

# The Benefice of Chew Valley East

## Morning Prayer for Sunday 22 February 2026, The First Sunday of Lent

*If you wish to join in the service, then the words in **bold** are to be said together.  
Please join in with the Psalms and Canticles by reciting each one in its entirety.*

### 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.**

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.

*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

#### Psalm 32

<sup>1</sup>Happy the one whose transgression is forgiven, ♦  
and whose sin is covered.

<sup>2</sup>Happy the one to whom the Lord imputes no guilt, ♦  
and in whose spirit there is no guile.

<sup>3</sup>For I held my tongue; ♦  
my bones wasted away through my groaning all the day long.

<sup>4</sup>Your hand was heavy upon me day and night; ♦  
my moisture was dried up like the drought in summer.

<sup>5</sup>Then I acknowledged my sin to you ♦  
and my iniquity I did not hide.

<sup>6</sup>I said, 'I will confess my transgressions to the Lord,' ♦  
and you forgave the guilt of my sin.

<sup>7</sup>Therefore let all the faithful make their prayers to you in time of trouble; ♦  
in the great water flood, it shall not reach them.

<sup>8</sup>You are a place for me to hide in; you preserve me from trouble; ♦  
you surround me with songs of deliverance.

<sup>9</sup>'I will instruct you and teach you in the way that you should go; ♦  
I will guide you with my eye.

<sup>10</sup>'Be not like horse and mule which have no understanding; ♦  
whose mouths must be held with bit and bridle, or else they will not stay near you.'

<sup>11</sup>Great tribulations remain for the wicked, ♦  
but mercy embraces those who trust in the Lord.

<sup>12</sup>Be glad, you righteous, and rejoice in the Lord; ♦  
shout for joy, all who are true of heart.

**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.**

### **First Reading: Genesis 2:15-17; 3:1-7**

<sup>15</sup>The LORD God took the man and put him in the garden of Eden to till it and keep it.

<sup>16</sup>And the LORD God commanded the man, 'You may freely eat of every tree of the garden; <sup>17</sup>but of the tree of the knowledge of good and evil you shall not eat, for in the day that you eat of it you shall die.'

<sup>1</sup>Now the serpent was more crafty than any other wild animal that the LORD God had made. He said to the woman, 'Did God say, "You shall not eat from any tree in the garden"?' <sup>2</sup>The woman said to the serpent, 'We may eat of the fruit of the trees in the garden; <sup>3</sup>but God said, "You shall not eat of the fruit of the tree that is in the middle of the garden, nor shall you touch it, or you shall die."' <sup>4</sup>But the serpent said to the woman, 'You will not die; <sup>5</sup>for God knows that when you eat of it your eyes will be opened, and you will be like God, knowing good and evil.' <sup>6</sup>So when the woman saw that the tree was good for food, and that it was a delight to the eyes, and that the tree was to be desired to make one wise, she took of its fruit and ate; and she also gave some to her husband, who was with her, and he ate. <sup>7</sup>Then the eyes of both were opened, and they knew that they were naked; and they sewed fig leaves together and made loincloths for themselves.

## **Canticle**

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

<sup>1</sup>Lord almighty and God of our ancestors, ♦  
you who made heaven and earth in all their glory:

<sup>2</sup>All things tremble with awe at your presence, ♦  
before your great and mighty power.

<sup>3</sup>Immeasurable and unsearchable is your promised mercy, ♦  
for you are God, Most High.

<sup>4</sup>You are full of compassion, long-suffering and very merciful, ♦  
and you relent at human suffering.

<sup>5</sup>O God, according to your great goodness, ♦  
you have promised forgiveness for repentance  
to those who have sinned against you.

<sup>6</sup>The sins I have committed against you ♦  
are more in number than the sands of the sea.

<sup>7</sup>I am not worthy to look up to the height of heaven, ♦  
because of the multitude of my iniquities.

<sup>8</sup>And now I bend the knee of my heart before you, ♦  
imploring your kindness upon me.

<sup>9</sup>I have sinned, O God, I have sinned, ♦  
and I acknowledge my transgressions.

<sup>10</sup>Unworthy as I am, you will save me, ♦  
according to your great mercy.

