

St Barnabas with Christ Church, St Nicholas and St Wulstans

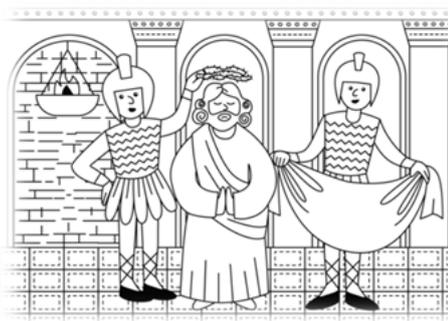


ABIDE Lent 2023

Resources for Monday 20th February to Saturday 8th April



Consecrated



Lent and Holy Week with the hymn

“Take My Life and Let It Be Consecrated Lord To Thee”

Frances Ridley Havergal, 1836-1879

saintwulstans.online

THE CONSECRATION HYMN

Born in 1836, Worcester vicar's daughter Frances Havergal explains the story of this hymn in her own words:

Perhaps you will be interested to know the origin of the consecration hymn, "Take my life."

I went for a little visit of five days.

There were ten persons in the house, some unconverted and long prayed for, some converted but not rejoicing Christians.

He gave me the prayer, "Lord, give me all in this house!"

And He just did!

Before I left the house every one had got a blessing.

The last night of my visit I was too happy to sleep, and passed most of the night in praise and renewal of my own consecration, and these little couplets formed themselves and chimed in my heart one after another, till they finished with, "Ever, ONLY, ALL for Thee!"

HOW TO USE THIS RESOURCE

Each week offers you a chance to linger on the one verse of the hymn, with four Scripture readings, a well known prayer and prompts for reflection.



THE FIRST STEP

Set time aside for quiet



THE SECOND STEP

Read this week's hymn verse



THE THIRD STEP

Choose a Bible reading



THE FOURTH STEP

Meditate on this week's prayer



THE FIFTH STEP

Read this week's hymn verse again and turn it into your prayer for today

Mon 20 Feb to Mon 27 February



THE FIRST STEP

Take five deep breaths. Check-in with how you are feeling – in body, in mind, in spirit. Take five more deep breaths and ask God to abide with you in this moment.



THE SECOND STEP

Read this week's hymn verse.

**Take my life and let it be
consecrated, Lord, to thee.**

**Take my moments and my days;
let them flow in endless praise**

How does it describe what happened yesterday, and today? Talk to God about this.



THE THIRD STEP

A reading from Matthew 3 and 4

Day One

As soon as Jesus was baptized, he went up out of the water. At that moment heaven was opened, and he saw the Spirit of God descending like a dove and alighting on him. And a voice from heaven said, "This is my Son, whom I love; with him I am well pleased." Then Jesus was led by the Spirit into the wilderness to be tempted by the devil. After fasting forty days and forty nights, he was hungry.

Try and picture these scenes in as much detail as you can. Can you imagine Jesus humming the first verse of our hymn?

Day Two

The tempter came to him and said, "If you are the Son of God, tell these stones to become bread."

Jesus answered, "It is written: 'Man shall not live on bread alone, but on every word that comes from the mouth of God.'"

Some temptations are in the moment. Other temptations are long-lasting struggles. How do you deal with them?

Day Three

Then the devil took him to the holy city and had him stand on the highest point of the temple. "If you are the Son of God," he said, "throw yourself down. For it is written: *'He will command his angels concerning you, and they will lift you up in their hands, so that you will not strike your foot against a stone.'*"

Jesus answered him, "It is also written: *'Do not put the Lord your God to the test.'*"

These verses talk about putting God to the test. Honestly reflect on a time when you have actually felt let down by God.



Day Four

Again, the devil took him to a very high mountain and showed him all the kingdoms of the world and their splendour. "All this I will give you," he said, "if you will bow down and worship me."

Jesus said to him, "Away from me, Satan! For it is written: '*Worship the Lord your God, and serve him only.*'" Then the devil left him, and angels came and attended him.

Try and picture these scenes in as much detail as you can. Can you imagine Jesus humming the first verse of our hymn?

THE FOURTH STEP

 Read this week's prayer. What stands out for you today?

