

## 3<sup>rd</sup> before Lent Communion – BCP

### Hymn – Blest are the pure in heart

<https://www.youtube.com/watch?v=xw7u0oDHqcU>

Blest are the pure in heart,  
for they shall see our God;  
the secret of the Lord is theirs,  
their soul is Christ's abode.

The Lord who left the heavens  
our life and peace to bring,  
to dwell in lowliness with men,  
their pattern and their king.

Still to the lowly soul  
he doth himself impart  
and for his dwelling and his throne  
chooseth the pure in heart.

Lord, we thy presence seek;  
may ours this blessing be:  
give us a pure and lowly heart,  
a temple meet for thee.

### The Lord's Prayer

Our Father, which art in heaven,  
hallowed be thy name;  
thy kingdom come;  
thy will be done, in earth as it is in heaven.  
Give us this day our daily bread.  
And forgive us our trespasses,  
as we forgive them that trespass against us.  
And lead us not into temptation;  
but deliver us from evil. Amen.

## **Prayer of Preparation**

**Almighty God,  
unto whom all hearts be open,  
all desires known,  
and from whom no secrets are hid:  
cleanse the thoughts of our hearts  
by the inspiration of thy Holy Spirit,  
that we may perfectly love thee,  
and worthily magnify thy holy name;  
through Christ our Lord.  
Amen.**

## **The Commandments**

Our Lord Jesus Christ said:

Hear, O Israel, the Lord our God is one Lord;  
and thou shalt love the Lord thy God with all thy heart,  
and with all thy soul, and with all thy mind,  
and with all thy strength.

This is the first commandment.

And the second is like, namely this:

Thou shalt love thy neighbour as thyself.

There is none other commandment greater than these.

On these two commandments hang all the law and the prophets.

**Lord, have mercy upon us,  
and write all these thy laws in our hearts, we beseech thee.**

Almighty God, whose kingdom is everlasting, and power infinite: have mercy upon the whole Church; and so rule the heart of thy chosen servant Elizabeth, our Queen and Governor, that she (knowing whose minister she is) may above all things seek thy honour and glory: and that we and all her subjects (duly considering whose authority she hath) may faithfully serve, honour and humbly obey her, in thee, and for thee, according to thy blessed word and ordinance; through Jesus Christ our Lord, who with thee and the Holy Ghost liveth and reigneth, ever one God, world without end.

**Amen.**

## The Collect

O almighty God,  
who alone canst order the unruly wills and affections of the sinful:  
grant unto thy people that they may love the thing which thou commandest  
and desire that which thou dost promise,  
that so, among the sundry and manifold changes of the world,  
our hearts may surely there be fixed  
where true joys are to be found;  
through Jesus Christ thy Son our Lord,  
who liveth and reigneth with thee,  
in the unity of the Holy Spirit,  
one God, now and for ever. **Amen**

## Old Testament Lesson

*The Old Testament Lesson is written in the seventeenth chapter of the book of Jeremiah, beginning at the fifth verse.*

Jeremiah 17.5-10

Thus says the Lord:

Cursed are those who trust in mere mortals  
and make mere flesh their strength,  
whose hearts turn away from the Lord.

They shall be like a shrub in the desert,  
and shall not see when relief comes.

They shall live in the parched places of the wilderness,  
in an uninhabited salt land.

Blessed are those who trust in the Lord,  
whose trust is the Lord.

They shall be like a tree planted by water,  
sending out its roots by the stream.

It shall not fear when heat comes,  
and its leaves shall stay green;  
in the year of drought it is not anxious,  
and it does not cease to bear fruit.

The heart is devious above all else;  
it is perverse—  
who can understand it?

I, the Lord, test the mind  
and search the heart,  
to give to all according to their ways,  
according to the fruit of their doings.

Here endeth the Lesson.

## **Epistle**

*The Epistle is written in the fifteenth chapter of the First Letter of Paul to the Corinthians, beginning at the twelfth verse.*

1 Corinthians 15.12-20

Now if Christ is proclaimed as raised from the dead, how can some of you say there is no resurrection of the dead? If there is no resurrection of the dead, then Christ has not been raised; and if Christ has not been raised, then our proclamation has been in vain and your faith has been in vain. We are even found to be misrepresenting God, because we testified of God that he raised Christ—whom he did not raise if it is true that the dead are not raised. For if the dead are not raised, then Christ has not been raised. If Christ has not been raised, your faith is futile and you are still in your sins. Then those also who have died in Christ have perished. If for this life only we have hoped in Christ, we are of all people most to be pitied.

