



## Morning Prayer in Lent

### Gathering

*We gather in silence and prayer*

Behold, now is the acceptable time, **Today is the day of salvation!**

O Lord, I cry to you for help: **In the morning my prayer comes before you.**

Give me the joy of your saving help again, **and sustain me with your bountiful Spirit.**

Bless the Lord, O my soul, **and all that is within me, bless his holy name.**

Behold, now is the acceptable time, **Today is the day of salvation!**

## The Venite : O Come

*Psalm 95*

O come, let us sing unto the Lord;  
let us heartily rejoice in the rock of our salvation.

**Let us come before God's presence with thanksgiving  
and raise our joyful praise to God with psalms.**

For our God is a great God  
and a ruler great above all gods.

**In God's hand are all the depths of the earth,  
and the heights of the hills are God's also.**

The sea is our God's for he made it,  
and God's hands prepared the dry land.

**O come, let us worship and bow down,  
and kneel before Adonai our Maker.**

For God is our God,  
**and we are the people of God's pasture,  
and the sheep of God's hand.**

Glory to the Father and to the Son and to the Holy Spirit  
**As it was in the beginning, is now and will be forever. Amen.**

*Silence for Reflection*

<sup>1</sup>Happy are they whose transgressions are forgiven,  
and whose sin is put away!

<sup>2</sup>**Happy are they to whom the LORD imputes no guilt,  
and in whose spirit there is no guile!**

<sup>5</sup>Then I acknowledged my sin to you, and did not conceal my guilt.

I said, "I will confess my transgressions to the LORD."

**Then you forgave me the guilt of my sin.**

<sup>6</sup>Therefore all the faithful will make their prayers to you in time of trouble;  
when the great waters overflow, they shall not reach them.

<sup>7</sup>**You are my hiding-place; you preserve me from trouble;  
you surround me with shouts of deliverance.**

<sup>8</sup>"I will instruct you and teach you in the way that you should go;

I will guide you with my eye.

<sup>9</sup>**Do not be like horse or mule, which have no understanding;**

**who must be fitted with bit and bridle, or else they will not stay near you."**

<sup>10</sup>Great are the tribulations of the wicked;

but mercy embraces those who trust in the LORD.

<sup>11</sup>**Be glad, you righteous, and rejoice in the LORD;**

**shout for joy, all who are true of heart.**

Glory to the Father and to the Son and to the Holy Spirit

**As it was in the beginning, is now and will be forever. Amen.**

Let us pray... Be present, merciful God, and protect us through the hours of this day. Instruct and guide us, strengthen and sustain us that we may walk in faith today and all days, through Jesus Christ our Lord. **Amen.**

## Word

*Each reading is followed by silence for reflection*

<sup>6</sup>Be strong and courageous. Do not be afraid or terrified because of them, for the LORD your God goes with you; he will never leave you nor forsake you." *Deuteronomy 31:6*

I can do all things through Christ who strengthens me.

*Philippians 4:13*

<sup>33</sup>I have said this to you so that in me you may have peace. In the world you face troubles, but take courage: I have overcome the world!" *John 16:3*

*Silence for reflection and prayer*

We have been born anew **through the living and abiding word of God.**

*The Canticle of Zachariah is read responsively.*

Blessed be the Lord, the God of Israel; God has come to his people and set them free.  
**God has raised up for us a mighty savior, born of the house of his servant David.**

Through his holy prophets God promised of old

That we would be saved from our enemies, from the hands of all who hate us.  
*God promised to show mercy to our ancestors and to remember his holy covenant.*

This was the oath God swore to Sarah and Abraham: to set us free from the hands of our enemies,  
free to worship without fear, holy and righteous in his sight all the days of our life.

*You, my child, shall be called the prophet of the Most High,  
for you will go before the Lord to prepare his way,  
to give his people knowledge of salvation by the forgiveness of their sins.*

In the tender compassion of our God the dawn from on high shall break upon us,  
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 will be forever. Amen.*

## Prayers

God is always ready to hear, more ready to hear than we are to turn to God. Let us pray for healing and wholeness for those in need, and for our Lenten disciplines to renew us in our walk and witness to the faith that is ours.

### *Silence*

*We join in prayers of intercession and thanksgiving. A time of silence follows each petition for our own prayers. The prayers conclude with the Morning Collect and the Lord's Prayer.*

Bring wholeness to those bowed down with suffering:

Bring healing to the sick, defend the poor and the powerless....

Holy One, hear our prayer: ***have mercy, O God!***

Strengthen all who strive to care for creation,

Sustain the church of Christ in every land, and strengthen us  
to welcome the stranger and seeker, and welcome those who feel lost  
or excluded or estranged from community or family,

Holy One, hear our prayer: ***have mercy, O God!***

Give us strength to live the disciplines of Lent,

that we may grow in faith, love, and generosity...

Holy One, hear our prayer: ***have mercy, O God!***

In this Lenten season teach us to forgive

to release anger, resentment and pain and find peace...

Holy One, hear our prayer: ***have mercy, O God.***

In these Lenten days, guide us to pray for the good of those we love,

and those we don't... Holy One, hear our prayer: ***Have mercy, O God!***

In these Lenten days, strengthen us to give up and give away for the good of our soul  
and the blessing of our neighbor.

Holy One, hear our prayer: ***Have mercy, O God!***

Hear us O God, for the deepest needs of our hearts, for the needs of our neighbors, community and world, as we bring them before you aloud in our own words, or in the silence of our hearts... *Here we may offer our prayers and petitions.*  
Holy One, hear our prayer: **Lord, have mercy!**

*Pastor offers the Collect of the Day; The prayers then conclude:*

Almighty and everlasting God, you have brought us in safety to this new day.

Preserve us with your mighty power, that we may not fall into sin, nor be overcome in adversity. In these Lenten days direct all we do to the fulfilling of your purpose; that in days to come we may serve you, through Jesus Christ our Lord. **Amen.**

Gathered into one by the Holy Spirit, let us pray as Jesus taught us:

**Our Father, who art in heaven,  
hallowed be thy name.**

**Thy kingdom come.**

**Thy will be done on earth, as it is in heaven.**

**Give us this day our daily bread,  
and forgive us our trespasses,**

**as we forgive those who trespass against us,  
and lead us not into temptation,  
but deliver us from evil.**

**For thine is the Kingdom, and the power and glory,  
Forever and ever, Amen!**

## Blessing & Benediction

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

Almighty and merciful God,  
the Father, the + Son, and the Holy Spirit,  
bless and preserve us. **Amen.**