

LENT 2020

# Morning Prayer – online, together, at the start of the day

GATHERING

- 1** *Show our hearts your way, O God,*  
**And we shall follow where you lead.**

PSALMS

*Come, let us sing to the Holy One, \**  
**let us rejoice in the rock of our salvation.**

**We sing to you, O God, and bless your name; \***  
**and tell of your salvation from day to day.**

**We proclaim your glory to the nations, \***  
**your praise to the ends of the earth. – from Psalm 95/96**

**Praise to the holy and undivided Trinity, one God: \***  
**as it was in the beginning, is now, and will be forever. Amen.**

*We continue with the Psalm appointed for the day...  
And we conclude with the following Psalm of praise:*

- 2** *I will exalt you, O holy God, \**  
**and bless your Name for ever and ever.**

**You uphold all those who fall; \***  
**you lift up those who are bowed down.**

**My mouth shall speak your praise, O God; \***  
**let all flesh bless your holy Name for ever and ever.**

*– from Psalm 145*

**Praise to the holy and undivided Trinity, one God: \***  
**as it was in the beginning, is now, and will be forever. Amen.**

SCRIPTURE READING

*Listen for a word or phrase that speaks to you from the reading, and hear what the Spirit is saying to you during the minute of silence following.*

## CANTICLE

*Sing back whatever the Leader sings, or say one of the canticles below:*

### **A** A Song of Jonah

*Jonah 2:2-7,9*

I called to you, O God, in my distress, and you answered me; \*  
out of the belly of Sheol I cried, and you heard my voice.

You cast me into the deep, into the heart of the seas, \*  
and the flood surrounded me; all your waves and billows  
passed over me.

The waters closed in over me, the deep was round about me; \*  
weeds were wrapped around my head at the roots of the  
mountains.

I went down to the land beneath the earth, \*  
yet you brought up my life from the depths, O God.

As my life was ebbing away, I remembered you, O God, \*  
and my prayer came to you, into your holy temple.

With the voice of thanksgiving, I will sacrifice to you; \*  
what I have vowed I will pay, for deliverance belongs  
to God!

### **B** A Song of Lamentation

*Lamentations 1:12, 16; 3:19,22-24, 26*

Is it nothing to you, all you who pass by? \*  
Look and see if there is any sorrow like my sorrow,

Which was brought upon me, \*  
inflicted by God's fierce love.

For these things I weep; my eyes flow with tears, \*  
for a comforter is far from me, one to revive my courage.

Your steadfast love, O God, never ceases, \*  
Your mercies never come to an end.

They are new every morning; \*  
great is your faithfulness.

"God is my portion," says my soul, \*  
therefore will I hope in You.

It is good that we should wait quietly \*  
for the coming of God's salvation.

## **C A Song of the Wilderness** *Isaiah 35:1-7,10*

The wilderness and the dry land shall be glad, \*  
the desert shall rejoice and blossom;

It shall blossom abundantly, \*  
and rejoice with joy and singing.

Strengthen the weary hands, \*  
and make firm the feeble knees.

Say to the anxious, "Be strong, do not fear! \*  
Here is your God, coming with judgment to save you."

Then shall the eyes of the blind be opened, \*  
and the ears of the deaf be unstopped.

Then shall the lame leap like a deer, \*  
and the tongue of the speechless sing for joy.

For waters shall break forth in the wilderness \*  
and streams in the desert;

The burning sand shall become a pool \*  
and the thirsty ground, springs of water.

The ransomed of God shall return with singing, \*  
with everlasting joy upon their heads.

Joy and gladness shall be theirs, \*  
and sorrow and sighing shall flee away.

## **D The Song of Hannah** *1 Samuel 2:1-2, 8*

My heart exults in you, O God; \*  
my triumph song is lifted in you.

For I rejoice in your salvation: \*  
there is none holy like you.

God raises the poor from the dust; \*  
and lifts the needy from the ash heap,

To make them sit with the rulers \*  
and inherit a place of honor.

For the pillars of the earth are God's \*  
on which the whole earth is founded.

**3** *Let us pray.*

*Christ in my mind*  
**that I may see what is true;**

*Christ in my mouth*  
**that I may speak with power;**

*Christ in my heart*  
**that I may learn to be loved;**

*Christ in my hands*  
**that I may work with tenderness;**

*Christ in my soul*  
**that I may know my desire;**

*Christ in my arms*  
**that I may reach without fear;**

*Christ in my face*  
**that I may shine with God.**

*Please add your own prayers aloud, or in silence.*

*We gather our prayers together in the Lord's Prayer, Please pray in whichever language or version you know best (the contemporary version is printed below).*

Our Father in heaven, hallowed be your name.  
 Your kingdom come, your will be done, on earth as in heaven.  
 Gives us today our daily bread, and forgive us our sins,  
 as we forgive those who sin against us.  
 Save us from the time of trial, and deliver us from evil.  
 For the kingdom, the power, and the glory are yours,  
 now and forever. Amen.

*Wisdom is brilliant; she never fades. By those who love her, she is easily seen; by those who seek her, she is readily found. Now let Wisdom do all things, renew all things, and pass into holy souls everywhere to make them friends of God. **Amen.***

*– Wisdom of Solomon, adapted*

*Show our hearts your way, O God,*  
**And we shall follow where you lead.**