

Morning Prayer in Lent

Preparation

O Lord, open our lips

All and our mouth shall proclaim your praise.

Hear our voice, O Lord, according to your faithful love,

All according to your judgement give us life.

This or another prayer of thanksgiving is said or sung:

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.

An opening prayer

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 psalm for the day is said.

Week beginning 23 March:

Monday:	Psalm 70
Tuesday:	Psalm 54
Wednesday:	Psalm 111
Thursday:	Psalm 53
Friday:	Psalm 102
Saturday:	Psalm 32

A new set of prayers and psalms will be issued for Passiontide, which begins on the 5th Sunday of Lent, 29 March 2020.

Each psalm 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.**

Scripture Reading

One or more readings appointed for the day are read.

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

Week beginning 23 March:

Monday:	Exodus 2.11-22; Hebrews 9.1-14
Tuesday:	Exodus 2.23-3.20; Hebrews 9.15-end
Wednesday*:	1Samuel 2.1-10; Romans 5.12-21
Thursday:	Exodus 4.27-6.1; Hebrews 10.19-25
Friday:	Exodus 6.2-13; Hebrews 10.26-end
Saturday:	Exodus 7.8-end; Hebrews 11.1-16

* The Annunciation of our Lord to the Blessed Virgin Mary

Gospel Canticle

The Benedictus (The Song of Zechariah) is said

**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.
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*

Lord, in your mercy
hear our prayer.

or

Lord, hear us.
Lord, graciously hear us.

Silence may be kept.

The following prayer 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,
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. **Amen.**

Let us bless the Lord. **Thanks be to God.**