

Morning Prayer in 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.

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

Psalmody

Each psalm or group of psalms may end with:

**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.**

Old Testament Reading

Life with God at Holy Nativity

Canticle

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

Lord Almighty and God of our ancestors, •
you who made heaven and earth in all their glory:

All things tremble with awe at your presence, •
before your great and mighty power.

Immeasurable and unsearchable is your promised mercy, •
for you are God, Most High.

You are full of compassion, long-suffering and very merciful, •
and you relent at human suffering.

O God, according to your great goodness, •
you have promised forgiveness for repentance
to those who have sinned against you.

The sins I have committed against you •
are more in number than the sands of the sea.

I am not worthy to look up to the height of heaven, •
because of the multitude of my iniquities.

And now I bend the knee of my heart before you, •
imploping your kindness upon me.

I have sinned, O God, I have sinned, •
and I acknowledge my transgressions.

Unworthy as I am, you will save me, •
according to your great mercy.

For all the host of heaven sings your praise, •
and your glory is for ever and ever.

**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.**

New Testament Reading

The reading may be followed by silence and a reflection

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

The Benedictus

**Christ gave them as a light to the nations
that his salvation might reach to the ends of the earth.**

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

**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.**

**Christ gave them as a light to the nations
that his salvation might reach to the ends of the earth.**

Prayers of Intercession

This response may be used:

Lord, in your mercy
hear our prayer

Silence may be kept.

The Collect of the day or the following is said:

Almighty and everlasting God,
you hate nothing that you have made
and forgive the sins of all those
who are penitent:
create and make in us new and contrite hearts
that we, worthily lamenting our sins
and acknowledging our wretchedness,
may receive from you, the God of all mercy,
perfect remission and forgiveness;
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.



Life with God at Holy Nativity