



## Worship at Home 9<sup>th</sup> March 2025 1<sup>st</sup> Sunday in Lent

### All the things that nourish us

#### Opening liturgy

We don't need the distractions, of a glitzy package, a brown paper bag does just fine.

*Give us this day our daily bread to feed our soul.*

To nourish our minds and warm our hearts, to enrich our faith, our belief, our life...

*Give us this day our daily bread to feed our soul.*

Let us never forget you are our God, the giver of love and joy and hope. O Lord our God, on this Lenten journey, *feed our souls this day we pray.*

#### Hymn StF 317

At the name of Jesus every knee shall bow, every tongue confess him King of Glory now. Tis the Fathers' pleasure, we should call him Lord, who from the beginning was the mighty Word.

Humbled for a season, to receive a name from the lips of sinners unto whom he came, faithfully he bore it, spotless to the last, brought it back victorious when from death he passed.

Bore it up triumphant with its human light, through all ranks of creatures to the central height, to the throne of Godhead, to the Fathers' breast; filled it with the glory of that perfect rest.

In your hearts enthrone him; there let him subdue all that is not holy, all that is not true; crown him as your captain in temptations hour: let his will enfold you in its light and power.

For this same Lord Jesus shall return again, with his Father's glory and his angel train; all the wreaths of empire meet upon his brow and our hearts confess him King of Glory now.

## Prayers

**Living God**, help us not just to express thankfulness, but to joyfully receive your gifts and faithfully make use of them in your service.

**Sovereign God**, you came to our world in Christ, bringing acceptance, wholeness and renewal; empower us now to open our lives to your generous pardon and unfailing love.

**Loving God**, we offer this and every day in worship, sustain us in our lives of service, uphold us in times of challenge and struggle.

**Faithful God**, as we reflect during Lent nourish us all in our journey of faith. Amen.

## Lords' Prayer

## Readings

Deuteronomy Chapter 8 verses 1-5

Luke Chapter 4 verses 1-13

## Reflection

Until I read the material for this week's worship, I have not really thought about a strong connection between Moses and his leadership of the people of Israel and this part of Jesus ministry. 40 days in the desert vaguely rings a bell in terms of the 40 years the people wandered in the desert on their escape from Egypt. But 40 is just a number the writers of the law liked?

All four of the gospel writers were, in differing ways and styles attempting to convince their readers that Jesus is most definitely the Messiah. So, all relevant connections between what happened to Moses and the people, when they first made their covenant with God and what happened in the life of Jesus are important for the gospel writers to highlight.

Jesus, in this reading from Luke, is experiencing the questions we all face – how do I live my life, what is the right thing to do with my gifts and skills, do I take short cuts, or make the long journey of experience and hard work?

Jesus push back on his temptation is to quote Moses in Deuteronomy 8 “Man shall not live on bread alone, but on every word that comes from the mouth of God” This is another reference to what happened in the desert, when God provided manna- basic, emergency food when none was available.

The picture that Luke gives us is of Jesus being hungry and tempted to make food appear without effort. It would be so easy to just take the bread and not think about the consequences. The wider story is what does Jesus choose to do-his rejection of the suggestions about taking power, worshipping Satan and demonstrating his ability to do miracles – is a statement of intention that is explored throughout his ministry. I am Messiah, but not a military leader, or magician.

This week the Lent material from the Methodist Church in Britain asks us to think about what “nourishes us”. The image of the paper lunch bag helps remind us that we need nothing fancy, but simple things, that put us in touch with our soul, help us communicate with God and energise us to share that gift of God’s love with others.

### **Hymn StF 161**

Speak O Lord, as we come to you to receive the food of your holy word. Take your truth, plant it deep in us; shape and fashion us in your likeness, that the light of Christ might be seen today in our acts of love and our deeds of faith. Speak, O Lord, and fulfil in us all your purposes, for your glory.

Teach us Lord, full obedience, holy reverence, true humility. Test our thoughts and our attitudes in the radiance of your purity. Cause our faith to rise, cause our eyes to see your majestic love and authority. Words of power that can never fail; let their truth prevail over unbelief.

Speak O Lord and renew our minds; help us grasp the heights of your plan for us. Truth unchanged from the dawn of time that will echo through eternity. And by grace we’ll stand on your promises, and by faith we’ll walk as you walk with us. Speak, O Lord, till your church is built and the earth is filled with your glory.

## Prayers

Loving God, we bring to you people who have insufficient food, who do not feel safe in their home, who live in a society that fails to protect them from harm. We recognise that this is the life of far too many people, across your world and we ask that you stir up the hearts of everyone to bring positive change.

We sometimes are distracted by the noise and glitter of things around us, help us to focus on you and choose what nourishes and energises us to bring you worship and action. Show us how we can help others. Amen