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.

THE FIFTH STEP

 Read the hymn verse again.

Take my life and let it be consecrated, Lord, to thee.

**Take my moments and my days;
let them flow in endless praise**

How does this describe what's coming up the rest of today and tomorrow? Talk to God about this.

Tues 28 Feb to Tues 7 March

THE FIRST STEP

 Take five deep breaths. Check-in with how you are feeling – in body, in mind, in spirit. Take five more deep breaths and ask God to abide with you in this moment.

THE SECOND STEP

 Read this week's hymn verse.

**Take my hands and let them move at the impulse of thy love
Take my feet and let them be swift and beautiful for thee**

How does it describe what happened yesterday, and today? Talk to God about this.

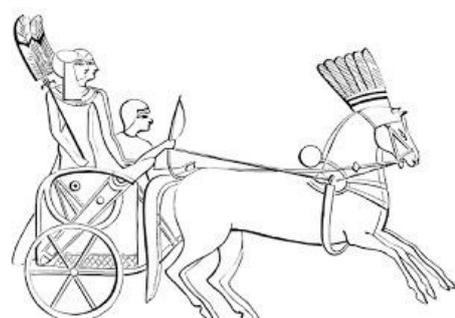
THE THIRD STEP

 A reading from Acts 8

Day One

Then an angel of the Lord said to Philip, 'Get up and go towards the south to the road that goes down from Jerusalem to Gaza.' This is a wilderness road. So he got up and went.

Philip is being asked to take a step into the unknown. When has this happened for you? How does it feel?



Day Two

Now there was an Ethiopian eunuch, a court official of the Candace, queen of the Ethiopians, in charge of her entire treasury. He had come to Jerusalem to worship and was returning home; seated in his chariot, he was reading the prophet Isaiah. Then the Spirit said to Philip, 'Go over to this chariot and join it.' So Philip ran up to it and heard him reading the prophet Isaiah. He asked, 'Do you understand what you are reading?' He replied, 'How can I, unless someone guides me?' And he invited Philip to get in and sit beside him.

This stranger would not have been allowed into the Temple itself. Have you experienced being an outsider?

Day Three

Now the passage of the scripture that he was reading was this: 'Like a sheep he was led to the slaughter, and like a lamb silent before its shearer, so he does not open his mouth. In his humiliation justice was denied him. Who can describe his generation? For his life is taken away from the earth.' The eunuch asked Philip, 'About whom, may I ask you, does the prophet say this, about himself or about someone else?' Then Philip began to speak, and starting with this scripture, he proclaimed to him the good news about Jesus.

What does the good news about Jesus mean for you? Has this ever changed?

Day Four

As they were going along the road, they came to some water; and the eunuch said, 'Look, here is water! What is to prevent me from being baptized?' He commanded the chariot to stop, and both of them, Philip and the eunuch, went down into the water, and Philip baptized him. When they came up out of the water, the Spirit of the Lord snatched Philip away; the eunuch saw him no more, and went on his way rejoicing. But Philip found himself at Azotus, and as he was passing through the region, he proclaimed the good news to all the towns until he came to Caesarea.

Can you imagine the stranger's joy and excitement? And imagine Philip's excitement and joy too. Savour it all!



THE FOURTH STEP

Read this week's prayer. What stands out for you today?

Father of all, we give you thanks and praise, that when we were still far off you met us in your Son and brought us home. Dying and living, he declared your love, gave us grace, and opened the gate of glory.

May we who share Christ's body live his risen life; we who drink his cup bring life to others; we whom the Spirit lights give light to the world.

Keep us firm in the hope you have set before us, so we and all your children shall be free, and the whole earth live to praise your name; through Christ our Lord.



THE FIFTH STEP

Read the hymn verse again.

**Take my hands and let them move at the impulse of thy love.
Take my feet and let them be swift and beautiful for thee**

How does this describe what's coming up the rest of today and tomorrow? Talk to God about this.

Wed 8 March to Wed 15 March



THE FIRST STEP

Take five deep breaths. Check-in with how you are feeling – in body, in mind, in spirit. Take five more deep breaths and ask God to abide with you in this moment.



