



SUNDAY, FEBRUARY 7, 2021

EPIPHANY 5

"PRAISE THE LORD! HOW GOOD IT IS TO SING PRAISES TO OUR GOD;
FOR HE IS GRACIOUS, AND A SONG OF PRAISE IS FITTING."

PSALM 147:1

Morning Prayer for Ordinary Time (Epiphany to Ash Wednesday)

Praise to the Lord, the Almighty CP 384

*Praise to the Lord, the Almighty, the King of creation;
O my soul, praise him for his is thy health and salvation:
all ye who hear, brothers and sisters draw near, praise him in glad adoration.*

*Praise to the Lord, who o'er all things so wondrously reigneth,
shelters thee under his wings, yea, so gently sustaineth:
hast thou not seen how thy entreaties have been granted in what he ordaineth?*

*Praise to the Lord, who doth prosper thy work and defend thee;
surely his goodness and mercy here daily attend thee:
ponder anew what the Almighty can do, if with his love he befriend thee.*

*Praise to the Lord, who, when tempests their warfare are waging,
who, when the elements madly around thee are raging,
biddeth them cease, turneth their fury to peace, whirlwinds and waters assuaging.*

*Praise to the Lord, who when darkness of sin is abounding,
who when the godless do triumph, all virtue confounding,
sheddeth his light, chaseth the horrors of night, saints with his mercy surrounding.*

***Praise to the Lord! O let all that is in me adore him!
All that hath life and breath come now with praises before him!
Let the Amen sound from his people again: gladly for aye we adore him.***

Let me hear of your loving-kindness in the morning, for I put my trust in you;
show me the road that I must walk, for I lift up my soul to you.

Let us confess our sins against God and our neighbour.
**God of all mercy, we confess that we have sinned against you, opposing your will in our lives.
We have denied your goodness in each other, in ourselves and in the world you have created.
We repent of the evil that enslaves us, the evil we have done and the evil done on our behalf.
Forgive, restore and strengthen us through our Saviour Jesus Christ, so that we may abide in
your love and serve only your will. Amen.**

May the God of love and power forgive you and free you from your sins, heal and strengthen
you by the Holy Spirit and raise you to new life in Jesus Christ. **Amen.**

O God, let our mouth proclaim your praise and your glory all day long.
Christ has triumphed over death: O come let us worship.
Glory to God, Source of all being, eternal Word and Holy Spirit:
as it was in the beginning, is now and will be for ever. Amen. Alleluia.

Come, let us sing to the Lord; **let us shout for joy to the rock of our salvation.**
Let us come before the presence of the Lord with thanksgiving
and raise a loud shout to God with psalms.
For you, O Lord, are a great God, **and a great sovereign above all gods.**
In your hand are the caverns of the earth, **and the heights of the hills are yours also.**
The sea is yours, for you made it, **and your hands have molded the dry land.**
Come, let us bow down, and bend the knee, **and kneel before the Lord our Maker.**

Psalm 147:1-12, 20c

The image shows a musical score for a canon. It consists of two staves: a treble clef staff on top and a bass clef staff on the bottom. The key signature is D major (two sharps) and the time signature is 4/4. The score is divided into four measures, each starting with a first ending bracket. Above the treble staff, the chords are indicated as D, G6, D, G6, D, Asus4, A, and D. The lyrics 'CANON Hal - le - lu - jah! Hal - le - lu - jah! Hal - le - lu - jah!' are written below the treble staff. The bass staff provides accompaniment with chords and some melodic lines. A bracket at the bottom of the bass staff spans the first three measures and is labeled 'Repeat for canon accompaniment'. The first measure of the treble staff starts with a dynamic marking 'f' and a first ending bracket.

Hallelujah!

How good it is to sing praises to our God! How pleasant it is to honour God with praise!

The Lord rebuilds Jerusalem and gathers the exiles of Israel.

The Lord heals the broken-hearted and binds up their wounds.

The Lord counts the number of stars and calls them all by their names.

Great is our Lord and mighty in power; there is no limit to the wisdom of God.

The Lord lifts up the lowly, but casts the wicked to the ground. R

Sing to the Lord with thanksgiving; make music to our God upon the harp.

The Lord covers the heavens with clouds and prepares rain for the earth,
making grass to grow upon the mountains and green plants to serve humankind.

