

Living Waters Anglican Fellowship
The 5th Sunday in Lent ~ Sunday, March 21, 2021

Welcome

The Rector

Opening Songs: **It Is Well**
Grander earth has quaked before
Moved by the sound of His voice
Seas that are shaken and stirred
Can be calmed and broken for my regard

Through it all through it all
My eyes are on You
Through it all through it all
It is well
Through it all through it all
My eyes are on You
And it is well with me

Far be it from me to not believe
Even when my eyes can't see
And this mountain that's in front of me
Will be thrown into the midst of the sea

So let go my soul and trust in Him
The waves and wind still know His name

It is well with my soul
It is well with my soul
It is well with my soul
It is well it is well with my soul

THE ACCLAMATION

Bless the Lord who forgives all our sins.
His mercy endures forever.

THE COLLECT FOR PURITY

Almighty God, to you all hearts are open, all desires known, and from you no secrets are hid: Cleanse the thoughts of our hearts by the inspiration of your Holy Spirit, that we may perfectly love you, and worthily magnify your holy Name; through Christ our Lord. Amen

THE SUMMARY OF THE LAW

Here what our Lord Jesus Christ says:

You shall love the Lord your God with all your heart and with all your soul and with all your mind. This is the first and great and commandment. And the second is like it: You shall love your neighbour as yourself. On these two commandments depend all the Law and the Prophets. *(Matthew 22:37-40)*

THE COLLECT OF THE DAY

The Lord be with you.
And with your spirit.

Let us pray;

Almighty God, you alone can bring into order the unruly wills and affections of sinners: Grant your people grace to love what you command and desire what you promise; that, among the swift and varied changes of this world, our hearts may be fixed where true joys are to be found; through Jesus Christ our Lord, who lives and reigns with you and the Holy Spirit, one God, now and for ever. Amen.

THE LESSON

Matthew 6:1-18

Annie Edwards

THE SERMON

“Practising the Spiritual Disciplines ~ Fasting”

The Rector

THE NICENE CREED

We believe in one God,
the Father, the Almighty,
maker of heaven and earth,
of all that is, visible and invisible.

We believe in one Lord, Jesus Christ,
the only-begotten 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.

THE PRAYERS OF THE PEOPLE

Simon Teague

THE CONFESSION AND ABSOLUTION OF SIN

Let us humbly confess our sins to Almighty God.
Most merciful God,
we confess that we have sinned against you

in thought, word, and deed,
by what we have done, and by what we have left undone.
We have not loved you with our whole heart;
we have not loved our neighbours as ourselves.
We are truly sorry and we humbly repent.
For the sake of your Son Jesus Christ,
have mercy upon us and forgive us;
that we may delight in your will, and walk in your ways,
to the glory of your Name. Amen.

THE COMFORTABLE WORDS

Hear the Word of God to all who truly turn to him.

Come to me, all who labour and are heavy laden, and I will give you
rest.

MATTHEW 11:28

God so loved the world, that he gave his only-begotten Son, that
whoever believes in him should not perish but have eternal life.

JOHN 3:16

The saying is trustworthy and deserving of full acceptance, that Christ
Jesus came into the world to save sinners.

1 TIMOTHY 1:15

If anyone sins, we have an advocate with the Father, Jesus Christ the
righteous. He is the propitiation for our sins, and not for ours only, but
also for the sins of the whole world.

1 JOHN 2:12

THE SURSUM CORDA

The Lord be with you.
And with your spirit.

Lift up your hearts.
We lift them up to the Lord.

Let us give thanks to the Lord our God.
It is right to give him thanks and praise.

It is right, our duty and our joy, always and everywhere to give thanks to
you, Father Almighty, Creator of heaven and earth.

You bid your faithful people to cleanse their hearts, and to prepare with joy for the Paschal feast; that, fervent in prayer and in works of mercy, and renewed by your Word and Sacraments, they may come to the fullness of grace which you have prepared for those who you love.

Therefore we praise you, joining our voices with Angels and Archangels and with all the company of heaven, who for ever sing this hymn to proclaim the glory of your Name.

THE SANCTUS (said)

**Holy, Holy, Holy, Lord God of power and might,
heaven and earth are full of your glory,
Hosanna in the highest.
Blessed is he who comes in the name of the Lord.
Hosanna in the highest.**

THE PRAYER OF CONSECRATION

Holy and gracious Father: In your infinite love you made us for yourself; and when we had sinned against you and become subject to evil and death, you, in your mercy, sent your only Son Jesus Christ into the world for our salvation. By the Holy Spirit and the Virgin Mary he became flesh and dwelt among us.

In obedience to your will, he stretched out his arms upon the Cross and offered himself once for all, that by his suffering and death we might be saved. By his resurrection he broke the bonds of death, trampling Hell and Satan under his feet. As our great high priest, he ascended to your right hand in glory, that we might come with confidence before the throne of grace.

