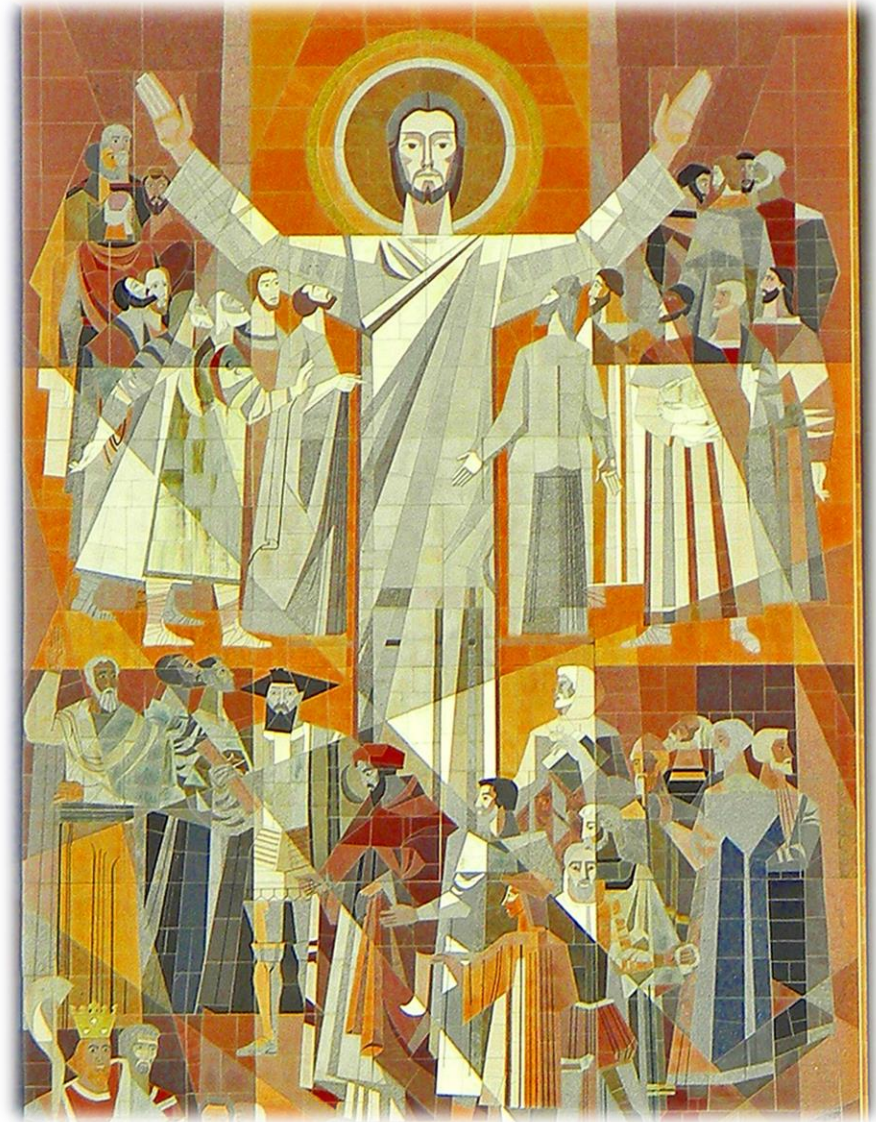


# St. Luke's Table

## First Sunday In Lent

We shall not live by bread alone, but by every word that proceeds from the mouth of God.

*Matthew 4.4*



Word of Life mural, Sheets, Millard, 1907-1989

Morning Prayer

The Gathering of the Community

Opening Hymn:

Holy, Holy, Holy

Holy, Holy, Holy, Lord God Almighty, (4 verses)

**Holy, holy, holy! Lord God Almighty!**  
**Early in the morning**  
**our song shall rise to thee**  
**Holy, holy, holy, merciful and mighty!**  
**God in three persons, blessed Trinity!**

**2. Holy, holy, holy!  
All the saints adore thee,  
casting down their golden crowns  
around the glassy sea;  
cherubim and seraphim  
falling down before thee,  
which wert, and art,  
and evermore shalt be.**

**3. Holy, holy, holy!  
Though the darkness hide thee,  
though our sinful human gaze  
thy glory may not see,  
only thou art holy;  
there is none beside thee,  
perfect in power, in love and purity.**

**4. Holy, holy, holy! Lord God Almighty!  
All thy works shall praise thy name,  
in earth and sky and sea.  
Holy, holy, holy! Merciful and mighty,  
God in three persons, blessed Trinity.**

# The Symbols of Lent:

## The Placard

Our first symbol of Lent,  
the placard above Christ  
on the cross, proclaims,  
“This is Jesus of Nazareth,  
King of the Jews.”



