

**Morning Prayer for Stalham &
Smallburgh Benefices**
28th February 2021
Second Sunday of Lent

Welcome

The Lord is full of compassion and mercy,
slow to anger and of great kindness.

Psalm 103.8

Opening Sentences

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 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.

The night has passed, and the day lies open before
us; let us pray with one heart and mind.

Pause for reflection as you offer the day to God.

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.

Hymn

1 Be thou my guardian and my guide,
and hear me when I call;
let not my slippery footsteps slide,
and hold me lest I fall.

2 The world, the flesh, and Satan dwell
around the path I tread;
O save me from the snares of hell,
thou quickener of the dead.

3 And if I tempted am to sin,
and outward things are strong,
do thou, O Lord, keep watch within,
and save my soul from wrong.

4 Still let me ever watch and pray,
and feel that I am frail;
that if the tempter cross my way,
yet he may not prevail.

Isaac Williams (1802-1865)

Confession

The sacrifice of God is a broken spirit;
a broken and contrite heart God will not despise.
Let us come to the Lord, who is full of compassion,
and acknowledge our transgressions in penitence
and faith.

Lord God,
we have sinned against you;
we have done evil in your sight.
We are sorry and repent.
Have mercy on us according to your love.
Wash away our wrongdoing and cleanse us from
our sin.
Renew a right spirit within us
and restore us to the joy of your salvation,
through Jesus Christ our Lord. Amen.

cf Psalm 51

May the God of love and power
forgive us and free us from our sins,
heal and strengthen us by his Spirit,
and raise us to new life in Christ our Lord. **Amen.**

Psalm

Psalm 22: 23-28

Refrain: All the ends of the earth shall turn to you,
O Lord

23 Praise the Lord, you that fear him; O seed
of Jacob, glorify him; stand in awe of him, O
seed of Israel.

24 **For he has not despised nor abhorred the suffering of the poor; neither has he hidden his face from them; but when they cried to him he heard them.**

25 From you comes my praise in the great congregation; I will perform my vows in the presence of those that fear you.

26 **The poor shall eat and be satisfied; those who seek the Lord shall praise him; their hearts shall live for ever.**

27 All the ends of the earth shall remember and turn to the Lord, and all the families of the nations shall bow before him.

28 **For the kingdom is the Lord's and he rules over the nations.**

Refrain: All the ends of the earth shall turn to you, O Lord

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.

Bible Readings

The full text of the readings can be found in Pews News.

At the end of the readings

This is the word of the Lord.

Thanks be to God.

Gospel Reading

When the Gospel is announced

Hear the Gospel of our Lord Jesus Christ according to...

Glory to you, O Lord.

At the end

This is the Gospel of the Lord.

Praise to you, O Christ.

Reflection

This week's reflection has been written by Martyn Egerton. You can find the full text of the reflection in Pews News.

The Creed

We believe in God the Father, from whom every family in heaven and on earth is named.

We believe in God the Son, who lives in our hearts through faith, and fills us with his love.

We believe in God the Holy Spirit, who strengthens us with power from on high.

We believe in one God; Father, Son and Holy Spirit. Amen.

Almighty God,
keep us faithful to you
and so make us ready for that day
when the whole creation shall be made perfect
in your Son, our Saviour Jesus Christ. **Amen.**

Prayers

The response in our prayers is

Holy and mighty God

Hear us and help us.

And at the end

Merciful Father, **accept these prayers for the sake of your Son, our Saviour Jesus Christ. Amen.**

This week's prayers have been written by David Balfour and you can find the full text in Pews News.

Holy God,
our lives are laid open before you:
rescue us from the chaos of sin
and through the death of your Son
bring us healing and make us whole
in Jesus Christ our Lord. Amen.

Keep us, good Lord,
under the shadow of your mercy
in this time of uncertainty and distress.
Sustain and support the anxious and fearful,
and lift up all who are brought low;

that we may rejoice in your comfort
knowing that nothing can separate us from your love
in Christ Jesus our Lord. Amen.

The Collect

Almighty God,
by the prayer and discipline of Lent
may we enter into the mystery of Christ's sufferings,
and by following in his Way
come to share in his glory;
through Jesus Christ our Lord. Amen.

The Lord's Prayer

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,
the power and the glory,
for ever and ever. Amen.

Hymn

- 1 I heard the voice of Jesus say:
'Come unto me and rest;
lay down, thou weary one, lay down
thy head upon my breast.'
I came to Jesus as I was,
weary and worn and sad,
I found in him a resting-place,
and he has made me glad.

- 2 I heard the voice of Jesus say:
'Behold, I freely give
the living water; thirsty one,
stoop down and drink and live.'
I came to Jesus, and I drank
of that life-giving stream;
my thirst was quenched, my soul revived,
and now I live in him.

- 3 I heard the voice of Jesus say:
'I am this dark world's Light;
look unto me, thy morn shall rise,
and all thy day be bright.'
I looked to Jesus, and I found
in him my star, my sun;
and in that light of life I'll walk,
till travelling days are done.

Horatius Bonar (1808-1889)

The Conclusion

Christ give you grace to grow in holiness,
to deny yourselves, take up your cross,
and follow him;
and the blessing of God almighty,
the Father, the Son, and the Holy Spirit,
be among you and remain with you always. **Amen.**

Let us bless the Lord.

Thanks be to God.

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