

The Third Sunday in Lent

March 3, 2024

Words of Welcome

Gathering Hymn: "Wilt thou forgive"

Hymnal 1982 #140

A Litany of Penitence

This Litany of Penitence is adapted from the Ash Wednesday liturgy (page 267 in the Book of Common Prayer).

Text in bold is spoken by all.

Officiant Let us examine our lives in the presence of God, humbly confessing our sins and opening our hearts.

The Voice of the People leads the prayer:

Most holy and merciful God:

We confess to you and to one another,

and to the whole communion of saints

in heaven and on earth,

that we have sinned by our own fault

in thought, word, and deed;

by what we have done, and by what we have left undone.

The Officiant continues,

We confess to you, Lord, that we have not loved you with our whole heart, and mind, and strength.

We have not loved our neighbors as ourselves.

We have not forgiven others, as we have been forgiven.

We confess to you, Lord.

Officiant

We confess that we have turned away from to your call to serve, as Christ served us.

We have not been true to the mind of Christ.

We have grieved your Holy Spirit.

We confess to you, Lord.

Officiant

We confess to you, Lord, all our past unfaithfulness:

the pride, hypocrisy, and impatience of our lives,

our self-indulgent appetites and ways,

and our exploitation of other people.

We confess to you, Lord.

Officiant

We confess to you, Lord, our intemperate love of worldly goods and comforts,
and our dishonesty in daily life and work,
our anger at our own frustration,
and our envy of those more fortunate than ourselves.

We confess to you, Lord.

Officiant

We confess to you, Lord, our negligence in prayer and worship,
and our failure to commend the faith that is in us.
Our neglect of human need and suffering,
and our indifference to injustice and cruelty;

We confess to you, Lord.

Officiant

We confess to you, Lord, our false judgments and uncharitable thoughts toward our neighbors,
and our prejudice and contempt toward those who differ from us;
our waste and pollution of your creation,
and our lack of concern for those who come after us,

We confess to you, Lord.

Officiant

Restore us, good Lord, and let your anger depart from us;

Favorably hear us, for your mercy is great.

Accomplish in us the work of your salvation,

That we may show forth your glory in the world.

By the cross and passion of your Son our Lord,

Bring us with all your saints to the joy of his resurrection.

The Celebrant pronounces absolution, saying

Almighty God have mercy on you, forgive you all your sins through our Lord Jesus Christ, strengthen
you in all goodness, and by the power of the Holy Spirit keep you in eternal life. **Amen.**

The Invitatory and Psalter

Officiant Lord, open our lips.

People **And our mouth shall proclaim your praise.**

Glory to the holy and undivided Trinity, one God;

As it was in the beginning, is now and will be forever. Amen.

Officiant The Lord is full of compassion and mercy: O come let us worship.

Psalm 19

The heavens declare your glory, O God, *

and the firmament shows your handiwork.

One day tells its tale to another, *

and one night imparts knowledge to another.

Although they have no words or language, *

and their voices are not heard,

Their sound has gone out into all lands, *

and their message to the ends of the world.

In the deep you have set a pavilion for the sun; *

it comes forth like a bridegroom out of his chamber;

it rejoices like a champion to run its course.

It goes forth from the uttermost edge of the heavens and runs about to the end of it again; *

nothing is hidden from its burning heat.

Your law, O God, is perfect and revives the soul; *

your testimony is sure and gives wisdom to the innocent.

Your statutes are just and rejoice the heart; *

your commandment is clear and gives light to the eyes.

The fear of you is clean and endures for ever; *

your judgments are true and righteous altogether.

More to be desired are they than gold, more than much fine gold, *

sweeter far than honey, than honey in the comb.

By them also is your servant enlightened, *

and in keeping them there is great reward.

Who can discern unwitting sins? *

Cleanse me from my secret faults.

Above all, keep your servant from presumptuous sins; let them not get dominion over me; *

then shall I be whole and sound, and innocent of a great offense.

Let the words of my mouth and the meditation of my heart be acceptable in your sight, *

O God, my strength and my redeemer.

Glory to the holy and undivided Trinity, one God;

As it was in the beginning, is now and will be forever. Amen.

The First Reading: Exodus 20:1-17

Reader A reading from the book of Exodus.

