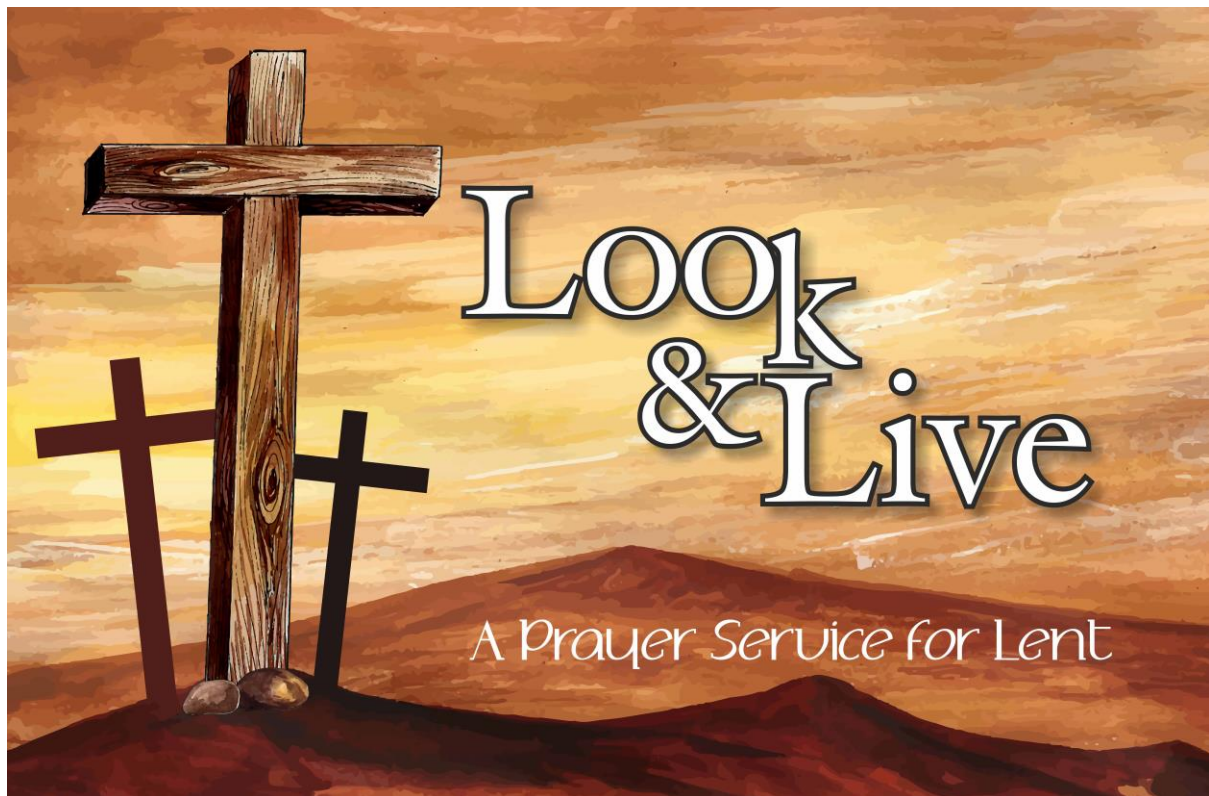




Look and Live

A Prayer Service for Lent

P: Lord of Heaven and Earth, we gather today in your name during this time of Holy Lent to seek your mercy and forgiveness in our life. You have known us from the beginning of time. You have known us in the depths of our dreams and in the darkness of our shame, You know us as your beloved. In a world that makes us feel neglected and rejected, may we rest in the knowledge that in your eyes, we are accepted and cherished. We ask for your presence to lead us during these days of reflection and introspection. Amen.

Opening Hymn

Forty days and forty nights
Thou wast fasting in the wild;
Forty days and forty nights
Tempted, and yet undefiled.

Sunbeams scorching all the day;
Chilly dew-drops nightly shed;
Prowling beasts about Thy way;
Stones Thy pillow; earth Thy bed.

Shall we not Thy sorrow share,
And from earthly joys abstain,
Fasting with unceasing prayer,
Glad with Thee to suffer pain?

So shall we have peace divine:
Holier gladness ours shall be;
Round us, too, shall angels shine,

Such as ministered to Thee.

