



## Sunday 28<sup>th</sup> February Second Sunday of Lent - Nourishment -

Leader      The Lord be with you  
**All**            **and also with you**

Welcome

Hymn      **Holy, holy, holy Lord God Almighty**

Holy, holy, holy, Lord God almighty!  
early in the morning our song shall rise to Thee;  
Holy, holy, holy! – merciful and mighty,  
God in three Persons, blessed Trinity!

Holy, holy, holy! All the saints adore Thee,  
casting down their golden crowns around the glassy sea;  
cherubim and seraphim falling down before Thee,  
which wert, and art, and evermore shall be.

Holy, holy, holy! – though the darkness hide Thee,  
though the eye of sinful man Thy glory may not see;  
only Thou art holy, there is none beside Thee,  
perfect in power, in love, and purity.

Holy, holy, holy, Lord God almighty!  
all Thy works shall praise Thy name, in earth, and sky, and sea:  
Holy, holy, holy! – merciful and mighty,  
God in three Persons, blessed Trinity!

Opening activity *Desert Island Discs*

Confession

Leader      The sacrifice of God is a broken spirit;  
a broken and contrite heart God will not despise.  
Let us come to the Lord, who is full of compassion,  
and acknowledge our transgressions in penitence and faith.

**All**            **Lord God, we have sinned against you;**  
**we have done what is evil in your sight.**  
**We are sorry and repent.**  
**Have mercy on us according to your love.**  
**Wash away our wrong doing and cleanse us from our sin.**



**Renew a right spirit within us  
and restore us to the joy of your salvation,  
through Jesus Christ our Lord. Amen.**

Absolution (*The priest proclaims God's forgiveness*)

Leader May Almighty God,  
who sent his Son into the world to save sinners,  
bring you his pardon and his peace, now and forever.

**All Amen.**

Collect (*Prayer for the day*)

Leader As we gather up our prayers to God let us pray for a return to the discipline of Lent.

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

**All Amen**

Connect Group *Youth group*

Hymn **I am the bread of life**

I am the bread of life;  
he who comes to Me shall not hunger;  
and he who believes in Me shall not thirst.  
No-one can come to Me unless the Father  
bekons.

*And I will raise you up,  
and I will raise you up,  
and I will raise you up  
on the last day.*

is My flesh for the life of the world;  
and he who eats of this bread,  
you shall live for ever,  
you shall live for ever.

*And I will raise . . .*

Unless you eat  
of the flesh of the Son of Man  
and drink of His blood,  
and drink of His blood,  
you shall not have life within you.

*And I will raise . . .*

*And I will raise . . .*

The bread that I will give

## Bible readings

### *Deuteronomy 8:1-5 – Kay Dodds, St Mark's*

<sup>1</sup>Be careful to follow every command I am giving you today, so that you may live and increase and may enter and possess the land that the Lord promised on oath to your forefathers. <sup>2</sup>Remember how the Lord your God led you all the way in the desert these forty years, to humble you and to test you in order to know what was in your heart, whether or not you would keep his commands. <sup>3</sup>He humbled you, causing you to hunger and then feeding you with manna, which neither you nor your fathers had known, to teach you that man does not live on bread alone but on every word that comes from the mouth of the Lord. <sup>4</sup>Your clothes did not wear out and your feet did not swell during these forty years. <sup>5</sup>Know then in your heart that as a man disciplines his son, so the Lord your God disciplines you.

### *John 6:25-35 – Patrick Phillipps, All Souls'*

<sup>25</sup>When they found him on the other side of the lake, they asked him, "Rabbi, when did you get here?"

<sup>26</sup>Jesus answered, "I tell you the truth, you are looking for me, not because you saw miraculous signs but because you ate the loaves and had your fill. <sup>27</sup>Do not work for food that spoils, but for food that endures to eternal life, which the Son of Man will give you. On him God the Father has placed his seal of approval."

<sup>28</sup>Then they asked him, "What must we do to do the works God requires?"

<sup>29</sup>Jesus answered, "The work of God is this: to believe in the one he has sent."

<sup>30</sup>So they asked him, "What miraculous sign then will you give that we may see it and believe you? What will you do? <sup>31</sup>Our forefathers ate the manna in the desert; as it is written: 'He gave them bread from heaven to eat.' "

<sup>32</sup>Jesus said to them, "I tell you the truth, it is not Moses who has given you the bread from heaven, but it is my Father who gives you the true bread from heaven. <sup>33</sup>For the bread of God is he who comes down from heaven and gives life to the world."

