

A Song of Penitence

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.

Scripture may be read

Monday - *Philippians 3:10-11 (NIV)*

10 I want to know Christ—yes, to know the power of his resurrection and participation in his sufferings, becoming like him in his death,
11 and so, somehow, attaining to the resurrection from the dead.

Tuesday - *Matthew 6:16-18 (NIV)*

16 “When you fast, do not look somber as the hypocrites do, for they disfigure their faces to show others they are fasting. Truly I tell you, they have received their reward in full.
17 But when you fast, put oil on your head and wash your face,
18 so that it will not be obvious to others that you are fasting, but only to your Father, who is unseen; and your Father, who sees what is done in secret, will reward you.

Wednesday - *Mark 1:12-15 (NIV)*

12 At once the Spirit sent him out into the wilderness, 13 and he was in the wilderness forty days, being tempted by Satan. He was with the wild animals, and angels attended him.
14 After John was put in prison, Jesus went into Galilee, proclaiming the good news of God. 15 “The time has come,” he said. “The kingdom of God has come near. Repent and believe the good news!”

Thursday - *Joel 2:12-14 (NIV)*

12 “Even now,” declares the Lord, “return to me with all your heart, with fasting and weeping and mourning.”
13 Rend your heart and not your garments. Return to the Lord your God, for he is gracious and compassionate, slow to anger and abounding in love, and he relents from sending calamity.
14 Who knows? He may turn and relent and leave behind a blessing—grain offerings and drink offerings for the Lord your God.

Friday - *Isaiah 58:5-7 (NIV)*

5 Is this the kind of fast I have chosen, only a day for people to humble themselves? Is it only for bowing one’s head like a reed and for lying in sackcloth and ashes? Is that what you call a fast, a day acceptable to the Lord?
6 “Is not this the kind of fasting I have chosen: to loose the chains of injustice and untie the cords of the yoke, to set the oppressed free and break every yoke?
7 Is it not to share your food with the hungry and to provide the poor wanderer with shelter—when you see the naked, to clothe them, and not to turn away from your own flesh and blood?

Saturday - *Mark 9:2-10 (NIV)*

2 After six days Jesus took Peter, James and John with him and led them up a high mountain, where they were all alone. There he was transfigured before them.
3 His clothes became dazzling white, whiter than anyone in the world could bleach them. 4 And there appeared before them Elijah and Moses, who were talking with Jesus.
5 Peter said to Jesus, “Rabbi, it is good for us to be here. Let us put up three shelters—one for you, one for Moses and one for Elijah.” 6 (He did not know what to say, they were so frightened.)
7 Then a cloud appeared and covered them, and a voice came from the cloud: “This is my Son, whom I love. Listen to him!”
8 Suddenly, when they looked around, they no longer saw anyone with them except Jesus.
9 As they were coming down the mountain, Jesus gave them orders not to tell anyone what they had seen until the Son of Man had risen from the dead. 10 They kept the matter to themselves, discussing what “rising from the dead” meant.

From Psalm 25

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.

Intercessions are offered

for the day and its tasks

for the world and its needs

for the Church and her life

for our church scattered on their frontlines

The Collect of the day or the following

Almighty and everlasting God,

you hate nothing that you have made

and forgive the sins of all those who are penitent:

create and make in us new and contrite hearts

that we, worthily lamenting our sins

and acknowledging our wretchedness,

may receive from you, the God of all mercy,

perfect remission and forgiveness;

through Jesus Christ our Lord. **Amen.**

A Prayer for Peace

O God, the author of peace and lover of concord, to

know you is eternal life, to serve you is perfect

freedom. Defend us your servants from the assaults of

our enemies, that we may trust in your defence, and

not fear the power of any adversaries; through Jesus

Christ our Lord. **Amen.**

A Prayer for Grace

Lord God, almighty and everlasting Father, you have

brought us in safety to this new day. Preserve us with

your mighty power, that we may not fall into sin, or be

overcome by adversity; and in all we do, direct us to

the fulfilling of your purpose; through Jesus Christ our

Lord. **Amen.**

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.

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.

The Conclusion

May God our Redeemer show us compassion

and love.

Amen.

Let us bless the Lord.

Thanks be to God.

**Weekday Morning Prayer
For Lent**

ST GEORGE
MAPLE RIDGE

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.

The night has passed, and the day lies open before us;

let us pray with one heart and mind.

Complete silence is kept for a few seconds

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.

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