

**Wednesday 15 February 2023**

# St Sigfrid



Sigfrid was born in England and probably moved to Sweden soon after the year 1000 AD where he conducted extensive missions in Götaland and Svealand. He devoted his life to the Christianisation of Sweden, even during a period of exile in Norway. A turning point occurred when he baptised the first monarch of Sweden, King Olof Skötkonung.

Sigfrid died in Växjö on an unknown date. His burial-place in Växjö became the centre of his cult.

**Sermon and prayers of intercession** © Revd Dr Paul Monk.

**Liturgy** © 2000 The Archbishops' Council.

**Bible readings** © the publishers of the NRSV translation.

The liturgy assumes the service is Eucharistic. The prayers of consecration appear at the end.

The hymns are YouTube links. To hear the hymns please click on the links.

To see service transcripts from previous weeks, please visit the page,

<http://www.medlockhead.co.uk/resources/index.htm>

## Introduction and welcome

**HYMN 1 Jesus Christ, grow thou in me**      (click on this link to hear the hymn)

### The Welcome

In the name of the Father, and of the Son, and of the Holy Spirit

**All    Amen.**

The Lord be with you

**All    And also with you.**

### The Preparation

**All    Almighty God,  
to whom all hearts are open,  
all desires known,  
and from whom no secrets are hidden:  
cleanse the thoughts of our hearts  
by the inspiration of your Holy Spirit,  
that we may perfectly love you,  
and worthily magnify your holy name;  
through Christ our Lord. Amen.**

Our Lord Jesus Christ said:

The first commandment is this:

‘Hear, O Israel, the Lord our God is the only Lord.

You shall love the Lord your God with all your heart,  
with all your soul, with all your mind,  
and with all your strength.’

And the second is this: ‘Love your neighbour as yourself.’

There is no other commandment greater than these.

On these two commandments hang all the law and the prophets.

**All    Amen. Lord, have mercy.**

God so loved the world that he gave his only Son Jesus Christ to save us from our sins, to be our advocate in heaven, and to bring us to eternal life.

Therefore, let us confess our sins in penitence and faith,  
firmly resolved to keep God’s commandments  
and to live in love and peace with all.

**All** Almighty God, our heavenly Father,  
we have sinned against you  
and against our neighbour  
in thought and word and deed,  
through negligence, through weakness,  
through our own deliberate fault.  
We are truly sorry  
and repent of all our sins.  
For the sake of your Son Jesus Christ,  
who died for us,  
forgive us all that is past  
and grant that we may serve you in newness of life  
to the glory of your name. Amen.

Almighty God,  
who forgives all who truly repent, have mercy upon you,  
pardon and deliver you from all your sins,  
confirm and strengthen you in all goodness,  
and keep you in life eternal;  
through Jesus Christ our Lord.

**All** Amen.

## **The Gloria**

This Gloria is sung to the tune of 'Cwm Rhondda'. Click [here](#) for the tune.

**All** Glory be to God in Heaven,  
Songs of joy and peace we bring,  
Thankful hearts and voices raising,  
To creation's Lord we sing.  
Lord we thank you, Lord we praise you,  
Glory be to God our King:  
Glory be to God our King.

Lamb of God, who on our shoulders,  
Bore the load of this world's sin;  
Only Son of God the Father,  
You have brought us peace within.  
Lord, have mercy, Christ have mercy,  
Now your glorious reign begin:  
Now your glorious reign begin.

**You O Son of God are Holy,  
You we praise with one accord.  
None in heav'n or earth is like you,  
Only you are Christ the Lord.  
With the Father and the Spirit,  
Ever worshipped and adored:  
Ever worshipped and adored.**

### **The Collect for St Sigfrid**

Everlasting God,  
who renewed the Church in Sweden and Denmark  
through the faithful service of your bishop Sigfrid:  
give us the grace to embrace every opportunity  
to bear witness to the Gospel;  
through our Lord Jesus Christ, your Son,  
who lives and reigns with you  
in the unity of the Holy Spirit,  
God, for ever and ever.

**All Amen.**

### **First reading**

A reading from the Book of Psalms

**Refrain** Righteous are you, O Lord, and true are your judgements.

Blessed are those whom you chasten, O Lord, ♦  
whom you instruct from your law;

That you may give them rest in days of adversity, ♦  
until a pit is dug for the wicked.

For the Lord will not fail his people, ♦  
neither will he forsake his inheritance.

For justice shall return to the righteous, ♦  
and all that are true of heart shall follow it. [R]

Who will rise up for me against the wicked? ♦  
Who will take my part against the evildoers?

If the Lord had not helped me, ♦  
my soul would soon have been put to silence.

