

Welcome to a time of prayer and reflection. Let's be still and recognise that we are in the presence of God who is Father, Son and Holy Spirit. Amen.

In today's gospel we hear strong words from Jesus about what can and can't be forgiven. He calls us to clarity of vision so that we can recognise what is good and what is false in the world around us. As we come to this time of reflection, let's seek God's forgiveness for all that clouds our vision and distorts our giving and receiving of God's love, finding in God's mercy the power of the Holy Spirit's guidance in our own hearts.

Father, you come to meet us when we return to you:

Lord, have mercy.

Lord, have mercy.

Jesus, you died on the cross for our sins:

Christ, have mercy.

Christ, have mercy.

Spirit, you give us life and peace:

Lord, have mercy.

Lord, have mercy.

May the God of love and power forgive you and free you from your sins, heal and strengthen you by his Spirit and raise you to new life in Christ our Lord.
Amen

Let us pray:

O God,

the strength of all those who put their trust in you,

mercifully accept our prayers

and, because through the weakness of our mortal nature

we can do no good thing without you,

grant us the help of your grace,

that in the keeping of your commandments

we may please you both in will and deed;
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.

From the Gospel according to Mark: 3:20

Sermon (see attached text)

Let us pray:

For the unity of the Church in witness and proclamation of the Gospel ...;

let us pray to the Lord: R: Lord in your mercy, hear our prayer

For the peace and stability of all peoples

and for the leaders of the nations ...;

let us pray to the Lord: R

For places of work, education and leisure ...;

let us pray to the Lord: R

For a blessing on our homes;

for our relations and friends and all whom we love ...;

let us pray to the Lord: R

For the sick and suffering and all who minister to their needs ...;

let us pray to the Lord: R

For those we love and see no longer, all who have died recently or whose
anniversaries fall at this time, and for those who mourn

Let us pray to the Lord: R

Let us commend ourselves, and all for whom we pray,
to the mercy and protection of God.

For the coming of God's kingdom we pray in the words Jesus gave us:
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. Forgive us our trespasses as we forgive those who trespass against us. Lead us not into temptation but deliver us from evil. For thine is the kingdom, the power and the glory. Forever and ever, Amen.

Giving thanks for the communion we share through baptism with one another and with God in Christ Jesus our Lord we make an act of spiritual communion in the words of this prayer:

Thanks be to you, Lord Jesus Christ, for all the benefits you have given me, for all the pains and insults you have borne for me. As I cannot receive you sacramentally today, I ask you to come spiritually into my heart. O most merciful redeemer, friend and brother, may I know you more clearly, love you more dearly, and follow you more nearly, day by day. Amen.

God the Holy Trinity make you strong in faith and love,
defend you on every side,
and guide you in truth and peace;

And the blessing of God almighty,
the Father, the Son, and the Holy Spirit,
be among you and remain with you always.

All Amen.