

Lent 2021

Morning

Prayer

The morning prayer group meets at 9am from Monday to Saturday using zoom and we would love to have you join us if you are able. (Meeting ID: 738 629 141, Password: prayer or 471851) You can of course use this booklet on your own.

This year we are using a mixture of liturgies drawn from several sources. We are using morning prayer liturgy from the Northumbria community, from the Church of England and from the Order for Baptist Ministers.

We suggest that the Psalm and the New Testament reading from the common lectionary are used each day, as well as a meditation and the collect. The bible readings can be found in the "Daily Prayer" app. The meditation and the collect can be found in the booklet "Reflections for Lent" which those who lead the sessions will be able to read.

If you have any questions or comments please do let us know and we will try to help.

Sally Morning & Remco van den Heuvel

Rev.Remco@gmail.com

Monday & Thursday

From Northumbria community morning prayer

+ In the name of the Father, and of the Son,
and of the Holy Spirit. Amen

Opening sentences:

One thing I have asked of the Lord,
this is what I seek:
that I may dwell in the house of the Lord
all the days of my life;
to behold the beauty of the Lord
and to seek Him in His temple.

Call: Who is it that you seek?

Response: **We seek the Lord our God.**

Call: Do you seek Him with all your heart?

Response: **Amen. Lord, have mercy.**

Call: Do you seek Him with all your soul?

Response: **Amen. Lord, have mercy.**

Call: Do you seek Him with all your mind?

Response: **Amen. Lord, have mercy.**

Call: Do you seek Him with all your strength?

Response: **Amen. Christ, have mercy.**

Declaration of faith:

To whom shall we go?
You have the words of eternal life,
and we have believed and have come to know
that You are the Holy One of God.

**Praise to You, Lord Jesus Christ,
King of endless glory.**

Today's Scripture Reading (Psalm & NT)

Today's Meditation (from "Reflections for Lent")

Benedictus (from Luke 1.68-79):

Blessed are those who are persecuted for the cause of right, for theirs is the kingdom of heaven.

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 are persecuted for the cause of right, for theirs is the kingdom of heaven.

Prayers for others

The collect of the day (from “Reflections for Lent”)

The Lord’s prayer:

**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.**

Canticle:

Christ, as a light
illumine and guide me.

Christ, as a shield
overshadow me.

Christ under me;

Christ over me;

Christ beside me

on my left and my right.

This day be within and without me,
lowly and meek, yet all-powerful.

Be in the heart of each to whom I speak;
in the mouth of each who speaks unto me.

This day be within and without me,
lowly and meek, yet all-powerful.

Christ as a light;

Christ as a shield;

Christ beside me

on my left and my right.

Blessing:

**May the peace of the Lord Christ go with you,
wherever He may send you.**

**May He guide you through the wilderness,
protect you through the storm.**

**May He bring you home rejoicing
at the wonders He has shown you.**

**May He bring you home rejoicing
once again into our doors.**

+ In the name of the Father, and of the Son,
and of the Holy Spirit. Amen

Tuesday & Friday

From Church of England morning prayer lent liturgy

Preparation:

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.

A Song of Penitence (from 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.

**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.

Amen.

Today's Psalm from the lectionary

The Psalm of the day is followed by:

**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.**

Canticle (The Song of Manasseh):
Full of compassion and mercy and love
is God, the Most High, the Almighty.

1 Lord almighty and God of our ancestors, ♦
you who made heaven and earth in all their glory:

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

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

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

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

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

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

8 And now I bend the knee of my heart before you, ♦
imploring your kindness upon me.

9 I have sinned, O God, I have sinned, ♦
and I acknowledge my transgressions.

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

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

Manasseh 1a, 2, 4, 6, 7a, b, 9a, c, 11, 12, 14b, 15b

**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.**

Today's NT Scripture Reading

Today's Meditation (from "Reflections for Lent")

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.

from Psalm 25

Gospel Canticle:

The Benedictus (The Song of Zechariah, from Luke 1.68-79)

**Blessed are those who are persecuted for the cause of
right, for theirs is the kingdom of heaven.**

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 are persecuted for the cause of
right, for theirs is the kingdom of heaven.**

Prayers:

These responses may be used

Lord, in your mercy
hear our prayer

(or)

Lord, hear us.

Lord, graciously hear us.

Silence may be kept.

The Collect of the day (from “Reflections for Lent”)

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.

Wednesday & Saturday

From Order for Baptist Ministry lent prayer liturgy

Becoming present to God:

+ In the name of the Father, and of the Son,
and of the Holy Spirit, **Amen**

As the cross draws together
height and depth,
one side and another,
draw us together:

**flesh and spirit,
mind and body,
heart and soul,
that we may know your presence
at the centre of our lives.**

Celebrating the presence of God:

God of creation, present in the darkness and the light,
in the desert and the running streams,
We praise you.

Saving God, present on the cross and at the empty tomb,
in broken bread and wine outpoured,
We praise you.

Renewing God,
present in disturbance and comfort, in struggle and in joy.
We praise you.

**Holy God,
for your love enfolding us
on every side,
holding us through birth and death,
joy and tears,
We praise and worship you.**

A pause to name any specific thanks or praise.

Acknowledging our Humanity:

Lord Jesus, you call us to take up our cross and follow.

When we forfeit our soul to gain the whole world:

Lord have mercy, **Christ have mercy**

When we are distracted from prayer and watchfulness:

Lord have mercy, **Christ have mercy**

When we are unfaithful to the Gospel through denial,
betrayal or aggression:

Lord have mercy, **Christ have mercy**

When we shrink from the implications of love:

Lord have mercy, **Christ have mercy**

**Merciful God, pardon our sin,
and renew in us, as in all God's people,
the desire to follow Christ's way. Amen.**

Listening for the Word of God (today's Psalm & NT)

Listening to the Meditation (from "Reflections for Lent")

Canticle:

(Zechariah's Song – Benedictus – from Luke 1.68-79)

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.**

Reflecting on our roots:

**Living God, enable us this day
to be pilgrims and companions:
committed to the way of Christ,
faithful to the call of Christ,
discerning the mind of Christ,
offering the welcome of Christ,
growing in the likeness of Christ,
engaging in the mission of Christ,
in the world that belongs to Christ.**

Bringing our concerns:

Holy God, we offer to you our prayers for the world:

For those who suffer in body, mind or spirit,
and for those who inflict suffering ...

For those who are persecuted
and for those who fuel the machines of persecution ...

For those who are abandoned or forgotten
and those who create the nets through which others fall ...

Free prayer

**Lord God,
As you hear our cry
and respond in love,
enable us to hear the cry of others
and respond with a love
which reflects yours alone. Amen.**

Collect of the day (from "Reflections for Lent")

The Lord's Prayer:

**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.**

Going to love and serve:

Holy God, may we live this day
with Christ's call to discipleship
ringing in our ears.

And should this day bring us pain,
we pray that we may meet it
with honesty and hope,
grounded in the knowledge
that even in the darkest place
we may be touched
and changed by your love.

**So may we grasp,
with all your people,
how wide and long,
how high and deep
is the love of Christ,
and be filled
with the very nature of God.
Amen.**

+ In the name of the Father, and of the Son, and of the Holy Spirit, **Amen**

NRSV: 'New Revised Standard Version Bible: Anglicized Edition, copyright 1989, 1995, Division of Christian Education of the National Council of the Churches of Christ in the United States of America. Used by permission. All rights reserved.'