

A Morning Prayer for Lent 1



O God, come to our aid: O Lord, make haste to help us.

Glory to the Father, glory to the Son,
glory to the Holy Spirit now and for ever. Amen.

Psalm 62



O God, you are my God, for you I long, for you my soul is thirsting.
My body pines for you, my God, like a dry weary land without water.
O God, you are my God, for you I long.

I gaze on you in the sanctuary to see your strength and glory,
for your love is better than life itself; my lips will speak your praise.
O God, you are my God, for you I long.

On you I muse throughout the night, on my bed I remember you,
for you have been my refuge and your right hand holds me fast.
O God, you are my God, for you I long.

Glory to the Father, glory to the Son,
glory to the Holy Spirit now and evermore.
O God, you are my God, for you I long.

Let us pray:

God of the covenant,
as the forty days of the Flood swept away the corruption of the world
to enable your people to make a new beginning,
so in the water of baptism we are washed clean and born again.
Throughout these days of Lent,
cleanse our hearts,
and let the new life you give us flourish once more.
through Christ, our Redeemer,
who lives and reigns with you in the unity of the Holy Spirit,
holy and mighty God for ever and ever.
Amen

Short reading

Nehemiah 8:9,10

This day is sacred to the Lord your God. Do not be mournful, do not weep. For this day is sacred to our Lord. Do not be sad: the joy of the Lord is your stronghold.

Benedictus verse 1

Blest be the Lord the God of Israel,
who came to us and brought us back from sin.
God raised for us a Saviour who is mighty;
his Saviour-Son from David's house and line.
God promised this through holy men and women
who spoke for him down through the mists of time.

Prayers and Intercessions

Let us bless our Redeemer, who in his goodness has given us this time
of salvation. Let us turn to him in prayer:

– *Lord, create a new spirit in us.*

Christ our life, in baptism you have mystically united us to your death but
also to your resurrection: give us the gift of living our new life today.

– *Lord, create a new spirit in us.*

Lord, you did good for everyone: make us also care for the common
good of all. – *Lord, create a new spirit in us.*

Grant that we may work in harmony to build the earthly city
while always seeking the heavenly one.

– *Lord, create a new spirit in us.*

Healer of body and soul, heal the wounds of our hearts:
may your holiness still support us.

– *Lord, create a new spirit in us.*

Our Father, who art in heaven

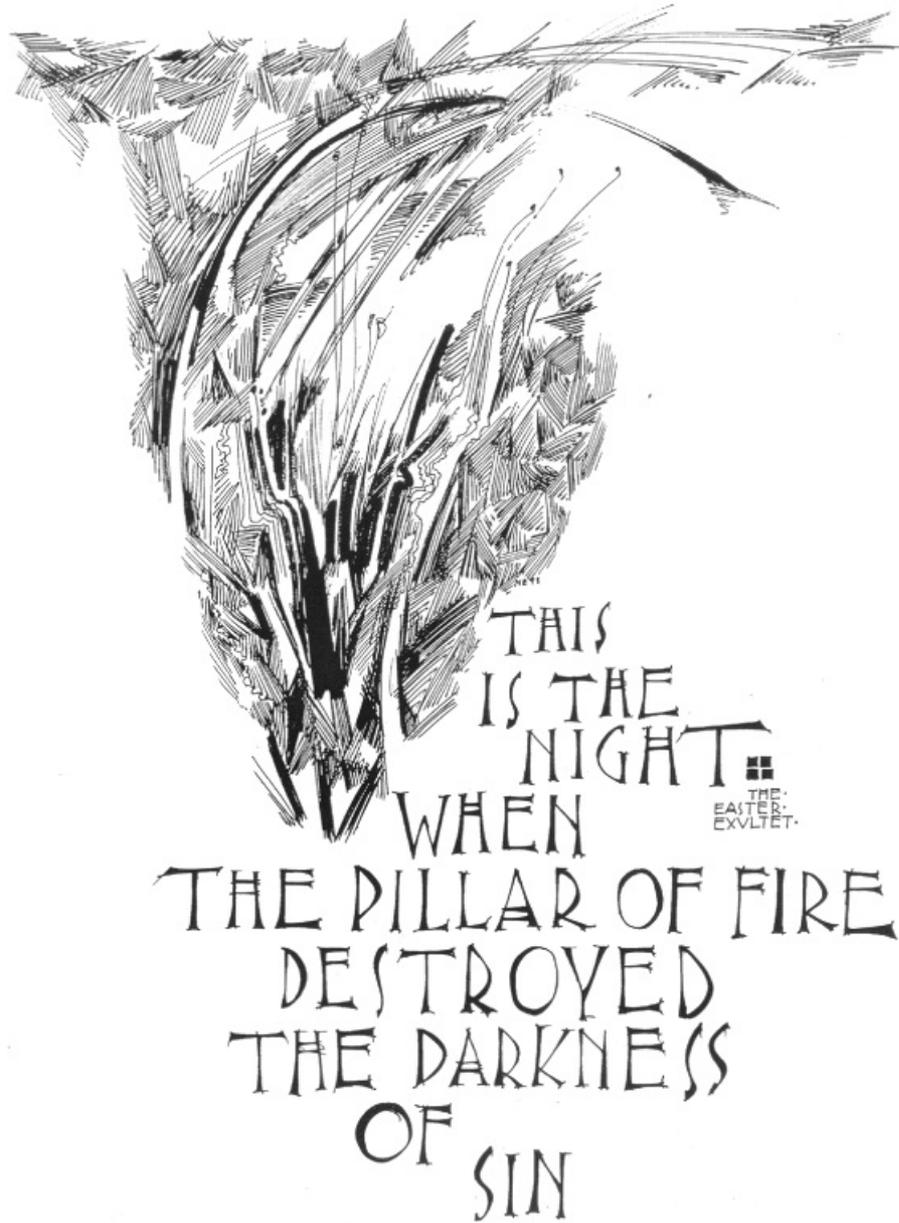
Through our annual Lenten observance, Lord,
deepen our understanding of the mystery of Christ
and make it a reality in the conduct of our lives.