Words: George Smyttan (1822-1870), Music: attributed to Martin Herbst (1654-1681)

Kauma

P. †Glory be to the Father our Creator, to the Son our Redeemer and to the Holy Spirit who sanctifies us.

C. As it was in the beginning, is now and ever shall be, world without end. Amen.

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

C. Blessed is He that has come and is to come again in the name of the Lord. Hosanna in the highest.

P. Holy art thou, O God.

C. Holy art thou, Almighty Lord.

P. Holy art thou, Immortal Lord.

C. O Lord, the Messiah who was crucified for us † have mercy on us.

(To be repeated thrice)

P. O Lord, have mercy on us.

C. O Lord, have mercy on us and bless us.

P. O Lord, accept our prayers and worship and have mercy on us.

C. Glory be to you, O God.

P. Glory be to you, O Creator.

C. Glory be to you, O King the Messiah; who has mercy on us sinners. Bless us, O Lord.

(Let us sing together the prayer that Jesus 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 done in heaven.**

Give us this day our daily bread.

And forgive us our debts as we forgive our debtors.

And lead us not into temptation, but deliver us from evil.

For thine is the kingdom, the power, and the glory, Forever. Amen.

(Cong to be seated)

1st Lesson: Jeremiah 33:6-11

2nd Lesson: Philemon 1:8-21

L: Meditation

Pope Francis: Lent calls us to Journey together in Hope

In his Message for Lent 2025, Pope Francis invites the faithful to "journey together in hope," and to take the opportunity of the upcoming Lenten Season to ask ourselves whether we are truly willing to heed God's call to change our lives. The central theme of the Lenten Message is encapsulated in the phrase "Let us journey together in hope," which ties into the broader theme - "Pilgrims of Hope."

The reflection focuses on conversion in our thinking and unfolds in three key dimensions: the importance of journeying, journeying together, and journeying with hope.

Our life of faith is a journey of transformation.

Recalling the biblical Exodus of the people of Israel from Egypt to the Promised Land, we are reminded that our lives too are journeys—one that should be directed toward God.

This journey is not merely a metaphorical one but involves a constant call to change, "to leave behind the occasions of sin" and situations that degrade our human dignity.

Pope Francis, therefore, urges us during this Lenten Season to examine our own lives: are they actively progressing on the path of spiritual renewal, or are they held back by fear and hopelessness or a reluctance to move out of our comfort zone?

Drawing a parallel between the Hebrew people's "arduous path from slavery to freedom" and the plight of modern migrants and refugees, we are to use this period as an opportunity to consider how we relate our own lives with the struggles of those who are forced to flee "situations of misery and violence in search of a better life" and "in this way discover what God is asking of us". This would be a good 'examination of conscience' for all of us wayfarers.

It is hard to think of the biblical exodus without also thinking of our brothers and sisters who in our own day are fleeing situations of misery and violence in search of a better life for themselves and their loved ones. A first call to transform thus comes from the realization that all of us are pilgrims in this life.

Let us ask ourselves in the presence of the Lord whether, as bishops, priests, consecrated persons and laity in the service of the Kingdom of God, we cooperate with others. Whether we show ourselves welcoming, with concrete gestures, to those both near and far. Whether we make others feel part of the community or keep them at a distance.

The third fundamental dimension of the Lenten journey is hope, anchored in God's promise of salvation and eternal life fulfilled in Jesus' Resurrection, the victory over sin and death.

Referencing Saint Teresa of Avila, the message urges the faithful to remain watchful and patient, understanding that God's promises will be fulfilled in His time.

This was the prayer of Saint Teresa of Avila: "Hope, O my soul, hope. You know neither the day nor the hour. Watch carefully, for everything passes quickly, even though your impatience makes doubtful what is certain, and turns a very short time into a long one."

<https://www.vaticannews.va>

Hymn – Calvary

On Calvary's brow my Savior died
'Twas there my Lord was crucified;

'Twas on the cross He bled for me,
And purchased there my pardon free.

O Calvary! dark Calvary!
Where Jesus shed His blood for me;
O Calvary! blest Calvary!
'Twas there my Savior died for me.

'Mid rending rocks and darkening skies
My Savior bows His head and dies;
The opening veil reveals the way
To life divine and endless day.

O Jesus, Lord, how can it be
That Thou shouldst give Thy life for me,
To bear the cross and agony
In that dread hour on Calvary!

Lyrics: William McKendree Darwood (1835-1914) Music: John Robson Sweney (1837-1899)

L: Evensong

Now that night is creeping
O'er our travail'd senses,
To Thy care unsleeping
We commit our sleep.
Nature for a season
Conquers our defences,
But the eternal Reason
Watch and Ward will keep.

All the soul we render
Back to Thee completely,
Trusting Thou wilt tend her
Through the deathlike hours,
And all night remake her
To Thy likeness sweetly,
Then with dawn awake her
And give back her powers.