And when I said, 'My foot has slipped', ♦  
your loving mercy, O Lord, upheld me. [R]

*Psalm 94:12-18*

**All**    **Glory be to the Father,  
and to the Son,  
and to the Holy Spirit:  
as it was in the beginning,  
is now, and ever shall be,  
world without end.  
Amen.**

## **Second reading**

A reading from the Letter according to St James

Blessed is anyone who endures temptation. Such a one has stood the test and will receive the crown of life that the Lord has promised to those who love him. No one, when tempted, should say, 'I am being tempted by God'; for God cannot be tempted by evil and he himself tempts no one. But one is tempted by one's own desire, being lured and enticed by it; then, when that desire has conceived, it gives birth to sin, and that sin, when it is fully grown, gives birth to death. Do not be deceived, my beloved.

Every generous act of giving, with every perfect gift, is from above, coming down from the Father of lights, with whom there is no variation or shadow due to change. In fulfilment of his own purpose he gave us birth by the word of truth, so that we would become a kind of first fruits of his creatures. *James 1:12-18*

This is the Word of the Lord

**All**    **Thanks be to God.**

**HYMN 2 Jesus, remember me**

[\(please click on this link to hear the hymn\)](#)

## **Gospel reading**

Hear the Gospel of our Lord Jesus Christ according to Mark

**All**    **Glory to you O Lord.**

The disciples had forgotten to bring any bread; and they had only one loaf with them in the boat. Jesus cautioned them, saying, 'Watch out—beware of the yeast of the Pharisees and the yeast of Herod.'

They said to one another, 'It is because we have no bread.'

And, becoming aware of it, Jesus said to them, 'Why are you talking about having no bread? Do you still not perceive or understand? Are your hearts hardened? Do

you have eyes, and fail to see? Do you have ears, and fail to hear? And do you not remember? When I broke the five loaves for the five thousand, how many baskets full of broken pieces did you collect?' They said to him, 'Twelve.'

'And the seven for the four thousand, how many baskets full of broken pieces did you collect?' And they said to him, 'Seven.' Then he said to them, 'Do you not yet understand?'

*Mark 8:14-21*

This is the Gospel of the Lord

**All Praise to you O Christ.**

## Sermon

Many of us are thinking about Lent which starts next week. I wonder what you're planning to give up for Lent. I have a friend who gives up bank robbery each year: it's easy because he never robs banks during the rest of the year. Or are you giving up gossip, I wonder, or slander. Are you chickening out and giving up chocolate—again? Or are you giving up sinning?

Let's start at the beginning. God loves you. God is infinite in power and majesty. That infinity of power and majesty is directed toward the cause of loving you. As the advert says, 'Because you're worth it.' As Christians, that love is expressed in many ways, not least in His willingness to help us change, to get rid of the moral filth of our sin, and to help us become the people we're meant to be. Indeed, it could be said that this amazing love of God is directed, if we let it be, toward making us more like Jesus.

But *why* does He love us? At the very beginning of the Bible, in Genesis chapter 1, we read that God made humankind to be special. We are made, so we read, in the image and in the likeness of God. Being in His image means that we have a spiritual side. After all, God is a spirit. But the first humans were made also in the likeness of God. They were holy people: pure and sanctified. Their lives were spotless, beautiful and crisp in their perfection.

It all changed. As Romans 3;23 reminds us, 'All have sinned and come short of the glory of God'—even Adam and Eve—so the rest is history. That sin permeates our lives to this day, to the extent that sometimes we are totally unaware of God and His love. We cannot feel Him as a tangible presence when we pray. We are unable to see Him and His works for what they are. In a word, we are *alienated* from God. It's possible to live as though we are independent of God, as though our lives did not need Him.

An ancient Jewish legend says Adam and Eve lived in paradise for forty days before The Fall. It was a popular story at the time of Jesus: perhaps that's why he

chose to be tempted for forty days: that's why St Paul calls him the second Adam.

And Jesus' achievement was to show that it *is* possible to live a holy life; it *is* possible to live God's way; it *is* possible to be God's alone, and for our lives to please God in every particular. Now, it seems clear that Jesus was alone in the wilderness, so Jesus himself must have told his disciples what went on in the desert. In his perfection, he judged that the things he saw and heard in the desert were too important to keep to himself. The lessons are for everyone: for you and for me. In effect, these lessons are the key: they contain the secret way to live that will reverse The Fall, that will bring us back into God's favour. That's what the temptation in the desert is about: a template, if you like, of holy living. This is what you must do if you are to thwart the devil, and live God's way,

The devil is very cunning—Scripture calls him 'The father of lies.' He always appears in a different guise. It's rare that, at first sight, we even recognise him for what he is. He usually tells us to do something for a laudable reason. 'Do this and everyone will feel better!' It's true, the road to hell is indeed paved with good intentions—the good intentions of those who did not heed the lessons.