But in fact Christ has been raised from the dead, the first fruits of those who have died.

Here endeth the Epistle.

## **Hymn – A new commandment**

<https://www.youtube.com/watch?v=jT0ygUgPvP0>

A new commandment I give unto you:  
that you love one another as I have loved you,  
that you love one another as I have loved you.  
By this shall all know that you are my disciples:  
if you have love one for another.  
By this shall all know that you are my disciples:  
if you have love one for another.

(Repeat)

# Gospel

*The holy Gospel is written in the sixth chapter of the Gospel according to Saint Luke, beginning at the seventeenth verse.*

**Glory be to thee, O Lord.**

Luke 6.17-26

Jesus came down with them and stood on a level place, with a great crowd of his disciples and a great multitude of people from all Judea, Jerusalem, and the coast of Tyre and Sidon. They had come to hear him and to be healed of their diseases; and those who were troubled with unclean spirits were cured. And all in the crowd were trying to touch him, for power came out from him and healed all of them.

Then he looked up at his disciples and said:

‘Blessed are you who are poor,  
for yours is the kingdom of God.

‘Blessed are you who are hungry now,  
for you will be filled.

‘Blessed are you who weep now,  
for you will laugh.

‘Blessed are you when people hate you, and when they exclude you, revile you, and defame you on account of the Son of Man. Rejoice on that day and leap for joy, for surely your reward is great in heaven; for that is what their ancestors did to the prophets.

‘But woe to you who are rich,  
for you have received your consolation.

‘Woe to you who are full now,  
for you will be hungry.

‘Woe to you who are laughing now,  
for you will mourn and weep.

‘Woe to you when all speak well of you, for that is what their ancestors did to the false prophets.

This is the Gospel of the Lord.

**Praise be to thee, O Christ.**

## **The Creed**

**I believe in one God the Father almighty,  
maker of heaven and earth,  
and of all things  
visible and invisible:**

**And in one Lord Jesus Christ,  
the only-begotten Son of God,  
begotten of his Father before all worlds,  
God of God, Light of Light,  
very God of very God,  
begotten, not made,  
being of one substance with the Father,  
by whom all things were made;  
who for us men and for our salvation  
came down from heaven,  
and was incarnate by the Holy Ghost of the Virgin Mary,  
and was made man,  
and was crucified also for us under Pontius Pilate.  
He suffered and was buried,  
and the third day he rose again  
according to the Scriptures,  
and ascended into heaven,  
and sitteth on the right hand of the Father.  
And he shall come again with glory  
to judge both the quick and the dead:  
whose kingdom shall have no end.**

**And I believe in the Holy Ghost, the Lord and giver of life,  
who proceedeth from the Father and the Son,  
who with the Father and the Son together  
is worshipped and glorified,  
who spake by the prophets.**

**And I believe one catholic and apostolic Church.  
I acknowledge one baptism for the remission of sins.  
And I look for the resurrection of the dead,  
and the life of the world to come. Amen.**

## **Sermon**

I've always loved Marmite – it was my favourite tea-time snack as a child, partly because it was all we were allowed on the first slice of bread – on the second we could have jam, but I never really bothered about that. I always

had Marmite on the second slice as well!

It had to be Marmite – I really didn't like Bovril!

Anyway, it turns out that I am now a statistic – classified as loving Marmite rather than hating it, according to the advertising! There's been a poll recently, and 33% of people love Marmite, and 33% hate it, with 24% not caring either way. Are you a lover or hater, or a "don't know"?

The thing is that it seems very unlikely that I will change. I see no need to, and I can't imagine not liking Marmite. And I guess it would be the same for those who hate it.

It's not just Marmite, it's all sorts of characteristics that are used to classify people. Surveys are done and we get put into categories such as extrovert or introvert, judgmental or tolerant, patient or impatient, caring or uncaring.

But a moment's thought shows me that this is an oversimplification, as if somehow we can't change our ways. But I think we can – it's hard, but doable with God's help.

So today's passages are not about condemning half the population and praising the other half. There's no room for complacency if we think we are in the Blessed team.