<sup>34</sup>"Sir," they said, "from now on give us this bread."

<sup>35</sup>Then Jesus declared, "I am the bread of life. He who comes to me will never go hungry, and he who believes in me will never be thirsty."

## Sermon – Rev Sam Waako –

Tom wright tells a story of a historian who was in a hurry to finish his PHD. There was one chapter left to go that concerned a painting that had been so important during his time, and the influence the artist had had on the wider thought and culture of the time.

And so the historian went on hastily from gallery to gallery, with his notebook in hand scribbling down all the details from printed notices underneath the paintings. He wrote down the artists' names, their dates, where they lived, names of their key paintings, who their friends were, what influences others had on them, and so on and so forth. As soon as he finished one gallery, he went to another and another and so on.

Tom Wright goes on to say, “He finished his PHD. But at no time, in all the art galleries, had he ever stood back and looked at the paintings themselves, and allowed them to speak in their own language. The printed notes underneath the paintings from which he was making his notes, were only there to lead the eye, the mind and the heart to appreciate the paintings. Sadly, this was missed by the historian”.

And in our gospel reading this morning, just like in the story of the historian, we encounter a crowd who had been a part of one of Jesus’ miracles prior to this, but had sadly fixated on the product of the miracle and had completely missed to look up on the person of the miracle.

A bit of background to this gospel text, is that at the beginning of chapter 6 of John’s gospel, we are told of Jesus’ feeding the 5000 to their fill, to the extent that 12 baskets were left over....but then we are told that the next day, this same crowd, went looking for Jesus, not because of who He was and what He had done, but because of what He could do for them...and in this case, getting their hands on more of this bread.

This upset Jesus and hence the rebuke, criticizing the crowd who followed Him only for the physical and temporal benefits and not for the satisfying of their spiritual hunger. The crowd were seeking Jesus for His usefulness; usefulness to provide bread. And in our context, usefulness to provide for our needs; money, health, prosperity and so on. Sometimes we can be caught in that trap to seek Jesus only for His usefulness to provide for ‘our stuff’! The crowd, and I am sure many of us at times, have made the mistake of not allowing our eyes run up the beam of His usefulness to the real treasure, the real bread of life, Jesus Christ the Son of God.

The miracle of the feeding of the 5000+ with the bread and fish, among other miracles that Jesus had performed, should have been a sign to lead the eyes, the minds, the hearts of the crowd to the true gift of God to His people, the one who had come down like manna to the Israelites from Heaven, the true food, the true bread of life, and that is Jesus Himself. What matters is not what Jesus can do for you, but rather, it’s who Jesus is.

And so Jesus points the crowd, and points us, to what true spiritual nourishment is and where it comes from. In John 6.35 Jesus declares, *“I am the bread of life. Whoever comes to me will never go hungry, whoever believes in me will never be thirsty.”* Jesus shows us that He is the true bread. He is to the soul, what bread is to the body, nourishes and supports the spiritual life.

In the online service, a few people have shared three things that they would find nourishing if they were to find themselves on a desert island. And in relation to that, I want to share three things that will help us maintain a healthy level of spiritual nutrition and will ‘keep us going’ in our walk with Christ Jesus.

- 1) **A regular diet of God’s word;** Just as we all must eat every day, so must we take the time to read scripture each day. Deut 8.3 says, “...then He fed you with manna,

something neither you nor your parents knew anything about, so you would learn that men and women don't live by bread only; we live by every word that comes from God's mouth." Our souls must be nourished on the truth of the faith and of good sound teaching that you have followed, Paul tells Timothy. Even five mins each day in scripture is enough, plenty of devotionals out there to help, my favourite is the Bible app which has thousands of devotionals. And if you struggle to read scripture on your own, do take advantage of opportunities like morning prayer where we read the bible and seek God through scripture.

