

# Lent One

## Hymns

- 400 Lead us heavenly Father Lead us  
746 What a friend we have in Jesus  
31 Amazing grace

## Collect

Heavenly Father,  
Your Son battled with powers of darkness,  
And grew closer to you in the desert,  
Help us to use these days to grow  
In wisdom and prayer,  
That we may witness to your saving love in  
Jesus Christ our Lord. Amen

## Psalm 32

Happy the one whose transgression is forgiven,

◆ **and whose sin is covered.**

2 Happy the one to whom the Lord imputes no guilt,

◆ **and in whose spirit there is no guile.**

3 For I held my tongue;

◆ **my bones wasted away through my groaning all the day long.**

4 Your hand was heavy upon me day and night;

◆ **my moisture was dried up like the drought in summer.**

5 Then I acknowledged my sin to you

◆ **and my iniquity I did not hide.**

6 I said, 'I will confess my transgressions to the Lord,

◆ **and you forgave the guilt of my sin.**

7 Therefore let all the faithful make their prayers to you in time of trouble;

◆ **in the great water flood, it shall not reach them.**

8 You are a place for me to hide in;  
you preserve me from trouble;

◆ **you surround me with songs of deliverance.**

9 'I will instruct you and teach you  
in the way that you should go;

◆ **I will guide you with my eye.**

10 'Be not like horse and mule which have no understanding;

◆ **whose mouths must be held with bit and bridle, or else they will not stay near you.**

11 Great tribulations remain for the wicked,

◆ **but mercy embraces those who trust in the Lord.**

12 Be glad, you righteous, and rejoice in the Lord;

◆ **shout for joy, all who are true of heart**

Glory to the Father and to the Son  
and to the Holy Spirit;

◆ **as it was in the beginning is now and shall be for ever. Amen**

## New Testament Reading Romans 5:12-19

12 Therefore, just as sin came into the world through one man, and death came through sin, and so death spread to all because all have sinned - 13 sin was indeed in the world before the law, but sin is not reckoned when there is no law. 14 Yet death exercised dominion from Adam to Moses, even over those whose sins were not like the transgression of Adam, who is a type of the one who was to come.

15 But the free gift is not like the trespass. For if the many died through the one man's trespass, much more surely have the grace of God and the free gift in the grace of the one man, Jesus Christ, abounded for the many. 16 And the free

gift is not like the effect of the one man's sin. For the judgement following one trespass brought condemnation, but the free gift following many trespasses brings justification. 17 If, because of the one man's trespass, death exercised dominion through that one, much more surely will those who receive the abundance of grace and the free gift of righteousness exercise dominion in life through the one man, Jesus Christ.

18 Therefore just as one man's trespass led to condemnation for all, so one man's act of righteousness leads to justification and life for all. 19 For just as by the one man's disobedience the many were made sinners, so by the one man's obedience the many will be made righteous.

## Gospel Matthew 4:1-11

The Gospel of Christ according to Matthew  
**Glory to you, O Lord.**

### The Temptation of Jesus

4.1 Then Jesus was led up by the Spirit into the wilderness to be tempted by the devil.

2 He fasted for forty days and forty nights, and afterwards he was famished. 3 The tempter came and said to him, 'If you are the Son of God, command these stones to become loaves of bread.' 4 But he answered, 'It is written,

"One does not live by bread alone,  
but by every word that comes from the mouth of God."

5 Then the devil took him to the holy city and placed him on the pinnacle of the temple, 6 saying to him, 'If you are the Son of God, throw yourself down; for it is written, "He will command his angels concerning you", and "On their hands they will bear you up, so that you will not dash your foot against a stone."'

7 Jesus said to him, 'Again it is written, "Do not put the Lord your God to the test."'

8 Again, the devil took him to a very high mountain and showed him all the kingdoms of the world and their splendour; 9 and he said to him, 'All these I will give you, if you will fall down and worship me.' 10 Jesus said to him,

'Away with you, Satan! for it is written, "Worship the Lord your God, and serve only him."'

11 Then the devil left him, and suddenly angels came and waited on him.

This is the Gospel of the Lord.

**Praise to you, O Christ**

## Notices

Care Home Church Services-Today –  
Neath House 3pm & Highclere 4pm

Charity Directors' Meeting  
7pm Wednesday 25th February.  
Zoom Link to be issued late

### Chatterbox

Every Wednesday 10:30 am to 12:30pm.  
All Welcome - tea - coffee - cakes - meet & chat.

Zoom Prayers & Bible Study  
Friday 2pm Zoom Prayers.

Community Larder  
Every Tuesday from 11 - 12:30

Stantonbury Churches Newsletter  
Available by email or ask for a hard copy.  
Copy on inside Notice Board.

# THE CROSS AND STABLE

## A Sonnet for the third Temptation

Temples and Spires are good for looking down from;  
 You stand above the world on holy heights,  
 Here on the pinnacle, above the maelstrom,  
 Among the few, the true, unearthly lights.  
 Here you can breathe the thin air of perfection  
 And feel your kinship with the lonely star,  
 Above the shadow and the pale reflection,  
 Here you can know for certain who you are.  
 The world is stalled below, but you could move it  
 If they could know you as you are up here,  
 Of course they'll doubt, but here's your chance to prove it  
 Angels will bear you up, so have no fear....'  
 'I was not sent to look down from above  
 It's fear that sets these tests and proofs, not Love.'

*Malcolm Suite*

### In The Wilderness of Judea



## Contacts

<b>Sam Muthuveloe</b>	Minister	sam.muthuveloe@gmail.com
<b>Stephen Fletcher</b>	Lay Minister	sjf158@gmail.com 07428 118 450
<b>Wendy Allen-Campbell</b>	Secretary	campbell.w88@btinternet.com
<b>Nick Johnson</b>	Treasurer	nickjohnson38@outlook.com

<b>TODAY</b> Lent 1 Family Breakfast Club Led by Sam	<b>THIS SUNDAY</b> Psalm 32 Romans 5:12-19 Matthew 4:11-10	<b>NEXT SUNDAY:</b> Genesis 12.1-4a Psalm 121 Romans 4.1-5,13-17 John 3.1-17	<b>NEXT SUNDAY</b> Lent 2 Signed Communion Led by Peter
---	---	--	--

Cross and Stable is part of Stantonbury Ecumenical Partnership  
 Church of England • Baptist Union • Methodist Church • United Reformed Church