The passages are really about how to spot what needs changing in ourselves, and seeking God's help to make the changes. The consistent message is that what matters is to love and trust in God, and not to trust solely in our own abilities.

And then some days I think I do really well, other days I seem to get everything wrong – some days I think God might praise me, other days I might feel he will condemn.

So, when we find in the bible that people are divided into sheep or goats, good or bad – with the right sort of people getting God's blessing, and the wrong sort, God's curse, what I suggest is that we assume that both sides apply to each of us.

Jeremiah points out what not to do:

“Cursed are those who trust in mere mortals  
and make mere flesh their strength,  
whose hearts turn away from the Lord.”

I'm sure there are times when I think I have all the answers, I have the strength, I can do it without God. So this is a warning to me about what I need to change. How do I change? I need to trust in the Lord more.

“Blessed are those who trust in the Lord,  
whose trust is the Lord”

And it’s worth thinking the same way about Jesus’ “Beatitudes” (a word derived from the Latin for “Blessed”).)

For me I can only engage fully with them if I try and reflect equally on what I get wrong, as much as on what I get right – as it were seeing myself on both sides at once.

Woe if I am rich – if I have more money than I need, how should I behave? Will I be generous or mean?

Woe if I am full – can I really feel satisfied with life if I have plenty and do nothing about those who are hungry ?

Woe if I am laughing now – does that mean that I stop sympathising with the unhappy? Of course not.

Woe if people speak well of me – might it go to my head? Am I becoming arrogant?

I’m sure I fall into all of these traps from time to time.

Woe to me.

So can I rightly claim any of the blessings?

Not really – I am not poor or hungry or weeping at the moment.

Do people hate me? Quite possibly, but probably because I’ve upset them!

I find it easy to forget that Jesus really was living with the poor and hungry and weeping – and that in a unjust society he was doing all he could to bring them the joy he promised.

And he also brought them the same message that Jeremiah was giving, that blessing is all about turning to God, calling him Father, trusting him to guide and encourage, and also to bring joy. It’s really not like Marmite at all!

Amen.

## **Offertory**

Let your light so shine before men, that they may see your good works, and glorify your Father which is in heaven.           Matthew 5.16

## Hymn – O God our help in ages past

[https://www.youtube.com/watch?v=yKP\\_XxCBDZY](https://www.youtube.com/watch?v=yKP_XxCBDZY)

O God, our help in ages past,  
our hope for years to come,  
our shelter from the stormy blast,  
and our eternal home:

Under the shadow of thy throne,  
thy saints have dwelt secure;  
sufficient is thine arm alone,  
and our defence is sure.

Before the hills in order stood,  
or earth received her frame,  
from everlasting thou art God,  
to endless years the same.

A thousand ages in thy sight  
are like an evening gone;  
short as the watch that ends the night  
before the rising sun.

Time, like an ever-rolling stream,  
bears all its sons away;  
they fly, forgotten, as a dream  
dies at the opening day.

O God, our help in ages past,  
our hope for years to come,  
be thou our guide while troubles last,  
and our eternal home!

## Intercession

Let us pray for the whole state of Christ's Church militant here in earth.

Almighty and ever-living God, who by thy holy apostle hast taught us to make prayers and supplications, and to give thanks, for all men: we humbly beseech thee most mercifully to accept our alms and oblations, and to receive these our prayers, which we offer unto thy divine majesty; beseeching thee to inspire continually the universal Church with the spirit of truth, unity, and concord: and grant, that all they that do confess thy holy name may agree in the truth of thy holy word, and live in unity and godly love.

We beseech thee also to save and defend all Christian kings, princes and governors; and specially thy servant Elizabeth our Queen, that under her we may be godly and quietly governed: and grant unto her whole Council, and to all that are put in authority under her, that they may truly and impartially minister justice, to the maintenance of thy true religion and virtue.

Give grace, O heavenly Father, to all bishops, priests and deacons, that they may both by their life and doctrine set forth thy true and lively word, and rightly and duly administer thy holy sacraments: and to all thy people give thy heavenly grace; and specially to this congregation here present; that, with meek heart and due reverence, they may hear and receive thy holy word; truly serving thee in holiness and righteousness all the days of their life.

And we most humbly beseech thee of thy goodness, O Lord, to comfort and succour all them, who in this transitory life are in trouble, sorrow, need, sickness, or any other adversity.