- 2) **Pray regularly;** In reading the Bible, God speaks to us, in praying, we speak to God. I have found prayer does many things, among them, Psalm 55.22 says "Cast your cares (burdens) on the Lord and He will sustain you; He will never let you be shaken." Last week we were looking at how God directs us, as well as keeping us spiritually topped up, prayer aligns our lives to the Lord's timing and direction. Mark Lemprerie last week in Notes and News shared with us an app called Lectio 365 that is great for helping us to pray, do check it out if you own an Apple or an Android gadget.
- 3) **Silence and meditation;** After we have read the Bible and Prayed, it's always important to 'stand back' and take time to be still and listen on the things of God. Someone once said, "God has a habit of speaking to us in the silence of our hearts, where He resides." We need to do what the historian never did, stand back and immerse ourselves in God's artistry and allow it to speak to us. The only way it can is if we make time to be silent and meditate on it.

The crowd failed to recognise who Jesus really was, and sometimes we make the same mistake, if we eat the bread (which represents not just food in general but also all other earthly things) but fail to recognise who Jesus is. There will always be that deep hunger inside us that will never be satisfied. And if we are in that place, as well as believing, and engaging regularly on the three things suggested above, we can pray the prayer in John 6.34, "...master, give us the bread, now and forever."

The good news is that the bread of life is FREE. All we have to do is BELIEVE, that Christ died in our place, He rose again from the dead, and He lived a life of perfect righteousness. Eat the bread of life, the bread of and from heaven, and be satisfied and overflow for others.

**Amen**

### Song Hungry (falling on my knees)

Hungry I come to You

*(Repeat)*

For I know You satisfy

*I'm falling on my knees*

I am empty but I know

*Offering all of me*

Your love does not run dry

*Jesus, You're all*

So I wait for You

*This heart is living for*

So I wait for You

Broken I run to You

For Your arms are open wide  
I am weary but I know Your touch  
Restores my life  
So I wait for You  
So I wait for You  
So I wait for You  
So I wait for You

*I'm falling on my . . .*

*I've fallen on my . . .*

So I wait for You  
So I wait for You  
So I wait for You  
So I wait for You

*I'm falling on my...*

*I'm falling on my...*

Kathryn Scott

## Creed

**All**      **We believe in one God, the Father, the Almighty,  
maker of heaven and earth, of all that is, seen and unseen.**

**We believe in one Lord, Jesus Christ, the only Son of God,  
eternally begotten of the Father,  
God from God, Light from Light, true God from true God,  
begotten, not made, of one Being with the Father;  
through him all things were made.**

**For us and for our salvation he came down from heaven,  
was incarnate from the Holy Spirit and the Virgin Mary  
and was made man.**

**For our sake he was crucified under Pontius Pilate;  
he suffered death and was buried.**

**On the third day he rose again  
in accordance with the Scriptures;  
he ascended into heaven  
and is seated at the right hand of the Father.**

**He will come again in glory to judge the living and the dead,  
and his kingdom will have no end.**

**We believe in the Holy Spirit,  
the Lord, the giver of life,  
who proceeds from the Father and the Son,  
who with the Father and the Son  
is worshipped and glorified,  
who has spoken through the prophets.**

**We believe in one holy catholic and apostolic Church.**

**We acknowledge one baptism for the forgiveness of sins.**

**We look for the resurrection of the dead,  
and the life of the world to come. Amen.**

## Prayers      ~ Mark Lemprière, St Mark's

At this time of great concern across the world let us pause, let us put aside our cares and worries for a moment and draw closer to God. As we open our hearts to God we remember that we are His children, we are all different, but we are all part of the one

family of God!

Father God as we journey through Lent, we consider the sufferings of Jesus and his ultimate victory over sin and death. We are sorry for our sins and thank you that Jesus made his ultimate sacrifice for us! He said "The work of God is to believe in the one he has sent." So we thank you Lord for sending your son to rescue us and to ensure for us a place with you Heaven. Thank you that through your fantastic gift of grace, all we have to do is believe, so sustain us we pray, help our belief to grow stronger.

In Jesus name we pray. **Amen**

#### A prayer for the pandemic

We thank you Lord that in this time of pandemic crisis you are there loving us as you have always done. You are the only constant, always there listening to our worries and complaints whilst nourishing us with your spirit. We thank you for the gifts of medicine and science, for the Doctors, Nurses and all the people who are helping to combat this disease. We thank you for the new vaccines and for the volunteers helping with the enormous task of getting them to everyone. We thank you for the essential workers like teachers, emergency services staff and others who perform duties out of the public eye yet are so important for society to continue to function amidst lockdowns. We pray now for these people, especially those known to us, for your protection and blessings in their work.

