



Diocese of Aberdeen and Orkney's Lent Course 2024

THE WAY TO THE CROSS

SUNDAY 18 FEBRUARY



First Week of Lent 18 - 24 February

Genesis 9:8-17

Peter 3:18-22

Psalms 25:1-9

Mark 1:9-15

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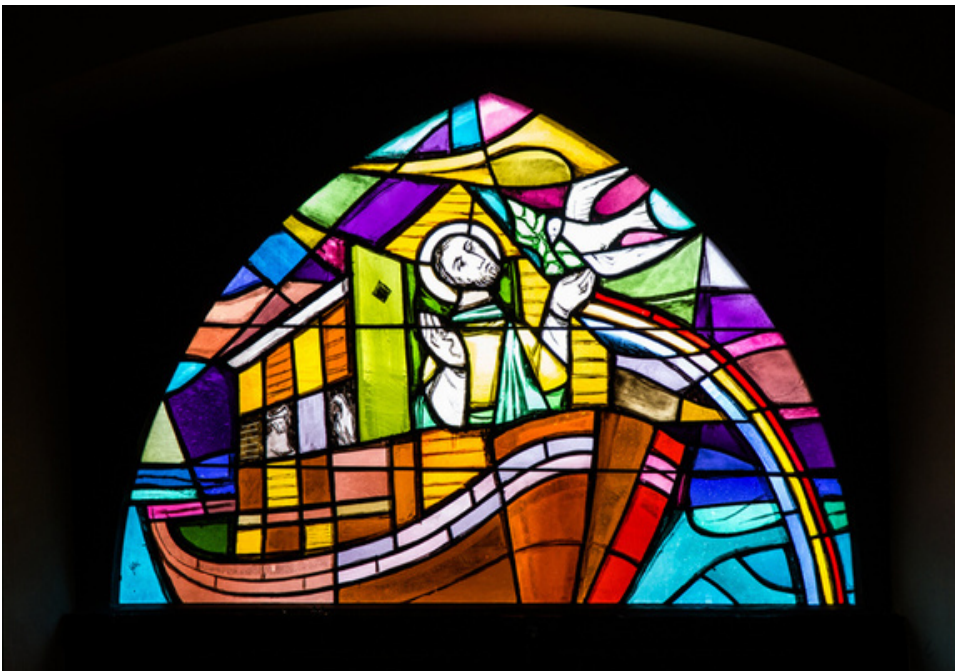
In those days Jesus came from Nazareth of Galilee and was baptized by John in the Jordan. And just as he was coming up out of the water, he saw the heavens torn apart and the Spirit descending like a dove on him. And a voice came from heaven, "You are my Son, the Beloved; with you I am well pleased." And the Spirit immediately drove him out into the wilderness. He was in the wilderness forty days, tempted by Satan; and he was with the wild beasts; and the angels waited on him. Now after John was arrested, Jesus came to Galilee, proclaiming the good news of God, and saying, "The time is fulfilled, and the kingdom of God has come near; repent, and believe in the good news."

Collect for First Sunday of Lent

Almighty God,
whose Son fasted forty
days in the wilderness,
and was tempted as we
are but did not sin,
give us grace to
discipline ourselves in
submission to your
Spirit, that as you
know our weakness so
we may know your
power to save;
through Jesus Christ
our Lord, who lives
and reigns with you
and the Holy Spirit,
one God,
now and for ever.
Amen.

Genesis 9.8-17

God said to Noah and to his sons with him, “As for me, I am establishing my covenant with you and your descendants after you, and with every living creature that is with you, the birds, the domestic animals, and every animal of the earth with you, as many as came out of the ark. I establish my covenant with you, that never again shall all flesh be cut off by the waters of a flood, and never again shall there be a flood to destroy the earth.” God said, “This is the sign of the covenant that I make between me and you and every living creature that is with you, for all future generations: I have set my bow in the clouds, and it shall be a sign of the covenant between me and the earth. When I bring clouds over the earth and the bow is seen in the clouds, I will remember my covenant that is between me and you and every living creature of all flesh; and the waters shall never again become a flood to destroy all flesh. When the bow is in the clouds, I will see it and remember the everlasting covenant between God and every living creature of all flesh that is on the earth.” God said to Noah, “This is the sign of the covenant that I have established between me and all flesh that is on the earth.”



Stained Glass window by Émile Aebischer in the Parish Church of Gruyeres, Fribourg, Seitzerland.

The time is fulfilled, and the kingdom of God has come near; repent, and believe in the good news.

Mark 1.15

WEEKLY PATTERN

Sunday
RCL Eucharist
Readings and Collect

Monday
Delving Deeper into
the Readings

Tuesday
Words from Others
(sacred & secular)

Wednesday
Resources from the
Arts

Thursday
Contemplative Acts

Friday
Personal Reflection
- what this means to
me

Saturday
Acts & Deeds

Psalm 25.1-9

1 To you, O Lord, I lift up my soul; my God, I put my trust in you; let me not be humiliated, nor let my enemies triumph over me.

2 Let none who look to you be put to shame; *
let the treacherous be disappointed in their schemes.

3 Show me your ways, O Lord, *
and teach me your paths.

4 Lead me in your truth and teach me, *
for you are the God of my salvation; in you have I trusted all the day long.

5 Remember, O Lord, your compassion and love, *
for they are from everlasting.

6 Remember not the sins of my youth and my transgressions; *
remember me according to your love
and for the sake of your goodness, O Lord.

7 Gracious and upright is the Lord; *
therefore he teaches sinners in his way.

8 He guides the humble in doing right *
and teaches his way to the lowly.

9 All the paths of the Lord are love and faithfulness *
to those who keep his covenant and his testimonies.

1 Peter 3.18-22

Christ also suffered for sins once for all, the righteous for the unrighteous, in order to bring you to God. He was put to death in the flesh, but made alive in the spirit, in which also he went and made a proclamation to the spirits in prison, who in former times did not obey, when God waited patiently in the days of Noah, during the building of the ark, in which a few, that is, eight persons, were saved through water. And baptism, which this prefigured, now saves you-- not as a removal of dirt from the body, but as an appeal to God for a good conscience, through the resurrection of Jesus Christ, who has gone into heaven and is at the right hand of God, with angels, authorities, and powers made subject to him.

Your paths, O Lord, are love and faithfulness to those who keep your covenant.

*Refrain for
Psalm 25.1-9*

God be in my head, and in my understanding;
God be in my eyes, and in my looking;
God be in my mouth, and in my speaking;
God be in my heart, and in my thinking;
God be at mine end, and at my departing.

*Prayer from the
Sarum Primer*