God of wilderness and water, we are reminded  
In today's Scripture that your son was baptized  
and tempted as we are. Guide us through this season,  
that we may not avoid struggle, but open ourselves  
to blessing, through the cleansing depths  
of repentance and the heaven-rending  
words of the spirit. **Amen.**



We are reminded of the irony that  
Despite the mockery intended,  
the sign above Jesus truly proclaimed his  
Identity.

**Lord Jesus Christ, Son of God, have mercy on us.  
You called us to your kingdom.  
Yet, we missed the truth of your Identity.  
We mocked and denied your claim.  
In the shadow of your cross we cry,  
“Have mercy on us.”**

God of the covenant, in the glory of the cross  
your Son embraced the power of death  
and broke its hold over your people.  
In this time of repentance, draw all people  
to yourself, that we who confess Jesus as Lord  
may put aside the deeds of death  
and accept the life of your kingdom. **Amen.**

**Lord Jesus Christ, Son of God, have mercy on us.  
Too often, we miss the truth of your identity,  
but also of our own. We say we are your people,  
but fail to thank you; we hold back ourselves  
and our resources. In the shadow of your cross  
we cry, “Have mercy on us.”**

Let us pray together

***God, whose glory it is always to have mercy:***

***We look at Jesus, and we look at ourselves,  
and we confess the great difference.***

***Deliver us from ourselves; conform us to his identity.***

***We admit our helplessness apart from Your grace.***

***We thank you that through the resurrection  
your grace abundantly pardons and transforms us!  
Through Jesus Christ our Lord. Amen.***

*(The Placard is placed at the top of the cross)*



## The Grace

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

**And also with you.**

Let us pray.

**We thank you, O God, that you have again brought us together to praise you for your goodness and to ask your blessing. Give us grace to see your hand in the week that is past, and your purpose in the week to come; through Christ our Lord. Amen.**



## Confession and Absolution

Dear friends in Christ,  
As we turn our hearts and minds  
to worship Almighty God,  
let us confess our sins in penitence and faith,  
firmly resolved to keep God's commandments  
and to live in love and peace with our neighbour.

**Most merciful God,  
we confess that we have sinned against you  
in thought, word, and deed,  
by what we have done,  
and by what we have left undone.  
We have not loved you with our whole heart;  
we have not loved our neighbours as ourselves.  
We are truly sorry and we humbly repent.**

**For the sake of your Son Jesus Christ,  
have mercy on us and forgive us,  
that we may delight in your will,  
and walk in your ways,  
to the glory of your name. Amen.**

Merciful God,  
grant to us, your faithful people pardon and peace,  
that we may be cleansed from all our sins  
and serve you with a quiet mind;  
through Jesus Christ our Lord,  
who is alive and reigns with you  
and the Holy Spirit,  
one God, now and for ever. **Amen.**

Venite: (alternating verses)

Come, let us sing to the Lord;  
let us shout for joy to the rock of our salvation.  
Let us come before his presence with thanksgiving  
and raise a loud shout to him with psalms.

**For the Lord is a great God  
and a great king above all gods.  
In his hand are the caverns of the earth,  
and the heights of the hills are his also.  
The sea is his for he made it,  
and his hands have moulded the dry land.**

Come, let us bow down, and bend the knee,  
and kneel before the Lord our maker.  
For he is our God,  
and we are the people of his pasture  
and the sheep of his hand.  
Oh, that today you would hearken to his voice!

