

Wednesday Prayer

Parishes of West Rainton, Chilton Moor, Lumley and East Rainton

In the name of the Father,
and of the Son,
and of the Holy Spirit.

All Amen.

Grace, mercy and peace
from God our Father
and the Lord Jesus Christ
be with you

All and also with you.

Prayer of Preparation

**All Almighty God,
to whom all hearts are open,
all desires known,
and from whom no secrets are hidden:
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.**

Prayers of Penitence

Our Lord Jesus Christ said:

The first commandment is this:

‘Hear, O Israel, the Lord our God is the only Lord.

You shall love the Lord your God with all your heart,
with all your soul, with all your mind,
and with all your strength.’

The second is this: ‘Love your neighbour as yourself.’

There is no other commandment greater than these.

On these two commandments hang all the law and the prophets.

All Amen. Lord, have mercy.

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 Almighty God, our heavenly Father,
we have sinned against you
and against our neighbour
in thought and word and deed,
through negligence, through weakness,
through our own deliberate fault.
We are truly sorry
and repent of all our sins.
For the sake of your Son Jesus Christ,
who died for us,
forgive us all that is past
and grant that we may serve you in newness of life
to the glory of your name.
Amen.**

Almighty God,
who forgives all who truly repent,
have mercy upon *you*,
pardon and deliver *you* from all *your* sins,
confirm and strengthen *you* in all goodness,
and keep *you* in life eternal;
through Jesus Christ our Lord.
All Amen.

The 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.

¶ *The Liturgy of the Word* [↑](#)

Readings

Jonah 3

3 The word of the LORD came to Jonah a second time, saying, ²‘Get up, go to Nineveh, that great city, and proclaim to it the message that I tell you.’ ³So Jonah set out and went to Nineveh, according to the word of the LORD. Now Nineveh was an exceedingly large city, a three days’ walk across. ⁴Jonah began to go into the city, going a day’s walk. And he cried out, ‘Forty days more, and Nineveh shall be overthrown!’ ⁵And the people of Nineveh believed God; they proclaimed a fast, and everyone, great and small, put on sackcloth.

⁶When the news reached the king of Nineveh, he rose from his throne, removed his robe, covered himself with sackcloth, and sat in ashes. ⁷Then he had a proclamation made in Nineveh: ‘By the decree of the king and his nobles: No human being or animal, no herd or flock, shall taste anything. They shall not feed, nor shall they drink water. ⁸Human beings and animals shall be covered with sackcloth, and they shall cry mightily to God. All shall turn from their evil ways and from the violence that is in their hands. ⁹Who knows? God may relent and change his mind; he may turn from his fierce anger, so that we do not perish.’¹⁰ When God saw what they did, how they turned from their

evil ways, God changed his mind about the calamity that he had said he would bring upon them; and he did not do it.

This is the word of the Lord.

All Thanks be to God.

Gospel Reading

Praise to you, O Christ, King of eternal glory.

Your word is a lamp to my feet and a light to my path.

Praise to you, O Christ, King of eternal glory.

Hear the Gospel of our Lord Jesus Christ according to Mark

All Glory to you, O Lord.

Mark 8v31-end

³¹ Then he began to teach them that the Son of Man must undergo great suffering, and be rejected by the elders, the chief priests, and the scribes, and be killed, and after three days rise again. ³² He said all this quite openly. And Peter took him aside and began to rebuke him. ³³ But turning and looking at his disciples, he rebuked Peter and said, 'Get behind me, Satan! For you are setting your mind not on divine things but on human things.'

³⁴ He called the crowd with his disciples, and said to them, 'If any want to become my followers, let them deny themselves and take up their cross and follow me. ³⁵ For those who want to save their life will lose it, and those who lose their life for my sake, and for the sake of the gospel, ³⁶ will save it. ³⁶ For what will it profit them to gain the whole world and forfeit their life? ³⁷ Indeed, what can they give in return for their life? ³⁸ Those who are ashamed of me and of my words ³⁸ in this adulterous and sinful generation, of them the Son of Man will also be ashamed when he comes in the glory of his Father with the holy angels.'

This is the Gospel of the Lord.

All Praise to you, O Christ.

Sermon

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 of Intercession

With confidence and trust let us pray to the Father.
For the one holy catholic and apostolic Church ...
let us pray to the Father.
Lord of compassion,
in your mercy hear us.

For the mission of the Church,
that in faithful witness it may preach the gospel
to the ends of the earth,
let us pray to the Father.
Lord of compassion,
in your mercy hear us.

For those preparing for baptism [and confirmation] ...
and for their teachers and sponsors,
let us pray to the Father.
Lord of compassion,
in your mercy hear us.

For peace in the world ...
that a spirit of respect and reconciliation may grow
among nations and peoples,
let us pray to the Father.
Lord of compassion,
in your mercy hear us.

For the poor, the persecuted, the sick, and all who suffer ...
for refugees, prisoners, and all in danger;
that they may be relieved and protected,

let us pray to the Father.
Lord of compassion,
in your mercy hear us.

For those whom we have injured or offended,
let us pray to the Father.
Lord of compassion,
in your mercy hear us.

For grace to amend our lives and to further the reign of God,
let us pray to the Father.
Lord of compassion,
in your mercy hear us.

In communion with all those who have walked in the way of holiness ...
let us pray to the Father.
Lord of compassion,
in your mercy hear us.

God our Father,
in your love and goodness
you have taught us to come close to you in penitence
with prayer, fasting and generosity;
accept our Lenten discipline,
and when we fall by our weakness,
raise us up by your unfailing mercy;
through Jesus Christ our Lord.
Amen.

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

Let us pray with confidence as our Saviour has taught us

**All 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.**

Christ give you grace to grow in holiness,
to deny yourselves, take up your cross, and follow him;
and the blessing of God almighty,
the Father, the Son, and the Holy Spirit,
be among you and remain with you always.
All Amen.

Go in peace to love and serve the Lord.
All In the name of Christ. Amen.

Material in this service is taken from Common Worship: Services and Prayers for the Church of England (2000) (including the Psalter as published with Common Worship)

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