On the night that he was betrayed, our Lord Jesus Christ took bread; and when he had given thanks, he broke it, and gave it to his disciples, saying, "Take, eat; this is my Body, which is given for you: Do this in remembrance of me."

Likewise, after supper, Jesus took the cup, and when he had given thanks, he gave it to them, saying, "Drink this, all of you; for this is my Blood of the New Covenant, which is shed for you, and for many, for the forgiveness of sins: Whenever you drink it, do this in remembrance of me."

Therefore we proclaim the mystery of faith:

Christ has died.

Christ is risen.

Christ will come again.

We celebrate the memorial of our redemption, O Father, in this sacrifice of praise and thanksgiving, and we offer you these gifts. Sanctify them by your Word and Holy Spirit to be for your people the Body and Blood of your Son Jesus Christ. Sanctify us also, that we may worthily receive this holy Sacrament, and be made one body with him, that he may dwell in us and we in him. In the fullness of time, put all things in subjection under your Christ, and bring us with all your saints into the joy of your heavenly kingdom, where we shall see our Lord face to face.

All this we ask through your Son Jesus Christ: By him, and with him, and in him, in the unity of the Holy Spirit, all honour and glory is yours, Almighty Father, now and for ever. Amen.

THE LORD'S PRAYER (said)

As now as our Saviour taught us, we are bold to pray:

**Our Father, who art in heaven,
hallowed be thy name,
thy kingdom come, thy will be done,
on earth as it is in heaven.
Give us this day our daily bread.
And forgive us our trespasses,
as we forgive those who trespass against us.
And lead us not into temptation,
but deliver us from evil.
For thine is the kingdom, the power,
and the glory, for ever and ever. Amen.**

THE FRACTION

Christ our Passover Lamb has been sacrificed, once for all upon the cross.

Therefore let us keep the feast.

THE PRAYER OF HUMBLE ACCESS

**We do not presume to come to this your table, O merciful Lord,
trusting in our own righteousness,
but in your abundant and great mercies.**

**We are not worthy so much as to gather up
the crumbs under your table;
but you are the same Lord
whose character is always to have mercy.**

**Grant us, therefore, gracious Lord,
so to eat the flesh of your dear Son Jesus Christ,
and to drink his blood,
that our sinful bodies may be made clean by his body,
and our souls washed through his most precious blood,
and that we may evermore dwell in him, and he in us.**

Amen.

THE ANGUS DEI

Lamb of God, you take away the sin of the world;
have mercy on us.

Lamb of God, you take away the sin of the world;
have mercy on us.

Lamb of God, you take away the sin of the world;
grant us your peace.

THE MINISTRATION OF COMMUNION

The gifts of God for the People of God. Take them in remembrance that Christ died for you and feed on him in your hearts by faith, with thanksgiving.

Thanks be to God.

PRAYER FOR SPIRITUAL COMMUNION

Dear Jesus, I believe that you are truly present in the Holy Sacrament. I love you above all things, and I desire to possess you within my soul. And since I cannot now receive you sacramentally, I ask you to come spiritually into my heart. I unite myself to you, together with all your faithful people gathered around every Communion table of your church, and I embrace you with all the affections of my soul. Never permit me to be separated from you. For I pray in your holy name. Amen.

Communion Song: **New Wine**

In the crushing in the pressing
You are making new wine
In the soil I now surrender
You are breaking new ground
(You are breaking new ground)

So I yield to You and to Your careful hand
When I trust You I don't need to understand

(So) Make me Your vessel
Make me an offering
Make me whatever You want me to be
(God) I came here with nothing
But all You have given me
Jesus bring new wine out of me

Jesus bring new wine out of me
Jesus bring new wine out of me

'Cause where there is new wine
There is new power
There is new freedom
And the kingdom is here
I lay down my old flames
To carry Your new fire today

THE POST COMMUNION PRAYER

Let us pray.

Heavenly Father,

**We thank you for feeding us with the spiritual food
of the most precious Body and Blood
of your Son our Saviour Jesus Christ;
and for assuring us in these holy mysteries
that we are living members of the body of your Son,
and heirs of your eternal Kingdom.**

**And now, Father, send us out to do the work you have given us to
do, to love and serve you as faithful witnesses of Christ our
Lord.**

**To him, to you, and to the Holy Spirit,
be honour and glory, now and for ever. Amen.**

ANNOUNCEMENTS

THE BLESSING

Closing Song: **The Same Love**

You choose the humble and raise them high
You choose the weak and make them strong
You heal our brokenness inside
And give us life

The same love that set the captives free
The same love that opened eyes to see
Is calling us all by name
You are calling us all by name
The same God that spread the heavens wide
The same God that was crucified
Is calling us all by name
You are calling us all by name

You take the faithless one aside
And speak the words you are Mine
You call the cynic and the proud
Come to Me now

Oh oh
Oh oh

You're calling You're calling
You're calling us to the cross
You're calling You're calling
You're calling us to the cross

THE DISMISSAL

We will proclaim:

Christ faithfully to the nations.

Go in peace to love and serve the Lord.

Thanks be to God.