## The Collect of the Day

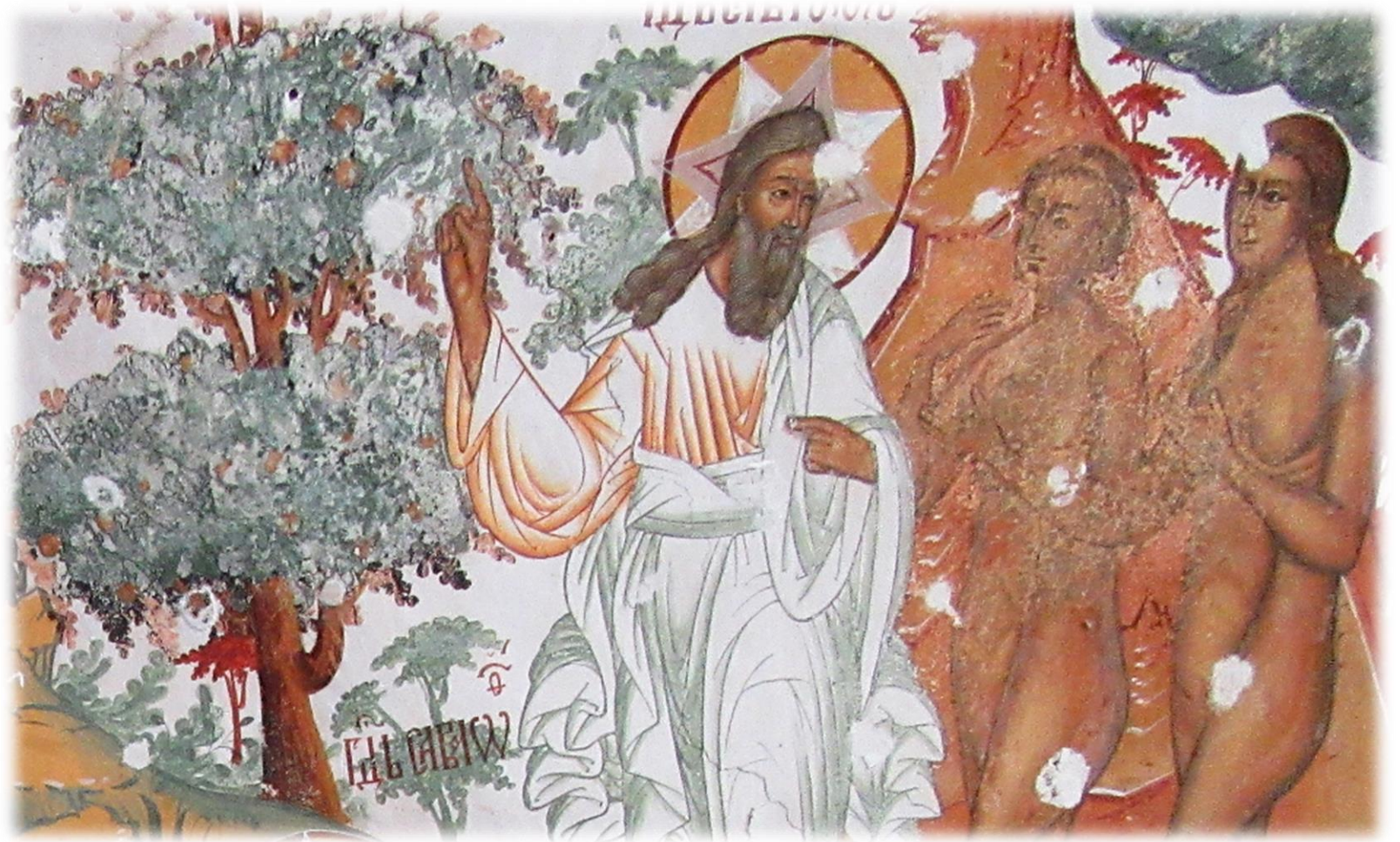
**Almighty God,  
whose Son fasted forty days in the wilderness,  
and was tempted as we are but did not sin,  
give us grace to discipline ourselves  
in submission to your Spirit,  
that as you know our weakness,  
so we may know your power to save;**



# The Proclamation of the Word

## First Reading:

Genesis 2: 15-17,  
3: 1-7



Heavenly Paradise, detail -- Cathedral of the  
Resurrection, Toutaiev, Russia

## Psalms 32

Happy are they whose transgressions are forgiven,  
and whose sin is put away!

**Happy are they to whom the Lord imputes no guilt,  
and in whose spirit there is no guile!**

While I held my tongue, my bones withered away,  
because of my groaning all day long.

