

Lunchtime Eucharist
Thursday, 26 March
12.15pm



St Paul's Cathedral
Together transforming our City and Diocese

WELCOME AND GREETING

The Lord be with you.
And also with you.

THE PRAYER OF PREPARATION

Let us pray.

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.

'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.'

All kneel or sit for

THE CONFESSION AND ABSOLUTION

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

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.**

PRAYER OF THE WEEK

Let us pray.

Almighty God,
in Christ you make all things new:
transform the poverty of our nature
by the riches of your grace,
and by the renewal of our lives
make known your heavenly glory;
through Jesus Christ, our Lord. **Amen.**

THE FIRST READING

A Reading from the Book Exodus, chapter 32, beginning to read at verse 7:

7 The Lord said to Moses, 'Go down from Mount Sinai at once! Your people, whom you brought up out of the land of Egypt, have acted perversely; ⁸ they have been quick to turn aside from the way that I commanded them; they have cast for themselves an image of a calf, and have worshipped it and sacrificed to it, and said, "These are your gods, O Israel, who brought you up out of the land of Egypt!" ' ⁹ The Lord said to Moses, 'I have seen this people, how stiff-necked they are. ¹⁰ Now let me alone, so that my wrath may burn hot against them and I may consume them; and of you I will make a great nation.'

11 But Moses implored the Lord his God, and said, 'O Lord, why does your wrath burn hot against your people, whom you brought out of the land of Egypt with great power and with a mighty hand? ¹² Why should the Egyptians say, "It was with evil intent that he brought them out to kill them in the mountains, and to consume them from the face of the earth"? Turn from your fierce wrath; change your mind and do not bring disaster on your people. ¹³ Remember Abraham, Isaac, and Israel, your servants, how you swore to them by your own self, saying to them, "I will multiply your descendants like the stars of heaven, and all this land that I have promised I will give to your descendants, and they shall inherit it for ever." ' ¹⁴ And the Lord changed his mind about the disaster that he planned to bring on his people.

Hear the word of the Lord,
thanks be to God.

THE PSALM

The portion of Psalm appointed: verses 20-24 of Psalm 106, on page 335 APBA:

20 At Horeb they made themselves a calf:
and bowed down in worship to an image.
21 And so they exchanged the glory of God:
for the likeness of an ox that eats hay.
22 They forgot God who was their saviour:
that had done such great things in Egypt,
23 Who had worked his wonders in the land of Ham:
and his terrible deeds at the Red Sea.
24 Therefore he thought to destroy them:
had not Moses his servant stood before him in the breach,
to turn away his wrath from destroying them.
25 Then they despised the pleasant land:

THE GOSPEL READING

The Lord be with you. **And also with you.**

The Holy Gospel of our Lord Jesus Christ according to St John [5.31-47]:
Glory to you, Lord Jesus Christ.

31 Jesus said to the people: 'If I testify about myself, my testimony is not true. 32 There is another who testifies on my behalf, and I know that his testimony to me is true. 33 You sent messengers to John, and he testified to the truth. 34 Not that I accept such human testimony, but I say these things so that you may be saved. 35 John was a burning and shining lamp, and you were willing to rejoice for a while in his light. 36 But I have a testimony greater than John's. The works that the Father has given me to complete, the very works that I am doing, testify on my behalf that the Father has sent me. 37 And the Father who sent me has himself testified on my behalf. You have never heard his voice or seen his form, 38 and you do not have his word abiding in you, because you do not believe him whom he has sent. 39 You search the scriptures because you think that in them you have eternal life; and it is they that testify on my behalf. 40 Yet you refuse to come to me to have life. 41 I do not accept glory from human beings. 42 But I know that you do not have the love of God in you. 43 I have come in my Father's name, and you do not accept me; if another comes in his own name, you will accept him. 44 How can you believe when you accept glory from one another and do not seek the glory that comes from the one who alone is God? 45 Do not think that I will accuse you before the Father; your accuser is Moses, on whom you have set your hope. 46 If you believed Moses, you would believe me, for he wrote about me. 47 But if you do not believe what he wrote, how will you believe what I say?'

For the Gospel of the Lord, **praise to you, Lord Jesus Christ.**

Please sit for

THE SERMON

THE PRAYERS OF THE PEOPLE

Let us pray for the world and for the Church.

