

**The Benefice of All Saints', Highbrook
& St Margaret of Antioch, West Hoathly**

**Prayers and Readings for the 2nd Sunday of Lent
1st March 2026**

The Collect

Almighty God,
by the prayer and discipline of Lent
may we enter into the mystery of Christ's sufferings,
and by following in his Way
come to share in his glory;
through Jesus Christ our Lord. Amen

The Liturgy of the Word

First Reading

Genesis 12.1-4

Then the Lord said to Abram, "Leave your country, your relatives and your father's family. Go to the land I will show you.

I will make you a great nation,
and I will bless you.

I will make you famous.

And you will be a blessing to others.

I will bless those who bless you.

I will place a curse on those who harm you.

And all the people on earth

will be blessed through you."

So Abram left Haran as the Lord had told him. And Lot went with him. At this time Abram was 75 years old.

The Gospel

John 3.1-17

Now there was a Pharisee named Nicodemus, a leader of the Jews. He came to Jesus by night and said to him, 'Rabbi, we know that you are a teacher who has come from God; for no one can do these signs that you do apart from the presence of God.' Jesus answered him, 'Very truly, I tell you, no one can

see the kingdom of God without being born from above.’ Nicodemus said to him, ‘How can anyone be born after having grown old? Can one enter a second time into the mother’s womb and be born?’ Jesus answered, ‘Very truly, I tell you, no one can enter the kingdom of God without being born of water and Spirit. What is born of the flesh is flesh, and what is born of the Spirit is spirit. Do not be astonished that I said to you, “You must be born from above.” The wind blows where it chooses, and you hear the sound of it, but you do not know where it comes from or where it goes. So it is with everyone who is born of the Spirit.’ Nicodemus said to him, ‘How can these things be?’ Jesus answered him, ‘Are you a teacher of Israel, and yet you do not understand these things?’

‘Very truly, I tell you, we speak of what we know and testify to what we have seen; yet you do not receive our testimony. If I have told you about earthly things and you do not believe, how can you believe if I tell you about heavenly things? No one has ascended into heaven except the one who descended from heaven, the Son of Man. And just as Moses lifted up the serpent in the wilderness, so must the Son of Man be lifted up, that whoever believes in him may have eternal life.

‘For God so loved the world that he gave his only Son, so that everyone who believes in him may not perish but may have eternal life.

‘Indeed, God did not send the Son into the world to condemn the world, but in order that the world might be saved through him.

Prayer after Communion

Almighty God,

you see that we have no power of ourselves to help ourselves:

keep us both outwardly in our bodies,

and inwardly in our souls;

that we may be defended from all adversities which may happen to the body,

and from all evil thoughts which may assault and hurt the soul;

through Jesus Christ our Lord.

Amen