

# Morning Prayer for Lent



*Lent, from the old English word 'Lencten', meaning 'spring season'. A time for change, growth and new life.*

## Gathering

*An informal welcome is given.*

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 forever. 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.**

## Psalm 11

In the Lord I take refuge; how can you say to me, 'Flee like a bird to the mountains;

**For look, the wicked bend the bow, they have fitted their arrow to the string, to shoot in the dark at the upright in heart.**

If the foundations are destroyed, what can the righteous do?'

**The Lord is in his holy temple; the Lord's throne is in heaven.**

His eyes behold, his gaze examines all who dwell on the earth.

**The Lord tests the righteous and the wicked, and his soul abhors the lover of violence.**

On the wicked shall rain coals of fire and sulphur; a scorching wind shall be the portion of their cup.

**For the Lord is righteous and he loves righteous deeds; the upright shall behold his face.**

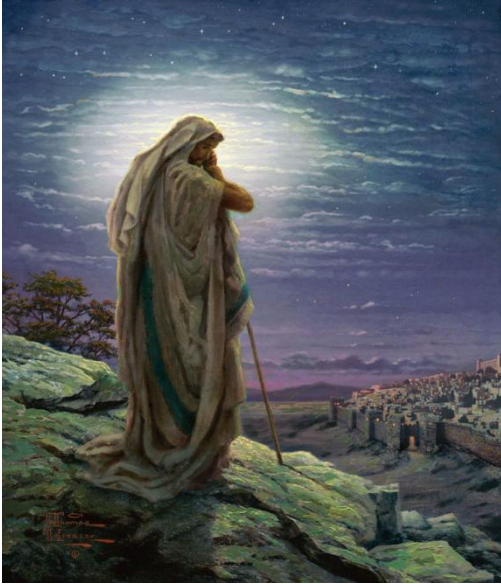
**Glory to God the Source of all being, Eternal Word and Holy Spirit, as it was in the beginning, is now and shall be forever. Amen.**



*Christ in the Wilderness*

## Reading from Scripture

*This may be followed by a brief reflection.*



*Jesus cries over Jerusalem*

### **A Response**

God of heaven, when our foundations are shaken and there is no escape, test us, but not to destruction, look on the face of your anointed and heal us in Jesus Christ your Son.

**Amen.**

### **A Time of Prayer**

*We take a few moments to be still and reflect.*

### **The Collect**

Almighty God, in Christ you make all things new: Transform the poverty of our nature by the riches of your grace, and in the renewal of our lives make known your heavenly glory; through Jesus Christ our Lord. **Amen**



*Jesus is anointed by Mary at Bethany*

### **The Lord's Prayer**

As our Saviour taught us, so we pray;

**Our Father in heaven,  
hallowed be your name,  
your kingdom come,  
your will be done,  
on earth as in heaven.  
Give us today our daily bread.  
Forgive us our sins  
as we forgive those who sin against us.  
Lead us not into temptation  
but deliver us from evil.  
For the kingdom, the power,  
and the glory are yours  
now and for ever.  
Amen.**



*The Triumphal Entry*

### **The Dismissal**

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

Let us bless the Lord.

**Thanks be to God.**