**The Lord provides food for flocks and herds
and for the young ravens when they cry.**

The Lord is not impressed by the might of a horse
and has no pleasure in human strength,

**but finds pleasure in those who fear God,
in those who await the gracious favour of the Lord. Hallelujah! RR**

Isaiah 40:21-31

Have you not known? Have you not heard? Has it not been told you from the beginning? Have you not understood from the foundations of the earth? It is he who sits above the circle of the earth, and its inhabitants are like grasshoppers; who stretches out the heavens like a curtain, and spreads them like a tent to live in; who brings princes to naught, and makes the rulers of the earth as nothing. Scarcely are they planted, scarcely sown, scarcely has their stem taken root in the earth, when he blows upon them, and they wither, and the tempest carries them off like stubble. To whom then will you compare me, or who is my equal? says the Holy One. Lift up your eyes on high and see: Who created these? He who brings out their host and numbers them, calling them all by name; because he is great in strength, mighty in power, not one is missing. Why do you say, O Jacob, and speak, O Israel, 'My way is hidden from the Lord, and my right is disregarded by my God'? Have you not known? Have you not heard? The Lord is the everlasting God, the Creator of the ends of the earth. He does not faint or grow weary; his understanding is unsearchable. He gives power to the faint, and strengthens the powerless. Even youths will faint and be weary, and the young will fall exhausted; but those who wait for the Lord shall renew their strength, they shall mount up with wings like eagles, they shall run and not be weary, they shall walk and not faint.

Listen for God's Word. **Our hearts are open.**

Awake, O sleeper, and arise from the dead. And Christ shall give you light.

Awake, O sleeper, and arise from the dead. And Christ shall give you light.

You have died and your life is hid with Christ in God.

Set your minds on things that are above, not on things that are on the earth.

Awake, O sleeper, and arise from the dead. And Christ shall give you light.

When Christ our life appears you will appear with him in glory.

Awake, O sleeper, and arise from the dead. And Christ shall give you light.

1 Corinthians 9:16-23

If I proclaim the gospel, this gives me no ground for boasting, for an obligation is laid on me, and woe betide me if I do not proclaim the gospel! For if I do this of my own will, I have a reward; but if not of my own will, I am entrusted with a commission. What then is my reward? Just this: that in my proclamation I may make the gospel free of charge, so as not to make full use of my rights in the gospel. For though I am free with respect to all, I have made myself a slave to all, so that I might win more of them. To the Jews I became as a Jew, in order to win Jews. To those under the law I became as one under the law (though I myself am not under the law) so that I might win those under the law. To those outside the law I became as one outside the law (though I am not free from God's law but am under Christ's law) so that I might win those outside the law. To the weak I became weak, so that I might win the weak. I have become all things to all people, so that I might by any means save some. I do it all for the sake of the gospel, so that I may share in its blessings.

Listen for God's Word. **Our hearts are open.**

We Cannot Measure How You Heal CP 292

***We cannot measure how you heal or answer every sufferer's prayer,
yet we believe your grace responds where faith and doubt unite to care.
Your hands, though bloodied on the cross, survive to hold and heal and warn,
to carry all through death to life and cradle children yet unborn.***

***The pain that will not go away, the guilt that clings from things long past,
the fear of what the future holds are present as if meant to last.
But present too is love which tends the hurt we never hope to find,
the private agonies inside, the memories that haunt the mind.***

***So some have come who need your help and some have come to make amends,
as hands which shaped and saved the world are present in the touch of friends.
Lord, let your Spirit meet us here to mend the body, mind, and soul.
to disentangle peace from pain and make your broken people whole.***

Mark 1:29:39

As soon as they left the synagogue, they entered the house of Simon and Andrew, with James and John. Now Simon's mother-in-law was in bed with a fever, and they told him about her at once. He came and took her by the hand and lifted her up. Then the fever left her, and she began to serve them. That evening, at sunset, they brought to him all who were sick or

possessed with demons. And the whole city was gathered around the door. And he cured many who were sick with various diseases, and cast out many demons; and he would not permit the demons to speak, because they knew him. In the morning, while it was still very dark, he got up and went out to a deserted place, and there he prayed. And Simon and his companions hunted for him. When they found him, they said to him, 'Everyone is searching for you.' He answered, 'Let us go on to the neighbouring towns, so that I may proclaim the message there also; for that is what I came out to do.' And he went throughout Galilee, proclaiming the message in their synagogues and casting out demons.

