



Morning Prayer in Lent

Gathering

WE TURN OUR HEARTS TO GOD IN SILENT PRAYER & MEDITATION

LENTEN DIALOG

O Lord, open my lips!

And my mouth shall declare your praise!

Behold, now is the acceptable time,

Today is the day of salvation!

O Lord, I cry to you for help.

In the morning my prayer comes before you.

Give me the joy of your saving help again,

C and sustain me with your bountiful Spirit.

Bless the Lord, O my soul,

and all that is within me, bless his holy name.

Behold, now is the acceptable time,

Today is the day of salvation!

The Venite: O Come

Psalm 95

O come, let us sing unto the Lord;
let us heartily rejoice in the rock of our salvation.

**Let us come before his presence with thanksgiving
and raise our joyful praise to God with psalms.**

For our God is a great God
and a ruler great above all gods.

**In God's hand are all the depths of the earth,
and the heights of the hills are his also.**

The sea is our God's for he made it,
and God's hands prepared the dry land.

**O come, let us worship and fall down,
and kneel before the Lord our Maker.**

For God is our God,
**and we are the people of God's pasture,
and the sheep of his hand.**

Glory to the Father and to the Son and to the Holy Spirit
As it was in the beginning, is now and will be forever. Amen.

Word

READINGS

*One or more selections from scripture or other appropriate readings are proclaimed.
Each reading may be concluded:*

The word of the Lord. **Thanks be to God.**

*Following the readings there is a time of silence for reflection. There may be a
reflection, Lectio Divina, or other meditation on the Word. The silence concludes:*

We have been born anew
through the living and abiding word of God.

Gospel Canticle: *The Benedictus, the Song of Zachariah is read responsively*

Blessed are you, O Lord, God of Israel;
you have come to your people and set us free.
**You have raised up for us a mighty Savior,
born of the house of your servant David.**

Through your holy prophets, you promised of old
to save us from our enemies, from the hands of all who hate us,

to show mercy to our forebears, and to remember your holy covenant.
**This was the oath you swore to our ancestors Sarah and Abraham:
to set us free from the hands of our enemies,
free to worship you without fear,
holy and righteous in your sight, all the days of our lives.**

And you, O child, shall be called the prophet of the Most High,
for you will go before the Lord to prepare God's 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.**

**Glory be to the Father and to the Son, and to the Holy Spirit, as it was in the
beginning and will be forever, world without end. Amen.**

Prayer

We join in prayers of intercession and thanksgiving. A time of silence follows each petition, and after 'Here we may offer our prayers and petitions...' for our own prayers. The prayers conclude with the Morning Collect and the Lord's Prayer.

In Christ is wholeness and salvation: let us bring the needs of our lives,
our neighbor and our community to God.

Silence

Bring wholeness to those bowed down with suffering:
Bring healing to the sick, defend the poor and the powerless....
Holy One, hear our prayer: **Lord, have mercy!**

Give us strength to live the disciplines of Lent,
that we may grow in faith, love, and generosity...
Holy One, hear our prayer: **Lord, have mercy!**

In these Lenten days, teach us to forgive
To release anger, resentment and pain and find peace...
Holy One, hear our prayer: **Lord, hear our prayer.**

In these Lenten days, guide us to pray for the good of those we love,
and those we don't... Holy One, hear our prayer: **Lord, hear our prayer**

In these Lenten days, strengthen us to give up and give away for the good of our soul
and the blessing of our neighbor.

Holy One, hear our prayer: ***Lord, hear our prayer.***

Hear us O God, for the deepest needs of our hearts, for the needs of our neighbors,
community and world, as we bring them before you aloud in our own words, or in the
silence of our hearts... *Here we may offer our prayers and petitions.*

Holy One, hear our prayer: ***Lord, have mercy!***

The Collect of the Day is offered...

Almighty and everlasting God, you have brought us in safety to this new day.

Preserve us with your mighty power,
that we may not fall into sin, nor be overcome in adversity.

In all we do, direct us to the fulfilling of your purpose;
through Jesus Christ our Lord. **Amen.**

LORD'S PRAYER

Gathered into one by the Holy Spirit, let us pray as Jesus taught us:

**Our Father, who art in heaven,
hallowed be thy name.**

Thy kingdom come.

Thy will be done on earth, as it is in heaven.

**Give us this day our daily bread,
and forgive us our trespasses,
as we forgive those who trespass against us,
and lead us not into temptation,
but deliver us from evil.**

**For thine is the Kingdom, and the power and glory,
Forever and ever, Amen!**

Blessing & Benediction

Let us bless the Lord.

Thanks be to God.

Almighty and merciful God,
the Father, the + Son, and the Holy Spirit,
bless and preserve us. **Amen.**

May we keep a Holy Lent, walking in God's presence and peace.