

¶ Morning Prayer

Lent

Preparation

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

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

One or more of the following is said or sung:

this or another prayer of thanksgiving

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.

All **Blessed be God for ever.**

a suitable hymn, or A Song of Penitence

- 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. *Psalms 51.1-5,12-15*

All **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.**

This opening prayer may be said

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.

All **Amen.**

The Word of God

Psalmody

The appointed psalmody is said.

Each psalm or group of psalms may end with

All **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 Scripture readings, the first may be read here,
or both may be read after the canticle.*

Canticle

The Song of Manasseh, or another suitable canticle, for example, number 20 (page 570), number 33 (page 584) or number 41 (page 592), may be said

Refrain:

All Full of compassion and mercy and love is God, the Most High, the Almighty.

- 1 Lord almighty and God of our ancestors, ♦
you who made heaven and earth in all their glory:
- 2 All things tremble with awe at your presence, ♦
before your great and mighty power.
- 3 Immeasurable and unsearchable is your promised mercy, ♦
for you are God, Most High.
- 4 You are full of compassion, long-suffering and very merciful, ♦
and you relent at human suffering.
- 5 O God, according to your great goodness, ♦
you have promised forgiveness for repentance
to those who have sinned against you.
- 6 The sins I have committed against you ♦
are more in number than the sands of the sea.
- 7 I am not worthy to look up to the height of heaven, ♦
because of the multitude of my iniquities.
- 8 And now I bend the knee of my heart before you, ♦
imploping your kindness upon me.
- 9 I have sinned, O God, I have sinned, ♦
and I acknowledge my transgressions.
- 10 Unworthy as I am, you will save me, ♦
according to your great mercy.
- 11 For all the host of heaven sings your praise, ♦
and your glory is for ever and ever.

Manasseh 1a,2,4,6,7a,b,9a,c,11,12,14b,15b

All **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.**

All **Full of compassion and mercy and love
is God, the Most High, the Almighty.**

Scripture Reading

One or more readings appointed for the day are read.

The reading(s) may be followed by a time of silence.

*A suitable song or chant, or a responsory in this or another form,
may follow*

To you, O Lord, I lift up my soul;

All **O my God, in you I trust.**

You are the God of my salvation,

All **To you, O Lord, I lift up my soul.**

In you I hope all the day long.

All **O my God, in you I trust.**

Remember, Lord, your compassion and love,
for they are from everlasting.

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

from Psalm 25

Gospel Cantic

*The Benedictus (The Song of Zechariah) is normally said,
or Saviour of the World (page 644) may be said*

Refrain:

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

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.

- 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,
- 6 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, ♦
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. *Luke 1.68-79*

All **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.**

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

Prayers

Intercessions are offered

¶ *for the day and its tasks*

¶ *for the world and its needs*

¶ *for the Church and her life*

The cycle on pages 364–365 and the prayer on page 380 may be used.

These responses may be used

Lord, in your mercy *(or)* Lord, hear us.
hear our prayer. **Lord, graciously hear us.**

Silence may be kept.

The Collect of the day or the following is said

Almighty and everlasting God,
you hate nothing that you have made
and forgive the sins of all those who are penitent:
create and make in us new and contrite hearts
that we, worthily lamenting our sins
and acknowledging our wretchedness,
may receive from you, the God of all mercy,
perfect remission and forgiveness;
through Jesus Christ our Lord.

All **Amen.**

The Lord's Prayer is said

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

All **Our Father in heaven ...**

(or)

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

All **Our Father, who art in heaven ...**

The Conclusion

May God our Redeemer show us compassion and love.

All **Amen.**

Let us bless the Lord.

All **Thanks be to God.**

¶ Evening Prayer Lent

Preparation

O God, make speed to save us.

All O Lord, make haste to help us.

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

One or more of the following is said or sung:

this or another prayer of thanksgiving

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.

All Blessed be God for ever.

A Song of Entreaty (page 567), the following or another suitable hymn

Lord Jesus, think on me,
and purge away my sin;
from earthborn passions set me free,
and make me pure within.

Lord Jesus, think on me
with many a care opprest;
let me thy loving servant be,
and taste thy promised rest.

Lord Jesus, think on me,
nor let me go astray;
through darkness and perplexity
point thou the heavenly way.

Lord Jesus, think on me,
that, when the flood is past,
I may the eternal brightness see,
and share thy joy at last.

*George the Sinner, tr: A W Chatfield
(Tune: SM)*

This opening prayer may be said

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.

All **Amen.**

The Word of God

Psalmody

The appointed psalmody is said.

Each psalm or group of psalms may end with

All **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 Scripture readings, the first may be read here,
or both may be read after the canticle.*

Canticle

A Song of Christ the Servant, or another suitable canticle, for example, number 61 (page 619) or number 67 (page 625), may be said

Refrain:

**All Christ committed no sin,
no guile was found on his lips.**

- 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. *1 Peter 2.21b-25*

**All 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.**

**All Christ committed no sin,
no guile was found on his lips.**

Scripture Reading

One or more readings appointed for the day are read.

The reading(s) may be followed by a time of silence.

A suitable song or chant, or a responsory in this or another form, may follow

Forsake me not, O Lord;
be not far from me, O my God.

**All Forsake me not, O Lord;
be not far from me, O my God.**

Make haste to help me,
O Lord of my salvation.

All Be not far from me, O my God.
Glory to the Father and to the Son
and to the Holy Spirit.

**All Forsake me not, O Lord;
be not far from me, O my God.**

from Psalm 38

Gospel Canticle

*The Magnificat (The Song of Mary) is normally said,
or A Song of Praise (page 627) may be said*

Refrain:

**All 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.
- 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.
- 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.

Luke 1.46-55

All **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.**

All **Come, let us return to the Lord,
for our God will richly pardon.**

Prayers

Thanksgiving may be made for the day.

Intercessions are offered

¶ *for peace*

¶ *for individuals and their needs*

The cycle on pages 364–365 and the prayer on page 380 may be used.

These responses may be used

Lord, in your mercy (or) Lord, hear us.
hear our prayer. **Lord, graciously hear us.**

Silence may be kept.

The Collect of the day or the following is said

Almighty and everlasting God,
you hate nothing that you have made
and forgive the sins of all those who are penitent:
create and make in us new and contrite hearts
that we, worthily lamenting our sins
and acknowledging our wretchedness,
may receive from you, the God of all mercy,
perfect remission and forgiveness;
through Jesus Christ our Lord.

All **Amen.**

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let us pray with confidence as our Saviour has taught us

All **Our Father, who art in heaven ...**

The Conclusion

May God our Redeemer show us compassion and love.

All **Amen.**

Let us bless the Lord.

All **Thanks be to God.**