



FIRST SUNDAY OF LENT



Christ in the Wilderness - Ivan Kramskoy (1892)

St Paul's Church • Ipswich
22 February 2026

GATHERING IN GOD'S NAME

Introit Hymn

How firm a foundation, you people of God [TIS 578]

The Invocation

Blessed be God: Father, Son and Holy Spirit.

Blessed be God's kingdom, now and for ever.

The Greeting

The grace of the Lord Jesus Christ, and the love of God, and the fellowship of the Holy Spirit, be with you all.

And also with you.

Welcome, Introduction & Acknowledgement of Country

Kids' Time with God

Scripture Sentence

We do not live by bread alone, but by every word that comes from the mouth of God.

Matthew 4.4

Prayer of Approach

**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.**

Kyrie eleison (Lord, have mercy)

Lord, have mercy.
Christ, have mercy.
Lord, have mercy.

Penitence

Hear, O Israel, the Lord our God, the Lord is one; you shall love the Lord your God with all your heart, and with all your soul, and with all your mind, and with all your strength.' Jesus said: 'This is the great and first commandment. And a second is like it: you shall love your neighbour as yourself.'

Compassion and forgiveness belong to the Lord our God, though we have rebelled and wandered far off.

Silence may be kept.

Let us then ask for mercy, confessing our sins in penitence and faith.

Merciful God,
our maker and our judge,
we have sinned against you
in thought, word and deed,
and in what we have failed to do:
we have not loved you with our whole heart;
we have not loved our neighbours as ourselves;
we repent and are sorry for all our sins.

Father, forgive us.
Strengthen us to love and obey you
in newness of life;
through Jesus Christ our Lord. Amen.

The Absolution

Almighty God,
who has promised forgiveness to all who turn to him in faith,
pardon you and set you free from all your sins,
strengthen you in all goodness
and keep you in eternal life,
through Jesus Christ our Lord. **Amen.**

Collect

Almighty God,
whose Son fasted forty days in the wilderness,
and was tempted as we are, yet did not sin:
give us grace to direct our lives in obedience to your will,
that, as you know our weakness,
so we may know your power to save;
through Jesus Christ our Redeemer,
who lives and reigns with you and the Holy Spirit,
one God, now and for ever. **Amen.**

THE MINISTRY OF THE WORD

First Reading

Genesis 2.15-17; 3.1-7

The Lord God took the man and put him in the garden of Eden to till it and keep it. And the Lord God commanded the man, 'You may freely eat of every tree of the garden; but of the tree of the knowledge of good and evil you shall not eat, for in the day that you eat of it you shall die.' Now the serpent was more crafty than any other wild animal that the Lord God had made. He said to the woman, 'Did God say, "You shall not eat from any tree in the garden"?' The woman said to the serpent, 'We may eat of the fruit of the trees in the garden; but God said, "You shall not eat of the fruit of the tree that is in the middle of the garden, nor shall you touch it, or you shall die." ' But the serpent said to the woman, 'You will not die; for God knows that when you eat of it your eyes will be opened, and you will be like God, knowing good and evil.' So when the woman saw that the tree was good for food, and that it was a delight to the eyes, and that the tree was to be desired to make one wise, she took of its fruit and ate; and she also gave some to her husband, who was with her, and he ate. Then the eyes of both were opened, and they knew that they were naked; and they sewed fig leaves together and made loincloths for themselves.

Hear the word of the Lord,

Thanks be to God.

Psalm 32

1 Blessed are those whose sin is forgiven:
whose iniquity is put away.

2 Blessed are those to whom the Lord imputes no blame:
and in whose spirit there is no guile.

3 For whilst I held my tongue:
my bones wasted away with my daily complaining.

4 Your hand was heavy upon me day and night:
and my moisture was dried up like a 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 so you forgave the wickedness of my sin.

7 For this cause shall everyone that is faithful
make their prayer to you in the day of trouble:
and in the time of the great water-flood,
it shall not come near them.

8 You are a place to hide me in,
you will preserve me from trouble:
you will surround me with deliverance on every side.

9 'I will instruct you, and direct you in the way that you should go:
I will fasten my eye upon you, and give you counsel.

10 'Be not like horse or mule, that have no understanding:
whose forward course must be curbed with bit and bridle.'

11 Great tribulations remain for the ungodly:
but whoever puts their trust in the Lord,
mercy embraces them on every side.

12 Rejoice in the Lord, you righteous, and be glad:
and shout for joy, all you that are true of heart.

Second Reading

Romans 5.12-21

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— sin was indeed in the world before the law, but sin is not reckoned when there is no law. 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. 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. 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. 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. 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. 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. But law came in, with the result that the trespass multiplied; but where sin increased, grace abounded all the more, so that, just as sin exercised dominion in death, so grace might also exercise dominion through justification leading to eternal life through Jesus Christ our Lord.

