**Morning Prayer The First Sunday of Lent**

**Sunday 9th March 2025 at 9.30 (call in from 9.15)**

Join Zoom Meeting

https://us02web.zoom.us/j/85649430168?pwd=QzFzNytXM01TQTc5cTROaHc2aElvZz09

Meeting ID: 856 4943 0168

Passcode: 336782

**Telephone instructions:**

\* Dial: 0131 460 1196  
  
\* You are then welcomed to Zoom and asked to type in the meeting ID ie. 856 4943 0168  
  
\* If the next instruction is to add your personal ID just press # to ignore  
  
\* When passcode requested type numbers i.e. 336782 plus #.  
  
\* At this point you should be admitted to the call.****

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**Preparation**

Praise the name of the Lord;

*All* **ascribe greatness to our God.**

Lord, open our lips

*All* **and we shall praise your name.**

The night has passed, and the day lies open before us;  
let us pray with one heart and mind.

As we rejoice in the gift of this new day,  
so may the light of your presence, O God,  
set our hearts on fire with love for you;  
now and for ever.  
***All* Amen.**

Loving God, at the start of Lent,  
help us as we explore what it means  
to survive and thrive, even in the difficult times.  
Thank you that you go before us  
and show us the way.  
**Amen.**

### A prayer of confession

Forgive us, Lord:  
when we ignore your leading;  
when we favour our own comforts over the needs of others;  
when we do not learn from your Word;  
when we do not recognise temptation or give in to it too easily;  
when we tune in to accusing voices,  
instead of resting and trusting in your faithful promises.  
**Amen.**

**Assurance of forgiveness**

Everyone who calls on the name of the Lord will be saved.  
Through Jesus, who was tempted, taunted, and crucified;  
who died and conquered through the cross,  
**we are forgiven.**  
**Amen.**

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.**

**The Word of God**

The first reading.Deuteronomy 26: 1-11

### First fruits and Tithes

**26**When you have entered the land the Lord your God is giving you as an inheritance and have taken possession of it and settled in it,

**2**take some of the first fruits of all that you produce from the soil of the land the Lord your God is giving you and put them in a basket. Then go to the place the Lord your God will choose as a dwelling for his Name

**3**and say to the priest in office at the time, “I declare today to the Lord your God that I have come to the land the Lord swore to our ancestors to give us.”

**4**The priest shall take the basket from your hands and set it down in front of the altar of the Lord your God. **5**Then you shall declare before the Lord your God: “My father was a wandering Aramean, and he went down into Egypt with a few people and lived there and became a great nation, powerful and numerous.

**6**But the Egyptians mistreated us and made us suffer, subjecting us to harsh labour. **7**Then we cried out to the Lord, the God of our ancestors, and the Lord heard our voice and saw our misery, toil and oppression.

**8**So the Lord brought us out of Egypt with a mighty hand and an outstretched arm, with great terror and with signs and wonders.

**9**He brought us to this place and gave us this land, a land flowing with milk and honey; **10**and now I bring the first fruits of the soil that you, Lord, have given me.” Place the basket before the Lord your God and bow down before him.

**11**Then you and the Levites and the foreigners residing among you shall rejoice in all the good things the Lord your God has given to you and your household.

### Psalmody Psalm 91: 1-2, 9-16

**1**Whoever dwells in the shelter of the Most High  
    will rest in the shadow of the Almighty.[[a](https://www.biblegateway.com/passage/?search=psalm%2091&version=NIV#fen-NIV-15397a)]  
**2**I will say of the Lord, “He is my refuge and my fortress,  
    my God, in whom I trust.”

**9**If you say, “The Lord is my refuge,”  
    and you make the Most High your dwelling,  
**10**no harm will overtake you,  
    no disaster will come near your tent.  
**11**For he will command his angels concerning you  
    to guard you in all your ways;  
**12**they will lift you up in their hands,  
    so that you will not strike your foot against a stone.  
**13**You will tread on the lion and the cobra;  
    you will trample the great lion and the serpent.