And we also bless thy holy name for all thy servants departed this life in thy faith and fear; beseeching thee to give us grace so to follow their good examples, that with them we may be partakers of thy heavenly kingdom. Grant this, O Father, for Jesus Christ's sake, our only mediator and advocate. **Amen.**

## Invitation to Confession

Ye that do truly and earnestly repent you of your sins, and are in love and charity with your neighbours, and intend to lead a new life, following the commandments of God, and walking from henceforth in his holy ways: draw near with faith, and take this holy sacrament to your comfort; and make your humble confession to almighty God, meekly kneeling upon your knees.

## Confession

Almighty God, Father of our Lord Jesus Christ,  
maker of all things, judge of all men:  
we acknowledge and bewail our manifold sins and wickedness,  
which we, from time to time, most grievously have committed,  
by thought, word and deed, against thy divine majesty,  
provoking most justly thy wrath and indignation against us.  
We do earnestly repent,  
and are heartily sorry for these our misdoings;  
the remembrance of them is grievous unto us;  
the burden of them is intolerable.  
Have mercy upon us,  
have mercy upon us, most merciful Father;  
for thy Son our Lord Jesus Christ's sake,  
forgive us all that is past;  
and grant that we may ever hereafter  
serve and please thee in newness of life,  
to the honour and glory of thy name;  
through Jesus Christ our Lord.  
Amen.

## Absolution

Almighty God, our heavenly Father,  
who of his great mercy hath promised forgiveness of sins  
to all them that with hearty repentance and true faith turn unto him:  
have mercy upon you;  
pardon and deliver you from all your sins;  
confirm and strengthen you in all goodness;  
and bring you to everlasting life;  
through Jesus Christ our Lord. **Amen.**

## The Comfortable Words

Hear what comfortable words our Saviour Christ saith unto all that truly turn  
to him:

Come unto me, all that travail and are heavy laden,  
and I will refresh you. *Matthew 11.28*

So God loved the world, that he gave his only-begotten Son,  
to the end that all that believe in him should not perish,  
but have everlasting life. *John 3.16*

Hear also what Saint Paul saith:

This is a true saying, and worthy of all men to be received,  
that Christ Jesus came into the world to save sinners. *1 Timothy 1.15*

Hear also what Saint John saith:

If any man sin, we have an advocate with the Father,  
Jesus Christ the righteous;  
and he is the propitiation for our sins.                      1 John 2.1,2

*The next part is the Holy Communion words for those in church:*

## **Preface**

Lift up your hearts.

**We lift them up unto the Lord.**

Let us give thanks unto our Lord God.

**It is meet and right so to do.**

It is very meet, right and our bounden duty,  
that we should at all times, and in all places, give thanks unto thee,  
O Lord, holy Father,  
almighty, everlasting God.

Therefore with angels and archangels,  
and with all the company of heaven,  
we laud and magnify thy glorious name,  
evermore praising thee, and saying:

**Holy, holy, holy, Lord God of hosts,  
heaven and earth are full of thy glory.  
Glory be to thee, O Lord most high.  
Amen.**

## **Prayer of Humble Access**

**We do not presume  
to come to this thy table, O merciful Lord,  
trusting in our own righteousness,  
but in thy manifold and great mercies.  
We are not worthy  
so much as to gather up the crumbs under thy table.  
But thou art the same Lord,  
whose property is always to have mercy:**

**grant us therefore, gracious Lord,  
so to eat the flesh of thy dear Son Jesus Christ,  
and to drink his blood,  
that our sinful bodies may be made clean by his body,  
and our souls washed through his most precious blood,  
and that we may evermore dwell in him, and he in us.  
Amen.**

### **The Prayer of Consecration**

Almighty God, our heavenly Father, who of thy tender mercy didst give thine only Son Jesus Christ to suffer death upon the cross for our redemption; who made there (by his one oblation of himself once offered) a full, perfect and sufficient sacrifice, oblation and satisfaction for the sins of the whole world; and did institute, and in his holy gospel command us to continue, a perpetual memory of that his precious death, until his coming again:

Hear us, O merciful Father, we most humbly beseech thee; and grant that we receiving these thy creatures of bread and wine, according to thy Son our Saviour Jesus Christ's holy institution, in remembrance of his death and passion, may be partakers of his most blessed body and blood:

who, in the same night that he was betrayed, took bread;  
and, when he had given thanks, he brake it,  
and gave it to his disciples, saying, Take, eat;

this is my body which is given for you:  
do this in remembrance of me.

