

Shared Ministry in Exning and North Newmarket
Lent Talk & Evening Prayer

Inspired by the book

Saying Yes To Life

By

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Week 2

LET THE WATER BE SEPERATED



Order for Wednesday 3rd March 2021

Access via YouTube (audio and visual):

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Preparation

The Lord almighty grant us a quiet night and a perfect end.

AllAmen.

Our help is in the name of the Lord

Allwho made heaven and earth.

A period of silence for reflection

AllMost merciful God,

we confess to you,

before the whole company of heaven and one another,

that we have sinned in thought, word and deed

and in what we have failed to do.

Forgive us our sins,

heal us by your Spirit

and raise us to new life in Christ. Amen.

O God, make speed to save us.

AllO Lord, make haste to help us.

AllGlory to the Father and to the Son

and to the Holy Spirit;

as it was in the beginning is now

and shall be for ever. Amen.

The following hymn is said or sung.

1 O Christ, who art the light and day,
Thou drivest night and gloom away;
O Light of Light, whose Word doth show
The light of heav'n to us below.

2 All-holy Lord, in humble prayer
We ask tonight Thy watchful care.
O grant us calm repose in Thee,
A quiet night, from perils free.

3 Our sleep be pure from sinful stain;
Let not the tempter vantage gain
Or our unguarded flesh surprise
And make us guilty in Thine eyes.

4 Asleep though wearied eyes may be,
Still keep the heart awake to Thee;
Let Thy right hand outstretched above
Guard those who serve the Lord they love. A-men.

5 Behold, O God, our shield, and quell
The crafts and subtleties of hell;
Direct Thy servants in all good,
Who Thou hast purchased with Thy blood.

6 O Lord, remember us who bear
The burden of the flesh we wear;
Thou who dost e'er our souls defend,
Be with us even to the end.

7 All praise to God the Father be,
All praise, eternal Son, to Thee,
Whom with the Spirit we adore
Forever and forevermore.

Amen.

The Word of God

Psalm 139

Refrain: *Search me out, O God, and know my heart.*

1 O Lord, you have searched me out and known me; ♦
you know my sitting down and my rising up;
you discern my thoughts from afar.

2 You mark out my journeys and my resting place ♦
and are acquainted with all my ways.

3 For there is not a word on my tongue, ♦
but you, O Lord, know it altogether.

4 You encompass me behind and before ♦
and lay your hand upon me.

5 Such knowledge is too wonderful for me, ♦
so high that I cannot attain it. **R**

6 Where can I go then from your spirit? ♦
Or where can I flee from your presence?

7 If I climb up to heaven, you are there; ♦
if I make the grave my bed, you are there also.

8 If I take the wings of the morning ♦
and dwell in the uttermost parts of the sea,

9Even there your hand shall lead me, ♦
your right hand hold me fast.

10If I say, 'Surely the darkness will cover me ♦
and the light around me turn to night,'

11Even darkness is no darkness with you;
the night is as clear as the day; ♦
darkness and light to you are both alike. **R**

12For you yourself created my inmost parts; ♦
you knit me together in my mother's womb.

13I thank you, for I am fearfully and wonderfully made; ♦
marvellous are your works, my soul knows well.

14My frame was not hidden from you, ♦
when I was made in secret
and woven in the depths of the earth.

15Your eyes beheld my form, as yet unfinished; ♦
already in your book were all my members written,

16As day by day they were fashioned ♦
when as yet there was none of them.

17How deep are your counsels to me, O God! ♦
How great is the sum of them!

18 If I count them, they are more in number than the sand, ♦
and at the end, I am still in your presence. **R**

Refrain: *Search me out, O God, and know my heart.*

*Creator God,
may every breath we take be for your glory,
may every footstep show you as our way,
that, trusting in your presence in this world,
we may, beyond this life, still be with you
where you are alive and reign
for ever and ever.*

All **Glory to the Father and to the Son**
and to the Holy Spirit;
as it was in the beginning is now
and shall be for ever. Amen.

Scripture Reading

Is not this the fast that I choose: to loose the bonds of injustice, to undo the thongs of the yoke, to let the oppressed go free, and to break every yoke? Is it not to share your bread with the hungry, and bring the homeless poor into your house; when you see the naked, to cover them, and not to hide yourself from your own kin?

Isaiah 58. 6,7

Into your hands, O Lord, I commend my spirit.

All Into your hands, O Lord, I commend my spirit.

For you have redeemed me, Lord God of truth.

All I commend my spirit.

Glory to the Father and to the Son

and to the Holy Spirit.

All Into your hands, O Lord, I commend my spirit.

Keep me as the apple of your eye.

All Hide me under the shadow of your wings.

Gospel Cantic

The Nunc Dimittis .

**All Christ died for us,
so that, whether we wake or sleep,
we might live with him.**

1 Now, Lord, you let your servant go in peace: ♦
your word has been fulfilled.

2 My own eyes have seen the salvation ♦
which you have prepared in the sight of every people;

3 A light to reveal you to the nations ♦
and the glory of your people Israel.

Luke 2.29-32

**All Glory to the Father and to the Son
and to the Holy Spirit;
as it was in the beginning is now
and shall be for ever. Amen.**

**All Christ died for us,
so that, whether we wake or sleep,
we might live with him.**

Prayers

The Collect

Almighty God,
may we, by the prayer and discipline of Lent,
enter into the mystery of Christ's sufferings;
that by following in the Way,
we may come to share in the glory;
through Jesus Christ our Lord.

All Amen.

The Lord's PrayerOur Father.....

The Conclusion

In peace we will lie down and sleep;
All for you alone, Lord, make us dwell in safety.

Abide with us, Lord Jesus,
All for the night is at hand and the day is now past.

As the night watch looks for the morning,
All so do we look for you, O Christ.

May God bless us,
that in us may be found love and humility,
obedience and thanksgiving,
discipline, gentleness and peace.