Listen for God's Word. **Our hearts are open.**



Sermon

Blessed are you, God of Israel, for ever and ever;
for yours is the greatness, the power, the glory, the splendour and the majesty.
Everything in heaven and on earth is yours;
you are sovereign, O Lord, and you are exalted as head over all.
Riches and honour come from you **and you rule over all.**
In your hand are power and might; **yours it is to give power and strength to all.**
And now we give you thanks, our God, **and praise your glorious name.**
For all things come from you, **and of your own have we given you.**
Glory to God, Source of all being, eternal Word and Holy Spirit:
as it was in the beginning, is now and will be for ever. Amen.

I believe in God, the Father almighty, creator of heaven and earth. I believe in Jesus Christ, God's only Son, our Lord, who was conceived by the Holy Spirit, born of the virgin Mary, suffered under Pontius Pilate, was crucified, died, and was buried; he descended to the dead. On the third day he rose again; he ascended into heaven, he is seated at the right hand of the

Father, and he will come again to judge the living and the dead. I believe in the Holy Spirit, the holy catholic church, the communion of saints, the forgiveness of sins, the resurrection of the body, and the life everlasting. Amen.

God of Israel, may this day be one of fulfillment and peace. **Holy One, hear and have mercy.**
Teach us to love others as you have loved us. **Holy One, hear and have mercy.**
Fill the world with your peace and justice. **Holy One, hear and have mercy.**
Strengthen and relieve those who are in need. **Holy One, hear and have mercy.**
Renew the Church through the power of your life-giving Spirit. **Holy One, hear and have mercy.**

Additional intercessions, petitions and thanksgivings may be offered in silence or aloud. Among these concerns it is appropriate to remember

- *the Church throughout the world;*
- *all who lead the church, ordained and lay;*
- *the leaders of the nations;*
- *the natural world and the resources of the earth;*
- *all who are in any kind of need.*

Source of light, yours is the morning and yours is the evening.

May Christ, the Sun of righteousness, shine for ever in our hearts and draw us to that light where you live in radiant glory. We ask this for the sake of Jesus Christ our Lord. Amen.

God Says MV 172

***God says, "Be still so you may hear the words I whisper in your ear.
If you will listen, you will know I'm with you always where you go."***

***God says, "Look up and see the prize I've placed here right before your eyes.
Find beauty in the things of earth, a cause for wonder and rebirth."***

***God says, "Come here! I need your voice. Please teach my people to rejoice.
In who you are, in what you do, your life will show my love for you."***

***God says, "Reach out! The world's in need and wants a word, a song, a deed.
I send you forth to speak, to sing, to act for Christ in everything."***

Let us pray: **Almighty God, by whose grace alone we are accepted and called to your service: strengthen us by your Holy Spirit and make us worthy of our calling; through Jesus Christ your Son our Lord, who is alive and reigns with you in the unity of the Holy Spirit, one God, now and for ever. Amen.**

Gathering our prayers and praises into one, let us pray as our Saviour taught us,
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.

Blessing

Let us bless the Lord. **Thanks be to God.**

May the risen Christ grant us the joys of eternal life. Amen.

Guide My Feet CP 513

Guide my feet while I run this race.

Guide my feet while I run this race.

Guide my feet while I run this race, for I don't want to run this race in vain!

Hold my hand while I run this race.

Hold my hand while I run this race.

Hold my hand while I run this race, for I don't want to run this race in vain!

Stand by me while I run this race.

Stand by me while I run this race.

Stand by me while I run this race, for I don't want to run this race in vain!

I'm your child while I run this race.

I'm your child while I run this race.

I'm your child while I run this race, for I don't want to run this race in vain!

Search my heart while I run this race.

Search my heart while I run this race.

Search my heart while I run this race, for I don't want to run this race in vain!

Guide my feet while I run this race.

Guide my feet while I run this race.

Guide my feet while I run this race, for I don't want to run this race in vain!

[Readings for next Sunday – February 14, 2021](#)

Last Sunday after Epiphany

2 Kings 2:1-12; Psalm 50:1-6;

2 Corinthians 4:3-6; Mark 9:2-9.