# ¶ Morning Prayer in Lent

## **Preparation**

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

Hear our voice, O Lord, according to your faithful love, according to your judgement give us life.

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.** 

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

### Psalmody

Refrain: I will dwell in the house of the Lord for ever.

- I The Lord is my shepherd; therefore can I lack nothing.
- 2 He makes me lie down in green pastures and leads me beside still waters. [*R*]
- 3 He shall refresh my soul  $\blacklozenge$  and guide me in the paths of righteousness for his name's sake.
- Though I walk through the valley of the shadow of death,
   I will fear no evil;
   for you are with me;
   your rod and your staff, they comfort me. [R]

You spread a table before me
 in the presence of those who trouble me;
 you have anointed my head with oil
 and my cup shall be full.

Surely goodness and loving mercy shall follow me all the days of my life,
 and I will dwell in the house of the Lord for ever.

**Refrain:** I will dwell in the house of the Lord for ever.

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.

### Scripture Reading

On our website will be listed the reading for the day. Alternatively, please choose your own.

Responsory

To you, O Lord, I lift up my soul; O my God, in you I trust.

You are the God of my salvation, **To you, O Lord, I lift up my soul.** 

In you I hope all the day long. O my God, in you I trust.

Remember, Lord, your compassion and love, for they are from everlasting. To you, O Lord, I lift up my soul; O my God, in you I trust.

from Psalm 25

### Gospel Canticle

## Blessed are those who hunger and thirst for righteousness, for they shall be satisfied.

- 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.
- 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.
- 5 This was the oath God swore to our father Abraham: to set us free from the hands of our enemies,
- Free to worship him without fear,
  holy and righteous in his sight all the days of our life.
- 7 And you, child, shall be called the prophet of the Most High, 4 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.
- 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.

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.

Blessed are those who hunger and thirst for righteousness, for they shall be satisfied.

## **Prayers**

Let us pray to God, who alone makes us dwell in safety: For all who are affected by coronavirus, through illness or isolation or anxiety, that they may find relief and recovery: Lord, hear us,

### Lord, graciously hear us.

For those who are guiding our nation at this time, and shaping national policies, that they may make wise decisions: Lord, hear us,

### Lord, graciously hear us.

For doctors, nurses and medical researchers, that through their skill and insights many will be restored to health: Lord, hear us, Lord, graciously hear us.

For the vulnerable and the fearful, for the gravely ill and the dying, that they may know your comfort and peace: Lord, hear us, Lord, graciously hear us.

We commend ourselves, and all for whom we pray, to the mercy and protection of God. Merciful Father, accept these prayers for the sake of your Son, our Saviour Jesus Christ. Amen.

### The Lord's Prayer

Trusting in the compassion of God, as our Saviour taught us, so we pray

Our Father in heaven,	Our Father, who art in heaven,
hallowed be your name,	hallowed be thy name;
your kingdom come,	thy kingdom come;
your will be done,	thy will be done;
on earth as in heaven.	on earth as it is in heaven.
Give us today our daily bread.	Give us this day our daily bread.
Forgive us our sins	And forgive us our trespasses,
as we forgive those who sin	as we forgive those who trespass
against us.	against us.
Lead us not into temptation	And lead us not into temptation;
but deliver us from evil.	but deliver us from evil.
For the kingdom, the power,	For thine is the kingdom,
and the glory are yours	the power, and the glory
now and for ever.	for ever and ever.
Amen.	Amen.

### **The Conclusion**

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

Let us bless the Lord. Thanks be to God.