Sunday of Lent
February 21st

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 25:1-10

- 1 To you, O Lord, I lift up my soul;
O my God, in you I trust;
let me not be put to shame;
let not my enemies triumph over me.
- 2 **Let none who look to you be put to shame,
but let the treacherous be shamed and frustrated.**
- 3 Make me to know your ways, O Lord,
and teach me your paths.
- 4 **Lead me in your truth and teach me,
for you are the God of my salvation;
for you have I hoped all the day long.**
- 5 Remember, Lord, your compassion and love,
for they are from everlasting.
- 6 **Remember not the sins of my youth
or my transgressions,
but think on me in your goodness, O Lord,
according to your steadfast love.**
- 7 Gracious and upright is the Lord;
therefore shall he teach sinners in the way.
- 8 **He will guide the humble in doing right
and teach his way to the lowly.**
- 9 All the paths of the Lord are mercy and truth
to those who keep his covenant and his testimonies.

10 For your name's sake, O Lord,
be merciful to my sin, for it is great.

Reading: John 4:1-15

¹ Now when Jesus learned that the Pharisees had heard, 'Jesus is making and baptizing more disciples than John'— ² although it was not Jesus himself but his disciples who baptized— ³ he left Judea and started back to Galilee. ⁴ But he had to go through Samaria. ⁵ So he came to a Samaritan city called Sychar, near the plot of ground that Jacob had given to his son Joseph. ⁶ Jacob's well was there, and Jesus, tired out by his journey, was sitting by the well. It was about noon.

⁷ A Samaritan woman came to draw water, and Jesus said to her, 'Give me a drink'. ⁸ (His disciples had gone to the city to buy food.) ⁹ The Samaritan woman said to him, 'How is it that you, a Jew, ask a drink of me, woman of Samaria?' (Jews do not share things in common with Samaritans.) ¹⁰ Jesus answered her, 'If you knew the gift of God, and who it is that is saying to you, "Give me a drink", you would have asked him, and he would have given you living water.' ¹¹ The woman said to him, 'Sir, you have no bucket, and the well is deep. Where do you get that living water?' ¹² Are you greater than our ancestor Jacob, who gave us the well, and with his sons and his flocks drank from it?' ¹³ Jesus said to her, 'Everyone who drinks of this water will be thirsty again, ¹⁴ but those who drink of the water that I will give them will never be thirsty. The water that I will give will become in them a spring of water gushing up to eternal life.' ¹⁵ The woman said to him, 'Sir, give me this water, so that I may never be thirsty or have to keep coming here to draw water.'

Second Sunday of Lent
February 28th

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 22:23-31

23 Praise the Lord, you that fear him;
O seed of Jacob, glorify him;
stand in awe of him, O seed of Israel.

**24 For he has not despised nor abhorred the suffering of the poor;
neither has he hidden his face from them;
but when they cried to him he heard them.**

25 From you comes my praise in the great congregation;
I will perform my vows
in the presence of those that fear you.

**26 The poor shall eat and be satisfied;
those who seek the Lord shall praise him;
their hearts shall live for ever.**

27 All the ends of the earth
shall remember and turn to the Lord,
and all the families of the nations shall bow before him.

**28 For the kingdom is the Lord's
and he rules over the nations.**

**29 How can those who sleep in the earth
bow down in worship,
or those who go down to the dust kneel before him?**

**30 He has saved my life for himself;
my descendants shall serve him;
this shall be told of the Lord for generations to come.**

31 They shall come and make known his salvation,
to a people yet unborn,
declaring that he, the Lord, has done it.

Reading: John 4:39-54

³⁹ Many Samaritans from that city believed in him because of the woman's testimony, 'He told me everything I have ever done.'⁴⁰ So when the Samaritans came to him, they asked him to stay with them; and he stayed there for two days.⁴¹ And many more believed because of his word.⁴² They said to the woman, 'It is no longer because of what you said that we believe, for we have heard for ourselves, and we know that this is truly the Saviour of the world.'

⁴³ When the two days were over, he went from that place to Galilee ⁴⁴ (for Jesus himself had testified that a prophet has no honour in the prophet's own country).⁴⁵ When he came to Galilee, the Galileans welcomed him, since they had seen all that he had done in Jerusalem at the festival; for they too had gone to the festival.

