

MORNING PRAYER – LENT

Preparation

O Lord, open our lips;

And our mouth shall proclaim your praise.

Let your ways be known upon earth,

Your saving power among the nations.

Blessed are you, God of compassion and mercy,
to you be praise and glory for ever.

In the darkness of our sin,
your light breaks forth like the dawn
and your healing springs up for deliverance.

As we rejoice in the gift of your saving help,
sustain us with your bountiful Spirit
and open our lips to sing your praise.

Blessed be God, Father, Son and Holy Spirit.

Blessed be God for ever!

A Song of Penitence (Psalm 51:1–5, 12–15)

¹ Have mercy on me, O God, in your great goodness; ♦
according to the abundance of your compassion
blot out my offences.

² Wash me thoroughly from my wickedness ♦
and cleanse me from my sin.

³ For I acknowledge my faults ♦
and my sin is ever before me.

⁴ Against you only have I sinned ♦
and done what is evil in your sight,

⁵ So that you are justified in your sentence ♦
and righteous in your judgement.

⁶ Cast me not away from your presence ♦
and take not your holy spirit from me.

⁷ Give me again the joy of your salvation ♦
and sustain me with your gracious spirit;

⁸ Then shall I teach your ways to the wicked ♦
and sinners shall return to you.

⁹ Deliver me from my guilt, O God,
the God of my salvation, ♦
and my tongue shall sing of your righteousness.

**Glory to the Father and to the Son and to the Holy Spirit;
as it was in the beginning is now and shall be for ever. Amen.**

The night has passed, and the day lies open before us; let us pray with one heart and mind.

Silence is kept.

As we rejoice in the gift of this new day, so may the light of your presence, O God, set our hearts on fire with love for you; now and for ever. **Amen.**

The Word of God

The appointed psalm(s) is said, followed by:

**Glory to the Father and to the Son and to the Holy Spirit;
as it was in the beginning is now and shall be for ever. Amen.**

An appointed passage of scripture is read.

A Song of the Word of the Lord (Isaiah 55:6-11)

- ¹ Seek the Lord while he may be found, ♦
call upon him while he is near;
- ² Let the wicked abandon their ways, ♦
and the unrighteous their thoughts;
- ³ Return to the Lord, who will have mercy; ♦
to our God, who will richly pardon.
- ⁴ 'For my thoughts are not your thoughts, ♦
neither are your ways my ways,' says the Lord.
- ⁵ 'For as the heavens are higher than the earth, ♦
so are my ways higher than your ways
and my thoughts than your thoughts.
- ⁶ 'As the rain and the snow come down from above, ♦
and return not again but water the earth,
- ⁷ 'Bringing forth life and giving growth, ♦
seed for sowing and bread to eat,

- 8 'So is my word that goes forth from my mouth; ♦
it will not return to me fruitless,
9 'But it will accomplish that which I purpose, ♦
and succeed in the task I gave it.'

**Glory to the Father, and to the Son and to the Holy Spirit;
as it was in the beginning is now and shall be for ever. Amen.**

An appointed passage of scripture is read.

The Song of Zechariah (Luke 1:68–79)

**Refrain: You have given your people knowledge of salvation,
O God, by the forgiveness of their sins.**

- 1 Blessed be the Lord the God of Israel, ♦
who has come to his people and set them free.
2 He has raised up for us a mighty Saviour, ♦
born of the house of his servant David. **R**
3 Through his holy prophets God promised of old ♦
to save us from our enemies,
from the hands of all that hate us,
4 To show mercy to our ancestors, ♦
and to remember his holy covenant. **R**
5 This was the oath God swore to our father Abraham: ♦
to set us free from the hands of our enemies,
6 Free to worship him without fear, ♦
holy and righteous in his sight
all the days of our life. **R**
7 And you, child, shall be called the prophet of the Most High, ♦
for you will go before the Lord to prepare his way,
8 To give his people knowledge of salvation ♦
by the forgiveness of all their sins. **R**
9 In the tender compassion of our God ♦
the dawn from on high shall break upon us,
10 To shine on those who dwell in darkness
and the shadow of death, ♦
and to guide our feet into the way of peace. **R**

Prayers

With faith and love and in union with Christ, let us offer our prayers before the throne of grace.

Have mercy on your people,
for whom your Son laid down his life.
Bring healing and wholeness to people and nations,
and have pity on those torn apart by division.
Lord, have mercy: **Lord, have mercy.**

Strengthen all who are persecuted for your name's sake,
and deliver them from evil.
Look in mercy upon all who suffer,
and hear those who cry out in pain and desolation.
Christ, have mercy: **Christ, have mercy.**

Bring comfort to the dying,
and gladden their hearts with the power of your glory.
Give rest to the departed
and bring them, with your saints, to glory everlasting.
Lord, have mercy: **Lord, have mercy.**

The Collect of the day or the following is said.

Almighty and holy God, your Son, in obedience to the Spirit, fasted forty days in the desert: give us grace to discipline ourselves, so that we may press on towards Easter with eager faith and love; through Jesus Christ our Lord, who lives and reigns with you and the Holy Spirit, one God, now and for ever. **Amen.**

Trusting in the compassion of God, let us pray with confidence as our Saviour has taught us:

Our Father, who art in heaven...