Then God spoke all these words:

I am the Lord your God, who brought you out of the land of Egypt, out of the house of slavery; you shall have no other gods before me.

You shall not make for yourself an idol, whether in the form of anything that is in heaven above, or that is on the earth beneath, or that is in the water under the earth. You shall not bow down to them or worship them; for I the Lord your God am a jealous God, punishing children for the iniquity of parents,

to the third and the fourth generation of those who reject me, but showing steadfast love to the thousandth generation of those who love me and keep my commandments.

You shall not make wrongful use of the name of the Lord your God, for the Lord will not acquit anyone who misuses his name.

Remember the sabbath day, and keep it holy. For six days you shall labour and do all your work. But the seventh day is a sabbath to the Lord your God; you shall not do any work—you, your son or your daughter, your male or female slave, your livestock, or the alien resident in your towns. For in six days the Lord made heaven and earth, the sea, and all that is in them, but rested the seventh day; therefore the Lord blessed the sabbath day and consecrated it.

Honor your father and your mother, so that your days may be long in the land that the Lord your God is giving you.

You shall not murder.

You shall not commit adultery.

You shall not steal.

You shall not bear false witness against your neighbor.

You shall not covet your neighbor's house; you shall not covet your neighbor's wife, or male or female slave, or ox, or donkey, or anything that belongs to your neighbor.

Reader Hear what the Spirit is saying to God's people.

People **Thanks be to God.**

Canticle G: A Song of Ezekiel

Ezekiel 36:24-28

I will take you from among all nations; *

and gather you from all lands to bring you home.

I will sprinkle clean water upon you; *

and purify you from false gods and uncleanness.

A new heart I will give you * and a new spirit put within you.

I will take the stone heart from your chest * and give you a heart of flesh.

I will help you walk in my laws *

and cherish my commandments and do them.

You shall be my people, * and I will be your God.

Glory to the holy and undivided Trinity, one God;

As it was in the beginning, is now and will be forever. Amen.

The Gospel: John 2:13-22

Rev. Miranda will introduce a time of shared reflection on the Gospel.

Context: Jesus has reached a turning point in his life: he has accepted that his mission can only be fulfilled by announcing the news of God's coming kingdom to the establishment in Jerusalem, even though this will lead to his Passion.

FIRST HEARING - New Revised Standard Version

Jesus began to teach his disciples that the Son of Man must undergo great suffering, and be rejected by the elders, the chief priests, and the scribes, and be killed, and after three days rise again. He said all this quite openly. And Peter took him aside and began to rebuke him. But turning and looking at his disciples, he rebuked Peter and said, 'Get behind me, Satan! For you are setting your mind not on divine things but on human things.'

He called the crowd with his disciples, and said to them, 'If any want to become my followers, let them deny themselves and take up their cross and follow me. For those who want to save their life will lose it, and those who lose their life for my sake, and for the sake of the gospel, will save it. For what will it profit them to gain the whole world and forfeit their life? Indeed, what can they give in return for their life? Those who are ashamed of me and of my words in this adulterous and sinful generation, of them the Son of Man will also be ashamed when he comes in the glory of his Father with the holy angels.'

SECOND HEARING - Contemporary English Version

Jesus began telling his disciples what would happen to him. He said, "The nation's leaders, the chief priests, and the teachers of the Law of Moses will make the Son of Man suffer terribly. He will be rejected and killed, but three days later he will rise to life." Then Jesus explained clearly what he meant.

Peter took Jesus aside and told him to stop talking like that. But when Jesus turned and saw the disciples, he corrected Peter. He said to him, "Satan, get away from me! You are thinking like everyone else and not like God."

Jesus then told the crowd and the disciples to come closer, and he said, "If any of you want to be my followers, you must forget about yourself. You must take up your cross and follow me. If you want to save your life, you will destroy it. But if you give up your life for me and for the good news, you will save it. What will you gain, if you own the whole world but destroy yourself? What could you give to get back your soul?"

"Don't be ashamed of me and my message among these unfaithful and sinful people! If you are, the Son of Man will be ashamed of you when he comes in the glory of his Father with the holy angels."

THIRD HEARING - *The Message* (a paraphrase)

Jesus then began explaining things to his disciples: "It is necessary that the Son of Man proceed to an ordeal of suffering, be tried and found guilty by the elders, high priests, and religion scholars, be killed, and after three days rise up alive." He said this simply and clearly so they couldn't miss it.

