

Outlook

"I am the Lord your God, who brought you out of Egypt, out of the land of slavery."

- * You shall not murder.
 - * You shall not commit adultery.
 - * You shall not steal."
- Ex 20

Roughly 1300 years after Moses had been given the 10 Commandments on Mt Sinai Jesus told his disciples, *"If you love me, keep my commands."* (John 14:15). This connection between loving him **and** walking his way is fundamental to the life of being a follower of Jesus. Through confession we acknowledge that we need a saviour; but it's through a life of trust and obedience in God's way that we show our repentance in action.

The commandments we have in view today have one important thing in common: all 3 put a spotlight on how we treat other people and remind us of these words of Jesus, *"everyone will know that you are my disciples, if you love one another."* (John 13:35). Loving others isn't always easy, and the world around us even invites us to disregard certain people. But as followers of Jesus we're called to, *"do to others as you would have them do to you."* (Luke 6:31).



A Collect for this Week

Almighty God,
give us reverence for all
creation and respect for every
person, that we may mirror
your likeness in Jesus Christ
our Lord.

Amen.

Exodus 20:1-2 & 13-15

1 And God spoke all these words:
2 "I am the Lord your God, who brought you out of Egypt, out of the land of slavery."

13 "You shall not murder."
14 "You shall not commit adultery."
15 "You shall not steal."

1Corinthians 10:1-13

1 For I do not want you to be ignorant of the fact, brothers and sisters, that our ancestors were all under the cloud and that they all passed through the sea. 2 They were all baptised into Moses in the cloud and in the sea. 3 They all ate the same spiritual food 4 and drank the same spiritual drink; for they drank from the spiritual rock that accompanied them, and that rock was Christ. 5 Nevertheless, God was not pleased with most of them; their bodies were scattered in the wilderness.
6 Now these things occurred as examples to keep us from setting our hearts on evil things as they did. 7 Do not be idolaters, as some of them were; as it is written: 'The people sat down to eat and drink and got up to indulge in revelry.' 8 We should not

commit sexual immorality, as some of them did – and in one day twenty-three thousand of them died. 9 We should not test Christ, as some of them did – and were killed by snakes. 10 And do not grumble, as some of them did – and were killed by the destroying angel. 11 These things happened to them as examples and were written down as warnings for us, on whom the culmination of the ages has come. 12 So, if you think you are standing firm, be careful that you don't fall! 13 No temptation has overtaken you except what is common to mankind. And God is faithful; he will not let you be tempted beyond what you can bear. But when you are tempted, he will also provide a way out so that you can endure it.

Matthew 5:17-20

17 *[Jesus said,]* "Do not think that I have come to abolish the Law or the Prophets; I have not come to abolish them but to fulfil them. 18 For truly I tell you, until heaven and earth disappear, not the smallest letter, not

the least stroke of a pen, will by any means disappear from the Law until everything is accomplished. 19 Therefore anyone who sets aside one of the least of these commands and teaches others accordingly will

be called least in the kingdom of heaven, but whoever practices and teaches these commands will be called great in the kingdom of heaven. **20** For I tell you that unless

your righteousness surpasses that of the Pharisees and the teachers of the law, you will certainly not enter the kingdom of heaven.

Lent 2026



Details of this year's Lent Course are in the box across.

The same material will be repeated on Tuesday evenings and Wednesday afternoons through Lent. Might you join us, and who might you invite?



CHRISTIANITY|EXPLORED

WHAT'S THE BEST NEWS
YOU'VE EVER HEARD?

A 7-week course for Lent 2026. Reading the Gospel of Mark we will see who Jesus says he is and why his death & resurrection are so important.

7:30pm Tuesdays 17th Feb - 31st March

1:45pm Wednesdays 18th Feb - 1st April

(same material both sessions - attend either Tues eve or Weds afternoon)

More info via ChristianityExplored.org & 07809 668 118

And here are some **helpful Lent dates** for your diary:

* **Pancake Party for Shrove Tuesday**

► 4:00-5:30pm Tuesday 17th Feb

* **Service for Ash Wednesday (including 'Ashing')**

► 7:30pm Wednesday 18th Feb

* **Agapé/Passover Supper**

► 7:30pm Thursday 2nd April

Thinking Through the 10 Commandments



Why not take a moment to consider the 3 pictures we've been using to help describe the commandments?



The Magnifying Glass:

How do the commands clarify the beauty and majesty of God?



The Megaphone:

What is the important warning message that God seeks to communicate through each command?



The Mirror:

How does each command help us to see ourselves as God sees us?

Social Media



Are you a bit of whizz with all the socials? Do you know your Insta from your Tik Tok? Naomi, Ian and Sue would love to find someone who could help them with our connection on these platforms. If this could possibly be you, please will you have a chat with Ian? Thank you!

Gardening



We need to find someone to take on the lawn mowing and general gardening at All Saints'. I (Ian) am no expert, but even I know that everything will start to grow again in the next month or so... might **you** be willing to take this on? Or help occasionally? Let us know!

New Wine Celebration Event: 6:30pm Sunday 1st March



The next New Wine evening of worship/teaching/prayer will be held at St Paul's Burseldon on Sunday 1st March 6:30pm. If you'd like to go but don't have a lift, let Ian know.

When You Pray...



Please keep Dave S in your prayers as he faces significant health challenges. Likewise, let's pray that God restores Wendy I to good health. Please also pray for: God to use the Lent Course to help many of us to know him better; the ongoing ministry at Stay & Play; that we would see the lost being saved; and thank God for the good things happening through our ministry in several local care homes.

Thank You!



We had a most delicious lunch at last week's monthly bring-and-share meal. Thanks go to Steve & Michelle for coordinating things. We hope you'll be able to join us next month for another wonderful time of fellowship!

Keep in Touch



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