Hear the word of the Lord,

Thanks be to God.

Gradual Hymn

Rock of ages, cleft for me [TIS 222]

The Lord be with you.

And also with you.

The Gospel of our Lord Jesus Christ according to St Matthew.

Glory to you Lord Jesus Christ.

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

He fasted for forty days and forty nights, and afterwards he was famished.

The tempter came and said to him, ‘If you are the Son of God, command these stones to become loaves of bread.’

But he answered, ‘It is written,

“One does not live by bread alone,

but by every word that comes from the mouth of God.” ’

Then the devil took him to the holy city and placed him on the pinnacle of the temple,

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.” ’

Jesus said to him, ‘Again it is written, “Do not put the Lord your God to the test.” ’

Again, the devil took him to a very high mountain and showed him all the kingdoms of the world and their splendour;

and he said to him, ‘All these I will give you, if you will fall down and worship me.’

Jesus said to him, ‘Away with you, Satan! for it is written,

“Worship the Lord your God,

and serve only him.” ’

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

This is the Gospel of the Lord

Praise to you Lord Jesus Christ.

The Sermon

AFFIRMATION OF FAITH

Let us together affirm the faith of the church.

**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 of the Holy Spirit and the Virgin Mary
and became truly human.**

**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 THE FAITHFUL

The celebrant says.

Let us pray for the world God loves, for the Church Christ serves, and for the life of the Spirit among us.

A minister continues

Holy One of the wilderness,
you lead us by quiet waters and through dry country alike.
In this Lenten desert, may your Church unlearn its distractions and learn again your voice.

We pray for Jeremy our Archbishop, for Cameron our Regional Bishop, and for all who shepherd your people in this land of wide skies and ancient wisdom. May they and we be attentive to the whisper of your Spirit, finding grace not only in our strength but in our dependence on you.

Lord, in your mercy,
hear our prayer.

God of all nations and peoples,
your Son entered the wilderness of our humanity so that none should wander alone. We pray for your world — for those whose days know only the heat conflict or shadowed by fear.

Grant wisdom to leaders, courage to peacemakers, and renewal to the earth itself — especially in this continent of sacred ground and fragile beauty. Teach us to live gently, to walk humbly, and to act justly.

Lord, in your mercy,
hear our prayer.

God of companionship,
in cities and country towns, in homesteads and on homeless streets, your Spirit still moves over the waters of our shared life. Bless those who work for the welfare of others — carers, teachers, nurses, and all who bring hope to their neighbour. In our fasting and prayer, may we rediscover kindness; in our giving, may we remember joy.

Lord, in your mercy,
hear our prayer.

God of compassion,
we remember before you all who are ill, anxious, or broken in spirit.
In the quiet of this moment we name them in our hearts. Wrap
them in your mercy, and let them know that even in trial you are
near.

Lord, in your mercy,
hear our prayer.

Eternal God,
you hold the saints of every generation in the palm of your hand.
We remember before you those whose earthly pilgrimage is
complete — especially the faithful departed of this parish, and those
dear to us. May they find peace in your eternal love,
and may light perpetual shine upon them.

Lord, in your mercy
Hear our prayer

God of the journey,
as your Spirit drove Jesus into the wilderness,
so lead us through these Lenten days:
from self-reliance to trust,
from comfort to compassion,
from dust to resurrection hope.

In Christ who walks with us still.

Lord, in your mercy
Hear our prayer

Please join me as we pray the Ipswich Anglicans Prayer together:

**God of new beginnings,
bless our Ipswich Anglican community
with a fresh vision for the future,
with generous hearts to love one another,
and with courage for the changes we now embrace.
Draw us more deeply into the mystery of Christ,
so that we draw closer to you and to each other.
Make us a blessing to the city of Ipswich**

**as we walk together
into the future you have prepared for us;
through Jesus Christ our Lord. Amen**

Almighty God, you have promised to hear our prayers.
**Grant that what we have asked in faith
we may by your grace receive,
through Jesus Christ our Lord. Amen.**

GREETING OF PEACE

Christ has reconciled us to God in one body by the cross.
We meet in his name and share his peace.
The peace of the Lord be always with you.
And also with you.

Offertory Hymn

Praise to the Holiest in the height [TIS 141]

Blessed are you, Lord, God of all creation.
Through your goodness we have this bread to offer,
which earth has given and human hands have made.
It will become for us the bread of life
Blessed be God for ever.

Blessed are you, Lord, God of all creation.
Through your goodness we have this wine to offer.
Fruit of the vine and work of human hands,
it will become our spiritual drink
Blessed be God for ever.

Blessed are you, Lord, God of all creation.
Through your goodness we have these gifts to share.
Accept and use our offerings for your glory
and for the service of your kingdom.
Blessed be God for ever.

THE GREAT THANKSGIVING

The Lord be with you.

And also with you.

Lift up your hearts.

We lift them to the Lord.

