

I am weary with holding it in, and I cannot. For I hear many whispering: "Terror is all around! Denounce him! Let us denounce him!"

All my close friends are watching for me to stumble. "Perhaps he can be enticed, and we can prevail against him, and take our revenge on him."

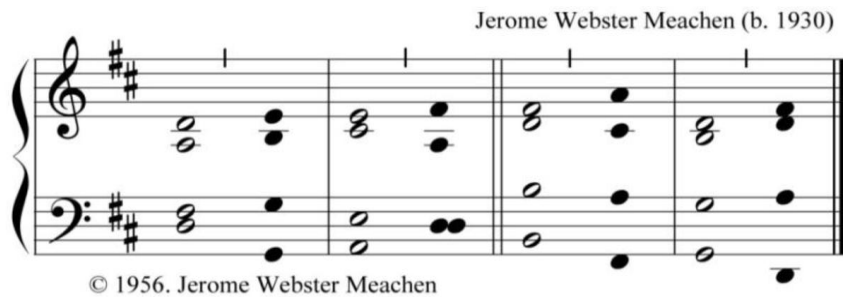
But the Lord is with me like a dread warrior; therefore my persecutors will stumble, and they will not prevail. They will be greatly shamed, for they will not succeed. Their eternal dishonor will never be forgotten.

O Lord of hosts, you test the righteous, you see the heart and the mind; let me see your retribution upon them, for to you I have committed my cause.

Sing to the Lord; praise the Lord! For he has delivered the life of the needy from the hands of evildoers.

The Word of the Lord. **Thanks be to God**

Psalm 69 8-11, 18-20



8 Surely, for your sake have I suffered reproach, *
and shame has covered my face.

9 I have become a stranger to my own kindred, *
an alien to my mother's children.

10 Zeal for your house has eaten me up; *
the scorn of those who scorn you has fallen upon
me.

11 I humbled myself with fasting, *
but that was turned to my reproach.

18 Answer me, O Lord, for your love is kind; *
in your great compassion, turn to me.'

19 "Hide not your face from your servant; *
be swift and answer me, for I am in distress.

20 Draw near to me and redeem me; *
because of my enemies deliver me.

The Second Lesson— 6:1b-11

Should we continue in sin in order that grace may abound? By no means! How can we who died to sin go on living in it? Do you not know that all of us who have been baptized into Christ Jesus were baptized into his death? Therefore we have been buried with him by baptism into death, so that, just as Christ was raised from the dead by the glory of the Father, so we too might walk in newness of life.

For if we have been united with him in a death like his, we will certainly be united with him in a resurrection like his. We know that our old self was crucified with him so that the body of sin might be destroyed, and we might no longer be enslaved to sin. For whoever has died is freed from sin. But if we have died with Christ, we believe that we will also live with him. We know that Christ, being raised from the dead, will never die again; death no longer has dominion over him. The death he died, he died to sin, once for all; but the life he lives, he lives to God. So you also must consider yourselves dead to sin and alive to God in Christ Jesus.

The Word of the Lord. **Thanks be to God.**

Sequence Hymn – *Take Up Your Cross the Saviour Said #675*

The Gospel— Matthew 10:24-39

The Holy Gospel of our Lord Jesus Christ according to Matthew.

Glory to you, Lord Christ.

Jesus said to the twelve disciples, “A disciple is not above the teacher, nor a slave above the master; it is enough for the disciple to be like the teacher, and the slave like the master. If they have called the master of the house Beelzebul, how much more will they malign those of his household!

“So have no fear of them; for nothing is covered up that will not be uncovered, and nothing secret that will not become known. What I say to you in the dark, tell in the light; and what you hear whispered, proclaim from the housetops. Do not fear those who kill the body but cannot kill the soul; rather fear him who can destroy both soul and body in hell. Are not two sparrows sold for a penny? Yet not one of them will fall to the ground apart from your Father. And even the hairs of your head are all counted. So do not be afraid; you are of more value than many sparrows.

“Everyone therefore who acknowledges me before others, I also will acknowledge before my Father in heaven; but whoever denies me before others, I also will deny before my Father in heaven.

“Do not think that I have come to bring peace to the earth; I have not come to bring peace, but a sword.

For I have come to set a man against his father,
and a daughter against her mother,
and a daughter-in-law against her mother-in-law;
and one’s foes will be members of one’s own household.

Whoever loves father or mother more than me is not worthy of me; and whoever loves son or daughter more than me is not worthy of me; and whoever does not take up the cross and follow me is not worthy of me. Those who find their life will lose it, and those who lose their life for my sake will find it.”

The Gospel of the Lord. **Praise to you, Lord Christ.**

The Sermon- Fr. Will Drosos

The Nicene Creed (BCP p. 358)

The Prayers of the People Form IV (1982 S108)

The Confession (BCP 360)

