

☩ Morning Prayer

Lent

Thursday, 29 February 2024

Preparation

O Lord, open our lips

And our mouth shall proclaim your praise.

Hear our voice, O Lord, according to your faithful love,

And according to your judgement give us life.

One or more of the following is said or sung:

this or another prayer of thanksgiving

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.

All Blessed be God for ever.

a suitable hymn, or A Song of Penitence

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.

3For I acknowledge my faults □
and my sin is ever before me.

4Against you only have I sinned □
and done what is evil in your sight,

5So that you are justified in your sentence □
and righteous in your judgement.

6Cast me not away from your presence □
and take not your holy spirit from me.

7Give me again the joy of your salvation □
and sustain me with your gracious spirit;

8Then shall I teach your ways to the wicked □
and sinners shall return to you.

9Deliver me from my guilt, O God,
the God of my salvation, □
and my tongue shall sing of your righteousness.

Psalm 51.1-5, 12-15

AllGlory 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 opening prayer may be 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.

AllAmen.

The Word of God

Psalmody

The appointed psalmody is said.

Psalm 34

Refrain: O taste and see that the Lord is gracious.

1 I will bless the Lord at all times; □
his praise shall ever be in my mouth.

2 My soul shall glory in the Lord; □
let the humble hear and be glad.

3 O magnify the Lord with me; □
let us exalt his name together.

4 I sought the Lord and he answered me □
and delivered me from all my fears.

5 Look upon him and be radiant □
and your faces shall not be ashamed. R

6 This poor soul cried, and the Lord heard me □
and saved me from all my troubles.

7 The angel of the Lord encamps around those who fear him □
and delivers them.

8 O taste and see that the Lord is gracious; □
blessed is the one who trusts in him.

9 Fear the Lord, all you his holy ones, □
for those who fear him lack nothing.

10 Lions may lack and suffer hunger, □
but those who seek the Lord
lack nothing that is good. R

11 Come, my children, and listen to me; □
I will teach you the fear of the Lord.

12 Who is there who delights in life □
and longs for days to enjoy good things?

13 Keep your tongue from evil □
and your lips from lying words.

14 Turn from evil and do good; □
seek peace and pursue it. R

15 The eyes of the Lord are upon the righteous □
and his ears are open to their cry.

16 The face of the Lord is against those who do evil, □
to root out the remembrance of them from the earth.

17 The righteous cry and the Lord hears them □
and delivers them out of all their troubles.

18 The Lord is near to the brokenhearted □
and will save those who are crushed in spirit. R

19 Many are the troubles of the righteous; □
from them all will the Lord deliver them.

20 He keeps all their bones, □
so that not one of them is broken.

21 But evil shall slay the wicked □
and those who hate the righteous will be condemned.

22 The Lord ransoms the life of his servants □
and will condemn none who seek refuge in him.

Refrain: O taste and see that the Lord is gracious.

Send your holy angels
to watch over us, O God,
that on our lips will be found your truth
and in our hearts your love;
so we may ever taste your goodness
in the land of the living;
through Jesus Christ our Lord.

Each psalm or group of psalms may end with

All 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.

If there are two Scripture readings, the first may be read here, or both may be read after the canticle.

Genesis 45.1-15

Then Joseph could no longer control himself before all those who stood by him, and he cried out, 'Send everyone away from me.' So no one stayed with him when Joseph made himself known to his brothers. And he wept so loudly that the Egyptians heard it, and the household of Pharaoh heard it. Joseph said to his brothers, 'I am Joseph. Is my father still alive?' But his brothers could not answer him, so dismayed were they at his presence.

Then Joseph said to his brothers, 'Come closer to me.' And they came closer. He said, 'I am your brother Joseph, whom you sold into Egypt. And now do not be distressed, or angry with yourselves, because you sold me here; for God sent me before you to preserve life. For the famine has been in the land these two years; and there are five more years in which there will be neither ploughing nor harvest. God sent me before you to preserve for you a remnant on earth, and to keep alive for you many survivors. So it was not you who sent me here, but God; he has made me a father to Pharaoh, and lord of all his house and ruler over all the land of Egypt. Hurry and go up to my father and say to him, "Thus says your son Joseph, God has made me lord of all Egypt; come down to me, do not delay. You shall settle in the land of Goshen, and you shall be near me, you and your children and your children's children, as well as your flocks, your herds, and all that you have. I will provide for you there—since there are five more years of famine to come—so that you and your household, and all that you have, will not come to poverty." And now your eyes and the eyes of my brother Benjamin see that it is my own mouth that speaks to you. You must tell my father how greatly I am honoured in Egypt, and all that you have seen. Hurry and bring my father down here.' Then he fell upon his brother Benjamin's neck and wept, while Benjamin wept upon his neck. And he kissed all his brothers and wept upon them; and after that his brothers talked with him.

Canticle

The Song of Manasseh, or another suitable canticle, for example, [number 20 \(page 570\)](#), [number 33 \(page 584\)](#) or [number 41 \(page 592\)](#), may be said

Refrain:

All 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.

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

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

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

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

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

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

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

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

11For 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

AllGlory 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.

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

Scripture Reading

One or more readings appointed for the day are read.

The reading(s) may be followed by a time of silence.

Hebrews 3.1-6

Therefore, brothers and sisters, holy partners in a heavenly calling, consider that Jesus, the apostle and high priest of our confession, was faithful to the one who appointed him, just as Moses also 'was faithful in all God's house.' Yet Jesus is worthy of more glory than Moses, just as the builder of a house has more honour than the house itself. (For every house is built by someone, but the builder of all things is God.) Now Moses was faithful in all God's house as a servant, to testify to the things that would be spoken later. Christ, however, was faithful over God's house as a son, and we are his house if we hold firm the confidence and the pride that belong to hope.

A suitable song or chant, or a responsory in this or another form, may follow

To you, O Lord, I lift up my soul;

All O my God, in you I trust.

You are the God of my salvation,

All To you, O Lord, I lift up my soul.

In you I hope all the day long.

All O my God, in you I trust.

Remember, Lord, your compassion and love,

for they are from everlasting.

All 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) is normally said,

or [Saviour of the World \(page 644\)](#) may be said

Refrain:

All Blessed are those who hunger and thirst for righteousness,

for they shall be satisfied.

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.

Luke 1.68-79

All 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.

Refrain:

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

Prayers

Intercessions are offered

☩ for the day and its tasks

☩ for the world and its needs

☩ for the Church and her life

Prayers may include the following concerns from the [cycle on pages 364–365](#)

- ¶ Those preparing for baptism and confirmation
- ¶ Those serving through leadership
- ¶ Those looking for forgiveness
- ¶ Those misled by the false gods of this present age
- ¶ All who are hungry

A form of prayer found [on page 380](#) may be used.

The Litany [on pages 400-403](#) may be said instead of the 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 is said

Almighty God,

you show to those who are in error the light of your truth,

that they may return to the way of righteousness:

grant to all those who are admitted

into the fellowship of Christ's religion,

that they may reject those things

that are contrary to their profession,

and follow all such things as are agreeable to the same;

through our Lord Jesus Christ,

who is alive and reigns with you,

in the unity of the Holy Spirit,

one God, now and for ever.

All Amen.

The Lord's Prayer is said

Trusting in the compassion of God,
as our Saviour taught us, so we pray

All 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.

(or)

Trusting in the compassion of God,
let us pray with confidence as our Saviour has taught us

All 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,
the power and the glory,
for ever and ever.
Amen.

The Conclusion

May God our Redeemer show us compassion and love.

All Amen.

Let us bless the Lord.

All Thanks be to God.

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