

200323 Morning Prayer Lent

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.

This opening prayer is 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.

Amen.

The Word of God

Psalm 77

1 I cry aloud to God; ♦

I cry aloud to God and he will hear me.

2 In the day of my trouble I have sought the Lord; ♦

by night my hand is stretched out and does not tire;
my soul refuses comfort.

3 I think upon God and I groan; ♦

I ponder, and my spirit faints.

4 You will not let my eyelids close; ♦

I am so troubled that I cannot speak.

5 I consider the days of old; ♦

I remember the years long past;

6 I commune with my heart in the night; ♦

my spirit searches for understanding.

7 Will the Lord cast us off for ever? ♦

Will he no more show us his favour?

8 Has his loving mercy clean gone for ever? ♦

Has his promise come to an end for evermore?

9 Has God forgotten to be gracious? ♦
Has he shut up his compassion in displeasure?

10 And I said, 'My grief is this: ♦
that the right hand of the Most High has lost its strength.'

11 I will remember the works of the Lord ♦
and call to mind your wonders of old time.

12 I will meditate on all your works ♦
and ponder your mighty deeds.

13 Your way, O God, is holy; ♦
who is so great a god as our God?

14 You are the God who worked wonders ♦
and declared your power among the peoples.

15 With a mighty arm you redeemed your people, ♦
the children of Jacob and Joseph.

16 The waters saw you, O God;
the waters saw you and were afraid; ♦
the depths also were troubled.

17 The clouds poured out water; the skies thundered; ♦
your arrows flashed on every side;

18 The voice of your thunder was in the whirlwind;
your lightnings lit up the ground; ♦
the earth trembled and shook.

19 Your way was in the sea, and your paths in the great waters, ♦
but your footsteps were not known.

20 You led your people like sheep ♦
by the hand of Moses and Aaron.

In the day of my trouble I have sought the Lord.

**God our shepherd,
you led us and saved us in times of old;
do not forget your people in their troubles,
but raise up your power
to sustain the poor and helpless;
for the honour of Jesus Christ our Lord.**

**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 is the Word of the Lord, **Thanks be to God**

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.

Gospel Canticle

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

[SAID TOGETHER]

- 1 Blessed be the Lord the God of Israel, ♦
who has come to his people and set them free.
- 2 He has raised up for us a mighty Saviour, ♦
born of the house of his servant David.
- 3 Through his holy prophets God promised of old ♦
to save us from our enemies,
from the hands of all that hate us,
- 4 To show mercy to our ancestors, ♦
and to remember his holy covenant.
- 5 This was the oath God swore to our father Abraham: ♦
to set us free from the hands of our enemies,
- 6 Free to worship him without fear, ♦
holy and righteous in his sight
all the days of our life.
- 7 And you, child, shall be called the prophet of the Most High, ♦
for you will go before the Lord to prepare his way,
- 8 To give his people knowledge of salvation ♦
by the forgiveness of all their sins.
- 9 In the tender compassion of our God ♦
the dawn from on high shall break upon us,
- 10 To shine on those who dwell in darkness and the shadow of death, ♦
and to guide our feet into the way of peace.

**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.

Prayers Open Prayer

Intercessions are offered

¶ *for the day and its tasks, ¶ for the world and its needs, ¶ for the Church and her life*

The Collect of the day

**God of love,
passionate and strong,
tender and careful;
watch over us and hold us
all the days of our life;
through Jesus Christ our Lord.
Amen.**

The Lord's Prayer is said

Trusting in the compassion of God, 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.**

The Conclusion

May God our Redeemer show us compassion and love.
Amen.
Let us bless the Lord.
Thanks be to God.