In Jesus name we pray. **Amen**

#### A prayer for those who are unwell and mourning

Each one of us is known to God by name. He knows us and he loves us. So let us think about anyone we know who is anxious, sad, lonely, ill or who has Coronavirus. Bring them to God now in this moment of quiet :.....We bring before you Peter & Eileen Bliss, Patrick Chapman, Enid Hardman, John Hunter, Lynda Kirk, Catherine McCormack, Olive Park, Joy Storkey and our mission partner Malcolm Pritchard. Lord, please bless these people, dear to us, with your holy spirit.

Comfort those who are grieving the loss of loved ones, especially the family and friends of Reg Clarke, Bill Smith and Daphne Whindle.

In Jesus name we pray. **Amen**

#### A prayer for our world

Father God our world is a fragile place and we are a fragile people. We bring before you all the countries and peoples affected by the Coronavirus. We thank you that not just one, but a number of vaccines have been found to fight this disease, and for the tremendous effect these are now having on reducing infections. We thank you for the gift of the jab that those of us here have already received and pray that the roll out will continue unhindered.

We pray for your hand on the fair and efficient distribution of the vaccines and for wisdom for the authorities and medical staff world wide. We thank you that the first delivery through the Covax vaccine sharing scheme arrived in Ghana this week and pray that deliveries to developing nations will ramp up quickly.

We thank you for the gift of science and pray that you will enable all our lives to return to normal soon.

In Jesus name we pray. **Amen**

#### A prayer for our parish

We pray for the life of our parish and for all who serve in it. For those of us who are feeling lonely and isolated right now, that you will sustain and encourage them through your spirit. For our Ministry Team as they try to keep us connected to God through worship, in the absence of our ability to meet together. We thank you for the gifts of technology that enable many of us to meet for remote worship via the internet. We thank you for our Connect Groups especially as they help us to navigate the time of Lent in a positive and uplifting way. We pray Lord that you will enable us to be beacons of light reflecting your love to all around us.

In Jesus name we pray. **Amen**

#### A prayer of service

Almighty God, we praise you for the joy of belonging to you, and for the joy of knowing that you love all people with the same everlasting love! You have made us so different from each other, and yet in Jesus Christ we are all one family. As you have sent your son into the world to do your will, so give us the courage and strength to accept His call to be his witnesses, and to do his will that your Church here in South Woking may reflect the light of Christ to all around us.

In Jesus name we pray. **Amen**

#### We finish this time of intercession with this prayer

Faithful God as we go out into the world today help us to remember that your son was tempted by the Devil but chose faithfulness before popularity, service before fame and sacrifice before power. Nourish us we pray, give us the strength to keep our eyes on you during our Lenten journey and beyond it throughout the rest of our lives.

Merciful Father: **accept these prayers for the sake of your Son, our Saviour, Jesus Christ.**  
**Amen**

#### Peace

Leader Since we are justified by faith, we have peace with God through our Lord Jesus Christ, who has given us access to his grace.

The peace of the Lord be always with you

**All and also with you**

*You may exchange a sign of peace with your neighbours*

### **THE LITURGY OF THE SACRAMENT**

*With the theme of spiritual nourishment, we are holding a virtual communion which can only be celebrated by the priest receiving the consecrated bread and wine on behalf of the people who receive it spiritually by faith. This is a great loss for those who would normally receive communion, and symbolically represents the anticipation of being together and*



*sharing in this feast again. It also symbolically represents our separation from God because of our sinfulness and anticipates that great day when we shall be in full communion with Christ and all our brothers and sisters throughout history.*

#### Preparation of the table

Leader Lord, look on us in mercy not in judgement.  
draw us from hatred to love; make the frailty of our praise  
a dwelling place for your glory. **Amen.**

#### Eucharistic Prayer

Leader The Lord is here

**All His Spirit is with us.**

Leader Lift up your hearts.

**All We lift them to the Lord.**

Leader Let us give thanks to the Lord our God.

**All It is right to give thanks and praise.**

Leader It is indeed right and good  
to give you thanks and praise,  
almighty God and everlasting Father,  
through Jesus Christ your Son.

For in these forty days you lead us into the desert of repentance that through a pilgrimage of prayer and discipline we may grow in grace and learn to be your people once again.