But Peter grabbed him in protest. Turning and seeing his disciples wavering, wondering what to believe, Jesus confronted Peter. "Peter, get out of my way! Satan, get lost! You have no idea how God works."

Calling the crowd to join his disciples, he said, "Anyone who intends to come with me has to let me lead. You're not in the driver's seat; I am. Don't run from suffering; embrace it. Follow me and I'll show you how. Self-help is no help at all. Self-sacrifice is the way, my way, to saving yourself, your true self. What good would it do to get everything you want and lose you, the real you? What could you ever trade your soul for?"

"If any of you are embarrassed over me and the way I'm leading you when you get around your fickle and unfocused friends, know that you'll be an even greater embarrassment to the Son of Man when he arrives in all the splendour of God, his Father, with an army of the holy angels."

The Prayers

Officiant We now enter a time of prayer. You may wish to bow your head, open your hands, or prepare your body for prayer in some other way.

Officiant The Lord be with you.

People **And also with you.**

Officiant Now, let us pray as God's beloved children, using the prayer Jesus taught us.

**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.**

**Save us from the time of trial, and deliver us from evil.
For the kingdom, the power,
and the glory are yours, now and for ever. Amen.**

The Prayers of the People

Send prayer requests to to prayers@stdunstans.com.

Officiant Let us continue in prayer. We will hold up our needs and blessings to God. You can speak your prayers out loud, type them into the Chat area, or hold them in your heart. As you are able, please hold others' prayer requests before God in your heart as well.

Officiant Let us pray for all churches and their leaders, and for all God's people everywhere.
The people may offer their prayers aloud.

Officiant Let us pray for all those in authority.
The people may offer their prayers aloud.

Officiant Let us pray for all nations and peoples.
The people may offer their prayers aloud.

Officiant Let us pray for the earth and the whole created order.
The people may offer their prayers aloud.

Officiant Let us pray for our local communities.
The people may offer their prayers aloud.

Officiant Let us pray for those in any need or trouble, especially those on our parish prayer list: You are invited to name others in need of prayer, and to hold up your own struggles to the light of God's love.
The people may offer additional names.

Officiant Let us pray for all who have died, and for those who mourn.
The people may offer additional names.

Officiant Let us pray for our common life and work as God's people.
The people may offer their prayers aloud.

The Collect of the Day

Officiant

Let us pray. Almighty God, you know that we have no power in ourselves to help ourselves: Keep us both outwardly in our bodies and inwardly in our souls, that we may be defended from all adversities which may happen to the body, and from all evil thoughts which may assault and hurt the soul; through Jesus Christ our Lord, who lives and reigns with you and the Holy Spirit, one God, for ever and ever.
Amen.

The Officiant may read one of the following Collects as well:

A Collect for Peace

O God, it is your will to hold both heaven and earth in a single peace. Let the design of your great love shine on the waste of our wraths and sorrows, and give peace to your Church, peace among nations, peace in our homes, and peace in our hearts. **Amen.**

A Collect for Grace

Lord God, almighty and everlasting One, you have brought us in safety to this new day: Preserve us with your mighty power, that we may not fall into sin, nor be overcome by adversity; and in all we do, direct us to the fulfilling of your purpose; through Jesus Christ our Lord. **Amen.**

A Collect for Guidance

Heavenly Father, in you we live and move and have our being: We humbly pray you so to guide and govern us by your Holy Spirit, that in all the cares and occupations of our life we may not forget you, but may remember that we are ever walking in your sight; through Jesus Christ our Lord. **Amen.**

The Sharing of Birthdays & Blessings

Officiant Does anyone have any birthdays or anniversaries to share, or other blessings or celebrations?

The Peace

Celebrant The peace of the Lord be always with you!

All **And also with you!**

Celebrant Let us speak Christ's peace to one another. ...

Announcements

The Blessing

Celebrant Grant, Almighty God, that we your people may recognize our weakness and put our whole trust in your strength, so that we may rejoice for ever in the protection of your loving providence; through Christ our Lord. Amen.

The blessing of God Almighty, Father, Son, and Holy Spirit, the holy and undivided Trinity, be upon you and remain with you always. **Amen!**

Dismissal

Officiant Let us bless the Lord,

People **Thanks be to God!**