

Lifting our souls, Trusting in God

LENT AND EASTER COURSE FROM THE
DIOCESE OF ABERDEEN AND ORKNEY



Romans 5:12-19

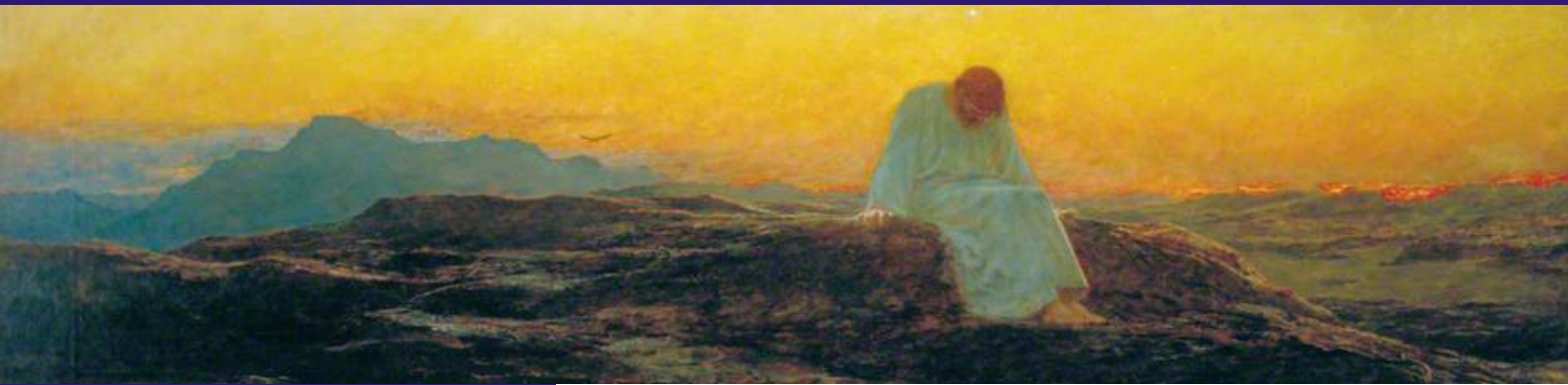
As sin came into the world through one man, and death came through sin, and so death spread to all because all have sinned-- sin was indeed in the world before the law, but sin is not reckoned when there is no law. Yet death exercised dominion from Adam to Moses, even over those whose sins were not like the transgression of Adam, who is a type of the one who was to come.

But the free gift is not like the trespass. For if the many died through the one man's trespass, much more surely have the grace of God and the free gift in the grace of the one man, Jesus Christ, abounded for the many. And the free gift is not like the effect of the one man's sin. For the judgment following one trespass brought condemnation, but the free gift following many trespasses brings justification. If, because of the one man's trespass, death exercised dominion through that one, much more surely will those who receive the abundance of grace and the free gift of righteousness exercise dominion in life through the one man, Jesus Christ.

Therefore just as one man's trespass led to condemnation for all, so one man's act of righteousness leads to justification and life for all. For just as by the one man's disobedience the many were made sinners, so by the one man's obedience the many will be made righteous.

COLLECT

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.



Briton Riviere (1840-1920) *Temptation in the Wilderness* (1898) Guildhall Gallery London

“Lenten fasts make me feel better, stronger, and more active than ever.” – Saint Catherine of Genoa

“Let the mouth fast from foul words and unjust criticism, for what good is it if we abstain from birds and fishes but bite and devour our brothers?” – Saint John Chrysostom

“Lent is a time of grace, a time for conversion, a time to come home to God.” – Saint Maximilian Kolbe

The Epistle for the First Sunday in Lent is in the Apostle Paul’s letter to the Romans. Here St Paul has things to say about God, people and God’s intentions about humanity. Today you’re invited to spend some time with this passage and consider what it tells you about God’s nature, about humanity and God’s relationship with humanity. What else strikes you about this passage as you engage with scripture this Lent?

Easter Hymn by Henry Vaughan

Death, and darkness get you packing,
Nothing now to man is lacking,
All your triumphs now are ended,
And what Adam marr’d, is mended;
Graves are beds now for the weary,
Death a nap, to wake more merry;
Youth now, full of pious duty,
Seeks in thee for perfect beauty,
The weak, and aged tir’d, with length
Of daies, from thee look for new strength,
And Infants with thy pangs Contest
As pleasant, as if with the brest;
Then, unto him, who thus hath thrown
Even to Contempt thy kingdome down,
And by his blood did us advance
Unto his own Inheritance,
To him be glory, power, praise,
From this, unto the last of daies.

To Listen:

There in God’s Garden by Pécseli Király Imre
Praise to the Holiest in the Height by J.H. Newman

A playlist of music suggestions for the course can be found at
<https://open.spotify.com/playlist/3pJcG5xA1xzhL2Aolau0Q4?si=582cd1f921ae4fb1>