

*Morning Prayer Lent*  
*Monday, 23 February 2026*  
*Polycarp, Bishop of Smyrna, Martyr*

## **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.**

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.

***All***

**Blessed be God for ever.**

## ***Psalm 51.1-5, 12-15***

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.

**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.**

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

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**

*Psalm 11*

**Refrain:**

*The Lord's throne is in heaven.*

1

In the Lord have I taken refuge; ◆

how then can you say to me,  
'Flee like a bird to the hills,

2

'For see how the wicked bend the bow  
and fit their arrows to the string, ◆

to shoot from the shadows at the true of heart.

3

'When the foundations are destroyed, ◆

what can the righteous do?' *R*

4

The Lord is in his holy temple; ◆

the Lord's throne is in heaven.

5

His eyes behold, ◆

his eyelids try every mortal being.

6

The Lord tries the righteous as well as the wicked, ◆

but those who delight in violence his soul abhors.

7

Upon the wicked he shall rain coals of fire  
and burning sulphur; ♦

scorching wind shall be their portion to drink.

8

For the Lord is righteous;  
he loves righteous deeds, ♦

and those who are upright shall behold his face.

***Refrain:***

*The Lord's throne is in heaven.*

*God of heaven,*

*when the foundations are shaken  
and there is no escape,  
test us, but not to destruction,  
look on the face of your anointed  
and heal us in Jesus Christ your Son.*

***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.**

***Genesis 41.25-45***

Then Joseph said to Pharaoh, 'Pharaoh's dreams are one and the same; God has revealed to Pharaoh what he is about to do. The seven good cows are seven

years, and the seven good ears are seven years; the dreams are one. The seven lean and ugly cows that came up after them are seven years, as are the seven empty ears blighted by the east wind. They are seven years of famine. It is as I told Pharaoh; God has shown to Pharaoh what he is about to do. There will come seven years of great plenty throughout all the land of Egypt. After them there will arise seven years of famine, and all the plenty will be forgotten in the land of Egypt; the famine will consume the land. The plenty will no longer be known in the land because of the famine that will follow, for it will be very grievous. And the doubling of Pharaoh's dream means that the thing is fixed by God, and God will shortly bring it about. Now therefore let Pharaoh select a man who is discerning and wise, and set him over the land of Egypt. Let Pharaoh proceed to appoint overseers over the land, and take one-fifth of the produce of the land of Egypt during the seven plenteous years. Let them gather all the food of these good years that are coming, and lay up grain under the authority of Pharaoh for food in the cities, and let them keep it. That food shall be a reserve for the land against the seven years of famine that are to befall the land of Egypt, so that the land may not perish through the famine.'

The proposal pleased Pharaoh and all his servants. Pharaoh said to his servants, 'Can we find anyone else like this—one in whom is the spirit of God?' So Pharaoh said to Joseph, 'Since God has shown you all

this, there is no one so discerning and wise as you. You shall be over my house, and all my people shall order themselves as you command; only with regard to the throne will I be greater than you.’ And Pharaoh said to Joseph, ‘See, I have set you over all the land of Egypt.’ Removing his signet ring from his hand, Pharaoh put it on Joseph’s hand; he arrayed him in garments of fine linen, and put a gold chain around his neck. He had him ride in the chariot of his second-in-command; and they cried out in front of him, ‘Bow the knee!’ Thus he set him over all the land of Egypt. Moreover, Pharaoh said to Joseph, ‘I am Pharaoh, and without your consent no one shall lift up hand or foot in all the land of Egypt.’ Pharaoh gave Joseph the name Zaphenath-paneah; and he gave him Asenath daughter of Potiphera, priest of On, as his wife. Thus Joseph gained authority over the land of Egypt.

**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**

**Full of compassion and mercy and love  
is God, the Most High, the Almighty.**

***Galatians 3.23 - 4.7***

Now before faith came, we were imprisoned and guarded under the law until faith would be revealed.

Therefore the law was our disciplinarian until Christ came, so that we might be justified by faith. But now that faith has come, we are no longer subject to a disciplinarian, for in Christ Jesus you are all children of God through faith. As many of you as were baptized into Christ have clothed yourselves with Christ. There is no longer Jew or Greek, there is no longer slave or free, there is no longer male and female; for all of you are one in Christ Jesus. And if you belong to Christ, then you are Abraham's offspring, heirs according to the promise.

