



3<sup>rd</sup> March 2024 – Lent 3  
Communion

***Greeter:***

***Meditation Song: As the deer pants (TIS 703)***  
*(please remain seated)*

As the deer pants for the water  
so my soul longs after you;  
you alone are my heart's desire,  
and I long to worship you.

Refrain:  
You alone are my strength and shield;  
to you alone may my spirit yield.  
You alone are my heart's desire,  
and I long to worship you

(repeat)

***Welcome:***

***Greeting:***

On this third Sunday of Lent

May Christ be with you  
**And also with you**

***Moment of Stillness:***

There is a stirring in us that won't let go.  
It stirs in us like the wind stirs leaves—  
inviting us to move, drawing us forth.  
When we're quiet,  
we know that stirring is the Holy Spirit,  
dancing love awake in us.  
We're here.  
And we're still.  
And we're quiet.

In this quiet moment let's be still and aware of the Spirit's presence within us  
and all around us.

***Lent Candles:***

In Lent we set love upon our hearts and feet and walk with Jesus towards the  
cross. As a reminder that Jesus did not shy from entering the darkest and  
most difficult places, we blow out a candle each week.

*[Three candles are blown out]*

In our walking we know that we are not alone,  
for Jesus has walked this road before us,  
and God's Spirit rests upon us as we take this journey forward.

***Acknowledgement First Peoples:***

This is God's land and God's Spirit dwells here. We pay our respects to the  
Gadigal and Wangal people, the traditional custodians of the land on which  
we gather today.

We are grateful for the grace they have shown in extending the hand of  
reconciliation to us in the call to pursue justice together for a better future for  
all. **May we walk together for justice and peace.**

***Call to Worship:***

We are invited  
Into the story,  
**Into this place,**  
**Into God's presence.**

We are invited  
Into reflection,  
**Into community,**  
**Into a spiritual journey.**

We are invited  
The broken and bruised,  
The hopeful, the new,  
**The faithful, the doubting,**  
**The wondering, the waiting.**

We are invited  
Because God so loved;  
So, listen, trust the invitation,  
the invitation is for you.  
**All are invited here.**

***Opening Prayer:***

In a world full of fear,  
open our hearts to your love.  
Though we walk in wilderness places,  
open our minds to your hope.  
As we seek paths in the darkness,  
open our eyes to your light.

May we turn away from hatred,  
towards love.  
May we turn way from intolerance,  
towards understanding.

As sisters and brothers in Christ,  
we commit ourselves to compassion.  
Together, not alone,  
We pray for peace.

**Amen**

**Hymn: Guide me O thou Great Redeemer (TIS 569)**

1 Guide me, O thou great Redeemer,  
pilgrim through this barren land;  
I am weak, but thou art mighty;  
hold me with thy powerful hand:  
bread of heaven, bread of heaven,  
feed me now and evermore,  
feed me now and evermore.

2 Open now the crystal fountain  
whence the living waters flow:  
let the fiery, cloudy pillar  
lead me all my journey through:  
strong deliverer, strong deliverer,  
be thou still my strength and shield,  
be thou still my strength and shield.

3 When I tread the verge of Jordan  
bid my anxious fears subside:  
death of death, and hell's destruction,  
land me safe on Canaan's side:  
songs of praises, songs of praises  
I will ever give to thee,  
I will ever give to thee.

**Prayer of Confession:**

In the prayer of confession, we admit to ourselves and to God that we do not have it all worked out. And in that vulnerability, we are surrounded by God's grace. So, in this knowledge, let us pray:

Forgive us God:  
For closing ourselves to the driving of your Holy Spirit;  
for choosing to live in the places of comfort  
rather than being led into the wilderness;  
for letting fear of the person who is different rule our lives,  
rather than letting your love for all people fill our hearts;

for our separation from one another in the Body of Christ;  
for not trusting that you hold the future in your hands.

**Amen**

***Words of assurance:***

Nothing can ever separate us from the love of God.

Again and again, we are loved.

Again and again, we are forgiven.

Again and again, we are invited in.

**Thanks be to God for such amazing love!**

**Amen.**

***Peace:***

The peace of Christ be always with you

**And also with you.**

*Let's share Christ's peace with one another from where we're seated.*

***Moment for the young at heart:***

***Bible Readings:***

**Introduction to the Hebrew Scripture Reading:**

The Ten Commandments have a fundamentally personal and inter-relational character to them. Obedience to law is thus seen to be a response within a relationship, not a response to the law as law. In the larger narrative, readers are confronted with a God who personally interacts with Israel throughout every stage of their journey through the wilderness, and the law needs to be understood within that relational context.