**For your hand was heavy upon me day and night;  
my moisture was dried up as in the heat of summer.**

Then I acknowledged my sin to you,  
and did not conceal my guilt.

**I said, “I will confess my transgressions to the Lord.”  
Then you forgave me the guilt of my sin.**

Therefore all the faithful will make their prayers to you  
in time of trouble; when the great waters overflow,  
they shall not reach them.

**You are my hiding-place; you preserve me  
from trouble; you surround me with shouts  
of deliverance.**

“I will instruct you and teach you in the way that you should go; I will guide you with my eye.

**Do not be like horse or mule,  
which have no understanding;  
who must be fitted with bit and bridle,  
or else they will not stay near you.”**

Great are the tribulations of the wicked;  
but mercy embraces those who trust in the Lord.

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

**Watch over us, loving God,  
and when we fall into sin teach us  
to acknowledge our guilt.  
May we forgive and be forgiven,  
for the sake of the one  
who was wounded for our transgressions,  
Jesus Christ your Son our Saviour. Amen**



# Canticle: You Are God (alternating verses)

You are God: we praise you;  
you are the Lord: we acclaim you;  
you are the eternal Father:  
all creation worships you.

**To you all angels, all the powers of heaven,  
Cherubim and Seraphim, sing in endless praise:  
Holy, holy, holy Lord, God of power and might,  
heaven and earth are full of your glory.**

The glorious company of the apostles praise you.  
The noble fellowship of the prophets praise you.  
The white-robed army of martyrs praise you.

**Throughout the world the holy Church acclaims you:  
Father, of majesty unbounded,  
your true and only Son, worthy of all worship,  
and the Holy Spirit, advocate and guide.**

You, Christ, are the King of Glory,  
the eternal Son of the Father.  
When you became man to set us free  
you did not shun the Virgin's womb.

**You overcame the sting of death  
and opened the kingdom of heaven to all believers.  
You are seated at God's right hand in glory.  
We believe that you will come, and be our judge.**

Come then, Lord, and help your people,  
bought with the price of your own blood,  
and bring us with your saints  
to glory everlasting.

## Second Reading: Romans 5: 12-19



"With the grace of God and the effort of will, we obtain the excellence of virtue" -- Vatican Museum, Rome, Italy

# Canticle: The Song of Zechariah (alternating verses)

Blessed be the Lord, the God of Israel;  
he has come to his people and set them free.

**He has raised up for us a mighty saviour,  
born of the house of his servant David.**

Through his holy prophets he promised of old,  
that he would save us from our enemies,  
from the hands of all who hate us.

**He promised to show mercy to our fathers  
and to remember his holy covenant.**

This was the oath he swore to our father Abraham,  
to set us free from the hands of our enemies,  
free to worship him without fear,  
holy and righteous in his sight  
all the days of our life.



**You, my child, shall be called the prophet of the Most High, for you will go before the Lord to prepare his way, to give his people knowledge of salvation by the forgiveness of their sins.**

In the tender compassion of our God  
the dawn from on high shall break upon us,  
to shine on those who dwell in darkness and the  
shadow of death, and to guide our feet into the way  
of peace.

**Glory to the Father, and to the Son, and to the Holy Spirit: as it was in the beginning, is now, and will be for ever. Amen**

Gradual Hymn:

You Who Dwell in the Shelter of the Lord

You Who Dwell in the Shelter of the Lord, (4 verses)

**You who dwell in the shelter of the Lord,  
who abide in his shadow for life,  
say to the Lord: “my refuge,  
my rock in whom I trust!”**

**And he will raise you up  
on eagle's wings,  
bear you on the breath of dawn,  
make you to shine like the sun,  
and hold you in the palm of his hand.**

**2.   Snares of the fowler  
will never capture you,  
and famine will bring you no fear:  
under his wings your refuge,  
his faithfulness your shield.**

**And he will raise you up  
on eagle's wings,  
bear you on the breath of dawn,  
make you to shine like the sun,  
and hold you in the palm of his hand.**

**3. You need not fear the terror of the night,  
nor the arrow that flies by day;  
though thousands fall about you,  
near you it shall not come**

**And he will raise you up  
on eagle's wings,  
bear you on the breath of dawn,  
make you to shine like the sun,  
and hold you in the palm of his hand.**



