



## SUNDAY TABLE SERVICE 22<sup>nd</sup> February 2026

**First Sunday in Lent**  
***Let us watch Songs of Praise together.***  
***on the ABC and then set the table***  
***for our shared meal.***

**LENT**  
Pray + Fast + Give

### ***Setting our table for our Sunday lunch service.***

Sometimes we eat, in front of the TV either together or alone; we eat on the run; we eat out in restaurants or even in our car; but today we sit at a table that we have set for our Sunday lunch meal. It is our everyday altar of life-giving food.

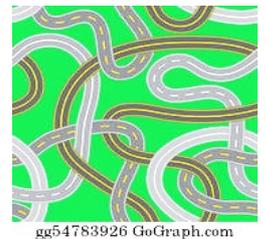


Let us prepare our table with thanksgiving and prayer as we worship during the Lenten Season, define the occasion by adding something special to our table. Give some thought to the presentation of our meal as a meditation on the importance of the time we are setting aside for worship.

If you are celebrating this meal without people physically present, please be aware that **God Is With You.**

### **KNOWING GOD'S WAY.**

Have you ever tried to take a shortcut and discovered it would have been better to take the long way around in the first place? There are always consequences to our actions. God gives us a road map to follow Him and we need to know this road map well. Why? Because in life there are many shortcuts that offer a better way, but only lead to trouble. Jesus knew His purpose well and Satan ran out of detours in the end.



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### ***opening prayer — consciously drawing together in our mind our Parish community around our table.***

*Be still and silent. Visualise in your mind, those whom you invited to share with you. Pray:*

**In the name of the Father, and of the Son, and of the Holy Spirit. Amen.**

**Here, and throughout the world, We adore you O Christ, and we bless you, because by your holy cross you have redeemed the world. Amen**

**Bless this food, both physical and spiritual. Bless all who gather at your table, both seen and unseen, In Jesus' name we pray. Amen**

### **A reading from the book of Genesis Chapter 2:15-17, 3:1-7**

The Lord God took the man and put him in the garden of Eden to till it and keep it. And the Lord God commanded the man, "You may freely eat of every tree of the garden; but of the tree of the knowledge of good and evil you shall not eat, for in the day that you eat of it you shall die." Now the serpent was more crafty than any other wild animal that the Lord God had made. He said to the woman, "Did God say, 'You shall not eat from any tree in the garden'?" The woman said to the serpent, "We may eat of the fruit of the trees in the garden; but God said, 'You shall not eat of the



fruit of the tree that is in the middle of the garden, nor shall you touch it, or you shall die.” But the serpent said to the woman, “You will not die; for God knows that when you eat of it your eyes will be opened, and you will be like God, knowing good and evil.” So when the woman saw that the tree was good for food, and that it was a delight to the eyes, and that the tree was to be desired to make one wise, she took of its fruit and ate; and she also gave some to her husband, who was with her, and he ate. Then the eyes of both were opened, and they knew that they were naked; and they sewed fig leaves together and made loincloths for themselves.

Hear the word of the Lord. **Thanks be to God.**

### Psalm 32

1 Blessed are those whose sin is forgiven:  
whose iniquity is put away.

2 Blessed are those to whom the Lord imputes no blame:  
and in whose spirit there is no guile.

3 For whilst I held my tongue:  
my bones wasted away with my daily complaining.

4 Your hand was heavy upon me day and night:  
and my moisture was dried up like a drought in summer.

5 Then I acknowledged my sin to you:  
and my iniquity I did not hide;

6 I said ‘I will confess my transgressions to the Lord’:  
and so you forgave the wickedness of my sin.

7 For this cause shall everyone that is faithful  
make their prayer to you in the day of trouble:  
and in the time of the great water flood it shall not come near them.

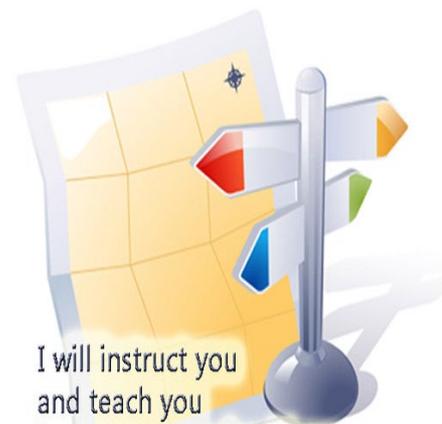
8 You are a place to hide me in you will preserve me from trouble:  
you will surround me with deliverance on every side.

9 ‘I will instruct you and direct you in the way that you should go:  
I will fasten my eye up-on you and give you counsel.

10 ‘Be not like horse or mule that have no understanding:  
whose forward course must be curbed with bit and bridle.’

11 Great tribulations remain for the ungodly:  
but whoever puts their trust in the Lord mercy embraces them on every side.

