

## Fifth Sunday in Lent

17 March 2024

### Collect

O God, our Redeemer,  
in our weakness we have failed  
to be your messengers of forgiveness and hope:  
renew us by your Holy Spirit,  
that we may follow your commands  
and proclaim your reign of love;  
through Jesus Christ our Lord,  
who lives and reigns with you and the Holy Spirit,  
one God, now and for ever. **Amen.**

### 1st Reading

#### Genesis 1:26-31

**26** Then God said, “Let us make mankind in our image, in our likeness, so that they may rule over the fish in the sea and the birds in the sky, over the livestock and all the wild animals, and over all the creatures that move along the ground.”

**27** So God created mankind in his own image, in the image of God he created them; male and female he created them.

**28** God blessed them and said to them, “Be fruitful and increase in number; fill the earth and subdue it. Rule over the fish in the sea and the birds in the sky and over every living creature that moves on the ground.”

**29** Then God said, “I give you every seed-bearing plant on the face of the whole earth and every tree that has fruit with seed in it. They will be yours for food.

**30** And to all the beasts of the earth and all the birds in the sky and all the creatures that move along the ground—everything that has the breath of life in it—I give every green plant for food.” And it was so.

**31** God saw all that he had made, and it was very good. And there was evening, and there was morning—the sixth day.

## Psalm

### Psalm 63:1-8

- 1** You, God, are my God, earnestly I seek you; I thirst for you, my whole being longs for you, in a dry and parched land where there is no water.
- 2** I have seen you in the sanctuary and beheld your power and your glory.
- 3** Because your love is better than life, my lips will glorify you.
- 4** I will praise you as long as I live, and in your name I will lift up my hands.
- 5** I will be fully satisfied as with the richest of foods; with singing lips my mouth will praise you.
- 6** On my bed I remember you; I think of you through the watches of the night.
- 7** Because you are my help, I sing in the shadow of your wings.
- 8** I cling to you; your right hand upholds me.

## 2nd Reading

### Ephesians 3:14 - 4:16

- 3:14** For this reason I kneel before the Father,  
**15** from whom every family in heaven and on earth derives its name.
- 16** I pray that out of his glorious riches he may strengthen you with power through his Spirit in your inner being,  
**17** so that Christ may dwell in your hearts through faith. And I pray that you, being rooted and established in love,  
**18** may have power, together with all the Lord's holy people, to grasp how wide and long and high and deep is the love of Christ,  
**19** and to know this love that surpasses knowledge—that you may be filled to the measure of all the fullness of God.
- 20** Now to him who is able to do immeasurably more than all we ask or imagine, according to his power that is at work within us,  
**21** to him be glory in the church and in Christ Jesus throughout all generations, for ever and ever! Amen.

**4:1** As a prisoner for the Lord, then, I urge you to live a life worthy of the calling you have received.

**2** Be completely humble and gentle; be patient, bearing with one another in love.

**3** Make every effort to keep the unity of the Spirit through the bond of peace.

**4** There is one body and one Spirit, just as you were called to one hope when you were called;

**5** one Lord, one faith, one baptism;

**6** one God and Father of all, who is over all and through all and in all.

**7** But to each one of us grace has been given as Christ apportioned it.

**8** This is why it says: "When he ascended on high, he took many captives and gave gifts to his people."

**9** (What does "he ascended" mean except that he also descended to the lower, earthly regions ?

**10** He who descended is the very one who ascended higher than all the heavens, in order to fill the whole universe.)

**11** So Christ himself gave the apostles, the prophets, the evangelists, the pastors and teachers,

**12** to equip his people for works of service, so that the body of Christ may be built up

**13** until we all reach unity in the faith and in the knowledge of the Son of God and become mature, attaining to the whole measure of the fullness of Christ.

**14** Then we will no longer be infants, tossed back and forth by the waves, and blown here and there by every wind of teaching and by the cunning and craftiness of people in their deceitful scheming.

**15** Instead, speaking the truth in love, we will grow to become in every respect the mature body of him who is the head, that is, Christ.

**16** From him the whole body, joined and held together by every supporting ligament, grows and builds itself up in love, as each part does its work.

## **Gospel**

## Luke 24:36-49

**36** While they were still talking about this, Jesus himself stood among them and said to them, “Peace be with you.”

**37** They were startled and frightened, thinking they saw a ghost.

**38** He said to them, “Why are you troubled, and why do doubts rise in your minds?”

**39** Look at my hands and my feet. It is I myself! Touch me and see; a ghost does not have flesh and bones, as you see I have.”

**40** When he had said this, he showed them his hands and feet.

**41** And while they still did not believe it because of joy and amazement, he asked them, “Do you have anything here to eat?”

**42** They gave him a piece of broiled fish,

**43** and he took it and ate it in their presence.

**44** He said to them, “This is what I told you while I was still with you: Everything must be fulfilled that is written about me in the Law of Moses, the Prophets and the Psalms.”

**45** Then he opened their minds so they could understand the Scriptures.

**46** He told them, “This is what is written: The Messiah will suffer and rise from the dead on the third day,

**47** and repentance for the forgiveness of sins will be preached in his name to all nations, beginning at Jerusalem.

**48** You are witnesses of these things.

**49** I am going to send you what my Father has promised; but stay in the city until you have been clothed with power from on high.”