

Our Father, which 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,
And forgive us our trespasses;
As we forgive those who trespass
against us.
And lead us not into temptation,
But deliver us from evil.
For thine is the kingdom,
The power and the glory,
For ever and ever,
Amen.

Final Prayer & Blessing

Be present, O merciful God, and protect us
through the silent hours of this night, so that
we who are wearied by the changes and
chances of this fleeting world, may repose
upon thy eternal changelessness; through
Jesus Christ our Lord.
(From the service of Compline)

Concluding music:

Bring us O Lord God, W Harris (by Voces8)

Bring us, O Lord God, at our last awakening
into the house and gate of heaven, to enter
into that gate and dwell in that house, where
there shall be no darkness nor dazzling, but
one equal light; no noise nor silence, but one
equal music; no fears nor hopes, but one
equal possession; no ends nor beginnings, but
one equal eternity: in the habitations of thy
majesty and glory, world without end.

John Donne (1572-1631)

[Please take your time and leave the Church
when you feel ready -
silently and 'in contemplation']

in case anyone would like some individual
prayer, we will be available in the side chapels
after the service.

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If you would like to be part of our Reflections
team, helping us to put together the service
and/or deliver it, please speak to any one of the
team.

The Parish Church of St Andrew
and St Cuthman, Steyning

REFLECTIONS

2 April 2023

Passiontide - 'Your will be done'

Opening music:

O Mensch, beweine dein Sunde gross.
(O Man, thy grievous sin bemoan) J.S. Bach

Welcome

Bible Reading

Matthew 26:36-46

Then Jesus went with his disciples to a place
called Gethsemane, and he said to them
"Sit here while I go over there and pray". He
took Peter and the two sons of Zebedee
along with him, and he began to be sorrowful
and troubled. Then he said to them "My soul
is overwhelmed with sorrow to the point of
death. Stay here and keep watch with me."
Going a little farther, he fell with his face to
the ground, and prayed.
"My Father if it is possible, may this cup be
taken from me. Yet, not as I will, but as you
will."

Then he returned to his disciples and found
them sleeping. "Could you men not keep
watch with me for one hour?" he asked Peter.
"Watch and pray so that you will not fall into
temptation. The spirit is willing, but the body
is weak."

He went away a second time and prayed
"My Father if it is not possible for this cup to
be taken away unless I drink it, may your will
be done."

When he came back he again found them
sleeping, because their eyes were heavy. So he
left them and went away once more and
prayed the third time, saying the same thing.
Then he returned to the disciples and said to
them, "Are you still sleeping and resting? Look
the hour is near, and the Son of Man is
betrayed into the hands of sinners."

Music

Out of the Deep, Requiem, (John Rutter)

Out of the deep, have I called unto you
O Lord hear my prayer
Out of the deep have I called unto thee, O
Lord:
Lord, hear my voice.
O let thine ears consider well: the voice of
my complaint.
If thou, Lord, wilt be extreme to mark what is
done amiss: O Lord, who may abide it?
For there is mercy with thee: therefore shalt
thou be feared.
I look for the Lord; my soul doth wait for
him:
In his word is my trust.
My soul fleeth unto the Lord:
Before the morning watch,
I say, before the morning watch,
O Israel, trust in the Lord, for with the Lord
there is mercy:
And with him is plenteous redemption,
And he shall redeem Israel: from all his sins.

Meditation

from Psalm 31

(in the Church of England liturgy for today)

In you, O Lord, I have taken refuge,
Let me never be put to shame, deliver me in
your righteousness,
Turn your ear to me and come quickly to my
rescue.

Be my rock of refuge,
A strong fortress to save me.
Since you are my rock and fortress for the
sake of your name lead and guide me.

Free me from the trap that is set for me, for
you are my refuge,
Into your hands I commit my spirit,
Redeem me O Lord the God of truth.

I will be glad and rejoice in your love,
I trust in you O Lord say You are my God.

Be strong and take heart, all you who hope in
the Lord.

Prayer

The Lord's Prayer in Aramaic

Reflective Silence

(about 12-15 minutes)

Music out of Silence:

In Manus Tuas (Shepherd, by Tenebrae Choir)

Into your hands O Lord, I commend my spirit.
You have redeemed me O Lord, O God of
truth.
Holy Mary, mother of God, pray for us.

Prayers

Heavenly Father,
Out of the depths I have cried to you.

O Lord hear my voice.

We come before you now- with heads bowed
in humility and yet in awe.
God of all grace help us in humility to learn
to be still, trusting that you are indeed God.
Open our hearts as we listen to you - help us
to hear your voice, and to know that you are
God.

O Lord, help us to hear your voice.

You knew, O heavenly Father of what was to
come, of what you had to do and yet as fully
human you bore the cross for our sin.
When all is dark, and you seem far away,
When we are lost and confused.

O Lord, help us to know your will.

You are all powerful. Help us to have the
confidence to trust in you and what you have
done when all seems bleak. With our whole
hearts we will praise you.

O Lord, help us .

**Lord Christ –
our servant and saviour, on earth you
washed the feet of your disciples, and
now through your cross and
resurrection, give us grace to help us be
your disciples, for your names sake.**