Likewise after supper he took the cup;  
and, when he had given thanks, he gave it to them, saying,  
Drink ye all of this;  
for this is my blood of the new testament,  
which is shed for you and for many for the remission of sins:  
do this, as oft as ye shall drink it, in remembrance of me.

**Amen.**

O Lamb of God  
that takest away the sins of the world,  
have mercy upon us.

**O Lamb of God  
that takest away the sins of the world,  
have mercy upon us.**

**O Lamb of God  
that takest away the sins of the world,  
grant us thy peace.**

## **Giving of Communion**

The body of our Lord Jesus Christ, which was given for thee,  
preserve thy body and soul unto everlasting life.  
Take and eat this in remembrance that Christ died for thee,  
and feed on him in thy heart by faith with thanksgiving.

The blood of our Lord Jesus Christ, which was shed for thee,  
preserve thy body and soul unto everlasting life.  
Drink this in remembrance that Christ's blood was shed for thee, and be  
thankful.

## **The Lord's Prayer**

As our Saviour Christ hath commanded and taught us,  
we are bold to say

**Our Father, which art in heaven,  
hallowed be thy name;  
thy kingdom come;  
thy will be done,  
in earth as it is in heaven.  
Give us this day our daily bread.  
And forgive us our trespasses,  
as we forgive them that 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.**

## **Prayer after Communion**

Almighty and ever-living God, we most heartily thank thee, for that thou  
dost vouchsafe to feed us, who have duly received these holy mysteries,  
with the spiritual food of the most precious body and blood of thy Son our  
Saviour Jesus Christ; and dost assure us thereby of thy favour and  
goodness towards us; and that we are very members incorporate in the  
mystical body of thy Son, which is the blessed company of all faithful

people; and are also heirs through hope of thy everlasting kingdom, by the merits of the most precious death and passion of thy dear Son. And we most humbly beseech thee, O heavenly Father, so to assist us with thy grace, that we may continue in that holy fellowship, and do all such good works as thou hast prepared for us to walk in; through Jesus Christ our Lord, to whom, with thee and the Holy Ghost, be all honour and glory, world without end. **Amen.**

## **Gloria in Excelsis**

**Glory be to God on high, and in earth peace, good will towards men.**

**We praise thee, we bless thee, we worship thee, we glorify thee,  
we give thanks to thee for thy great glory,  
O Lord God, heavenly King, God the Father almighty.**

**O Lord, the only-begotten Son Jesu Christ;  
O Lord God, Lamb of God, Son of the Father,  
that takest away the sins of the world, have mercy upon us.  
Thou that takest away the sins of the world, have mercy upon us.  
Thou that takest away the sins of the world, receive our prayer.  
Thou that sittest at the right hand of God the Father,  
have mercy upon us.**

**For thou only art holy;  
thou only art the Lord;  
thou only, O Christ,  
with the Holy Ghost,  
art most high  
in the glory of God the Father.  
Amen.**

## Hymn – All my hope on God is founded

<https://www.youtube.com/watch?v=W2oYTtyBSxk>

All my hope on God is founded  
he does still my trust renew;  
me through change and chance he guideth,  
only good and only true.  
God unknown, he alone,  
calls my heart to be his own.

Pride of man and earthly glory,  
sword and crown, betray his trust;  
what with care and toil he buildeth,  
tower and temple, fall to dust,  
but God's power, hour by hour,  
is my temple and my tower.

God's great goodness aye endureth,  
deep his wisdom, passing thought:  
splendour, light and life attend him,  
beauty springeth out of naught.  
Evermore, from his store  
newborn worlds rise and adore.

Still from man to God eternal  
sacrifice of praise be done,  
high above all praises praising  
for the gift of Christ, his Son.  
Christ doth call one and all:  
ye who follow shall not fall.

## The Blessing

The peace of God, which passeth all understanding, keep your hearts and minds in the knowledge and love of God, and of his Son Jesus Christ our Lord: and the blessing of God almighty, the Father, the Son, and the Holy Ghost, be amongst you and remain with you always.

**Amen.**