THE SECOND STEP

Read this week's hymn verse.

**Take my voice and let me sing always, only, for my King.
Take my lips and let them be filled with messages from thee.**

How does it describe what happened yesterday, and today? Talk to God about this.



THE THIRD STEP

Day One

A reading from James 3 --- When we put bits into the mouths of horses to make them obey us, we can turn the whole animal. Or take ships as an example. Although they are so large and are driven by strong winds, they are steered by a very small rudder wherever the pilot wants to go. Likewise, the tongue is a small part of the body, but it makes great boasts. Consider what a great forest is set on fire by a small spark. The tongue also is a fire.

Make a (mental) note of five unhelpful things you've said recently. These might include times when you didn't speak up and you could have done ...

Day Two

From James 3 --- With the tongue we praise our Lord and Father, and with it we curse human beings, who have been made in God's likeness. Out of the same mouth come praise and cursing. My brothers and sisters, this should not be. Can both fresh water and salt water flow from the same spring? My brothers and sisters, can a fig tree bear olives, or a grapevine bear figs? Neither can a salt spring produce fresh water.

In what ways does the voice you use in your head say the same things as the voice you use to speak to other people?

Day Three

From James 3 --- Who is wise and understanding among you? Let them show it by their good life, by deeds done in the humility that comes from wisdom. But if you harbour bitter envy and selfish ambition in your hearts, do not boast about it or deny the truth. Such “wisdom” does not come down from heaven but is earthly, unspiritual, demonic. For where you have envy and selfish ambition, there you find disorder and every evil practice. But the wisdom that comes from heaven is first of all pure; then peace-loving, considerate, submissive, full of mercy and good fruit, impartial and sincere. Peacemakers who sow in peace reap a harvest of righteousness.

How can you use your voice as a peacemaker today?

Day Four

Psalm 100 --- Shout for joy to the Lord, all the earth. Worship the Lord with gladness; come before him with joyful songs. Know that the Lord is God. It is he who made us, and we are his; we are his people, the sheep of his pasture. Enter his gates with thanksgiving and his courts with praise; give thanks to him and praise his name. For the Lord is good and his love endures forever; his faithfulness continues through all generations.

Choose a song or hymn that makes you feel joyful and hum it all day today.



THE FOURTH STEP

Read this week’s prayer. What stands out for you today?

Make me a channel of your peace. Where there is hatred let me bring your love. Where there is injury, your pardon Lord. And where there is doubt true faith in You. Make me a channel of your peace. Where there is despair in life let me bring hope. Where there is darkness only light. And where there's sadness ever joy. Oh, Master grant that I may never seek so much to be consoled as to console, to be understood as to understand, to be loved as to love with all my soul.



THE FIFTH STEP

Read the hymn verse again.

Take my voice and let me sing always, only, for my King. Take my lips and let them be filled with messages from thee.

How does this describe what’s coming up the rest of today and tomorrow? Talk to God about this.

Thurs 16 Mar to Thurs 23 March



THE FIRST STEP

Take five deep breaths. Check-in with how you are feeling – in body, in mind, in spirit. Take five more deep breaths and ask God to abide with you in this moment.



THE SECOND STEP

Read this week's hymn verse.

**Take my silver and my gold;
not a mite would I withhold.**

**Take my intellect and use every
power as thou shalt choose.**

How does it describe what happened yesterday, and today? Talk to God about this.



THE THIRD STEP

Day One

from 2 Corinthians 9 --- Each of you must give as you have made up your mind, not reluctantly or under compulsion, for God loves a cheerful giver. And God is able to provide you with every blessing in abundance, so that by always having enough of everything, you may share abundantly in every good work. He who supplies seed to the sower and bread for food will supply and multiply your seed for sowing and increase the harvest of your righteousness. You will be enriched in every way for your great generosity, which will produce thanksgiving to God through us; for the rendering of this ministry not only supplies the needs of the saints but also overflows with many thanksgivings to God.

In what ways do you make space for generosity?

Day Two

from Luke 10 --- A man was going down from Jerusalem to Jericho, when he was attacked by robbers. They stripped him of his clothes, beat him and went away, leaving him half dead. A priest happened to be going down the same road, and when he saw the man, he passed by on the other side. So too, a Levite, when he came to the place and saw him, passed by on the other side.