The **first lesson** is to ask God to bless our materialism, to seek things that are not of Him and which, usually, divert our attention from Him. 'Lord, bless my work' which often translates as 'Lord bless my work that I can be rich and thereby remove all responsibility for listening to You.' Rather, we are to feast on the Scriptures. We are to look hard at our lives and ask ourselves those hard questions, 'do I really think more about my standard of living than of you? Do I think about food, money, my home, my anything, than of you?' if we do, we are putting ourselves before God.

The **second lesson** is that we put God to the test, and it simply is not acceptable. 'I don't put God to the test!' we all say, but we do. In our intercessions, we list a series of woes and wait back, looking for God to act. 'Lord, be with so and so who is ill!' we say, then wait back. It doesn't work like that: the usual response to a prayer of intercession is God equipping us to be a solution to a problem: we put Him to the test, waiting for Him to do all the work, and we sit back and pretend we have no responsibilities. If we pray for peace, perhaps we are meant to be instruments of that peace; if we pray for justice, perhaps we are meant to seek and campaign and agitate for that justice ourselves. We must not put God to the test. It's a sin.

And the **third lesson** is to ask God to give us power. As soon as we think we have the answers and others simply must listen to us, we have fallen into this temptation. As soon as we think the opinions of others are less important than ours, we again are tempted and we fall. That's why Jesus tells us repeatedly to be servants and live with a servant mentality. Power is the single most addictive sin there is. Power corrupts; absolute power corrupts absolutely. This sin is so potent

because it always ends with us seeing ourselves as more important than God. It becomes idolatry because we no longer worship God but ourselves. It's the prayer of the self-made man who worships his own creator.

If we are aware of the underlying themes in these temptations, and seek to avoid material acquisitiveness—our own comfort over and against the care of others, the determination for God to do everything for us, and we do not stretch ourselves spiritually, and the grasping of power to elevate ourselves above God—then we will move into the realm of righteousness, holiness, and purity of heart. In effect, we will be renouncing self, and putting God back into His central position in our lives.

So let's return to my first question: what are you giving up for Lent this year: are you going to give up swearing, chocolate or watching too much TV. Will you give up sugar in tea? Or will you try to give up sin and give up self? This Lent, then, will you in effect try to live as Christ did in the wilderness?

## The Creed

Do you believe and trust in God the Father,  
the source of all being and life,  
the one for whom we exist?

**All We believe and trust in him.**

Do you believe and trust in God the Son,  
who took our human nature,  
died for us and rose again?

**All We believe and trust in him.**

Do you believe and trust in God the Holy Spirit,  
who gives life to the people of God  
and makes Christ known in the world?

**All We believe and trust in him.**

This is the faith of the Church.

**All This is our faith.**

**We believe and trust in one God,  
Father, Son and Holy Spirit.  
Amen.**



## Prayers of intercession

These prayers are inspired by Holy Week and Jesus' Passion.

Jesus prepared to give up everything for you. We confess that we have wilfully kept ourselves from you and used our time and possessions for ourselves alone.

Loving God, help us to be more like Jesus:

**All I want to be like Jesus**

Jesus prepared to meet with you. We confess that we have wilfully refused to meet with you in prayer, scripture or sacrament.

Loving God, help us to be more like Jesus:

**All I want to be like Jesus**

Jesus fought against the powers of darkness. We confess that we have wilfully refused to fight against temptation.

Loving God, help us to be more like Jesus:

**All I want to be like Jesus**

Jesus cleansed the Temple. We confess that we have wilfully failed to cleanse the Temple of our hearts.

Loving God, help us to be more like Jesus:

**All I want to be like Jesus**

Jesus gave us the sacrament of communion—bread and wine made holy. We confess that we have wilfully refused to look beyond outward and visible and refused to look for the inward and spiritual.

Loving God, help us to be more like Jesus:

**All I want to be like Jesus**

Jesus washed the feet of His disciples. We confess that we have wilfully failed to live lives of humility and self-emptying.

Loving God, help us to be more like Jesus:

**All I want to be like Jesus**

Merciful Father,

**All accept these prayers  
for the sake of your Son,  
our Saviour Jesus Christ.  
Amen.**

## The peace

Peace to you from God our heavenly Father.

Peace from his Son Jesus Christ who is our peace.

