

March 23rd 2020 – fourth week of lent

Prayer

Let nothing disturb you,
Let nothing frighten you;
All things pass: God never changes.
Patience achieves all it strives for.
Whoever has God lacks nothing,
God alone suffices.

(Found on a bookmark in a prayer book belonging to St. Teresa of Avila)

Lectionary Reading

1 Corinthians 11: 23-29 (Good News Bible)

²³For I received from the Lord the teaching that I passed on to you: that the Lord Jesus, on the night he was betrayed, took a piece of bread, ²⁴gave thanks to God, broke it, and said, "This is my body, which is for you. Do this in memory of me." ²⁵In the same way, after the supper he took the cup and said, "This cup is God's new covenant, sealed with my blood. Whenever you drink it, do so in memory of me."

²⁶This means that every time you eat this bread and drink from this cup you proclaim the Lord's death until he comes. ²⁷It follows that if anyone eats the Lord's bread or drinks from his cup in a way that dishonours him, he or she is guilty of sin against the Lord's body and blood. ²⁸So then, you should all examine yourselves first, and then eat the bread and drink from the cup. ²⁹For if people do not recognize the meaning of the Lord's body when they eat the bread and drink from the cup, they bring judgement on themselves as they eat and drink.

Singing the Faith 587

1 I am the bread,
the bread of life;
who comes to me will never hunger.
I am the bread,
the bread of heaven;
who feeds on me will never die.

*And as you eat, remember me —
my body broken on the tree:
my life was given to set you free,
and I'm alive for evermore.*

2 I am the vine,
the living vine;
apart from me you can do nothing.
I am the vine,
the real vine:
abide in me and I in you.

*And as you drink, remember me —
my blood was shed upon the tree:
my life was given to set you free,
and I'm alive for evermore.*

3 So eat this bread
and drink this wine,
and as you do, receive this life of mine.
All that I am I give to you,
that you may live for evermore.

Brain Hoare (b. 1935)

Psalm 22: 1-18

A Cry of Anguish and a Song of Praise

1 My God, my God, why have you abandoned me?
I have cried desperately for help,
but still it does not come.

2 During the day I call to you, my God,
but you do not answer;
I call at night,
but get no rest.

3 But you are enthroned as the Holy One,
the one whom Israel praises.

4 Our ancestors put their trust in you;
they trusted you, and you saved them.

5 They called to you and escaped from danger;
they trusted you and were not disappointed.

6 But I am no longer a human being; I am a worm,
despised and scorned by everyone!

7 All who see me jeer at me;
they stick out their tongues and shake their heads.

8 "You relied on the LORD," they say.
"Why doesn't he save you?
If the LORD likes you,
why doesn't he help you?"

9 It was you who brought me safely through birth,
and when I was a baby, you kept me safe.

10 I have relied on you since the day I was born,
and you have always been my God.

11 Do not stay away from me!
Trouble is near,
and there is no one to help.

12 Many enemies surround me like bulls;
they are all round me,
like fierce bulls from the land of Bashan.

13 They open their mouths like lions,
roaring and tearing at me.

14 My strength is gone,
gone like water spilt on the ground.
All my bones are out of joint;
my heart is like melted wax.

15 My throat is as dry as dust,
and my tongue sticks to the roof of my mouth.
You have left me for dead in the dust.

16 An evil gang is round me;
like a pack of dogs they close in on me;
they tear at my hands and feet.

17 All my bones can be seen.
My enemies look at me and stare.

18 They gamble for my clothes
and divide them among themselves.

Prayer of the Day

Lord our God, dwelling in unapproachable light, source of all wisdom, goodness and truth; out of the abundance of our reason we adore you and out of the love of our hearts we praise you, Father, Son and Holy Spirit, one God for ever and ever. **Amen**

Susanna Wesley (1669-1742)

Heavenly Father, when days are dark and full of pain,
give us the strength to live through what we don't understand,
the courage to face it, and your comfort and peace in our hearts,
for we are held safe in your loving arms. **Amen**

Jennie Bonner, local preacher, Teignbridge Circuit