

Morning Prayer Lent
Monday, 16 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.

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.

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

Psalm 70

Refrain:

Come to me quickly, O God.

1

O God, make speed to save me; ◆

O Lord, make haste to help me.

2

Let those who seek my life
be put to shame and confusion; ◆

let them be turned back and disgraced
who wish me evil.

3

Let those who mock and deride me ◆

turn back because of their shame. *R*

4

But let all who seek you rejoice and be glad in you; ◆

let those who love your salvation say always, 'Great is
the Lord!'

5

As for me, I am poor and needy; ◆

come to me quickly, O God.

6

You are my help and my deliverer; ◆

O Lord, do not delay.

Refrain:

Come to me quickly, O God.

*O God, our helper and defender,
deliver us in our weakness,
answer our longings
and vindicate our faith,
that we may see your glory
in Jesus Christ our Lord.*

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.**

Exodus 2.11-22

One day, after Moses had grown up, he went out to his people and saw their forced labour. He saw an Egyptian beating a Hebrew, one of his kinsfolk. He looked this way and that, and seeing no one he killed the Egyptian and hid him in the sand. When he went out the next day, he saw two Hebrews fighting; and he said to the one who was in the wrong, 'Why do you

strike your fellow Hebrew?’ He answered, ‘Who made you a ruler and judge over us? Do you mean to kill me as you killed the Egyptian?’ Then Moses was afraid and thought, ‘Surely the thing is known.’ When Pharaoh heard of it, he sought to kill Moses.

But Moses fled from Pharaoh. He settled in the land of Midian, and sat down by a well. The priest of Midian had seven daughters. They came to draw water, and filled the troughs to water their father’s flock. But some shepherds came and drove them away. Moses got up and came to their defence and watered their flock. When they returned to their father Reuel, he said, ‘How is it that you have come back so soon today?’ They said, ‘An Egyptian helped us against the shepherds; he even drew water for us and watered the flock.’ He said to his daughters, ‘Where is he? Why did you leave the man? Invite him to break bread.’ Moses agreed to stay with the man, and he gave Moses his daughter Zipporah in marriage. She bore a son, and he named him Gershom; for he said, ‘I have been an alien residing in a foreign land.’

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.**

Hebrews 9.1-14

Now even the first covenant had regulations for worship and an earthly sanctuary. For a tent was constructed, the first one, in which were the lampstand, the table, and the bread of the Presence; this is called the Holy Place. Behind the second curtain was a tent called the Holy of Holies. In it stood the golden altar of incense and the ark of the covenant overlaid on all sides with gold, in which there were a golden urn holding the manna, and Aaron's rod that budded, and the tablets of the covenant; above it were the cherubim of glory overshadowing the mercy-seat. Of these things we cannot speak now in detail.

Such preparations having been made, the priests go continually into the first tent to carry out their ritual duties; but only the high priest goes into the second, and he but once a year, and not without taking the blood that he offers for himself and for the sins committed unintentionally by the people. By this the Holy Spirit indicates that the way into the sanctuary has not yet been disclosed as long as the first tent is still standing. This is a symbol of the present time, during which gifts and sacrifices are offered that cannot perfect the conscience of the worshipper, but deal only with food and drink and various baptisms, regulations for the body imposed until the time comes to set things right.

But when Christ came as a high priest of the good things that have come, then through the greater and perfect tent (not made with hands, that is, not of this

creation), he entered once for all into the Holy Place, not with the blood of goats and calves, but with his own blood, thus obtaining eternal redemption. For if the blood of goats and bulls, with the sprinkling of the ashes of a heifer, sanctifies those who have been defiled so that their flesh is purified, how much more will the blood of Christ, who through the eternal Spirit offered himself without blemish to God, purify our conscience from dead works to worship the living God!

This is the word of the Lord: **Thanks be to God**

Short Reflection

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 continue through this 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 this combined benefice of KC-HD and the Lent study group on Wednesday evenings.

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 within the most recent troubles in the Middle East - most especially in Iran, Lebanon and the Middle Eastern region, we ask for your blessing on all those who are brokering a peace deal or trying to bring stability.

We ask for your grace upon those who are refugees and seeking asylum.

We pray for all the world's leaders, that may they exercise wisdom and 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 the 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
In poverty, 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
towards Easter, 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

Merciful Lord,
absolve your people from their offences,
that through your bountiful goodness
we may all be delivered from the chains of those sins
which by our frailty we have committed;
grant this, heavenly Father,
for Jesus Christ's sake, our blessed Lord and Saviour,
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.