

A Simple Order of Morning Prayer in Lent

O Lord open our lips,
And our mouth shall proclaim your praise.

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.

A short time of silence /reflection on the coming day.

Early in the morning
my prayer comes before you.
Lord, have mercy. Lord, have mercy.

You speak in my heart and say
'Seek my face'; your face, Lord, will I seek.
Christ, have mercy. Christ, have mercy.

Let the words of my mouth and the meditation of my heart be acceptable in your sight,
O Lord, my strength and my redeemer.
Lord, have mercy. Lord, have mercy.

Return to the Lord, who will have mercy, to our God, who will richly pardon.
Seek the Lord while he may be found call upon him while he is near.
Let the wicked abandon their ways and the unrighteous their thoughts;
Return to the Lord, who will have mercy to our God who will richly pardon.

'For my thoughts are not your thoughts neither are your ways my ways,' says the Lord.
For as the heavens are higher than the earth so are my ways higher than your ways
and my thoughts than your thoughts.

As the rain and the snow come down from above and return not again but water the earth,
Bringing forth life and giving growth seed for sowing and bread to eat,
So is my word that goes forth from my mouth it will not return to me fruitless,
But it will accomplish that which I purpose and succeed in the task I gave it.'

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.

Return to the Lord, who will have mercy, to our God, who will richly pardon.

Bible Reading Luke 1:26-38

Here we are, nine months before Christmas, the time when the Blessed Virgin Mary first got the news about the child that she would bear. Although this seemed impossible, she was told that "With God, nothing is impossible". Right now, you may feel that we are in an impossible situation and that things are spiraling out of control but know, deep in your heart, that God is in control and nothing is impossible with Him.

Create in me a clean heart, O God, and renew a right spirit within me.

Blessed be the Lord the God of Israel
for he has come to his people and set them free.
The Lord 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 who hate us.
To show mercy to our forebears 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 before him 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 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 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.

Create in me a clean heart, O God, and renew a right spirit within me
Please pray your own prayers for:
The Church
The World
The Local Community
Those in particular need

The Lord's Prayer is said.

The Collect
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 second collect, for peace.
O God, the author of peace and lover of concord, to know you is eternal life,
to serve you is perfect freedom:
defend us in all assaults of our enemies,
that we, surely trusting in your protection, may not fear the power of any adversaries; through
Jesus Christ our Lord. Amen.

The third collect, for grace.
Eternal God and Father,
by your power we are created
and by your love we are redeemed: guide and strengthen us by your Spirit, that we may give
ourselves to you
in love and service of one another; through Jesus Christ our Lord. Amen.

The grace of our Lord Jesus Christ, the love of God,
and the fellowship of the Holy Spirit be with us all, evermore. Amen.
Let us bless the Lord. Thanks be to God.