**Exodus 20:1-17**

Then God spoke all these words: <sup>2</sup>I am the LORD your God, who brought you out of the land of Egypt, out of the house of slavery; <sup>3</sup>you shall have no other gods before<sup>[a]</sup> me.

<sup>4</sup> 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. <sup>5</sup> 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, <sup>6</sup> but showing steadfast love to the thousandth generation<sup>[b]</sup> of those who love me and keep my commandments.

<sup>7</sup> 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. <sup>8</sup> Remember the sabbath day, and keep it holy. <sup>9</sup> Six days you shall labor and do all your work. <sup>10</sup> 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. <sup>11</sup> 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.

<sup>12</sup> Honor your father and your mother, so that your days may be long in the land that the LORD your God is giving you. <sup>13</sup> You shall not murder. <sup>14</sup> You shall not commit adultery. <sup>15</sup> You shall not steal. <sup>16</sup> You shall not bear false witness against your neighbour. <sup>17</sup> You shall not covet your neighbour's house; you shall not covet your neighbour's wife, or male or female slave, or ox, or donkey, or anything that belongs to your neighbour.

### **John 2:13-22**

<sup>13</sup> The Passover of the Jews was near, and Jesus went up to Jerusalem. <sup>14</sup> In the temple he found people selling cattle, sheep, and doves, and the money changers seated at their tables. <sup>15</sup> Making a whip of cords, he drove all of them out of the temple, both the sheep and the cattle. He also poured out the coins of the money changers and overturned their tables. <sup>16</sup> He told those who were selling the doves, "Take these things out of here! Stop making my Father's house a marketplace!" <sup>17</sup> His disciples remembered that it was written, "Zeal for your house will consume me." <sup>18</sup> The Jews then said to him, "What sign can you show us for doing this?" <sup>19</sup> Jesus answered them, "Destroy this temple, and in three days I will raise it up." <sup>20</sup> The Jews then said, "This temple has been under construction for forty-six years, and will you raise it up in three days?" <sup>21</sup> But he was speaking of the temple of his body. <sup>22</sup> After he was raised from the dead, his disciples remembered that he had said this; and they believed the scripture and the word that Jesus had spoken.

Hear the Word of the Lord

**Thanks be to God**

*Reflection:* **Chris Longfoot**

*Moment of Stillness:*

*Prayers of the People:*

*The Lord's Prayer:*

**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 in the time of trial  
and deliver us from evil.**

**For the kingdom the power and the glory are yours.  
Now and forever.  
Amen**

**Communion Hymn: Eat this bread (TIS 714)**

Eat this bread, drink this cup,  
come to him and never be hungry.  
Eat this bread, drink this cup,  
trust in him and you will not thirst.  
(repeat)

**COMMUNION – LENT LITURGY**

Dear friends, we are going to Jerusalem with Jesus.  
**He is our pardon, our healing, and our peace!**  
We will suffer the trial with him, resisting evil.  
**With him, we will walk the path to life.**  
But come first to the table where there is food for the journey.  
**With hearts full of joy we come,**  
giving thanks to God, our maker,  
**and offering our praise!**

We are right to praise you, faithful God!  
You answer sin with grace;  
you guide our wayward steps toward home.  
You are mending for the broken,  
safety for the poor, belonging for the outcast,  
strength for the weak, and pardon for the sinner.  
You reveal your kindness in every sorrow,  
your mercy even in death.  
All your creatures see your works;  
they sing your steadfast love.  
We too declare your wonder and grace  
as with angels and saints  
we join in the triumphant hymn:

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

**Blessed is the one who comes in the name of the Lord.  
Hosanna in the highest.**

Now, O God, we remember Jesus.  
*Silence...*

He fasted and prayed; he was tempted and tried.  
**He relied on you for everything.**  
He was obedient to you and scorned by the powers of this world.  
**He confounded the haughty and gave hope to the humble.**  
He was betrayed and deserted. He died between thieves and was buried in a borrowed grave.  
**You gave him new life. He lives even now, our healer and friend.**  
He loved us well, loved us to the end, and loves us still.  
**Even on the night of betrayal, he ate supper with his friends.**

And at that meal our Saviour Christ took bread  
and gave you thanks.  
He broke it, and gave it to his disciples, saying,  
'Take, eat. This is my body given for you.  
Do this in remembrance of me'.