- 4. For to his angels he's given a command  
to guard you in all of your ways;  
upon their hands they will bear you up,  
lest you dash your foot against a stone.**

**And he will raise you up  
on eagle's wings,  
bear you on the breath of dawn,  
make you to shine like the sun,  
and hold you in the palm of his hand.**

The Good News:  
Gospel of Christ  
according to  
Matthew 4: 1-11



Temptation of Christ, South door, Duomo,  
Pisa, Italy

# Reflection

"In the beginning was the word..."  
Grands Heures d'Anne de Bretagne  
Jean Bourdichon, Bibliothèque Nationale  
Paris, France



## The Creed

Let us confess our faith as we say,

**I believe in God,  
the Father almighty,  
creator of heaven and earth.**

**I believe in Jesus Christ, his only Son, our Lord.**

**He was conceived by the power of the Holy Spirit  
and born of the Virgin Mary.**

**He 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,  
and is seated at the right hand of the Father.  
He will come again  
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.**



## Prayers of the People



Three women praying - fresco from Gondar church in Ethiopia



## The Peace

We are the body of Christ; in the one Spirit we were all baptized into one body. Let us then pursue all that makes for peace and builds up our common life. The peace of the Lord be always with you.

**And also with you.**

Offertory Hymn:

What a Friend We Have In Jesus, (6 verses)

**What a friend we have in Jesus,  
all our sins and griefs to bear!  
What a privilege to carry  
everything to God in prayer!**

**2. O what peace we often forfeit,  
O what needless pain we bear  
all because we do not carry  
everything to God in prayer!**

- 3. Have we trials and temptations?  
Is there trouble anywhere?  
We should never be discouraged;  
take it to the Lord in prayer.**

**4. Can we find a friend so faithful  
who will all our sorrows share?  
Jesus knows our every weakness;  
take it to the Lord in prayer.**

**5. Are we weak and heavy laden,  
cumbered with a load of care?  
Christ the Saviour is our refuge;  
take it to the Lord in prayer.**

**6. Do our friends despise, forsake us?  
Are we tempted to despair?  
Jesus' strength will shield our weakness,  
and we'll find new courage there.**

## Prayer over the Gifts

**God our refuge and our strength,  
receive all we offer you this day,  
and through the death and resurrection of your Son  
transform us to his likeness.  
We ask this in his name. Amen.**



## Prayer of General Thanksgiving

**Accept, O Lord, our thanks and praise  
for all you have done for us.**

**We thank you for the splendour of the whole creation,  
for the beauty of this world, for the wonder of life,  
and for the mystery of love.**

**We thank you for the blessing of family and friends,  
and for the loving care  
which surrounds us on every side.**

**We thank you for setting us tasks  
which demand our best efforts,  
and for leading us to accomplishments  
which satisfy and delight us.**

**We thank you also for those disappointments  
and failures that lead us to acknowledge  
our dependence on you alone.**

**Above all, we thank you for your Son Jesus Christ;  
for the truth of his word and the example of his life;  
for his steadfast obedience,  
by which he overcame temptation;  
for his dying, through which he overcame death;  
for his rising to life again,  
in which we are raised to the life of your kingdom.**

**Grant us the gift of your Spirit,  
that we may know Christ and make him known;  
and through him, at all times and in all places,  
may give thanks to you in all things. Amen.**

## The Lord's Prayer

And now, as our Saviour Christ has taught us,  
we are bold to pray:

**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,  
for ever and ever. Amen.**

Announcements

Birthdays

Closing Hymn:

Restore in Us, O God

Restore in Us O God, (4 verses)

**Restore in us, O God,  
the splendour of your love;  
renew your image in our hearts,  
and all our sins remove.**



**2. O Spirit, wake in us  
the wonder of your power;  
from fruitless fears unfurl our lives  
like springtime bud and flower.**

**3. Bring us, O Christ, to share  
the fullness of your joy;  
baptize us in the risen life  
that death cannot destroy.**

**4. Three-personed God, fulfil  
the promise of your grace,  
that we, when all our searching ends,  
may see you face to face.**

## Closing Prayer

**May the God of hope  
fill us all with joy and peace  
in believing through the power  
of the Holy Spirit. Amen.**

# Dismissal



The Whole World in God's Hands -- Courtney Carmody