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**ST THEODORE'S, TOORAK GARDENS**

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**LENT 1  
9 MARCH 2025**



## WELCOME

St Theodore's is an active, caring and supportive community which values liturgy, prayer and preaching to sustain our daily lives, as we seek to foster love, hope and justice to all. You are welcome here as you are, embraced within God's boundless love. It is good to have you here today and we hope that you will feel at home.

## PRAYING WITH CANDLES AND STONES

As you enter our church, there are two stations for prayer. One is an invitation to light a candle, symbolising our praying for each other before God. The other is an invitation to drop stones into a bowl of water, symbolising letting go of something (or someone) weighing us down.

## ADMINISTRATION OF COMMUNION

All are welcome to receive Holy Communion and/or receive anointing for healing at the back. Due to Covid precautions, intinction (dipping) into the wine is prohibited.

*If you do not wish to drink the wine, we invite you to pause briefly before the chalice to acknowledge the sacramental presence.*

## LIVE-STREAMING

Our 9:30am Sunday Service is live-streamed on Facebook Live. During administration of communion, the camera is adjusted so that no one coming forward is visible online, but this cannot be guaranteed.

## HEARING ASSISTANCE SYSTEM

We have a Hearing Assistance System available on Wi-Fi, usable with or without hearing aids. Please ask the stewards for assistance.

Please email [office@theodores.org](mailto:office@theodores.org) to join our mailing list.

*Please stand if you wish*

**PROCESSIONAL HYMN: CP 95 "FORTY DAYS AND FORTY NIGHTS"**

- 1 Forty days and forty nights  
you were fasting in the wild;  
forty days and forty nights  
tempted, and yet undefiled.
  
- 2 Sunbeams scorching all the day;  
chilly dew-drops nightly shed;  
prowling beasts about thy way;  
stones thy pillow, earth thy bed.
  
- 3 Shall not we your sorrow share  
and from worldly joys abstain,  
fasting with unceasing prayer,  
glad with thee to suffer pain?
  
- 4 So shall we have peace divine;  
holier gladness ours shall be;  
round us, too, shall angels shine,  
such as ministered to thee.
  
- 5 Keep, O keep us, Saviour dear,  
ever constant by thy side,  
that with thee we may appear  
at the eternal Eastertide.

Music: M Herbst (1654-1681)  
Words: G H Smyttan (1822-1870) and  
Francis Pott (1832-1909)  
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**ACKNOWLEDGEMENT**

As we gather in worship, we acknowledge the Kurna People as the traditional owners and custodians of this land.  
**May we walk together in harmony in a spirit of reconciliation.**

## INVOCATION AND GREETING

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

Bless the Lord who forgives all our sins.  
**whose mercy endures for ever.**

† Blessed be God: Father, Son and Holy Spirit.  
**Blessed be God's kingdom, now and for ever.**

## WELCOME

## OPENING SENTENCE

Worship the Lord your God, and serve only him. (Luke 4.8)

## 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.**

## KYRIES

**Lord, have mercy  
Christ, have mercy  
Lord, have mercy**

## CONFESSION AND ABSOLUTION

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.**

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 DAY

O saving God,  
who led your people through the wilderness  
and brought them to the promised land:  
so guide us that, following our Saviour,  
we may walk through the wilderness of this world  
and be brought to the glory of the world which is to come;  
through your Son, Jesus Christ our Lord,  
who lives and reigns with you and the Holy Spirit,  
one God, now and for ever. **Amen.**

*Please be seated*

## FIRST READING: DEUTERONOMY 26.1-11

<sup>1</sup> When you have come into the land that the Lord your God is giving you as an inheritance to possess, and you possess it, and settle in it, <sup>2</sup> you shall take some of the first of all the fruit of the ground, which you harvest from the land that the Lord your God is giving you, and you shall put it in a basket and go to the place that the Lord your God will choose as a dwelling for his name. <sup>3</sup> You shall go to the priest who is in office at that time, and say to him, 'Today I declare to the Lord your God that I have come into the land that the Lord swore to our ancestors to give us.'

<sup>4</sup> When the priest takes the basket from your hand and sets it down before the altar of the Lord your God, <sup>5</sup> you shall make this response before the Lord your God: 'A wandering Aramean was my ancestor; he went down into Egypt and lived there as an alien, few in number, and there he became a great nation, mighty and populous. <sup>6</sup> When the Egyptians treated us harshly and afflicted us, by imposing hard labour on us, <sup>7</sup> we cried to the Lord, the God of our ancestors; the Lord heard our voice and saw our affliction, our toil, and our oppression.

<sup>8</sup> The Lord brought us out of Egypt with a mighty hand and an outstretched arm, with a terrifying display of power, and with signs and wonders; <sup>9</sup> and he brought us into this place and gave us this land, a land flowing with milk and honey. <sup>10</sup> So now I bring the first of the fruit of the

ground that you, O Lord, have given me.' You shall set it down before the Lord your God and bow down before the Lord your God. <sup>11</sup> Then you, together with the Levites and the aliens who reside among you, shall celebrate with all the bounty that the Lord your God has given to you and to your house.