Let us give thanks to the Lord our God.

It is right to give our thanks and praise.

All glory and honour be yours always and everywhere,
mighty Creator, everliving God.

We give you thanks and praise for your Son,
our Saviour Jesus Christ,
who by the power of your Spirit was born of Mary
and lived as one of us.

He was tempted in every way as we are,
yet he did not sin.

By his death on the cross
and rising to new life,
he offered the one true sacrifice for sin
and obtained an eternal deliverance for his people
By his grace we are able
to triumph over every evil,
and to walk in the way of his love.

Therefore with angels and archangels,
and with all the company of heaven,
we proclaim your great and glorious name,
for ever praising you and saying:

**Holy, holy, holy Lord, God of power and might,
Heaven and earth are full of your glory.**

Hosanna in the highest.

**Blessed is he who comes in the name of the Lord.
Hosanna in the highest.**

Holy and gracious God,
all creation rightly gives you praise.
All life, all holiness, comes from you
through your Son, Jesus Christ our Lord,
whom you sent to share our human nature,
to live and die as one of us,
to reconcile us to you,
the God and Father of all.

Hear us, merciful Lord;
through Christ accept our sacrifice of praise;
and, by the power of your Word and Holy Spirit,
sanctify this bread and wine,
that we who share in this holy sacrament
may be partakers of Christ's body and blood.

Who, when his hour had come,
on the night before he went up to the cross
to make full atonement for the sins of the whole world,
offering once for all his one sacrifice of himself,
took bread and gave you thanks;
he broke it and gave it to his disciples, saying,
'Take, eat:
this is my body which is given for you;
do this in remembrance of me.'

In the same way, after supper
he took the cup and gave you thanks;
he gave it to them, saying,
'Drink this, all of you;
this is my blood of the new covenant
which is shed for you and for many
for the forgiveness of sins.
Do this, as often as you drink it,
in remembrance of me.'

Let us proclaim the mystery of faith:

Christ has died.

Christ is risen.

Christ will come again.

Therefore, in obedience to his command,
we commemorate and celebrate
his saving passion and death,
his mighty resurrection and ascension into heaven
and we eagerly await his coming again in glory.

We thank you that by your grace alone
you have accepted us in Christ;
and here we offer you a spiritual sacrifice,
holy and acceptable in your sight.

Through Christ, receive this our duty and service,
and grant that we who eat and drink these holy gifts
may, by your Holy Spirit,
be one body in Christ,
and serve you in unity and peace.

In your grace and mercy,
bring us to the joy of your eternal kingdom
with all the company of the redeemed.
May we praise you in union with them,
and give you glory through your Son, Jesus Christ.
Through him, with him, in him,
in the unity of the Holy Spirit,
we worship you, Father eternal,
in songs of never-ending praise:

**Blessing and honour and glory and power
are yours for ever and ever. Amen.**

The Lord's Prayer

As our Saviour Christ has taught us, we are confident to pray,

**Our Father in heaven,
hallowed be your name,
your kingdom come,
your will be done,
on earth as in heaven.**

Give us today our daily bread.

**Forgive us our sins
as we forgive those who sin against us.**

**Save us from the time of trial
and deliver us from evil.**

**For the kingdom, the power, and the glory are yours
now and for ever. Amen.**

As this broken bread was once many grains,
which have been gathered together and made one bread:
**so may your Church be gathered
from the ends of the earth into your kingdom.**

Agnus Dei

**Jesus, Lamb of God, have mercy on us.
Jesus, bearer of our sins, have mercy on us.
Jesus, redeemer of the world, grant us your peace.**

Invitation to the Table

The gifts of God for the people of God.
Holy things for holy people.
Broken things for broken people.

Please note that intinction (dipping the bread) is forbidden as it is a health risk; it also introduces gluten to the wine, which is a further health risk to those who have a gluten allergy. Please ask the priest if you require a gluten free wafer.

If you do not wish to drink from the cup but want to acknowledge the sacramental presence, please feel free to pause briefly before the chalice and say 'Amen'.

THE SENDING OUT OF GOD'S PEOPLE

Prayer after Communion

God of life and death,
from the fullness of yourself
you have created all that is;
through the power of your love
you call us towards you;
in the giving of your Son
our salvation has been wrought.
Our flowering and our passing,
all the seasons of the vine,
belong to you.
Bless us now and in all our days,
through Jesus Christ our Lord. **Amen.**

Kids' Time With God

Notices

Blessing

Christ our Saviour draw you to himself,
that you may find in him crucified
a sure ground for faith,
a firm support for hope,
and the assurance of sin forgiven;
and the blessing of God almighty,
the Father, the Son, and the Holy Spirit,
be among you and remain with you always. **Amen**

Go in peace to love and serve the Lord.

In the name of Christ. Amen.

Recessional Hymn

O Jesus I have promised [TIS 595]

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