



## Sunday service – 7 March

### Welcome

**Most merciful God, Father of our Lord Jesus Christ, we confess that we have sinned in thought, word and deed. We have not loved you with our whole heart. We have not loved our neighbours as ourselves. In your mercy forgive what we have been, help us to amend what we are, and direct what we shall be; that we may do justly, love mercy, and walk humbly with you, our God. Amen.**

### Hymn

**Come, Thou Fount**

### Reading

#### **Mark 2:23-3:6**

<sup>23</sup> One Sabbath Jesus was going through the cornfields, and as his disciples walked along, they began to pick some ears of corn. <sup>24</sup> The Pharisees said to him, 'Look, why are they doing what is unlawful on the Sabbath?' <sup>25</sup> He answered, 'Have you never read what David did when he and his companions were hungry and in need? <sup>26</sup> In the days of Abiathar the high priest, he entered the house of God and ate the consecrated bread, which is lawful only for priests to eat. And he also gave some to his companions.' <sup>27</sup> Then he said to them, 'The Sabbath was made for man, not man for the Sabbath. <sup>28</sup> So the Son of Man is Lord even of the Sabbath.'

<sup>1</sup> Another time Jesus went into the synagogue, and a man with a shrivelled hand was there. <sup>2</sup> Some of them were looking for a reason to accuse Jesus, so they watched him closely to see if he would heal him on the Sabbath. <sup>3</sup> Jesus said to the man with the shrivelled hand, 'Stand up in front of everyone.' <sup>4</sup> Then Jesus asked them, 'Which is lawful on the Sabbath: to do good or to do evil, to save life or to kill?' But they remained silent.

<sup>5</sup> He looked around at them in anger and, deeply distressed at their stubborn hearts, said to the man, 'Stretch out your hand.' He stretched it out, and his hand was completely restored. <sup>6</sup> Then the Pharisees went out and began to plot with the Herodians how they might kill Jesus.

## Sermon

## Creed

**We believe in one God, the Father, the Almighty, maker of heaven and earth, of all that is, seen and unseen.**

**We believe in one Lord, Jesus Christ, the only Son of God, eternally begotten of the Father, God from God, Light from Light, true God from true God, begotten, not made, of one Being with the Father; through him all things were made. For us and for our salvation he came down from heaven, was incarnate from the Holy Spirit and the Virgin Mary and was made man. For our sake he was crucified under Pontius Pilate; he suffered death and was buried. On the third day he rose again in accordance with the Scriptures; he ascended into heaven and is seated at the right hand of the Father. He will come again in glory to judge the living and the dead, and his kingdom will have no end.**

**We believe in the Holy Spirit, the Lord, the giver of life, who proceeds from the Father and the Son, who with the Father and the Son is worshipped and glorified, who has spoken through the prophets.**

**We believe in one holy catholic and apostolic Church. We acknowledge one baptism for the forgiveness of sins. We look for the resurrection of the dead, and the life of the world to come. Amen.**

## Prayers

## Hymn

### Rock of Ages

## Lord's Supper

The Lord be with you. **And also with you.**

Lift up your hearts. **We lift them to the Lord.**

Let us give thanks to the Lord our God. **It is right to give thanks and praise.**

It is right to praise you, Father, Lord of all creation; in your love you made us for yourself. When we turned away you did not reject us, but came to meet us in your Son. And now we give you thanks because through him you have given us eternal life and delivered us from the slavery of sin and the fear of death into the glorious freedom of the children of God.

**You embraced us as your children and welcomed us to sit and eat with you.**

In Christ you shared our life that we might live in him and he in us.

**He opened his arms of love upon the cross and made once for all the perfect sacrifice for sin.**

On the night he was betrayed, at supper with his friends he took bread, and gave you thanks; he broke it and gave it to them, saying: "Take, eat; this is my body which is given for you; do this in remembrance of me." At the end of supper, taking the cup of wine, he gave you thanks, and said: "Drink this, all of you; this is my blood of the new covenant, which is shed for you for the forgiveness of sin: do this in remembrance of me." **Amen.**

As we proclaim his death and celebrate his rising in glory, send your Holy Spirit that this bread and this wine may be to us the body and blood of your dear Son. **As we eat and drink these holy gifts make us one in Christ, our risen Lord.**

With your whole Church throughout the world we offer you this sacrifice of praise and lift our voice to join the eternal song of heaven: **Holy, holy, holy Lord, God of power and might, Heaven and earth are full of your glory. Hosanna in the highest.**

Draw near through faith. Receive the body of our Lord Jesus Christ which he gave for you, and his blood which he shed for you. Remember that he died for you, and feed on him in your hearts, by faith with thanksgiving.

### **Prayer after Communion**

**Almighty God, we thank you for feeding us with the body and blood of your Son Jesus Christ. Through him we offer you our souls and bodies to be a living sacrifice. Send us out in the power of your Spirit to live and work to your praise and glory. Amen.**

### **Hymn**

**We Rest on Thee**

### **Blessing**