We give thanks for the beauty and abundance of the earth. Give us and all peoples grace to live in harmony with your creation, wisdom and generosity in our use of its bounty.

Lord, in your mercy, **hear our prayer.**

We give thanks for leaders who serve the common good. Give wisdom to those who have responsibility and authority in every land, that we may share with justice the resources of the world, and work together in trust.

Lord, in your mercy, **hear our prayer.**

We give thanks for this land and the diversity of its peoples. Grant that we may so honour one another that all may be enriched by our common heritage and freed from despair, poverty and exclusion.

Lord, in your mercy, **hear our prayer.**

We give thanks for the good news of salvation for all people. Strengthen us for our work in the world, empower your Church to proclaim the gospel in service, word and sacrament. Unite in the truth all who confess your name, that we may live together in love to your glory.

Lord, in your mercy, **hear our prayer.**

We give thanks for the fellowship of the communities in which we live and work. We commend to your keeping ourselves and each other, our families, those with whom we work and learn, our neighbours and our friends. Enable us by your Spirit to live in love for you and for one another.

Lord, in your mercy, **hear our prayer.**

We give thanks that you are the God who brings mercy and wholeness. Comfort and heal, we pray, all who are in sorrow, need, sickness, or any other trouble. Give to those who care for them wisdom, patience and gentleness and, to us all, your peace.

Lord, in your mercy, **hear our prayer.**

We give you thanks for your servants in every age. Grant that we, with all your saints, may be brought to a joyful resurrection and the fulfilment of your kingdom.

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.**

Please stand for the

THE GREETING OF PEACE

We are the body of Christ. **His Spirit is with us.**
The peace of the Lord be always with you. **And also with you.**

Blessed are you, Lord, God of all creation.
Through your goodness we have these gifts to share.
Accept and use us 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.**

Merciful God, we thank you
for these gifts of your creation,
this bread and wine,
and we pray that by your Word and Holy Spirit,
we who eat and drink them
may be partakers of Christ's body and blood.

On the night he was betrayed Jesus took bread;
and when he had given you thanks
he broke it, and gave it to his disciples, saying,
'Take, eat. This is my body given for you.
Do this in remembrance of me.'

After supper, he took the cup,
and again giving you thanks
he gave it to his disciples, saying, 'Drink from this, all of you.
This is my blood of the new covenant
shed for you and for many for the forgiveness of sins.
Do this, as often as you drink it, in remembrance of me.'

Therefore we do as our Saviour has commanded:
proclaiming his offering of himself
made once for all upon the cross,
his mighty resurrection and glorious ascension,
and looking for his coming again,
we celebrate, with this bread and this cup,
his one perfect and sufficient sacrifice
for the sins of the whole world.

Let us proclaim the mystery of faith
Christ has died. Christ is risen. Christ will come again.

Renew us by your Holy Spirit, unite us in the body of your Son,
and bring us with all your people
into the joy of your eternal kingdom;
through Jesus Christ our Lord, with whom, and in whom,
in the fellowship of the Holy Spirit,
we worship you, Father, 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 we join our prayers with those of the Church Universal, so we pray, each in
our own language, the prayer that our Saviour Jesus Christ has commanded
and taught us:

**Notre Père..., Padre nuestro..., Vater unser...,
我們在天上的父 ..., 天の父よ ..., Our Father who art ...**

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.

THE BREAKING OF THE BREAD AND THE COMMUNION

**We break this bread to share in the body of Christ.
We who are many are one body,
for we all share in the one bread.**

INVITATION TO COMMUNION

**Jesus, Lamb of God,
have mercy on us.**

**Jesus, bearer of our sins,
have mercy on us.**

**Jesus, redeemer of the world,
grant us peace.**

**Jesus is the Lamb of God
who takes away the sin of the world.
Blessed are those who are called to his supper.
Lord, I am not worthy to receive you,
but only say the word, and I shall be healed.**

POST COMMUNION PRAYER

Compassionate and loving God, through your Son Jesus Christ you have fed us and have reconciled your people to yourself. Following his example of fasting and prayer, may we obey you with willing hearts and serve one another in holy love. Father, we offer ourselves to you as a living sacrifice through Jesus Christ our Lord. Send us out in the power of your Spirit to live and work to your praise and glory.

THE BLESSING AND DISMISSAL

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.

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