

## Morning Prayer for Lent

### Preparation

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.**

*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.

**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.

*Psalm 51.1–5, 12–15*

**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.

**Amen.**

## **The Word of God**

*Psalmody*

*The appointed psalmody is said.*

*Each psalm or group of psalms may end with*

**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  
([here](#)), number 33 ([here](#)) or number 41 ([here](#)), may be said*

*Refrain:*

**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,  
imploring 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*

**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.**

**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;

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

You are the God of my salvation,

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

In you I hope all the day long.

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

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

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

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

*from Psalm 25*

### *Gospel Canticle*

*The Benedictus (The Song of Zechariah) is normally said, or Saviour of the World (here) 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*

**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*

*The cycle here and the prayer here may be used.*

*These responses may be used*

Lord, in your mercy  
**hear our prayer.**

*(or)*

Lord, hear us.

**Lord, graciously hear us.**

*Silence may be kept.*

*The Collect of the day (here) 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.

**Amen.**

*The Lord's Prayer is said (here)*

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

**Our Father in heaven ...**

## **The Conclusion**

May God our Redeemer show us compassion and love.

**Amen.**

Let us bless the Lord.

**Thanks be to God.**