

## **LENT 1**

### **COLLECT**

Almighty God,  
whose Son Jesus Christ fasted forty days in the wilderness,  
and was tempted as we are, yet without sin: give us grace to discipline  
ourselves  
in obedience to your Spirit;  
and, as you know our weakness,  
so may we know your power to save;  
through Jesus Christ your Son our Lord,  
who is alive and reigns with you,  
in the unity of the Holy Spirit,  
one God, now and for ever.

### **FIRST READING**

**Genesis 9.8–17**

*A reading from the book of Genesis*

God said to Noah and to his sons with him, 'As for me, I am establishing my covenant with you and your descendants after you, and with every living creature that is with you, the birds, the domestic animals, and every animal of the earth with you, as many as came out of the ark. I establish my covenant with you, that never again shall all flesh be cut off by the waters of a flood, and never again shall there be a flood to destroy the earth.' God said, 'This is the sign of the covenant that I make between me and you and every living creature that is with you, for all future generations: I have set my bow in the clouds, and it shall be a sign of the covenant between me and the earth. When I bring clouds over the earth and the bow is seen in the clouds, I will remember my covenant that is between me and you and every living creature of all flesh; and the waters shall never again become a flood to destroy all flesh. When the bow is in the clouds, I will see it and remember the everlasting covenant between God and every living creature of all flesh that is on the earth.' God said to Noah, 'This is the sign of the covenant that I have established between me and all flesh that is on the earth.'

**Reader:** This is the Word of the Lord

**Thanks be to God**

### **SECOND READING**

**1 Peter 3.18–22**

*A reading from the first letter of Peter*

Christ also suffered for sins once for all, the righteous for the unrighteous, in order to bring you to God. He was put to death in the flesh, but made alive in the spirit, in which also he went and made a proclamation to the spirits in

prison, who in former times did not obey, when God waited patiently in the days of Noah, during the building of the ark, in which a few, that is, eight persons, were saved through water. And baptism, which this prefigured, now saves you – not as a removal of dirt from the body, but as an appeal to God for a good conscience, through the resurrection of Jesus Christ, who has gone into heaven and is at the right hand of God, with angels, authorities, and powers made subject to him.

**Reader:** This is the Word of the Lord

**Thanks be to God**

**GOSPEL**

**Mark 1.9–15**

**Alleluia, Alleluia, Alleluia, Alleluia**

**Father we praise you as Lord, all of the earth gives you worship,  
for your majesty fills the heavens, fills the earth.**

**Alleluia, Alleluia, Alleluia, Alleluia**

*Hear the gospel of our Lord Jesus Christ according to Mark*

***Glory be to you, O Lord***

In those days Jesus came from Nazareth of Galilee and was baptized by John in the Jordan. And just as he was coming up out of the water, he saw the heavens torn apart and the Spirit descending like a dove on him. And a voice came from heaven, 'You are my Son, the Beloved; with you I am well pleased.' And the Spirit immediately drove him out into the wilderness. He was in the wilderness forty days, tempted by Satan; and he was with the wild beasts; and the angels waited on him. Now after John was arrested, Jesus came to Galilee, proclaiming the good news of God, and saying, 'The time is fulfilled, and the kingdom of God has come near; repent, and believe in the good news.'

*This is the Gospel of the Lord*

**Praise be to you, O**

**Christ Alleluia, Alleluia, Alleluia, Alleluia**

**POST COMMUNION**

Lord God,

you have renewed us with the living bread from heaven;

by it you nourish our faith,

increase our hope,

and strengthen our love:

teach us always to hunger for him

who is the true and living bread,

and enable us to live by every word

that proceeds from out of your mouth;  
through Jesus Christ our Lord.