Slumber's less uncertain
Brother soon will bind us
– Darker falls the curtain,
Stifling-close 'tis drawn:
But amidst that prison
Still Thy voice can find us,
And, as Thou hast risen,
Raise us in Thy dawn.

C.S. Lewis

Prayer of Confession

Kyrie Elieson, Kyrie Elieson, Kyrie Elieson
Lord have mercy, Christ have mercy, Lord have mercy

P: Heavenly Father, we come before you with humble hearts, acknowledging areas in our life where we have been negligent. We repent of our shortcomings and ask for your forgiveness.

C: Guide us to be more diligent and attentive to your call. May we be mindful of negligent practices that drag us down, be it in our faith, in our hope, in our love. Grant us the joy that comes from setting sail on this journey together. Help us to look for each other when we need reminders of community and togetherness. Use us as channels of peace, reflectors of love, providers of hope to lend a hand to the neglected, the downtrodden, the forgotten. In times when we feel like we have nothing, help us to rest assured that your steadfastness does not change. In Jesus' name, Amen.

Kyrie Elieson, Kyrie Elieson, Kyrie Elieson
Lord have mercy, Christ have mercy, Lord have mercy

Intercessory Prayers

L: We gather this morning to acknowledge and understand the power of forgiveness transforming into hope. We remember the blood that flowed down from the cross, the blood that was shed beyond measure, Your blood that was shed for ours. Dear God, we ask that you remind us to go within ourselves to derive the meaning behind our acts and decisions this season and that we are mindful of using this time as an opportunity to introspect, reflect and examine our lives and priorities. Help us to centre our living around you and your promises. May this period be one of germination of hope rather than stagnancy of faith so that we may come together on that glorious Easter morn to celebrate the power of endurance and perseverance.

C: *To be Sung*
There is life for a look at the Crucified One,
There is life at this moment for thee;
Then look, sinner, look unto Him and be saved,
Unto Him who was nailed to the tree.

Look! look! look and live!
There is life for a look at the Crucified One,
There is life at this moment for thee.

L: Today we reflect on the theme 'Jesus who holds together the Neglected'. At some point of our lives, we have all felt neglected or forgotten. Help us to know that though the world around us may seem to leave us behind, in your eyes, we belong. Teach us to go within ourselves to find a sense of belonging rather than chase behind external sources. In a world that is always loud, with the chaos of unhappiness and dissatisfaction, may we find silence, the kind that comes from contentment and joy rooted in you.

Lord, your love has influence wherever it is shown; a shoulder to lean on, a willing ear to listen, a helping hand, a gift given, or a selfless act.

We pray for politicians and leaders, all those in positions of authority, we pray that they will look to you for guidance. May they show your love and share your word through their actions and may their service be a blessing.

C: *To be Sung*
Oh, why was He there as the Bearer of sin,
If on Jesus thy guilt was not laid?
Oh, why from His side flowed the sin-cleansing blood,
If His dying thy debt has not paid?

Look! look! look and live!

***There is life for a look at the Crucified One,
There is life at this moment for thee.***

L: As we move further into this period of renewal, may we look to be refreshed. May this year provide new opportunities to understand the old story and may we examine the unchanged Word. As a community, give us new strength so that we can build places of belonging- an environment where all can share their gifts, know that they are loved, and see the light of Christ in all those they serve. Let us always remember that each of us is cherished, each of us is specially chosen and each of us is necessary. We pray this in Your name. Amen.

C: *To be Sung*

**Then take with rejoicing from Jesus at once
The life everlasting He gives;
And know with assurance, thou never canst die
Since Jesus, thy Righteousness, lives.**

Look! look! look and live!

***There is life for a look at the Crucified One,
There is life at this moment for thee.***

Gospel Reading

P: †Peace be with you all.

C: May the Lord make us all worthy to listen to His Word.

P: The Holy Gospel of our Lord Jesus Christ, which proclaims life and salvation to the world as recorded by Evangelist **Mark 1:40-45**

C: Blessed is He that has come and will come again. Praise to the Father who sent him for our Salvation. May His blessings be ever upon us.

P: In the days of Jesus Christ, our Lord and Saviour, the Word of life, God incarnate of the blessed Virgin Mary, it happened in this way.

C: So, we believe and affirm.

Mark 1:40-45

(After reading the Gospel, the priest says, †'Peace be with you all')

C: With you also. We thank you, Lord, that you have given us your gospel which is indeed the light of the world, that we may be drawn closer to you through the living words from your gospel which we have now heard.