The Conclusion

May God our Redeemer show us compassion and love. **Amen.**

Let us bless the Lord.
Thanks be to God.

EVENING PRAYER – LENT

Preparation

O Lord, open our lips;
And our mouth shall proclaim your praise.

Let your ways be known upon earth,
Your saving power among the nations.

Blessed are you, Lord God of our salvation,
to you be glory and praise for ever.
In the darkness of our sin you have shone in our hearts
to give the light of the knowledge of the glory of God
in the face of Jesus Christ.
Open our eyes to acknowledge your presence,
that freed from the misery of sin and shame
we may grow into your likeness from glory to glory.
Blessed be God, Father, Son and Holy Spirit.
Blessed be God for ever.

A Song of Entreaty (From Psalm 143)

- ¹ Hear my prayer, O Lord,
and in your faithfulness give ear to my supplications; ♦
answer me in your righteousness.
- ² Enter not into judgement with your servant, ♦
for in your sight shall no one living be justified.
- ³ My spirit faints within me; ♦
my heart within me is desolate.
- ⁴ I stretch out my hands to you; ♦
my soul gasps for you like a thirsty land.
- ⁵ O Lord, make haste to answer me; my spirit fails me; ♦
hide not your face from me
lest I be like those who go down to the Pit.
- ⁶ Let me hear of your loving-kindness in the morning,
for in you I put my trust; ♦
show me the way I should walk in,
for I lift up my soul to you.

- 7 Teach me to do what pleases you, for you are my God; ♦
let your kindly spirit lead me on a level path.
- 8 Revive me, O Lord, for your name's sake; ♦
for your righteousness' sake, bring me out of trouble.

**Glory to the Father, and to the Son and to the Holy Spirit;
as it was in the beginning is now and shall be for ever. Amen.**

That this evening may be holy, good and peaceful, let us pray with one heart and mind.

Silence is kept.

As our evening prayer rises before you, O God, so may your mercy come down upon us to cleanse our hearts and set us free to sing your praise now and for ever. **Amen.**

The Word of God

The appointed psalm is said, followed by:

**Glory to the Father and to the Son and to the Holy Spirit;
as it was in the beginning is now and shall be for ever. Amen.**

If there are two passages of scripture to be read, the first is read here.

A Song of Christ the Servant (1 Peter 2:21b–25)

- 1 Christ suffered for you, leaving you an example, ♦
that you should follow in his steps.
- 2 He committed no sin, no guile was found on his lips, ♦
when he was reviled, he did not revile in turn.
- 3 When he suffered, he did not threaten, ♦
but he trusted himself to God who judges justly.
- 4 Christ himself bore our sins in his body on the tree, ♦
that we might die to sin and live to righteousness.
- 5 By his wounds, you have been healed,
for you were straying like sheep, ♦
but have now returned
to the shepherd and guardian of your souls.

**Glory to the Father and to the Son and to the Holy Spirit;
as it was in the beginning is now and shall be for ever. Amen.**

An appointed passage of scripture is read.

The Song of Mary (Luke 1:46–55)

Refrain: Come, let us return to the Lord, for our God will richly pardon.

- 1 My soul proclaims the greatness of the Lord,
my spirit rejoices in God my Saviour; ♦
he has looked with favour on his lowly servant.
- 2 From this day all generations will call me blessed; ♦
the Almighty has done great things for me
and holy is his name. **R**
- 3 He has mercy on those who fear him, ♦
from generation to generation.
- 4 He has shown strength with his arm ♦
and has scattered the proud in their conceit,
- 5 Casting down the mighty from their thrones ♦
and lifting up the lowly. **R**
- 6 He has filled the hungry with good things ♦
and sent the rich away empty.
- 7 He has come to the aid of his servant Israel, ♦
to remember his promise of mercy,
- 8 The promise made to our ancestors, ♦
to Abraham and his children for ever. **R**

Prayers

With faith and love and in union with Christ, let us offer our prayers before the throne of grace.

Have mercy on your people,
for whom your Son laid down his life.
Bring healing and wholeness to people and nations,
and have pity on those torn apart by division.
Lord, have mercy.
Lord, have mercy.

Strengthen all who are persecuted for your name's sake,
and deliver them from evil.

Look in mercy upon all who suffer,
and hear those who cry out in pain and desolation.
Christ, have mercy.
Christ, have mercy.

Bring comfort to the dying,
and gladden their hearts with the power of your glory.
Give rest to the departed
and bring them, with your saints, to glory everlasting.
Lord, have mercy.
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Almighty and holy God, your Son, in obedience to the Spirit, fasted forty days in the desert: give us grace to discipline ourselves, so that we may press on towards Easter with eager faith and love; through Jesus Christ our Lord, who lives and reigns with you and the Holy Spirit, one God, now and for ever. **Amen.**

Lord Jesus, remember us in your kingdom, and teach us to pray:
Our Father, who art in heaven...

The Conclusion

May God our Redeemer show us compassion and love. **Amen.**

Let us bless the Lord.
Thanks be to God.

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