

Lent 2023 - Week 3

Meek – Hunger and Thirst for Righteousness

Let us Pray

please join in with words in bold

May the Lord Almighty gather us into His Kingdom as we seek to follow Christ our Lord and Saviour, and as we turn away from all that is wrong.

**Most merciful God, we confess to you,
before the whole company of heaven and one another,
that we have sinned in thought, word and deed
and in what we have failed to do.
Forgive us our sins, heal us by your Spirit
and raise us to new life in Christ.
Amen.**

That this evening may be holy, good and peaceful,
let us pray with one heart and mind.

Silence is kept.

As our evening prayer rises before you, O God,
**so may your mercy come down upon us
to cleanse our hearts and set us free to sing your praise
now and for ever.
Amen**

Song

Meekness and Majesty

Graham Kendrick Copyright © 1986 Kingsway's Thankyou Music.

*Meekness and majesty,
Manhood and Deity,
In perfect harmony,
The Man who is God.
Lord of eternity
Dwells in humanity,
Kneels in humility
And washes our feet.*

*O what a mystery,
Meekness and majesty.
Bow down and worship
For this is your God,
This is your God.*

*Father's pure radiance,
Perfect in innocence,
Yet learns obedience
To death on a cross.
Suffering to give us life,
Conquering through sacrifice,
And as they crucify
Prays: 'Father forgive.'*

*Wisdom unsearchable,
God the invisible,
Love indestructible
In frailty appears.
Lord of infinity,
Stooping so tenderly,
Lifts our humanity
To the heights of His throne.*

The Beatitudes

Jesus said:

“Blessed are the poor in spirit,
for theirs is the kingdom of heaven.

Blessed are those who mourn,
for they will be comforted.

Blessed are the meek,
for they will inherit the earth.

Blessed are those who hunger and thirst for righteousness,
for they will be filled.

Blessed are the merciful,
for they will be shown mercy.

Blessed are the pure in heart,
for they will see God.

Blessed are the peacemakers,
for they will be called children of God.

Blessed are those who are persecuted because of righteousness,
for theirs is the kingdom of heaven.

Reflections from last week

Bible Reading: Matt 27:1-2,11-14,27-31

The King and the Governor

Reflection – Meek

Our Lent Conversation – Part 1

Name some well-known people. How would you assess their meekness?

What sort of things are you looking for? Is ‘meek’ a positive thing or not?

What does our society tell us about Meekness and Success?
What about Jesus? Was he meek? If so, why? If not, why not?
Why would 'meek' be connected with Inheriting the Earth?

Bible Reading: Matt 15:29-38

Jesus and the Hungry People

Reflection – Hunger and thirst for Righteousness

Our Lent Conversation – part 2

How do you know when you're hungry (for food) or thirsty (for water)?
What is righteousness? What does it mean to be hungry and thirsty for it?
Talk about the times you've found it particularly hard to 'do the right thing'.
In what way might we be filled as a result of our desire for righteousness?

Psalm 112 (to look up and read the whole psalm if you are able)

- 1 I will extol the LORD at all times;
his praise will always be on my lips.**
- 2 I will glory in the LORD;
let the afflicted hear and rejoice.**
- 3 Glorify the LORD with me;
let us exalt his name together.**
- 4 I sought the LORD, and he answered me;
he delivered me from all my fears.**
- 5 Those who look to him are radiant;
their faces are never covered with shame.**
- 6 This poor man called, and the LORD heard him;
he saved him out of all his troubles.**
- 15 The eyes of the LORD are on the righteous,
and his ears are attentive to their cry;**
- 17 The righteous cry out, and the LORD hears them;
he delivers them from all their troubles.**
- 18 The LORD is close to the broken-hearted
and saves those who are crushed in spirit.**
- 19 The righteous person may have many troubles,
but the LORD delivers him from them all;**
- 22 The LORD will rescue his servants;
no one who takes refuge in him will be condemned.**

Song

Holy, Holy, Holy, Lord God Almighty!

Reginald Heber. Arr. Keith Green

*Holy, Holy, Holy, Lord God Almighty!
Early in the morning our song shall rise to Thee:
Holy, holy, holy, merciful and mighty,
God in three Persons, blessed Trinity!*

*Holy, Holy, Holy! Though the darkness hide Thee,
Though the eye of sinful man Thy glory may not see;
Only Thou art holy, there is none beside Thee,
Perfect in power, in love and purity.*

*Holy, Holy, Holy, Lord God Almighty!
All Thy works shall praise Thy name in earth, and sky, and sea;
Holy, holy, holy, merciful and mighty,
God in three Persons, blessed Trinity!*

Visit this place, O Lord, we pray, and drive far from it the snares of the enemy; may your holy angels dwell with us and guard us in peace, and may your blessing be always upon us; through Jesus Christ our Lord.

Amen.

**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.

Lead us not into temptation but deliver us from evil.

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

Amen.

The Lord bless us and watch over us; the Lord make his face shine upon us and be gracious to us; the Lord look kindly on us and give us peace.

Amen.