For the word of the Lord,  
**Thanks be to God.**

## **PSALM 91.1-2; 91.9-16**

### **Response: O Lord you are my refuge and my strength**

<sup>1</sup> Those who dwell in the shelter of the Most High:  
who abide under the shadow of the Almighty,

<sup>2</sup> They will say to the Lord

'You are my refuge and my stronghold:  
my God in whom I trust.' **R**

<sup>9</sup> The Lord himself is your refuge:

you have made the Most High your stronghold.

<sup>10</sup> Therefore no harm will befall you:

nor will any scourge come near your tent. **R**

<sup>11</sup> For he will command his angels:

to keep you in all your ways.

<sup>12</sup> They will bear you up in their hands:

lest you dash your foot against a stone. **R**

<sup>13</sup> You will tread on the lion and the adder:

the young lion and the serpent

you will trample under foot. **R**

<sup>14</sup> 'You have set your love upon me,' says the Lord,

'and therefore I will deliver you:

I will lift you out of danger,

because you have known my name. **R**

<sup>15</sup> 'When you call upon me I will answer you:

I will be with you in trouble,

I will rescue you and bring you to honour.

<sup>16</sup> 'With long life I will satisfy you:

and fill you with my salvation.' **R**

## SECOND READING: ROMANS 10.4-13

<sup>4</sup> For Christ is the end of the law so that there may be righteousness for everyone who believes.

<sup>5</sup> Moses writes concerning the righteousness that comes from the law, that 'the person who does these things will live by them.' <sup>6</sup> But the righteousness that comes from faith says, 'Do not say in your heart, "Who will ascend into heaven?" ' (that is, to bring Christ down) <sup>7</sup> 'or "Who will descend into the abyss?" ' (that is, to bring Christ up from the dead). <sup>8</sup> But what does it say?

'The word is near you,  
on your lips and in your heart'

(that is, the word of faith that we proclaim); <sup>9</sup> because if you confess with your lips that Jesus is Lord and believe in your heart that God raised him from the dead, you will be saved. <sup>10</sup> For one believes with the heart and so is justified, and one confesses with the mouth and so is saved. <sup>11</sup> The scripture says, 'No one who believes in him will be put to shame.' <sup>12</sup> For there is no distinction between Jew and Greek; the same Lord is Lord of all and is generous to all who call on him. <sup>13</sup> For, 'Everyone who calls on the name of the Lord shall be saved.'

For the word of the Lord,  
**Thanks be to God.**

*Please stand if you wish*

## GRADUAL HYMN: CP 97 "LORD JESUS, THINK ON ME"

1 Lord Jesus, think on me,  
and purge away my sin;  
from earth-born passions set me free,  
and make me pure within.



- 2 Lord Jesus, think on me,  
with many a care opprest,  
let me thy loving servant be,  
and taste thy promised rest.
- 3 Lord Jesus, think on me,  
nor let me go astray;  
through darkness and perplexity  
point thou the heavenly way.
- 4 Lord Jesus, think on me,  
that, when the flood is past,  
I may eternal brightness see,  
and share thy joy at last.

Music: William Daman (1540-1591)  
Words: Synesius of Cyrene (365-414)  
© Common Praise 2001

## THE GOSPEL

**Praise to you Lord Jesus Christ.  
King of endless glory.**

**One does not live on / bread alone  
But on every word that comes from the / mouth of God**

**Praise to you Lord Jesus Christ.  
King of endless glory.**

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

The Holy Gospel according to Luke 4.1-15  
**‡ Glory to you, Lord Jesus Christ.**

<sup>1</sup> Jesus, full of the Holy Spirit, returned from the Jordan and was led by the Spirit in the wilderness, <sup>2</sup> where for forty days he was tempted by the devil. He ate nothing at all during those days, and when they were over, he was famished. <sup>3</sup> The devil said to him, 'If you are the Son of God,

command this stone to become a loaf of bread.’<sup>4</sup> Jesus answered him, ‘It is written, “One does not live by bread alone.” ’

<sup>5</sup> Then the devil led him up and showed him in an instant all the kingdoms of the world. <sup>6</sup> And the devil said to him, ‘To you I will give their glory and all this authority; for it has been given over to me, and I give it to anyone I please. <sup>7</sup> If you, then, will worship me, it will all be yours.’ <sup>8</sup> Jesus answered him, ‘It is written,

“Worship the Lord your God,  
and serve only him.”

<sup>9</sup> Then the devil took him to Jerusalem, and placed him on the pinnacle of the temple, saying to him, ‘If you are the Son of God, throw yourself down from here, <sup>10</sup> for it is written,

“He will command his angels concerning you,  
to protect you”,

<sup>11</sup> and

“On their hands they will bear you up,  
so that you will not dash your foot against a stone.”