The Peace

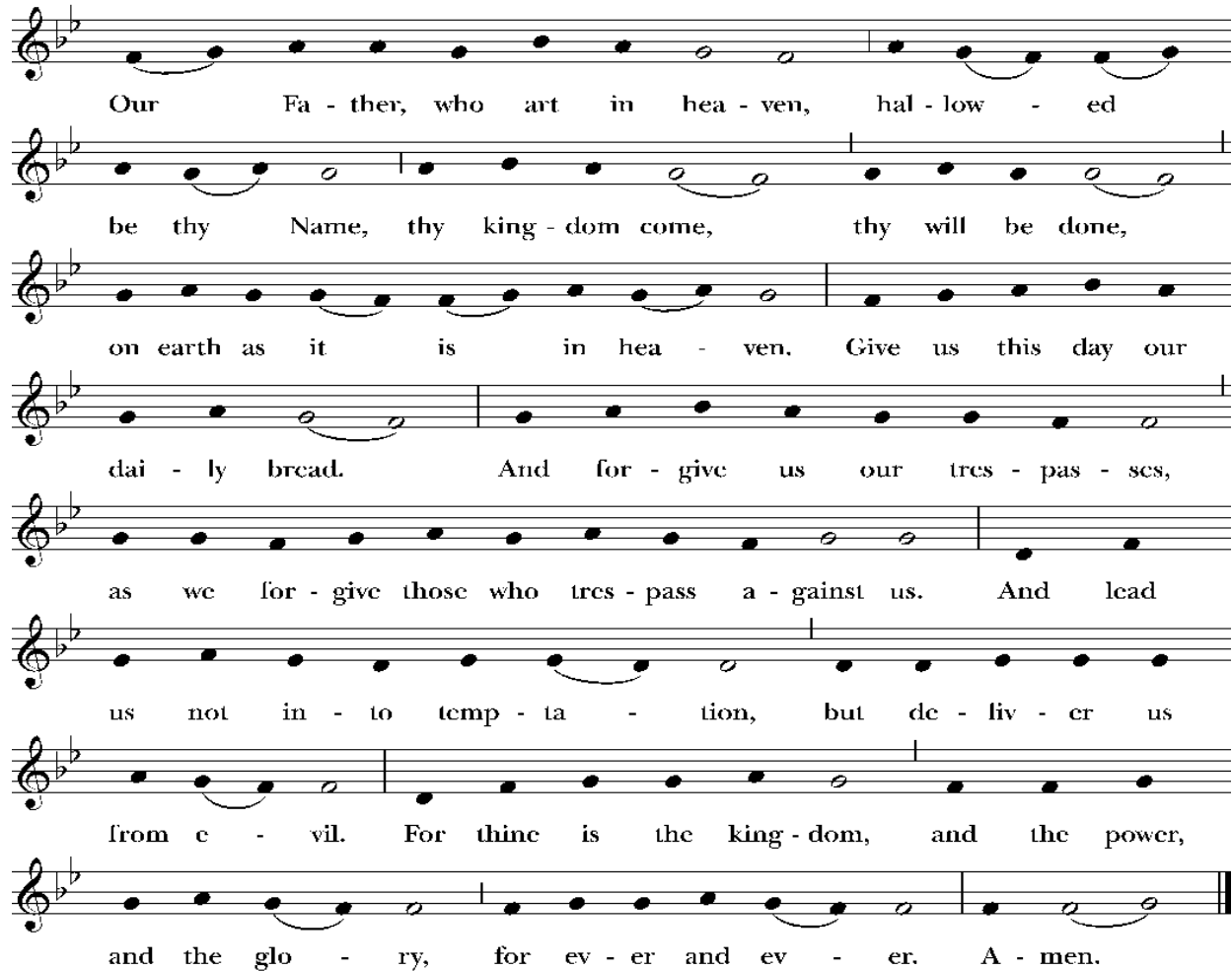
Celebrant

The peace of the Lord be al - ways with you.

People

And al - so with you.

The Lord's Prayer

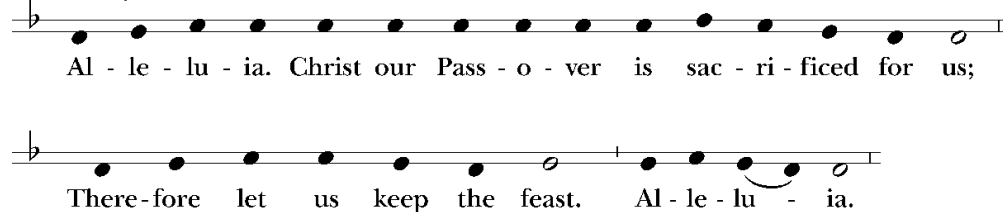


Our Fa - ther, who art in hea - ven, hal - low - ed
be thy Name, thy king - dom come, thy will be done,
on earth as it is in hea - ven. Give us this day our
dai - ly bread. And for - give us our tres - pas - ses,
as we for - give those who tres - pass a - gainst us. And lead
us not in - to temp - ta - tion, but de - liv - er us
from e - vil. For thine is the king - dom, and the power,
and the glo - ry, for ev - er and ev - er. A - men.

Music: Plainsong; adapt. Charles Winfred Douglas (1867-1944). Setting: Copyright © Church Publishing Inc.

Fraction

This setting is not used in Lent.



Al - le - lu - ia. Christ our Pass - o - ver is sac - ri - ficed for us;
There - fore let us keep the feast. Al - le - lu - ia.

This setting may be sung full by all, or by the choir, or as a versicle and response.

Music: Ambrosian chant; adapt. Mason Martens (1933-1991). Copyright © 1971 Mason Martens.

As all worshipers prepare for Christ's presence in the Holy Mystery of the Eucharist, you may pray one of the following prayers silently to yourself: The Prayer of Humble Access on page 337 of the BCP ; The Prayer Before Receiving Communion on pg 834 of the BCP.

If you wish to receive Holy Communion in both kinds (bread and wine), please eat the bread and sip from the chalice. This is the traditional method of receiving the Eucharist in both kinds in the Western Church. If you would not like to sip from the chalice, you are welcome to receive Communion in one-kind, ie. only the bread. The Church teaches that receiving communion in one kind is a complete and valid reception of the Sacrament.

Communion Hymn – *Come Thou Fount of Every Blessing* 1982 #686

Post Communion Prayer (BCP p. 366)

The Blessing

Recessional Hymn – *Christ for the World We Sing* #537

The Dismissal

Deacon *People*

Let us bless the Lord. Thanks be to God.

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