

Service for Week 3rd -9th March 2025

1st Sunday in Lent. By Chaplain Andy



Our Opening Prayer.

Lord Jesus Christ, you faced temptation in the wilderness- enticement to put yourself first, to seek worldly glory, to compromise your calling- and steadfastly you refused.

As we go into this time of Lent -
Whenever we are low and beset
with our own troubles give us the
strength and joy of your renewing
spirit within our hearts and minds.
Let your Holy Spirit guide us,
That we may love and serve you.

Amen

The Lord's Prayer

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

Bible Reading Lk 4:1-13

Jesus, full of the Holy Spirit, returned from the Jordan and was led by the

Spirit in the desert, where for forty days he was tempted by the devil. He ate nothing during those days, and at the end of them he was hungry. The devil said to him, "If you are the Son of God, tell this stone to become bread." Jesus answered, "It is written: 'Man does not live on bread alone.'"

The devil led him up to a high place and showed him in an instant all the kingdoms of the world. And he said to him, "I will give you all their authority and splendour, for it has been given to me, and I can give it to anyone I want to. So, if you worship me, it will all be yours." Jesus answered, "It is written: 'Worship the Lord your God and serve him only.'"

The devil led him to Jerusalem and had him stand on the highest point of the temple. "If you are the Son of God," he said, "throw yourself down from here. For it is written: " He will command his angels concerning you to guard you carefully; they will lift you up in their hands, so that you will not strike your foot against a stone." Jesus answered, "It says: 'Do not put the Lord your God to the test.'"

When the devil had finished all this tempting, he left him until an opportune time.

Holy words, Holy wisdom,

Thanks be to God.

Reflection

This week on Wednesday 5th March was the start of Lent.

Lent is the period of about 40 days leading up to Easter which this year is on Sunday 20th April.

And the time of Lent is 40 days long for a very good reason –because that was the length of time that Jesus spent alone in the desert as we heard in our reading. It was a time when Jesus was completely alone, none of his friends or followers were with him. He was completely alone and it was a time for him to pray and talk to God in his thoughts.

It was also a time when you may remember that the devil came to tempt him –do you remember that the devil tempted Jesus to first turn - stones into bread.” Then the devil took him to the highest point of the temple- and said “throw yourself down for God’s angels will save you.

Then the devil took him to a high mountain and showed him all the kingdoms of the world and said “All this I will give you if you will bow down and worship me.” Then finally the devil took Jesus to the highest point of the temple and told Jesus that if he threw himself off from there, then the angels would save him.

But Jesus resisted all these temptations and said “Get away from me, Satan! For it is written: ‘Worship the Lord your God, and serve him only.’ Sometimes we are alone aren’t we and we spend a long time with just ourselves and our thoughts. And it is in those times when we can talk to God in

our thoughts. But sometimes when we are alone bad thoughts can come into our heads – we can start to imagine things –perhaps we start to think that people are against us or we think too much about what someone has said and take it the wrong way. We can also have day-dreams where we go off in our minds to somewhere else which is what happens in dreams but we can also have dreams when we are awake.

And there is nothing wrong with some dreams – but dreams are not real, and they are not true but danger comes if we start to image that the things we have dreamt are the truth. We can be tempted away from the truth and real life –just as Jesus was tempted away from the truth in the desert.

It is during this time of Lent which we are going into now is a time when we can think, in quiet moments, about our relationship with God. And if we start to get thoughts which tempt us away from the truth and real life, if we start to imagine bad things which are not true, then we have the example of Jesus to guide us back to the right path.

Because when Jesus was tempted away from the truth –what did he say? ‘Go away Satan- get behind me’

Amen.

Closing Prayer

Gracious God, help me to wrestle with my sin, my doubts, my fears and weaknesses. And in battling with those, may I find I have taken hold of you through Jesus Christ my Lord.

Amen.

Prayers inspired by Prayerfully Yours by Nick Fawcett