Peace from the Holy Spirit, the Life-giver

The peace of the Lord be always with you,

**All And also with you.**

**HYMN 3 This fragile vessel**

[\(please click on this link to hear the hymn\)](#)

The liturgy of the Communion Service appears below

## The Dismissal

The peace of God which passes all understanding,

keep your hearts and minds in the knowledge and love of God,

and of his Son Jesus Christ our Lord;

and the blessing of God the Almighty:

Father, Son, and Holy Spirit,

be with you now and remain with you always.

**All Amen.**

**HYMN 4 May the mind of Christ my saviour** [\(click on this link to hear the hymn\)](#)

or **The mind of Christ** [\(please click on this link to hear the hymn\)](#)

Go in peace to love and serve the Lord.

**All In the name of Christ. Amen.**

# The Liturgy of the Sacrament

## Eucharistic Prayer (prayer E)

The Lord be with you

**All and also with you.**

Lift up your hearts.

**All We lift them to the Lord.**

Let us give thanks to the Lord our God.

**All It is right to give thanks and praise.**

Father, you made the world and love your creation.  
You gave your Son Jesus Christ to be our Saviour.  
His dying and rising have set us free from sin and death.  
And so we gladly thank you,  
with saints and angels praising you, and saying,

**All Holy, holy, holy Lord,  
God of power and might,  
heaven and earth are full of your glory.  
Hosanna in the highest.  
Blessed is he who comes in the name of the Lord.  
Hosanna in the highest.**

We praise and bless you, loving Father,  
through Jesus Christ, our Lord;  
and as we obey his command,  
send your Holy Spirit,  
that broken bread and wine outpoured  
may be for us the body and blood of your dear Son.

On the night before he died he had supper with his friends  
and, taking bread, he praised you.  
He broke the bread, gave it to them and said:  
Take, eat; this is my body which is given for you;  
do this in remembrance of me.

When supper was ended he took the cup of wine.  
Again he praised you, gave it to them and said:  
Drink this, all of you;  
this is my blood of the new covenant,  
which is shed for you and for many for the forgiveness of sins.  
Do this, as often as you drink it, in remembrance of me.

So, Father, we remember all that Jesus did,  
in him we plead with confidence his sacrifice made once for all upon the cross.

Bringing before you the bread of life and cup of salvation,  
we proclaim his death and resurrection  
until he comes in glory.

Great is the mystery of faith:

**All Christ has died.**  
**Christ is risen.**  
**Christ will come again.**

Lord of all life,  
help us to work together for that day  
when your kingdom comes  
and justice and mercy will be seen in all the earth.

Look with favour on your people,  
gather us in your loving arms  
and bring us with Sigfrid and all the saints  
to feast at your table in heaven.

Through Christ, and with Christ, and in Christ,  
in the unity of the Holy Spirit,  
all honour and glory are yours, O loving Father,  
for ever and ever.

**All Amen.**

## The Lord's Prayer

As our Saviour taught us, so we pray

**All**     **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.**

## Breaking of the Bread

We break this bread to share in the body of Christ.

**All**     **Though we are many, we are one body,  
because we all share in one bread.**

**All**     **Lamb of God,  
you take away the sin of the world,  
have mercy on us.**

**Lamb of God,  
you take away the sin of the world,  
have mercy on us.**

**Lamb of God,  
you take away the sin of the world,  
grant us peace.**

Draw near with faith.

Receive the body of our Lord Jesus Christ  
which he gave for you,  
and his blood which he shed for you.

Eat and drink in remembrance that he died for you,  
and feed on him in your hearts  
by faith with thanksgiving.

**All** We do not presume  
to come to this your table, merciful Lord,  
trusting in our own righteousness,  
but in your manifold and great mercies.  
We are not worthy  
so much as to gather up the crumbs under your table.  
But you are the same Lord  
whose nature is always to have mercy.  
Grant us therefore, gracious Lord,  
so to eat the flesh of your dear Son Jesus Christ  
and to drink his blood,  
that our sinful bodies may be made clean by his body  
and our souls washed through his most precious blood,  
and that we may evermore dwell in him,  
and he in us.  
Amen.

Communion is distributed.

### **Prayer after Communion**

Almighty God,  
who on the day of Pentecost  
sent your Holy Spirit to the apostles  
with the wind from heaven and in tongues of flame,  
filling them with joy and boldness to preach the gospel:  
by the power of the same Spirit.

**All** Amen

**All** Almighty God,  
we thank you for feeding us  
with the body and blood of your Son Jesus Christ.  
Through him we offer you our souls and bodies  
to be a living sacrifice.  
Send us out in the power of your Spirit  
to live and work  
to your praise and glory.  
Amen.