⁴⁶ Then he came again to Cana in Galilee where he had changed the water into wine. Now there was a royal official whose son lay ill in Capernaum.⁴⁷ When he heard that Jesus had come from Judea to Galilee, he went and begged him to come down and heal his son, for he was at the point of death.⁴⁸ Then Jesus said to him, 'Unless you see signs and wonders you will not believe.'⁴⁹ The official said to him, 'Sir, come down before my little boy dies.'⁵⁰ Jesus said to him, 'Go; your son will live.' The man believed the word that Jesus spoke to him and started on his way.⁵¹ As he was going down, his slaves met him and told him that his child was alive.⁵² So he asked them the hour when he began to recover, and they said to him, 'Yesterday at one in the afternoon the fever left him.'⁵³ The father realized that this was the hour when Jesus had said to him, 'Your son will live.' So he himself believed, along with his whole household.⁵⁴ Now this was the second sign that Jesus did after coming from Judea to Galilee.

Third Sunday of Lent

March 7th

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 19

- 1 The heavens are telling the glory of God
and the firmament proclaims his handiwork.
- 2 **One day pours out its song to another
and one night unfolds knowledge to another.**
- 3 They have neither speech nor language
and their voices are not heard,
- 4 **Yet their sound has gone out into all lands
and their words to the ends of the world.**
- 5 In them has he set a tabernacle for the sun,
that comes forth as a bridegroom out of his chamber
and rejoices as a champion to run his course.
- 6 **It goes forth from the end of the heavens
and runs to the very end again,
and there is nothing hidden from its heat.**
- 7 The law of the Lord is perfect, reviving the soul;
the testimony of the Lord is sure
and gives wisdom to the simple.
- 8 **The statutes of the Lord are right and rejoice the heart;
the commandment of the Lord is pure
and gives light to the eyes.**
- 9 The fear of the Lord is clean and endures for ever;
the judgements of the Lord are true
and righteous altogether.
- 10 **More to be desired are they than gold,**

more than much fine gold,
sweeter also than honey,
dripping from the honeycomb.

11 By them also is your servant taught
and in keeping them there is great reward.

12 Who can tell how often they offend?

O cleanse me from my secret faults!

13 Keep your servant also from presumptuous sins
lest they get dominion over me;
so shall I be undefiled,
and innocent of great offence.

**14 Let the words of my mouth and the meditation of my heart
be acceptable in your sight,
O Lord, my strength and my redeemer.**

Reading: John 5:1-15

¹After this there was a festival of the Jews, and Jesus went up to Jerusalem.

²Now in Jerusalem by the Sheep Gate there is a pool, called in Hebrew Beth-zatha, which has five porticoes. ³In these lay many invalids—blind, lame, and paralysed. ⁵One man was there who had been ill for thirty-eight years. ⁶When Jesus saw him lying there and knew that he had been there a long time, he said to him, ‘Do you want to be made well?’ ⁷The sick man answered him, ‘Sir, I have no one to put me into the pool when the water is stirred up; and while I am making my way, someone else steps down ahead of me.’ ⁸Jesus said to him, ‘Stand up, take your mat and walk.’

⁹At once the man was made well, and he took up his mat and began to walk. Now that day was a sabbath. ¹⁰So the Jews said to the man who had been cured, ‘It is the sabbath; it is not lawful for you to carry your mat.’ ¹¹But he answered them, ‘The man who made me well said to me, “Take up your mat and walk.”’ ¹²They asked him, ‘Who is the man who said to you, “Take it up and walk”?’ ¹³Now the man who had been healed did not know who it was, for Jesus had disappeared in the crowd that was there. ¹⁴Later Jesus found him in the temple and said to him, ‘See, you have been made well! Do not sin any more, so that nothing worse happens to you.’ ⁴¹⁵The man went away and told the Jews that it was Jesus who had made him well.

Fourth Sunday of Lent

March 14th

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 107:1-3, 17-22

1 O give thanks to the Lord, for he is gracious,
for his steadfast love endures for ever.

2 **Let the redeemed of the Lord say this,
those he redeemed from the hand of the enemy,**

3 And gathered out of the lands
from the east and from the west,
from the north and from the south.

...

