



22nd February 2026
First Sunday of Lent

St James' Church
www.stjamesexeter.org Exeter

Rector

Fr Henry Pryse 01392 431297
Day off: Thursday

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Charity register number: 1128877

Lent Course

Based on the book *Faces in the Crowd*, and led by Fr Tony Dickinson, this year's course begins this Tuesday at 2.30 pm, in the hall.

Christus Factus Est

Christus factus est pro nobis obediens usque ad mortem, mortem autem crucis. Propter quod et Deus exaltavit illum et dedit illi nomen, quod est super omne nomen.

Christ became obedient for us even unto death, death on the cross. Therefore God exalted Him and gave Him a name which is above all names.

Collect

Almighty God, whose Son Jesus Christ fasted forty days in the wilderness, and was tempted as we are, yet without sin: give us grace to discipline ourselves in obedience to your Spirit; and, as you know our weakness, so may we know your power to save; through Jesus Christ your Son our Lord, who is alive and reigns with you, in the unity of the Holy Spirit, one God, now and for ever.

Post-Communion Prayer

Lord God, you have renewed us with the living bread from heaven; by it you nourish our faith, increase our hope, and strengthen our love: teach us always to hunger for him who is the true and living bread, and enable us to live by every word that proceeds from out of your mouth; through Jesus Christ our Lord.

10.00 am Music

Processional hymn 173

Offertory hymn 502

Communion anthem

Recessional hymn 493

Mass of St Thomas (by David Thorne)

Forty Days and Forty Nights

O Love, How Deep, How Broad, How High

Christus Factus Est

O Jesus, I Have Promised

This Week

Morning Prayer is said at 8.30 am

Online: Mon, Wed

In the church: Tue, Thu, Fri

Mon 23rd February Matthew 25: 31 – 46

11.00 am Communion, Kingsgate

6.00 pm Stations of the Cross

7.00 pm Choir practice

Tue 24th February Matthew 6: 7 – 15

2.30 pm Lent course

Wed 25th February Luke 11: 29 – 32

12.00 noon Eucharist

Thu 26th February Matthew 7: 7 – 12

Fri 27th February Matthew 5: 20 – 26

10.30 am Coffee morning

Sat 28th February Matthew 5: 43 – 48

Next Sunday: 1st March

Second Sunday of Lent

John 3: 1 – 17

8.00 am Holy Communion

10.00 am Parish Eucharist

4.00 pm Celebrate Together

Sharing God's love through worship, fellowship and service

First Reading: Genesis 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.

Second Reading: Romans 5: 12-19

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 judgement 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.

Gospel Reading: Matthew 4: 1-11

Jesus was led up by the Spirit into the wilderness to be tempted by the devil. He fasted for 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.