My point is this: heirs, as long as they are minors, are no better than slaves, though they are the owners of all the property; but they remain under guardians and trustees until the date set by the father. So with us; while we were minors, we were enslaved to the elemental spirits of the world.

But when the fullness of time had come, God sent his Son, born of a woman, born under the law, in order to redeem those who were under the law, so that we might receive adoption as children. And because you are children, God has sent the Spirit of his Son into our hearts, crying, 'Abba! Father!' So you are no longer a slave but a child, and if a child then also an heir, through God.

## **Short Reflection**

**All**

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

**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.

**Refrain:**

**All**

Blessed are those who are persecuted for the  
cause of right,  
for theirs is the kingdom of heaven.

**Prayers**

Let us pray for the Church and for the world, and let us  
thank God for his goodness.

Almighty God, our heavenly Father, you promised through  
your Son Jesus Christ to hear us when we pray in faith.

As we enter the season of Lent may we discipline  
ourselves and devote our time to you, and place you back  
at the centre of our lives.

Let us strive to measure our words and cultivate kindness  
and respect in our families, among our friends, at work, on  
social media, in political debates, in the media and in our  
communities.

Bless the combined benefice of KC-HD and the Lent study group on Wednesday evenings starting on 25th February. Bless Sarah Mullally our new Archbishop of Canterbury, Bishop Rose, Estella our new Archdeacon, Simon our Area Dean, Paula our Rector, Jim our Associate Priest, and our Readers Caroline and Pim, and all the laity leading our services. We pray especially for our PCCs, bless and prosper the plans for Mission in our combined benefice.

Lord, in your mercy: **Hear our prayer**

Dear Lord we pray for our divided and troubled world, We pray for a fair and just peace between Ukraine and Russia, and the within the Middle East and ask your blessing on all those who are brokering a peace deal. We ask for your grace upon those who are refugees and seeking asylum.

We pray for all the world's leaders, that may they make the right decisions for the benefit of all. Especially pray for healing of the divisions that occur. As we consider the climate crisis - the storms, floods, rising temperatures and melting glaciers, may the world's leaders commit to the transition to renewable energy and realise that urgent action is required.

Bless and guide Charles our King and our royal family; give wisdom to all in authority; and direct this and every nation in the ways of justice and of peace; that men may honour one another; and seek the common good.

Lord, in your mercy: **Hear our prayer**

Within our communities we pray for all who are homeless or without employment.

We pray for families struggling with debt - GrowBaby

For the work of our Food banks within Faversham  
Give grace to us, our families and friends, and to all our  
neighbours; that we may serve Christ in one another, and  
love as he loves us.

Lord, in your mercy: **Hear our prayer**

Comfort and heal all those who suffer in body, mind, or  
spirit, praying for all those who are sick and especially  
those with dementia and those who care for them. Those  
who are anxiously waiting for test results or treatments  
especially if they have been delayed, those in end-of-life  
care, those who are living with disabilities, those who  
are depressed, those who are despairing.....;  
give them courage and hope in their troubles; and bring  
them the joy of your salvation.

Lord, in your mercy: **Hear our prayer**

Hear us as we remember those who have died in the faith  
of Christ ; according to your promises, grant us with them  
a share in your eternal kingdom. We pray for those with an  
anniversary of the death of a loved one  
at this time.

Lord, in your mercy: **Hear our prayer**

Lord of mercy and light, during this season of Lent, draw  
us closer to Your heart. Teach us to walk humbly, to love  
deeply, and to forgive freely. Strip away the noise that  
distracts us, and open our eyes to the  
needs of those around us. Remind us of our dependence  
on You, may our prayers deepen our trust in You, and our  
giving reflect Your boundless generosity.

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

***The Collect of the day is said***

Almighty God,  
who gave to your servant Polycarp  
boldness to confess the name of our Saviour Jesus  
Christ

before the rulers of this world  
and courage to die for his faith:  
grant that we also may be ready  
to give an answer for the faith that is in us  
and to suffer gladly for the sake of our Lord Jesus  
Christ,  
who is alive and reigns with you,  
in the unity of the Holy Spirit,  
one God, now and for ever.

***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.**