**14**“Because he[[b](https://www.biblegateway.com/passage/?search=psalm%2091&version=NIV#fen-NIV-15410b)] loves me,” says the Lord, “I will rescue him;  
    I will protect him, for he acknowledges my name.  
**15**He will call on me, and I will answer him;  
    I will be with him in trouble,  
    I will deliver him and honour him.  
**16**With long life I will satisfy him  
    and show him my salvation.”

***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.**

**The Word of God**

The second reading. Luke 4: 1-13

### Jesus Is Tested in the Wilderness

**4**Jesus, full of the Holy Spirit, left the Jordan and was led by the Spirit into the wilderness, **2**where for forty days he was tempted[[a](https://www.biblegateway.com/passage/?search=luke%204&version=NIV#fen-NIV-25066a)] by the devil. He ate nothing during those days, and at the end of them he was hungry.

**3**The devil said to him, “If you are the Son of God, tell this stone to become bread.”

**4**Jesus answered, “It is written: ‘Man shall not live on bread alone.’[[b](https://www.biblegateway.com/passage/?search=luke%204&version=NIV#fen-NIV-25068b)]”

**5**The devil led him up to a high place and showed him in an instant all the kingdoms of the world. **6**And he said to him, “I will give you all their authority and splendor; it has been given to me, and I can give it to anyone I want to. **7**If you worship me, it will all be yours.”

**8**Jesus answered, “It is written: ‘Worship the Lord your God and serve him only.’[[c](https://www.biblegateway.com/passage/?search=luke%204&version=NIV#fen-NIV-25072c)]”

**9**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. **10**For it is written:

“‘He will command his angels concerning you  
    to guard you carefully;  
**11**they will lift you up in their hands,  
    so that you will not strike your foot against a stone.’[[d](https://www.biblegateway.com/passage/?search=luke%204&version=NIV#fen-NIV-25075d)]”

**12**Jesus answered, “It is said: ‘Do not put the Lord your God to the test.’[[e](https://www.biblegateway.com/passage/?search=luke%204&version=NIV#fen-NIV-25076e)]”

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

This is the word of the Lord

***All* Thanks be to God**

*We pause to reflect on the readings before turning to prayer.*

**Hands holding up a cross

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**Intercessions**

God of life, lead us through the wilderness

Lord, we acknowledge that we cannot live without you.  
**Give us each day our daily bread.**

Lord, as we pause to pray, we ponder for a moment the meaning of wilderness… For some it will be a time of pain and travail. For others it will be a time of oasis and calm in a busy world. For others it will be a space for development and change. Lord, whatever shape our wilderness is taking in this season of our lives, help us to know your presence throughout the journey.

Lord, we acknowledge that we cannot live without you.  
**Give us each day our daily bread.**

Lord, we first consider the wilderness as a place of pain and difficulty; a desert place where nothing seems to be growing and life is hard. We pray for those in that season right now. We particularly remember those who are sick, especially… (Prayer List) We remember those who are sad because someone they love has died …. (Prayer List)

We pray for those who are just finding life tough for whatever reason. For each person we name out loud or in our hearts, we ask for your comfort and courage as they tread this difficult path.

Lord, we acknowledge that we cannot live without you.  
**Give us each day our daily bread.**

Lord, we pray also for situations in the news this week that feel stale and dry. Those places which are no longer in the news but where poverty and hunger has been a reality for many, many years. Lord, we so often feel helpless in the face of these global problems. But Jesus showed us a way to trust you. Help us to follow his example.

Lord, we acknowledge that we cannot live without you.  
**Give us each day our daily bread.**

Lord, we bring to you situations in our world that need the oasis of calm and peace: Continuing war in Ukraine, Gaza, the DRC. Wars of words between world leaders…

And we remember those in our community who need to find peace in a busy world: we pray for teachers… for students… new parents… commuters… doctors and nurses in a busy hospital… all those we know (and maybe ourselves) who need this season to be a welcome time of rest.