<sup>11</sup>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.**

## **Second Reading: Matthew 4:1-11**

<sup>1</sup>Then Jesus was led up by the Spirit into the wilderness to be tempted by the devil.

<sup>2</sup>He fasted for forty days and forty nights, and afterwards he was famished. <sup>3</sup>The tempter came and said to him, ‘If you are the Son of God, command these stones to become loaves of bread.’ <sup>4</sup>But he answered, ‘It is written,

“One does not live by bread alone,  
but by every word that comes from the mouth of God.”

<sup>5</sup>Then the devil took him to the holy city and placed him on the pinnacle of the temple,  
<sup>6</sup>saying to him, ‘If you are the Son of God, throw yourself down; for it is written, “He will command his angels concerning you”,  
and “On their hands they will bear you up,  
so that you will not dash your foot against a stone.”’

<sup>7</sup>Jesus said to him, ‘Again it is written, “Do not put the Lord your God to the test.”’

<sup>8</sup>Again, the devil took him to a very high mountain and showed him all the kingdoms of the world and their splendour; <sup>9</sup>and he said to him, ‘All these I will give you, if you will fall down and worship me.’ <sup>10</sup>Jesus said to him, ‘Away with you, Satan! for it is written, “Worship the Lord your God,  
and serve only him.”’

<sup>11</sup>Then the devil left him, and suddenly angels came and waited on him.

## **Responsory**

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: Benedictus**

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

<sup>1</sup>Blessed be the Lord the God of Israel, ♦  
who has come to his people and set them free.

<sup>2</sup>He has raised up for us a mighty Saviour, ♦  
born of the house of his servant David.

<sup>3</sup>Through his holy prophets God promised of old ♦  
to save us from our enemies, from the hands of all that hate us,

<sup>4</sup>To show mercy to our ancestors, ♦  
and to remember his holy covenant.

<sup>5</sup>This was the oath God swore to our father Abraham: ♦  
to set us free from the hands of our enemies,

<sup>6</sup>Free to worship him without fear, ♦  
holy and righteous in his sight all the days of our life.

<sup>7</sup>And you, child, shall be called the prophet of the Most High, ♦  
for you will go before the Lord to prepare his way,

<sup>8</sup>To give his people knowledge of salvation ♦  
by the forgiveness of all their sins.

<sup>9</sup>In the tender compassion of our God ♦  
the dawn from on high shall break upon us,

<sup>10</sup>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.**

## **Intercessions**

*To the words:* In your loving-kindness, O God.

*Please respond:* **Have mercy and hear our prayer.**

God of enduring majesty, in the wilderness your Son was subjected to repeated temptation to deny you. Give to your Church the fortitude it needs to give faithful witness to your abundant grace...

May the true of heart shout for joy.

In your loving-kindness, O God. **Have mercy and hear our prayer.**

From the dizzy heights of achievement and effort, false worship was evoked.

Forgive our pride and arrogance when we are tempted to bow down before images of our own making...

Give humility to all with power to worship you alone.

In your loving-kindness, O God. **Have mercy and hear our prayer.**

From the Temple pinnacle recklessness and folly were encouraged.

Bring wisdom to all whose plans strain what is sustainable and fruitful...

Prevent us, O Lord, from seeking to test your providential care.

In your loving-kindness, O God. **Have mercy and hear our prayer.**

Hungry and thirsty, your Son was taken to the limits of his endurance.

Be with all whose spirits are breaking and whose strength is sapped...

May your Word uphold and strengthen us in all adversity.

In your loving-kindness, O God. **Have mercy and hear our prayer.**

With Adam all die, but in Christ new life is opened to us.

In this trust we remember with thanksgiving all who have died.

Bring us to dwell with you forever.

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

## **Collect**

Heavenly Father,  
your Son battled with the powers of darkness,  
and grew closer to you in the desert:  
help us to use these days to grow in wisdom and prayer  
that we may witness to your saving love  
in Jesus Christ our Lord. **Amen.**

## **Lord's Prayer**

As our Saviour taught us, so we pray  
**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.**

## **Conclusion**

May God our Redeemer show us compassion and love. **Amen.**

Let us bless the Lord.     **Thanks be to God.**

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