

## ☩ Morning Prayer

### Lent

**Saturday, 15 March 2025**

### Ember Day

#### 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.

2Wash 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 59

Refrain: You, O God, are my strong tower.

1 Rescue me from my enemies, O my God; □  
set me high above those that rise up against me.

2 Save me from the evildoers □  
and from murderous foes deliver me.

3 For see how they lie in wait for my soul □  
and the mighty stir up trouble against me.

4 Not for any fault or sin of mine, O Lord; □  
for no offence, they run and prepare themselves for war.

5 Rouse yourself, come to my aid and see; □  
for you are the Lord of hosts, the God of Israel.

6 Awake, and judge all the nations; □  
show no mercy to the evil traitors. R

7 They return at nightfall and snarl like dogs □  
and prowl about the city.

8 They pour out evil words with their mouths;  
swords are on their lips; □  
'For who', they say, 'can hear us?'

9 But you laugh at them, O Lord; □  
you hold all the nations in derision.

10 For you, O my strength, will I watch; □  
you, O God, are my strong tower.

11 My God in his steadfast love will come to me; □  
he will let me behold the downfall of my enemies. R

12 Slay them not, lest my people forget; □  
send them reeling by your might  
and bring them down, O Lord our shield.

13 For the sins of their mouth, for the words of their lips, □  
let them be taken in their pride.

14 For the cursing and falsehood they have uttered, □  
consume them in wrath, consume them till they are no more.

15 And they shall know that God rules in Jacob, □  
and to the ends of the earth. R

16 And still they return at nightfall and snarl like dogs □  
and prowl about the city.

17 Though they forage for something to devour, □  
and howl if they are not filled,

18 Yet will I sing of your strength □  
and every morning praise your steadfast love;

19 For you have been my stronghold, □  
my refuge in the day of my trouble.

20 To you, O my strength, will I sing; □  
for you, O God, are my refuge,  
my God of steadfast love.

Refrain: You, O God, are my strong tower.

Strong and merciful God,  
stand with the oppressed  
against the triumph of evil  
and the complacency of your people,  
and establish in Jesus Christ  
your new order of generosity and joy,  
for he is alive and reigns now and for ever.

# Psalm 63

Refrain: My soul is athirst for God, even for the living God.

1 O God, you are my God; eagerly I seek you; □  
my soul is athirst for you.

2 My flesh also faints for you, □  
as in a dry and thirsty land where there is no water.

3 So would I gaze upon you in your holy place, □  
that I might behold your power and your glory.

4 Your loving-kindness is better than life itself □  
and so my lips shall praise you.

5 I will bless you as long as I live □  
and lift up my hands in your name. R

6 My soul shall be satisfied, as with marrow and fatness, □  
and my mouth shall praise you with joyful lips,

7 When I remember you upon my bed □  
and meditate on you in the watches of the night.

8 For you have been my helper □  
and under the shadow of your wings will I rejoice.

9 My soul clings to you; □  
your right hand shall hold me fast. R

10 But those who seek my soul to destroy it □  
shall go down to the depths of the earth;

11 Let them fall by the edge of the sword □  
and become a portion for jackals.

12 But the king shall rejoice in God;  
all those who swear by him shall be glad, □  
for the mouth of those who speak lies shall be stopped.

Refrain: My soul is athirst for God, even for the living God.

To you we come, radiant Lord,  
the goal of all our desiring,  
beyond all earthly beauty;  
gentle protector, strong deliverer,  
in the night you are our confidence;  
from first light be our joy;  
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.

## **Jeremiah 7.1-20**

The word that came to Jeremiah from the Lord: Stand in the gate of the Lord's house, and proclaim there this word, and say, Hear the word of the Lord, all you people of Judah, you that enter these gates to worship the Lord. Thus says the Lord of hosts, the God of Israel: Amend your ways and your doings, and let me dwell with you in this place. Do not trust in these deceptive words: 'This is the temple of the Lord, the temple of the Lord, the temple of the Lord.'

For if you truly amend your ways and your doings, if you truly act justly one with another, if you do not oppress the alien, the orphan, and the widow, or shed innocent blood in this place, and if you do not go after other gods to your own hurt, then I will dwell with you in this place, in the land that I gave of old to your ancestors for ever and ever.

Here you are, trusting in deceptive words to no avail. Will you steal, murder, commit adultery, swear falsely, make offerings to Baal, and go after other gods that you have not known, and then come and stand before me in this house, which is called by my name, and say, 'We are safe!'—only to go on doing all these abominations? Has this house, which is called by my name, become a den of robbers in your sight? You know, I too am watching, says the Lord. Go now to my place that was in Shiloh, where I made my name dwell at first, and see what I did to it for the wickedness of my people Israel. And now, because you have done all these things, says the Lord, and when I spoke to you persistently, you did not listen, and when I called you, you did not answer, therefore I will do to the house that is called by my name, in which you trust, and to the place that I gave to you and to your ancestors, just what I did to Shiloh. And I will cast you out of my sight, just as I cast out all your kinsfolk, all the offspring of Ephraim.

As for you, do not pray for this people, do not raise a cry or prayer on their behalf, and do not intercede with me, for I will not hear you. Do you not see what they are doing in the towns of Judah and in the streets of Jerusalem? The children gather wood, the fathers kindle fire, and the women knead dough, to make cakes for the queen of heaven; and they pour out drink-offerings to other gods, to provoke me to anger. Is it I whom they provoke? says the Lord. Is it not themselves, to their own hurt? Therefore thus says the Lord God: My anger and my wrath shall be poured out on this place, on human beings and animals, on the trees of the

field and the fruit of the ground; it will burn and not be quenched.

## 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, ☩

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

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.

All Full 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 6.27-40

Do not work for the food that perishes, but for the food that endures for eternal life, which the Son of Man will give you. For it is on him that God the Father has set his seal.' Then they said to him, 'What must we do to perform the works of God?' Jesus answered them, 'This is the work of God, that you believe in him whom he has sent.' So they said to him, 'What sign are you going to give us then, so that we may see it and believe you? What work are you performing? Our ancestors ate the manna in the wilderness; as it is written, "He gave them bread from heaven to eat." ' Then Jesus said to them, 'Very truly, I tell you, it was not Moses who gave you the bread from heaven, but it is my Father who gives you the true bread from heaven. For the bread of God is that which comes down from heaven and gives life to the world.' They said to him, 'Sir, give us this bread always.'

Jesus said to them, 'I am the bread of life. Whoever comes to me will never be hungry, and whoever believes in me will never be thirsty. But I said to you that you have seen me and yet do not believe. Everything that the Father gives me will come to me, and anyone who comes to me I will never drive away; for I have come down from heaven, not to do my own will, but the will of him who sent me. And this is the will of him who sent me, that I should lose nothing of all that he has given me, but raise it up on the last day. This is indeed the will of my Father, that all who see the Son and believe in him may have eternal life; and I will raise them up on the last day.'

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 Cantic

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,

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.

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

AllOur 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.

AllAmen.

Let us bless the Lord.

AllThanks be to God.

© [The Archbishops' Council of the Church of England, 2000–2005](#)

Official Common Worship apps, books and eBooks are available from [Church House Publishing](#).

The Bible readings (other than the psalms) are from *The New Revised Standard Version 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.

Implemented by Simon Kershaw at [Crucix](#).

Implementation copyright © Simon Kershaw, 2002–2021.

[View other services](#)

[Copy to clipboard](#)

---

**Source URL:** <https://www.churchofengland.org/prayer-and-worship/join-us-in-daily-prayer/morning-prayer-contemporary-saturday-15-march-2025>