

## ***Morning Prayer - Lent***

***Week beginning 10<sup>th</sup> 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 10<sup>th</sup> March

Psalms 6, 9

Genesis 47:28-end 48

Hebrews 5:11-6:12

### Wednesday 11<sup>th</sup> March

Psalm 38

Genesis 49:1-32

Hebrews 6:13-end

### Thursday 12<sup>th</sup> March

Psalms 56, 57

Genesis 49:33-end 50

Hebrews 7:1-10

### Friday 13<sup>th</sup> March

Psalm 22

Exodus 1:1-14

Hebrews 77:11-end

### Saturday 14<sup>th</sup> March

Psalm 31

Exodus 1:22-2:10

Hebrews 8

### Sunday 15<sup>th</sup> March – Mothering Sunday

Psalm 19

Isaiah 43:1-7

Ephesians 2:8-14

### Monday 16<sup>th</sup> March

Psalms 70, 77

Exodus 2:11-22

Hebrews 9:1-14

*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.

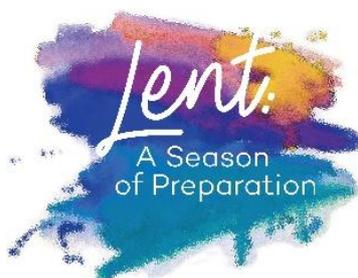
In you I hope all the day long.

**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*

Eternal God,  
give us insight  
to discern your will for us,  
to give up what harms us,  
and to seek the perfection we are promised  
in 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