Through fasting, prayer and acts of service you  
bring us back to your generous heart.

Through study of your holy word you open our eyes  
to your presence in the world and free our hands  
to welcome others into the radiant splendour of your love.

As we prepare to celebrate the Easter feast  
with joyful hearts and minds we bless you  
for your mercy and join with saints  
and angels forever praising you and *saying*:

**All Holy, holy, holy, Lord, God of power and might,  
heaven and earth are full of your glory.  
Hosanna in the highest.**

*(Please sit or kneel)*

Leader We praise and bless you, loving Father, through Jesus Christ, our Lord; and as we obey his command, send your Holy Spirit,  
that broken bread and wine outpoured  
may be for us the body and blood of your dear Son.  
On the night before he died he had supper with his friends  
and, taking bread, he praised you.  
He broke the bread, gave it to them and said:

Take, eat; this is my body which is given for you;  
do this in remembrance of me.  
When supper was ended he took the cup of wine.  
Again he praised you, gave it to them and said:  
Drink this, all of you; this is my blood of the new covenant,  
which is shed for you and for many  
for the forgiveness of sins.  
Do this, as often as you drink it, in remembrance of me.

So, Father, we remember all that Jesus did,  
in him we plead with confidence  
his sacrifice made once for all upon the cross.  
Bringing before you the bread of life and cup of salvation,  
we proclaim his death and resurrection  
until he comes in glory.

Great is the mystery of faith:

**Christ has died**

**Christ is risen**

**Christ will come again.**

Lord of all life, help us to work together for that day  
when your kingdom comes  
and justice and mercy will be seen in all the earth.  
Look with favour on your people, gather us in your loving arms  
and bring us with all the saints to feast at your table in heaven.

Through Christ, and with Christ, and in Christ,  
in the unity of the Holy Spirit, all honour  
and glory are yours, O loving Father, forever and ever.

**All Amen.**

### Lord's Prayer

Leader 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.**

### Agnus Dei

**All Jesus, Lamb of God, have mercy on us.**

**Jesus, bearer of our sins, have mercy on us,**

**Jesus, redeemer of the world, grant us your peace.**

## Receiving communion

*The priest receives communion on behalf of the people.*

*Although you cannot receive the sacrament of Bread and Wine at present this prayer of Spiritual Communion taken from Great St Mary's Church Cambridge, is a beautiful way to remember Jesus and abide in Him.*



**Thanks be to you, Lord Jesus Christ, for all the benefits you have given me, for all the pains and insults you have borne for me. Since I cannot now receive you sacramentally, I ask you to come spiritually into my heart. O most merciful redeemer, friend and brother, may I know you more clearly, love you more dearly, and follow you more nearly, day by day. Amen**

## Prayer after Communion

Leader Almighty God, you have given your only Son to be for us both a sacrifice for sin and also an example of godly life: give us grace that we may always most thankfully receive these his inestimable gifts, and also daily endeavour to follow the blessed steps of his most holy life; through Jesus Christ our Lord. **Amen**

## Notices – see N&N

## Hymn      **The Lord's my shepherd (I will trust in you alone)**

The Lord's my shepherd, I'll not want.  
He makes me lie in pastures green.  
He leads me by the still, still waters,  
His goodness restores my soul.

### *CHORUS*

*And I will trust in You alone,  
and I will trust in You alone,  
for Your endless mercy follows me,  
Your goodness will lead me home.*

### *DESCANT*

*I will trust, I will trust in You.  
I will trust, I will trust in You.  
Endless mercy follows me,*

*goodness will lead me home.*  
He guides my ways in righteousness,  
and He anoints my head with oil,  
and my cup, it overflows with joy,  
I feast on His pure delights.

*And I will trust . . .*

And though I walk the darkest path,  
I will not fear the evil one,  
for You are with me, and Your rod and staff  
are the comfort I need to know.

*And I will trust . . .*

Words adapted by Stuart Townend  
Music by Stuart Townend

## Blessing

Leader Christ give you grace to grow in holiness, to deny yourselves, take up your cross, and follow him; and the blessing...

**All Amen.**

Leader Go in the light and peace of Christ.

**All In the name of Christ. Amen.**

**Worshipping ▶ Loving ▶ Sharing ▶ Growing**