What does lack of generosity look like in this well-known story Jesus told?

Day Three

from Luke 10 --- But a Samaritan, as he travelled, came where the man was; and when he saw him, he took pity on him. He went to him and bandaged his wounds, pouring on oil and wine. Then he put the man on his own donkey, brought him to an inn and took care of him. The next day he took out two denarii and gave them to the innkeeper. 'Look after him,' he said, 'and when I return, I will reimburse you for any extra expense you may have.'



What does generosity look like here? In what ways did the Samaritan give? Do we need wealth to be generous?

Did you know that "cheerful giver" could be translated "giggling giver"?!!



Day Four

from Luke 10 --- “Which of these three do you think was a neighbour to the man who fell into the hands of robbers?”

The expert in the law replied, “The one who had mercy on him.”

Jesus told him, “Go and do likewise.”

Have you ever heard random acts of kindness? These are unexpected acts of charity or helpfulness and is often done for a stranger. Google the term for ideas. Look for a chance to practice a random act of kindness today.

THE FOURTH STEP

Read this week’s prayer. It is sometimes used in the Communion service as the gifts are received at the Table. What stands out for you today?

Yours, Lord, is the greatness, the power, the glory, the splendour, and the majesty; for everything in heaven and on earth is yours. All things come from you, and of your own do we give you.

THE FIFTH STEP

Read the hymn verse again.

**Take my silver and my gold;
not a mite would I withhold.
Take my intellect and use every
power as thou shalt choose.**

How does this describe what’s coming up the rest of today and tomorrow? Talk to God about this.

Fri 24 March to Fri 31 March

THE FIRST STEP

Take five deep breaths. Check-in with how you are feeling – in body, in mind, in spirit. Take five more deep breaths and ask God to abide with you in this moment.

THE SECOND STEP

Read this week’s hymn verse.

**Take my will and make it thine;
It shall be no longer mine.
Take my heart; it is thine own.
It shall be thy royal throne.**

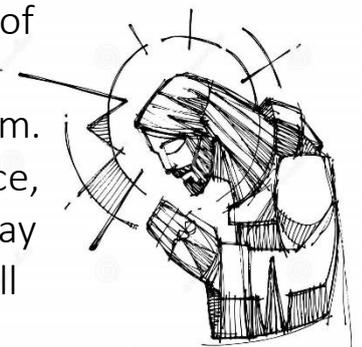
How does it describe what happened yesterday, and today? Talk to God about this.

THE THIRD STEP

A reading from Luke 22

Day One

Jesus went out as usual to the Mount of Olives, and his disciples followed him. On reaching the place, he said to them, “Pray that you will not fall into temptation.”



This is the night of Jesus’ arrest. We join here in the Garden of Gethsemane. How do you picture the scene?

Day Two

He withdrew about a stone's throw beyond them, knelt down and prayed, "Father, if you are willing, take this cup from me; yet not my will, but yours be done."

What do you think Jesus meant?

Day Three

An angel from heaven appeared to him and strengthened him. And being in anguish, he prayed more earnestly, and his sweat was like drops of blood falling to the ground.

Can you remember a time when you really struggled with God like this?

Day Four

When he rose from prayer and went back to the disciples, he found them asleep, exhausted from sorrow. "Why are you sleeping?" he asked them. "Get up and pray so that you will not fall into temptation."



Judas is about to come into view with the soldiers who will arrest Jesus. We are on the brink of Holy Week. Ask Jesus to show you something new and fresh in the coming days about his death and resurrection.



THE FOURTH STEP

Read this week's prayer. What stands out for you today?

This version of the Lord's Prayer is from the Anglican Church in New Zealand

Eternal Spirit, Earth-maker, Pain-bearer, Life-giver, Source of all that is and that shall be, Father and Mother of us all, Loving God, in whom is heaven:

The hallowing of your name echo through the universe! The way of your justice be followed by the peoples of the world! Your heavenly will be done by all created beings! Your commonwealth of peace and freedom, sustain our hope and come on earth.