The Nicene Creed

P: We believe in the one true God, the Father Almighty, Maker of heaven and earth, and of all things visible and invisible.

C: We believe in one Lord Jesus Christ, the only-begotten Son of God, begotten of the Father before all world; Light of Light, very God of very God; begotten, not made, being of one substance with the Father, by whom all things were made, who, for us men and for our salvation, came down from heaven, and was incarnate by the Holy Spirit of the Virgin Mary, and was made man. He was crucified† also for us in the days of Pontius Pilate; suffered and died and was buried. The third day He rose again, by His Father's holy will, ascended into heaven, and sits at the right hand of the

Father. He will come again, with glory, to judge both the living and the dead and of His kingdom there will be no end.

We believe in the Holy Spirit, the Lord and Giver of Life; who proceeds from the Father; who with the Father and the Son together is worshipped and glorified; who spoke by the prophets and the apostles. We believe in one Holy Catholic and apostolic Church. We acknowledge one baptism for the remission of sins; and look forward to the resurrection of the dead, and the new life of the world to come. Amen.

Birthday, Wedding Anniversary & Thanksgiving

There is a fountain filled with blood
Drawn from Immanuel's veins;
And sinners, plunged beneath that flood,
Lose all their guilty stains:
Lose all their guilty stains,
Lose all their guilty stains;
And sinners, plunged beneath that flood,
Lose all their guilty stains.

The dying thief rejoiced to see
That fountain in his day;
And there may I, though vile as he,
Wash all my sins away:
Wash all my sins away,
Wash all my sins away;
And there may I, though vile as he,
Wash all my sins away.

E'er since by faith I saw the stream
Thy flowing wounds supply,
Redeeming love has been my theme,
And shall be till I die:
And shall be till I die,
And shall be till I die;
Redeeming love has been my theme,
And shall be till I die.

Then in a nobler, sweeter song
I'll sing thy power to save
When this poor, lisping, stammering tongue
Lies silent in the grave:
Lies silent in the grave,
Lies silent in the grave;
When this poor, lisping, stammering tongue
Lies silent in the grave

William Cowper (1731-1800)

Announcements

Offertory

On a hill far away stood an old rugged cross,
the emblem of suffering and shame;

and I love that old cross where the dearest and best
for a world of lost sinners was slain.

*So I'll cherish the old rugged cross,
till my trophies at last I lay down;
I will cling to the old rugged cross,
and exchange it some day for a crown.*

Oh, that old rugged cross, so despised by the world,
Has a wondrous attraction for me;
For the dear Lamb of God left His glory above,
To bear it to dark Calvary.

In the old rugged cross, stained with blood so divine,
A wondrous beauty I see;
For 'twas on that old cross Jesus suffered and died,
To pardon and sanctify me.

George Bennard (1873-1958)

Message

(Cong. to stand)

Closing Prayer

P: God of mystery, we journey with Jesus during this Lenten season with certain hope that you will recreate our world so that all people will live in peace and justice.

C: Let us pray that as we begin the season of Lent we embrace the opportunity to:

Fast from hurting words and say kind words.
Fast from sadness and be filled with gratitude.
Fast from anger and be filled with patience.
Fast from pessimism and be filled with hope.
Fast from worries and have trust in God.
Fast from complaints and contemplate simplicity.
Fast from pressures and be prayerful.
Fast from bitterness and fill our hearts with joy.
Fast from selfishness and be compassionate to others.
Fast from grudges and be reconciled.
Fast from words and be silent so we can listen.

We pray that our only desire and our one choice is to choose what better leads to the deepening of God's life in us.

Benediction

P: Go now, and live in the spirit of your baptism,
even when you are led into wild and hard places.
With repentance and trust, give yourselves to God,
and with fasting and prayer,
strengthen yourselves against the ways of the tempter.

And may God enfold you in tender and lasting love.
May Christ be beside you in times of struggle.
And may the Spirit guide you back to the path whenever you stray,

that you may keep the covenant.
We go in peace to love and serve the Lord,
In the name of our Lord. Amen.

Doxology and Kiss of Peace

"Man of Sorrows," what a name
For the Son of God who came
Ruined sinners to reclaim!
Hallelujah! what a Savior!

Bearing shame and scoffing rude,
In my place condemned He stood;
Sealed my pardon with His blood;
Hallelujah! what a Savior!

When He comes, our glorious King,
To His kingdom us to bring,
Then anew this song we'll sing
Hallelujah! what a Savior!

Philip Paul Bliss (1838-1876)

[illegible]