12 Rejoice in the Lord you righteous and be glad:  
and shout for joy all you that are true of heart.



I will instruct you  
and teach you  
in the way you should go;  
I will counsel you  
and watch over you.

Psalm 32:8

### A reading from the Letter to the Romans Chapter 5 verses 12-21



Just 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. But law came in, with the result that the trespass multiplied; but where sin increased, grace abounded all the more, so that, just as sin exercised dominion in death, so grace might also exercise dominion through justification leading to eternal life through Jesus Christ our Lord.  
*Hear the word of the Lord, **thanks be to God.***

**The Gospel of our Lord Jesus Christ according to Matthew Chapter 4, verses 1-11**  
**Glory to you Lord Jesus Christ**

Then Jesus was led up by the Spirit into the wilderness to be tempted by the devil. He fasted forty days and forty nights, and afterwards he was famished. The tempter came and said to him, "If you are the Son of God, command these stones to become loaves of bread." But he answered, "It is written, 'One does not live by bread alone, but by every word that comes from the mouth of God.'" Then the devil took him to the holy city and placed him on the pinnacle of the temple, saying to him, "If you are the Son of God, throw yourself down; for it is written, 'He will command his angels concerning you,' and 'On their hands they will bear you up, so that you will not dash your foot against a stone.'" Jesus said to him, "Again it is written, 'Do not put the Lord your God to the test.'" Again, the devil took him to a very high mountain and showed him all the kingdoms of the world and their splendour; and he said to him, "All these I will give you, if you will fall down and worship me." Jesus said to him, "Away with you, Satan! for it is written, 'Worship the Lord your God, and serve only him.'" Then the devil left him, and suddenly angels came and waited on him.



For the Gospel of the Lord. **Praise to you Lord Jesus Christ.**

**Sentence:**

We do not live by bread alone, but by every word that comes from the mouth of God.  
*Let us now engage in some quiet reflection, or conversation and sharing, responding to the Gospel passage. We may like to write down some key thoughts for further reflection.*

**So one man's act of righteousness leads to justification and life for all.**  
**Away with you, Satan! for it is written, 'Worship the Lord your God, and serve only him.'**



God our Father, wants us to put our faith and trust in Him, even if we don't know what is around the bend. Jesus said I am the way, the truth, and the life. He not only is the righteousness that saves us, but His righteousness is what we can rely on, no matter what. People get tempted that if they have power or wealth they can serve God better, but God says to us all, you are enough, I can work with this. It is God who moves through us. Satan wants us to trust in anything but God.

**Prayer-time** Now let us continue to offer our prayers for family; for members of the parish and wider community, for the life and ministry of the Church, for encouragement in our journey of faith, for healing of the world; for those affected by natural disasters, war and conflict; We pray for those affected by the fires and flooding in various parts of Australia. We pray for peace in our region and in the wider world. Enable leaders to come together for the common good, not individual greed. Give

strength to those who oppose injustice and disunity, and work towards peace and safety for all.

**Please pray alongside those in our parish asking for prayer.**

We continue to pray alongside those in our parish asking for prayer :Ann W, Joy I, David B, Cathy, Jo, Lorraine, Sue, Margaret P, Trish S Kay & Chris DeVries Lynn H, Jean T, Sue and family, Stephen, Anne, Ken, Neville B, Lisa W, Jan Y, Michael, Andrew, Colin C, Pratibha K, Jeanette B, Barbara A, Jo M, Sue Mc, Griselda, Patrusca, Lorraine, Rachel, Steve, Ebony, Nicole, David, Takoohi , Glenda, Margaret, Wendy, Gweneth, Jo and Ginne , Matthew, Kathryn and Keiran, Ruth, Jean N, Georgia, Pat V, Brenda, Joanie, Jan, Jac B; Eileen, Ursula P, Nicholas & Ben; Sue & Frank G, Emily and her family; Christina and any others we wish to remember, either silently or aloud



**Let us say the Lord's Prayer Together. Our Father .....**

**Prayer of the Day**

Almighty God,  
whose Son fasted forty days in the wilderness,  
and was tempted as we are, yet did not sin:  
give us grace to direct our lives in obedience to your will, that,  
as you know our weakness, so we may know your power to save;  
through Jesus Christ our Redeemer,  
who lives and reigns with you in the unity of the Holy Spirit,  
one God, now and for ever. Amen.



Conclude the meal with the following prayer together.

**May the grace of our Lord Jesus Christ,  
the love of God and the fellowship of the Holy  
Spirit be amongst us and remain with us  
always. Amen.**

**Intentional connection beyond your home**

After our Table Service, make contact with family and friends who may be alone or who you may not have talked with for a while. Let God guide you to the person or persons with whom you should connect. Contact them. Start a conversation: How have you been keeping, or hope you are keeping well, or I was just thinking of you and decided to call.

