

☩ Morning Prayer

Lent

Thursday, 13 March 2025

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 42

1 As the deer longs for the water brooks, □
so longs my soul for you, O God.

2 My soul is athirst for God, even for the living God; □
when shall I come before the presence of God?

3 My tears have been my bread day and night, □
while all day long they say to me, 'Where is now your God?'

4 Now when I think on these things, I pour out my soul: □
how I went with the multitude
and led the procession to the house of God,

5 With the voice of praise and thanksgiving, □
among those who kept holy day.

6 *Why are you so full of heaviness, O my soul, □
and why are you so disquieted within me?*

7 *O put your trust in God; □
for I will yet give him thanks,
who is the help of my countenance, and my God.*

8 My soul is heavy within me; □
therefore I will remember you from the land of Jordan,
and from Hermon and the hill of Mizar.

9 Deep calls to deep in the thunder of your waterfalls; □
all your breakers and waves have gone over me.

10 The Lord will grant his loving-kindness in the daytime; □
through the night his song will be with me,
a prayer to the God of my life.

11 I say to God my rock,
'Why have you forgotten me, □

and why go I so heavily, while the enemy oppresses me?’

12 As they crush my bones, my enemies mock me; □
while all day long they say to me, ‘Where is now your God?’

13 *Why are you so full of heaviness, O my soul? □
and why are you so disquieted within me?*

14 *O put your trust in God; □
for I will yet give him thanks,
who is the help of my countenance, and my God.*

Come, creator Spirit, source of life;
sustain us when our hearts are heavy
and our wells have run dry,
for you are the Father’s gift,
with him who is our living water,
Jesus Christ our Lord.

Psalm 43

1 Give judgement for me, O God,
and defend my cause against an ungodly people; □
deliver me from the deceitful and the wicked.

2 For you are the God of my refuge;
why have you cast me from you, □
and why go I so heavily, while the enemy oppresses me?

3 O send out your light and your truth, that they may lead me, □
and bring me to your holy hill and to your dwelling,

4 That I may go to the altar of God,
to the God of my joy and gladness; □
and on the lyre I will give thanks to you, O God my God.

5 *Why are you so full of heaviness, O my soul, □
and why are you so disquieted within me?*

6 *O put your trust in God; □
for I will yet give him thanks,*

who is the help of my countenance, and my God.

Come, creator Spirit, light and truth;
bring us to the altar of life
and renew our joy and gladness
in 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.

Jeremiah 6.9-21

Thus says the Lord of hosts:

Glean thoroughly as a vine
the remnant of Israel;
like a grape-gatherer, pass your hand again
over its branches.

To whom shall I speak and give warning,
that they may hear?

See, their ears are closed,
they cannot listen.

The word of the Lord is to them an object of scorn;
they take no pleasure in it.

But I am full of the wrath of the Lord;
I am weary of holding it in.

Pour it out on the children in the street,
and on the gatherings of young men as well;
both husband and wife shall be taken,

the old folk and the very aged.

Their houses shall be turned over to others,

their fields and wives together;

for I will stretch out my hand

against the inhabitants of the land,

says the Lord.

For from the least to the greatest of them,

everyone is greedy for unjust gain;

and from prophet to priest,

everyone deals falsely.

They have treated the wound of my people carelessly,

saying, 'Peace, peace',

when there is no peace.

They acted shamefully, they committed abomination;

yet they were not ashamed,

they did not know how to blush.

Therefore they shall fall among those who fall;

at the time that I punish them, they shall be overthrown,

says the Lord.

Thus says the Lord:

Stand at the crossroads, and look,

and ask for the ancient paths,

where the good way lies; and walk in it,

and find rest for your souls.

But they said, 'We will not walk in it.'

Also I raised up sentinels for you:

'Give heed to the sound of the trumpet!'

But they said, 'We will not give heed.'

Therefore hear, O nations,

and know, O congregation, what will happen to them.

Hear, O earth; I am going to bring disaster on this people,

the fruit of their schemes,

because they have not given heed to my words;

and as for my teaching, they have rejected it.

Of what use to me is frankincense that comes from Sheba,

or sweet cane from a distant land?

Your burnt-offerings are not acceptable,

nor are your sacrifices pleasing to me.

Therefore thus says the Lord:

See, I am laying before this people

stumbling-blocks against which they shall stumble;

parents and children together,

neighbour and friend shall perish.

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.

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, ☩

imploping 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.

John 6.1-15

After this Jesus went to the other side of the Sea of Galilee, also called the Sea of Tiberias. A large crowd kept following him, because they saw the signs that he was doing for the sick. Jesus went up the mountain and sat down there with his disciples. Now the Passover, the festival of the Jews, was near. When he looked up and saw a large crowd coming towards him, Jesus said to Philip, 'Where are we to buy bread for these people to eat?' He said this to test him, for he himself knew what he was going to do. Philip answered him, 'Six months' wages would not buy enough bread for each of them to get a little.' One of his disciples, Andrew, Simon Peter's brother, said to him, 'There is a boy here who has five barley loaves and two fish. But what are they among so many people?' Jesus said, 'Make the people sit down.' Now there was a great deal of grass in the place; so they sat down, about five thousand in all. Then Jesus took the loaves, and when he had given thanks, he distributed them to those who were seated; so also the fish, as much as they wanted. When they were satisfied, he told his disciples, 'Gather up the fragments left over, so that nothing may be lost.' So they gathered them up, and from the fragments of the five barley loaves, left by those who had eaten, they filled twelve baskets. When the people saw the sign that he had done, they began to say, 'This is indeed the prophet who is to come into the world.'

When Jesus realized that they were about to come and take him by force to make him king, he withdrew again to the mountain by himself.

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.

7And you, child, shall be called the prophet of the Most High, □

for you will go before the Lord to prepare his way,

8To give his people knowledge of salvation □

by the forgiveness of all their sins.

9In the tender compassion of our God □

the dawn from on high shall break upon us,

10To 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

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.

Refrain:

AllBlessed 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,

whose Son Jesus Christ fasted forty days in the wilderness,

and was tempted as we are, yet without sin:

give us grace to discipline ourselves in obedience to your Spirit;

and, as you know our weakness,

so may we know your power to save;

through Jesus Christ your Son our Lord,

who is alive and reigns with you,

in the unity of the Holy Spirit,

one God, now and for ever.

AllAmen.

The Lord's Prayer is said

Trusting in the compassion of God,

as our Saviour taught us, so we pray

AllOur 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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