

Hymns ~ First Sunday of Lent

Forty days and forty nights thou wast fasting in the wild;
forty days and forty nights tempted still, yet unbeguiled.

Sunbeams scorching all the day, chilly dew-drops nightly shed,
prowling beasts about thy way, stones thy pillow, earth thy bed.

Let us thy endurance share and from earthly greed abstain
with thee watching unto prayer, with thee strong to suffer pain.

Keep, O keep us, Saviour dear, ever constant by thy side,
that with thee we may appear at the eternal Eastertide.

SPIRITUAL COMMUNION

‘My Jesus, I believe that you are present in this Holy Sacrament of the Altar.
I love you above all things and I passionately desire to receive you into my soul.
Since I cannot now receive you sacramentally, come spiritually into my soul so that
I may unite myself wholly to you now and forever.’ Amen
(based on prayer of St Alphonsus Liguori)

You shall cross the barren desert, but you shall not die of thirst.
You shall wander far in safety though you do not know the way.
You shall speak your words to foreign men and they will understand.
You shall see the face of God and live.

Be not afraid, I go before you always. Come, follow me, and I will give you rest.

If you pass through raging waters in the sea, you shall not drown.
If you walk amid the burning flames, you shall not be harmed.
If you stand before the power of hell and death is at your side,
know that I am with you through it all.

Blessed are your poor, for the kingdom shall be theirs.
Blest are you that weep and mourn, for one day you shall laugh.
And if wicked men insult and hate you all because of me, blessed, blessed are you!
(Robert Dufford SJ)

Lead us, heav'nly Father, lead us o'er the world's tempestuous sea:
guard us, guide us, keep us, feed us, for we have no help but thee;
yet possessing ev'ry blessing if our God our Father be.

Saviour, breathe forgiveness o'er us, all our weakness thou dost know,
thou didst tread this earth before us, thou didst feel its keenest woe;
lone and dreary, faint and weary, through the desert thou didst go.

Spirit of our God, descending, fill our hearts with heavenly joy,
love with every passion blending, pleasure that can never cloy;
thus provided, pardoned, guided, nothing can our peace destroy.