Lord, we acknowledge that we cannot live without you.  
**Give us each day our daily bread.**

Lord, challenge us at the start of this Lent to consider what we can do that will bring us closer to you. In the stillness now, we think of those situations where we could spend more time with you but don’t. Perhaps our phone is just a little too close to hand; maybe checking our social media feeds is a little too tempting; or are we just too wedded to our work to carve out time to be with you? Lord, we know that we cannot thrive without nourishment from you. Give us the wisdom to see what we can put aside for now. May searching for you be our deepest treasure, even though it is a lifelong journey. Forgive us for the times when we are tempted away to seek for more immediate gratification…

Lord, we acknowledge that we cannot live without you.  
**Give us each day our daily bread.**

Lord, help us this week, whatever our circumstances, to look for signs of hope and newness even in the tiniest of details. Help us to rejoice in even the seemingly insignificant achievements: getting out of bed when life is hard; running for that extra two minutes; getting that difficult maths problem right; smiling at the person on the checkout in the supermarket. Lord, you are with us in the big and small things of life, help us to recognise your presence in everything we do, in everyone we meet and wherever we go.

Lord, we acknowledge that we cannot live without you.  
**Give us each day our daily bread.**

**Amen.**

**The Collect**

Almighty God,  
whose Son Jesus Christ fasted forty days in the wilderness,  
and was tempted as we are, yet without sin:  
give us grace to discipline ourselves in obedience to your Spirit;  
and, as you know our weakness,  
so may we know your power to save;  
through Jesus Christ your Son our Lord,  
who is alive and reigns with you,  
in the unity of the Holy Spirit,  
one God, now and for ever.   
***All* Amen.**

The Lord’s Prayer

As our Saviour taught us, so we pray

*All* **Our Father in heaven,**

**hallowed be your name,**

**your kingdom come,**

**your will be done**

**on earth as in heaven.**

**Give us today our daily bread.**

**Forgive us our sins**

**as we forgive those who sin against us.**

**Lead us not into temptation**

**but deliver us from evil.**

**For the kingdom, the power**

**and the glory are yours**

**now and for ever.**

**Amen.**

### [A sending out prayer](javascript:void(0))

Creator God, you tell us that you will make a way in the wilderness.  
Help us to see it, however faint it may be to our human eyes.  
Guide us through the desert and help us to find the oases,  
so we may flourish for you.  
**Amen.**

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**What’s on this week**

**Exe Valley Community Lunches**

The next lunch is at Calverleigh Village Hall on Thursday 13 March at 12.30pm. Please let the church office if you will be joining us.

**Prayer Breakfast at The Rectory**

The next prayer breakfast will be at 9.00am on Saturday 15 March 2025. Everyone welcome.

**Prayer Chain**

The Exe Valley Mission Community are starting a telephone prayer chain. If you like to be included for prayer or know someone who would like to be included, please contact Steph at the church office 01884 250417. Only first initials will be used on the prayer chain to ensure total confidentiality.

**Coffee and Chat with Steph**

Steph will be at Banburys from 10.15am on Friday 14March for coffee and a chat if you would like to join her.

**Practicing the Way – A course for Lenten Discipleship**

Steph will be running this course during Lent at The Rectory Withleigh.

Thursday 13, 20 & 27 March and Thursday 3 April at 11.00am & 7.00pm.

Please come along when you can and encourage others to sign up. Please let the church office know when you can come. 01884 250417

**Contacting Church Office**

Monday, Wednesday and Friday 10.00am -12 noon

Email: [office@exevalleymissioncommunity.org](mailto:office@exevalleymissioncommunity.org) Tel: 01884 250417 or 07733949295

**Giving**

**Giving to the Exe Valley Mission Community**

If you would like to make a contribution to the work of The Exe Valley Mission Community please make a gift using the Exe Valley Group of Churches BACS details. Please use the reference EVMC Services.

**Account Name:** Exe Valley Group of Churches

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