We make our prayer through our Lord Jesus Christ, your Son,
who lives and reigns with you in the unity of the Holy Spirit,
God for ever and ever.

Amen.

May the Lord bless us and keep us from all harm; and may he lead us to
eternal life.

A Morning Prayer for Lent 2



O God, come to our aid: O Lord, make haste to help us.

Glory to the Father, glory to the Son,
Glory to the Holy Spirit now and for ever. Amen.

Let us pray

Lord of light,
you are the constant hope and trust of your people.
As we make our Lenten journey together,
renew in us that sense of your presence
which strengthened Abraham and Moses
and all who have walked on the pilgrimage of faith.
We ask this through Christ our Lord.
Amen.

Psalm 26



The Lord is my light and my help: of whom then, shall I be afraid?
The strength in my life is the Lord, before whom shall I ever tremble
The Lord is my light, the Lord is my help.

One thing I ask of the Lord: to live with him for evermore.
O Lord, hear my voice, in mercy answer! I seek you, dismiss not your
servant. **The Lord is my light, the Lord is my help.**

Glory to God the Father, glory to the Son,
glory to God the Holy Spirit now and for ever. Amen.
The Lord is my light, the Lord is my help.

Short reading

Deuteronomy 7:6,8-9

It is you that the Lord our God has chosen to be his very own people out of all the peoples on the earth. It was for love of you and to keep the oath he swore to your fathers that the Lord brought you out with his mighty hand and redeemed you from the house of slavery, from the power of Pharaoh king of Egypt. Know then that the Lord your God is God indeed, the faithful God who is true to his covenant and his graciousness for a thousand generations towards those who love him and keep his commandments.

Canticle

Benedictus

verse 2

The saviour comes to free us from our foes,
from evil hands, from those who wish us ill.
So God's great love for all his chosen people
is thus fulfilled in these our present times.
God's sacred oath, his covenant most holy,
is called to mind, his promises made true.

Prayers and Intercessions

God's treasury of gifts is infinite. Through Jesus Christ, his ever-living Son who intercedes for us, let us give him glory and pray:

– *Kindle in us the fire of your love.*

God of compassion, may we be full of kind actions today:
may everyone experience our humanity.

– *Kindle in us the fire of your love.*

With the ark you saved Noah from the waters of the flood:
with the waters of baptism, save those who are soon to be baptized.

– *Kindle in us the fire of your love.*

May we be fed not by bread alone
but by every word that comes from your mouth.

– *Kindle in us the fire of your love.*

Make us make up every quarrel
and rejoice in your gifts of peace, concord and love.

– *Kindle in us the fire of your love.*

Our Father, who art in heaven

Let us pray

God our Father,
you bid us listen to your Son, the well-beloved.
Nourish our hearts on your word,
purify the eyes of our mind,
and fill us with joy at the vision of your glory.
We make our prayer through our Lord Jesus Christ, your Son,
who lives and reigns with you in the unity of the Holy Spirit,
God for ever and ever.

Amen.

May the Lord bless us and keep us from all harm; and may he lead us to eternal life. **AMEN**



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