

Morning Prayer - Lent

Week beginning 17th March 2026

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.

A Song of Penitence

Have mercy on me, O God, in your great goodness;
according to the abundance of your compassion, blot out my offences.

Wash me thoroughly from my wickedness
and cleanse me from my sin.

For I acknowledge my faults
and my sin is ever before me.

Against you only have I sinned
and done what is evil in your sight,

So that you are justified in your sentence
and righteous in your judgement.

Cast me not away from your presence
and take not your holy spirit from me.

Give me again the joy of your salvation
and sustain me with your gracious spirit;

Then shall I teach your ways to the wicked
and sinners shall return to you.

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

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.**

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.

All Amen.

The Word of God -Psalms, Old Testament and New Testament Readings

Tuesday 17th March

Psalms 54, 79

Exodus 2:23-3:20

Hebrews 9:15-end

Wednesday 18th March

Psalm 119:153-end

Exodus 4:1-23

Hebrews 10:1-18

Thursday 19th March – Joseph of Nazareth

Psalms 25, 147:1-12

Isaiah 11:1-10

Matthew 13:54-end

Friday 20th March

Psalm 102

Exodus 6:2-13

Hebrews 10:26-end

Saturday 21st March

Psalm 32

Exodus 7:8-endd

Hebrews 11:1-16

Sunday 22nd March – 5th Sunday of Lent

Psalm 86

Jeremiah 31:27-37

John 12:20-33

Monday 23rd March

Psalms 73,121

Exodus 8:1-19

Hebrews 11:17-31

A suitable song or chant, or a responsory in this or another form, may follow the Scripture Readings

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

All O my God, in you I trust.

You are the God of my salvation,

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

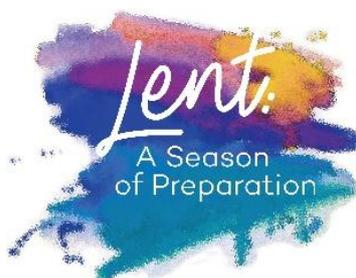
In you I hope all the day long.

All O my God, in you I trust.

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

All To you, O Lord, I lift up my soul;
O my God, in you I trust.

from Psalm 25



Gospel Cantic

The Benedictus (The Song of Zechariah)

All Blessed are those who hunger and thirst for righteousness,
for they shall be satisfied.

Blessed be the Lord the God of Israel,
who has come to his people and set them free.

He has raised up for us a mighty Saviour,
born of the house of his servant David.

Through his holy prophets God promised of old
to save us from our enemies,
from the hands of all that hate us,

To show mercy to our ancestors,
and to remember his holy covenant.

This was the oath God swore to our father Abraham:
to set us free from the hands of our enemies,

Free to worship him without fear,
holy and righteous in his sight
all the days of our life.

And you, 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 all 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.

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.

All Blessed are those who hunger and thirst for righteousness,
for they shall be satisfied.

Prayers

Intercessions are offered for the world and its needs, the Church, and for ourselves.

These responses may be used

Lord, in your mercy
All hear our prayer.

or

Lord, hear us
All Lord, graciously hear us.

Silence may be kept.

This Collect or the Collect of the day is said

Merciful Lord,
you know our struggle to serve you:
when sin spoils our lives
and overshadows our hearts,
come to our aid
and turn us back to you again;
through Jesus Christ our Lord.

All Amen.

The Lord's Prayer is said

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

All 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 Conclusion

May God our Redeemer show us compassion and love.

All Amen

Let us bless the Lord.

All Thanks be to God