With the bread we need for today, feed us. In the hurts we absorb from one another, forgive us. In times of temptation and testing, strengthen us. From trials too great to endure, spare us. From the grip of all that is evil, free us. For you reign in the glory of the power that is love, now and for ever. Amen.



THE FIFTH STEP

Read the hymn verse again.

**Take my will and make it thine;
It shall be no longer mine.
Take my heart; it is thine own.
It shall be thy royal throne.**

How does this describe what's coming up the rest of today and tomorrow? Talk to God about this.

Sat 1 April to Easter Eve



THE FIRST STEP

Take five deep breaths. Check-in with how you are feeling – in body, in mind, in spirit. Take five more deep breaths and ask God to abide with you in this moment.



THE SECOND STEP

Read this week's hymn verse.

**Take my love; my Lord, I pour
at thy feet its treasure store.**

**Take myself, and I will be
ever, only, all for thee.**

How does it describe what happened yesterday, and today? Talk to God about this.



THE THIRD STEP

Readings for Holy Week

Day One

Mark 15:15-20 --- So Pilate, wishing to satisfy the crowd, released Barabbas for them; and after flogging Jesus, he handed him over to be crucified. Then the soldiers led him into the courtyard of the palace (that is, the governor's headquarters); and they called together the whole cohort. And they clothed him in a purple cloak; and after twisting some thorns into a crown, they put it on him. And they began saluting him, 'Hail, King of the Jews!' They struck his head with a reed, spat upon him, and knelt down in homage to him. After mocking

him, they stripped him of the purple cloak and put his own clothes on him. Then they led him out to crucify him.

Picture this scene in as much detail as you dare. Look at Jesus' face if you can.

Day Two

Luke 23:32-35 --- Two others also, who were criminals, were led away to be put to death with him. When they came to the place that is called The Skull, they crucified Jesus there with the criminals, one on his right and one on his left. Then Jesus said, 'Father, forgive them; for they do not know what they are doing.' And they cast lots to divide his clothing. And the people stood by, watching; but the leaders scoffed at him, saying, 'He saved others; let him save himself if he is the Messiah of God, his chosen one!'

Picture this scene in as much detail as you dare. Look at Jesus' face if you can.

Day Three

John 19:28-30 --- After this, when Jesus knew that all was now finished, he said (in order to fulfil the scripture), 'I am thirsty.' A jar full of sour wine was standing there. So they put a sponge full of the wine on a branch of hyssop and held it to his mouth. When Jesus had received the wine, he said, 'It is finished.' Then he bowed his head and gave up his spirit.

Picture this scene in as much detail as you dare. Look at Jesus' face if you can.

Day Four

Matthew 27:57-60 --- When it was evening, there came a rich man from Arimathea, named Joseph, who was also a disciple of Jesus. He went to Pilate and asked for the body of Jesus; then Pilate ordered it to be given to him. So Joseph took the body and wrapped it in a clean linen cloth and laid it in his own new tomb, which he had hewn in the rock. He then rolled a great stone to the door of the tomb and went away.

Picture this scene in as much detail as you dare. Look at Jesus' face if you can.



THE FOURTH STEP

Read this week's prayer. What stands out for you today?

**Eternal God,
in the cross of Jesus
we see the cost of our sin
and the depth of your love:
in humble hope and fear
may we place at his feet
all that we have and all that we are,
through Jesus Christ our Lord.**



THE FIFTH STEP

Read the hymn verse again.

**Take my love; my Lord, I pour
at thy feet its treasure store.
Take myself, and I will be
ever, only, all for thee**

How does this describe what's coming up the rest of today and tomorrow? Talk to God about this.



**When I survey the wondrous cross
on which the Prince of glory died,
my richest gain I count but loss,
and pour contempt on all my pride.**

**Forbid it, Lord, that I should boast
save in the death of Christ, my God!
All the vain things that charm me most,
I sacrifice them through his blood.**

**See, from his head, his hands, his feet,
sorrow and love flow mingled down.
Did e'er such love and sorrow meet,
or thorns compose so rich a crown?**

**Were the whole realm of nature mine,
that were a present far too small.
Love so amazing, so divine,
demands my soul, my life, my all.**