After supper, he took the cup,



gave thanks, and gave it to them, saying,  
'Drink from it, all of you.

This is my blood of the new covenant,  
poured out for all people  
for the forgiveness of sins.

Do this in remembrance of me'.

With thanksgiving we take this bread and this cup and proclaim his death and resurrection. **Receive our sacrifice of praise.**

Holy Spirit, come! Make all things new.

Bless this bread which you have given  
and human hands have made.

Let it become for us the bread of life.

Bless also this cup, fruit of the vine  
and work of human hands.

Let it become for us the cup of salvation.

Bless us also who eat and drink,  
that in this sharing we may know the living Christ  
who is with us now, and to the end of the age.

Nourish us by these gifts to be willing servants of your world until the kingdom  
comes, and every creature beholds it.

We pray in Jesus' name.

**Amen**

## THE BREAKING OF BREAD

Christ is the bread of life,

**Who satisfies the hungry heart.**

Christ is the cup of hope,

**Who revives the thirsty.**

The bread that we break is a sharing in the body of Christ

The cup that we take is a sharing in the blood of Christ

**The gifts of God for the people of God.**

Jesus welcomes everyone to his table,

and so, we offer everyone,

the bread and wine, which are Christ's body and blood.

Distribution

Let us receive what we are;  
let us become what we receive.

**The body of Christ.**

Thank you, merciful God,  
for gladness in this bread and cup,  
for love that cannot die,  
for peace the world cannot give,  
for joy in the company of friends,  
for the splendours of creation,  
and for the mission of justice  
you have made our own.  
Give us the gifts of this holy communion:  
oneness of heart, love for neighbours,  
forgiveness of enemies,  
the will to serve you every day,  
and life that never ends.  
In Jesus' name we pray.  
**Amen.**

***Community News:***

***Offering Prayer:***

Creator God,  
Take our Lenten offerings  
and make them radical;  
Grow their actions,  
enable their impact.  
As we prepare for tomorrow,  
may your will be done.  
On earth as it is in heaven.  
**Amen.**

**Song: Hymn: Lord the light of your love (TIS 675)**

1. Lord, the light of your love is shining,  
in the midst of the darkness, shining;  
Jesus, Light of the world, shine upon us,  
set us free by the truth you now bring us,  
shine on me, shine on me.

Chorus:

Shine, Jesus, shine,  
fill this land with the Father's glory:  
blaze, Spirit, blaze, set our hearts on fire.  
Flow, river, flow,  
flood the nations with grace and mercy;  
send forth your word, Lord, and let there be light

2. Lord, I come to your awesome presence,  
from the shadows into your radiance;  
by the blood I may enter your brightness:  
search me, try me, consume all my darkness,  
shine on me, shine on me.

Chorus

Shine, Jesus, shine,  
fill this land with the Father's glory:  
blaze, Spirit, blaze, set our hearts on fire.  
Flow, river, flow,  
flood the nations with grace and mercy;  
send forth your word, Lord, and let there be light

3. As we gaze on your kingly brightness  
So our faces display your likeness,  
ever changing from glory to glory:  
mirrored here, may our lives tell your story,  
shine on me, shine on me.

Chorus

Shine, Jesus, shine,  
fill this land with the Father's glory:  
blaze, Spirit, blaze, set our hearts on fire.  
Flow, river, flow,  
flood the nations with grace and mercy;  
send forth your word, Lord, and let there be light.

### ***Benediction & Blessing:***

As you leave this place,  
May your mouth speak of God's goodness.  
May your arms hold those in need.  
May your feet walk toward justice.  
May your heart trust its worth.  
May your soul dance in God's grace.

And the blessing of God Almighty;  
Creator, Christ and Spirit  
Be upon you and remain with you always.

### **3-fold-Amen**

### **Pastoral Prayers:**

*Acknowledgements:*

*Image: <https://timehrhardt.com/2018/03/04/john-213-22-sacred-space/>*

*Acknowledgement of Country: based on Assembly working group*

*Moment of Stillness / Call to worship: adapted Sanctified Art*

*Opening prayer: Annabel Shilson-Thomas (Let Justice Roll Down)*

*Confession: adapted Sanctified Art*

*Words of Assurance: adapted Sanctified Art*

*Communion liturgy: adapted sicutlocutusest.com*

*Benediction: adapted Sanctified Art*