<sup>12</sup> Jesus answered him, ‘It is said, “Do not put the Lord your God to the test.” ’ <sup>13</sup> When the devil had finished every test, he departed from him until an opportune time.

<sup>14</sup> Then Jesus, filled with the power of the Spirit, returned to Galilee, and a report about him spread through all the surrounding country. <sup>15</sup> He began to teach in their synagogues and was praised by everyone.

This is the Gospel of the Lord.  
**Praise to you, Lord Jesus Christ.**

## SERMON

*The sermon is followed by a time of silence for reflection.*

## THE PRAYERS OF THE PEOPLE

Let us pray for the world and for the Church.

*Response:*

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

*The prayers are followed by a time of silence for reflection.*

Compassionate 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 if you wish*

## 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.**

## OFFERTORY HYMN: CP 96 "JESU, LOVER OF MY SOUL"

1 Jesu, lover of my soul,  
let me to thy bosom fly,  
while the nearer waters roll,  
while the tempest still is high;  
hide me, O my Saviour, hide,  
till the storm of life is past;  
safe into the haven guide,  
O receive my soul at last.

- 2 Other refuge have I none,  
hangs my helpless soul on thee;  
leave, ah, leave me not alone,  
still support and comfort me.  
All my trust on thee is stayed,  
all my help from thee I bring;  
cover my defenseless head  
with the shadow of thy wing.
- 3 Thou, O Christ, art all I want;  
more than all in thee I find;  
raise the fallen, cheer the faint,  
heal the sick, and lead the blind.  
Just and holy is thy name,  
I am all unrighteousness;  
false and full of sin I am,  
thou art full of truth and grace.
- 4 Plenteous grace with thee is found,  
grace to cover all my sin;  
let the healing streams abound,  
make and keep me pure within.  
Thou of life the fountain art:  
freely let me take of thee,  
spring thou up within my heart,  
rise to all eternity.

Music: Joseph Parry (1841-1903)  
Words: Charles Wesley (1707-1788)  
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## PRAYER OVER THE GIFTS

As the grain once scattered in the fields  
and the grapes once dispersed on the hillside  
are now united on this table in bread and wine,  
so, Lord, may your whole Church soon be gathered together  
from the corners of the earth  
into 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.**

## BREAKING OF THE BREAD

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.**

## 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 COMMUNION

The gifts of God for the people of God.

**May we who share these gifts be found in Christ and Christ in us.**

This is the table of communion with the earth,  
in which Christ became incarnate



So come to this table, those who have much faith  
and those who would like to have more;  
those who have been here often  
and those who have not been for a long time;  
those who have tried to follow Jesus;  
and we who have failed.  
Come.

*Please stand if you wish*

#### **POST-COMMUNION SENTENCE**

**Worship the Lord your God, and serve only him (Luke 4.8)**

#### **PRAYER AFTER COMMUNION**

God of mercy,  
may we who have shared in this holy meal  
know your forgiveness in our lives,  
bring your reconciliation to others,  
and be a sign of your wholeness in this broken world.

#### **PRAYER OF SELF-OFFERING**

Most loving God,  
**you send us into the world you love.**  
**Give us grace to go thankfully and with courage**  
**in the power of your Spirit.**

## 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.**

## NOTICES

## DISMISSAL

Go in peace to love and serve the Lord:  
**In the name of Christ. Amen.**

## RECESSIONAL HYMN SP 306 "SAFE IN THE HANDS OF GOD"

- 1 Safe in the hands of God who made me,  
what can there be that I should fear?  
God is my light and my salvation,  
strong is his help when foes are near.
- 2 This I have prayed and will seek after,  
that I may walk with God each day;  
then will he give me his protection,  
no trouble shall my heart dismay.
- 3 God of my life, my Lord, my master,  
father and mother now to me:  
come, shield me from the threat of evil,  
open your hands and set me free!

4 Teach me your way and lead me onwards,  
save me from those who do me wrong;  
give me that grace to wait with patience,  
help me to trust, hold firm, be strong.

Music: Donald MacDonald (1944 -)  
Words: Michael Perry (1942-1996)  
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### **POSTLUDE: BACH CP, WER NUR DEN LIEBEN (BWV 642)**

Liturgy from *A Prayer Book for Australia* © Broughton Publishing 1995. All Rights Reserved. The Scripture is from the **New Revised Standard Version** of the Bible, © 1989 National Council of the Churches of Christ in the USA. Used by permission.

Additional prayers taken from *Common Worship: Services and Prayers for the Church of England*, © The Archbishops' Council 2000 and published by Church House Publishing.

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Where there is a † in the liturgy, you are invited to make a sign of the cross if you wish. When the Gospel is read and we say “† Glory to you Lord Jesus Christ”, you are invited to make three tiny signs of the cross, on the forehead, on the lips and on the chest. This symbolises the Word of God in our minds, our words and our hearts.