

The Fourth Sunday in Lent

15th March 2026 9:30am Choral Matins

Responses: Cecilia McDowell

Canticles: Lamentations (v.1-7) Bairstow Benedictus Moore

Anthem: Ingrediente Domino Schubert

Voluntary: Prelude on 'Aus der Tiefe' - C.S.Lang 1891-1971

Office Hymn

**Forth in thy Name, O Lord, I go,
My daily labour to pursue;
Thee, only thee, resolved to know,
In all I think or speak or do.**

**The task thy wisdom hath assigned
O let me cheerfully fulfil;
In all my works thy presence find,
And prove thy good and perfect will.**

**Preserve me from my calling's snare,
And hide my simple heart above,
Above the thorns of choking care,
The gilded baits of worldly love.**

**Thee may I set at my right hand,
Whose eyes mine inmost substance see,
And labour on at thy command,
And offer all my works to thee.**

**Give me to bear thy easy yoke,
And every moment watch and pray,
And still to things eternal look,
And hasten to thy glorious day;**

**For thee delightfully employ
Whate'er thy bounteous grace hath given,
And run my course with even joy,
And closely walk with thee to heaven.**

*SONG 24 (Angel's song) LM NEH 235
Charles Wesley 1707-88
Melody Orlando Gibbons 1583-1625*

Psalm 19.1-6

The heavens declare the glory of God :
and the firmament sheweth his handy-work.

One day telleth another :
and one night certifieth another.

There is neither speech nor language :
but their voices are heard among them.

Their sound is gone out into all lands :
and their words into the ends of the world.

In them hath he set a tabernacle for the sun :
which cometh forth as a bridegroom out of his chamber, and rejoiceth
as a giant to run his course.

It goeth forth from the uttermost part of the heaven, and runneth about unto
the end of it again :
and there is nothing hid from the heat thereof.

Old Testament Reading: Isaiah 43.1-7

But now thus says the Lord,
he who created you, O Jacob,
he who formed you, O Israel:
Do not fear, for I have redeemed you;
I have called you by name, you are mine.
When you pass through the waters, I will be with you;
and through the rivers, they shall not overwhelm you;
when you walk through fire you shall not be burned,
and the flame shall not consume you.
For I am the Lord your God,
the Holy One of Israel, your Saviour.
I give Egypt as your ransom,
Ethiopia and Seba in exchange for you.
Because you are precious in my sight,
and honoured, and I love you,
I give people in return for you,
nations in exchange for your life.
Do not fear, for I am with you;
I will bring your offspring from the east,
and from the west I will gather you;
I will say to the north, 'Give them up',
and to the south, 'Do not withhold';
bring my sons from far away
and my daughters from the end of the earth –
everyone who is called by my name,

whom I created for my glory,
whom I formed and made.'

New Testament Reading: Ephesians 2.8-14

For by grace you have been saved through faith, and this is not your own doing; it is the gift of God – not the result of works, so that no one may boast. For we are what he has made us, created in Christ Jesus for good works, which God prepared beforehand to be our way of life. So then, remember that at one time you Gentiles by birth, called 'the uncircumcision' by those who are called 'the circumcision' – a physical circumcision made in the flesh by human hands – remember that you were at that time without Christ, being aliens from the commonwealth of Israel, and strangers to the covenants of promise, having no hope and without God in the world. But now in Christ Jesus you who once were far off have been brought near by the blood of Christ. For he is our peace; in his flesh he has made both groups into one and has broken down the dividing wall, that is, the hostility between us.

Collect:

Grant, we beseech thee,
Almighty God, that we, who for our evil deeds do worthily deserve to be punished,
by the comfort of thy grace may mercifully be relieved;
through our Lord and Saviour Jesus Christ.
Amen.

