

Good morning

Let's begin with a few moments of silence and stillness before we begin.....

The Collect for the 5th Sunday of Lent and the start of Passiontide

Most merciful God,
who by the death and resurrection of your Son Jesus Christ
delivered and saved the world:
grant that by faith in him who suffered on the cross
we may triumph in the power of his victory;
through Jesus Christ your Son our Lord,
who is alive and reigns with you, in the unity of the Holy Spirit,
one God, for ever and ever. Amen.

Praise

(This offering of Praise is set for use at the Eucharist today)

Blessed are you, the God of our ancestors,
worthy to be praised and exalted for ever.

Blessed is your holy, and glorious name,
worthy to be praised and exalted for ever.

Blessed are you, in your holy and glorious temple,
worthy to be praised and exalted for ever.

Blessed are you, who look into the depths,
worthy to be praised and exalted for ever.

Blessed are you, enthroned on the cherubim,
worthy to be praised and exalted for ever.

Blessed are you on the throne of your kingdom,
worthy to be praised and exalted for ever.

Blessed are you in the heights of heaven,
worthy to be praised and exalted for ever. ~ The Song of the Three 29-34

Bless the Father, the Son and the Holy Spirit:
Sing his praise and exalt him for ever.

Today's Gospel reading John 8: 31-42

Jesus said to the Jews who had believed in him, "If you continue in my word, you are truly my disciples; and you will know the truth, and the truth will make you free." They answered him, "We are descendants of Abraham and have never been slaves to anyone. What do you mean by saying, 'You will be made free'?"

Jesus answered them, "Very truly, I tell you, everyone who commits sin is a slave to sin. The slave does not have a permanent place in the household; the son has a place there forever. So if the Son makes you free, you will be free indeed. I know that you are descendants of Abraham; yet you look for an opportunity to kill me, because there is no place in you for my word. I declare what I have seen in the Father's presence; as for you, you should do what you have heard from the Father."

They answered him, "Abraham is our father." Jesus said to them, "If you were Abraham's children, you would be doing what Abraham did, but now you are trying to kill me, a man who has told you the truth that I heard from God. This is not what Abraham did. You are

indeed doing what your father does.” They said to him, “We are not illegitimate children; we have one father, God himself.” Jesus said to them, “If God were your Father, you would love me, for I came from God and now I am here. I did not come on my own, but he sent me.

Prayers

Our prayers today come from the Church of England's website and suggestions for 'personal use' at this time...

Lord Jesus Christ, you said to your disciples,
'I am with you always'.
Be with me today, as I offer myself to you.
Hear my prayers for others and for myself,
and keep me in your care.

Christ be with me, Christ within me,
Christ behind me, Christ before me,
Christ beside me, Christ to win me,
Christ to comfort and restore me.
Christ beneath me, Christ above me,
Christ in quiet, Christ in danger,
Christ in hearts of all that love me,
Christ in mouth of friend and stranger.

(from St Patrick's Breastplate)

I am giving you worship with all my life,
I am giving you obedience with all my power,
I am giving you praise with all my strength,
I am giving you honour with all my speech.
I am giving you love with all my heart,
I am giving you affection with all my sense,
I am giving you my being with all my mind,
I am giving you my soul, O most high and holy God.
Praise to the Father,
Praise to the Son,
Praise to the Spirit,
The Three in One.

*(adapted from Alexander Carmichael, Carmina
Gadelica, 1900)*

Lord Jesus Christ,
Son of the living God,
have mercy on me, a sinner.

(The Jesus Prayer)

Be with us, Lord, in all our prayers,
and direct our way toward the attainment of salvation,
that among the changes and chances of this mortal life,
we may always be defended by your gracious help,
through Jesus Christ our Lord.

(Common Worship)

O gracious and holy Father,
give us wisdom to perceive you,

diligence to seek you,
patience to wait for you,
eyes to behold you,
a heart to meditate upon you,
and a life to proclaim you,
through the power of the spirit
of Jesus Christ our Lord.

(St Benedict)

Before going to sleep

God our Father, by whose mercy
the world turns safely into darkness and returns again to
light:

we place in your hands our unfinished tasks,
our unsolved problems, and our unfulfilled hopes,
knowing that only what you bless will prosper.

To your love and protection

we commit each other and all those we love,
knowing that you alone are our sure defender,
through Jesus Christ our Lord.

(Church of South India)

Our Father....

Blessing

The almighty Father refresh us, the loving Saviour redeem us,
The life-giving Spirit restore us; and the blessing of God almighty,
the Father, the Son, and the Holy Spirit, be with us all, now and always. **Amen.**

Thank you for your help today Father Nigel (Costa del Sol East)

Blessings

Vicky