17 **Some were foolish and took a rebellious way,
and were plagued because of their wrongdoing.**

18 Their soul abhorred all manner of food
and drew near to the gates of death.

19 **Then they cried to the Lord in their trouble,
and he delivered them from their distress.**

20 He sent forth his word and healed them,
and saved them from destruction.

21 **Let them give thanks to the Lord for his goodness
and the wonders he does for his children.**

22 Let them offer him sacrifices of thanksgiving
and tell of his acts with shouts of joy.

Reading: John 6:1-14

¹After this Jesus went to the other side of the Sea of Galilee, also called the Sea of Tiberias. ²A large crowd kept following him, because they saw the signs that he was doing for the sick. ³Jesus went up the mountain and sat down there with his disciples.

⁴Now the Passover, the festival of the Jews, was near. ⁵When he looked up and saw a large crowd coming towards him, Jesus said to Philip, 'Where are we to buy bread for these people to eat?' ⁶He said this to test him, for he himself knew what he was going to do. ⁷Philip answered him, 'Six months' wages would not buy enough bread for each of them to get a little.' ⁸One of his disciples, Andrew, Simon Peter's brother, said to him, ⁹'There is a boy here who has five barley loaves and two fish. But what are they among so many people?' ¹⁰

Jesus said, 'Make the people sit down.' Now there was a great deal of grass in the place; so they sat down, about five thousand in all. ¹¹Then Jesus took the loaves, and when he had given thanks, he distributed them to those who were seated; so also the fish, as much as they wanted. ¹²When they were satisfied, he told his disciples, 'Gather up the fragments left over, so that nothing may be lost.' ¹³So they gathered them up, and from the fragments of the five barley loaves, left by those who had eaten, they filled twelve baskets. ¹⁴When the people saw the sign that he had done, they began to say, 'This is indeed the prophet who is to come into the world.'

Fifth Sunday of Lent
March 21st

Collect

Gracious Father,
you gave up your Son
out of love for the world:
lead us to ponder the mysteries of his passion,
that we may know eternal peace
through the shedding of our Saviour's blood,
Jesus Christ our Lord.

Psalm 51:1-12

- 1 Have mercy on me, O God, in your great goodness;
according to the abundance of your compassion
blot out my offences.
- 2 **Wash me thoroughly from my wickedness
and cleanse me from my sin.**
- 3 For I acknowledge my faults
and my sin is ever before me.
- 4 **Against you only have I sinned
and done what is evil in your sight,**
- 5 So that you are justified in your sentence
and righteous in your judgement.
- 6 **I have been wicked even from my birth,
a sinner when my mother conceived me.**
- 7 Behold, you desire truth deep within me
and shall make me understand wisdom
in the depths of my heart.
- 8 **Purge me with hyssop and I shall be clean;
wash me and I shall be whiter than snow.**
- 9 Make me hear of joy and gladness,
that the bones you have broken may rejoice.
- 10 **Turn your face from my sins
and blot out all my misdeeds.**
- 11 Make me a clean heart, O God,

and renew a right spirit within me.

**12 Cast me not away from your presence
and take not your holy spirit from me.**

Reading: John 6:25-35

²⁵When they found him on the other side of the lake, they said to him, 'Rabbi, when did you come here?' ²⁶Jesus answered them, 'Very truly, I tell you, you are looking for me, not because you saw signs, but because you ate your fill of the loaves. ²⁷Do not work for the food that perishes, but for the food that endures for eternal life, which the Son of Man will give you. For it is on him that God the Father has set his seal.'

²⁸Then they said to him, 'What must we do to perform the works of God?' ²⁹Jesus answered them, 'This is the work of God, that you believe in him whom he has sent.' ³⁰So they said to him, 'What sign are you going to give us then, so that we may see it and believe you? What work are you performing?' ³¹Our ancestors ate the manna in the wilderness; as it is written, "He gave them bread from heaven to eat.'" ³²Then Jesus said to them, 'Very truly, I tell you, it was not Moses who gave you the bread from heaven, but it is my Father who gives you the true bread from heaven. ³³For the bread of God is that which comes down from heaven and gives life to the world.' ³⁴They said to him, 'Sir, give us this bread always.' ³⁵Jesus said to them, 'I am the bread of life. Whoever comes to me will never be hungry, and whoever believes in me will never be thirsty.'