

# Morning Prayer for the Fourth Week in Lent



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### *1 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.**

Compassion and forgiveness belong to the Lord our God, though we have rebelled against him.

### *2 A Song of Humility*

Come, let us return to the Lord  
who has torn us and will heal us.  
God has stricken us  
and will bind up our wounds.  
After two days, he will revive us,  
and on the third day will raise us up,  
that we may live in his presence.  
Let us strive to know the Lord;  
his appearing is as sure as the sunrise.  
He will come to us like the showers,  
like the spring rains that water the earth.  
'O Ephraim, how shall I deal with you?  
How shall I deal with you, O Judah?  
'Your love for me is like the morning mist,  
like the dew that goes early away.  
'Therefore, I have hewn them by the prophets,  
and my judgement goes forth as the light.  
'For loyalty is my desire and not sacrifice,  
and the knowledge of God rather than burnt offerings.'

*Hosea 6.1-6*

3 *The Opening Prayer*

The night has passed, and the day lies open before us;  
let us pray with one heart and mind.

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.**

4 *The appointed psalmody is said, ending with*

**Glory to God; Father, Son and Holy Spirit:  
as in the beginning, so now, and for ever. Amen.**

5 *The Old Testament Reading*

6 *This Responsory is said between the readings*

The Lord is my strength and my song:  
he has become my salvation.

**The Lord is my strength and my song:  
he has become my salvation.**

I shall not die, but live,  
and declare the works of the Lord.

**He has become my salvation.**

Glory to the Father and to the Son  
and to the Holy Spirit

**The Lord is my strength and my song:  
he has become my salvation.**

7 *The New Testament Reading, ending with*

May your word live in us  
**and bear much fruit to your glory.**

8 *A Song of God's Children*

The law of the Spirit of life in Christ Jesus  
has set us free from the law of sin and death.  
All who are led by the Spirit of God are children of God;  
for we have received the Spirit that enables us to cry, 'Abba, Father'.  
The Spirit himself bears witness that we are children of God  
and if God's children, then heirs of God;  
If heirs of God, then fellow-heirs with Christ;  
since we suffer with him now, that we may be glorified with him.  
These sufferings that we now endure  
are not worth comparing to the glory that shall be revealed.  
For the creation waits with eager longing  
for the revealing of the children of God.

*Romans 8.2, 14, 15b-19*

9 *The Prayers*

Lord have mercy.  
**Christ have mercy.**  
Lord have mercy.

10 *The Intercessions are said*

11 *The Collect for the Fourth Sunday in Lent*

Almighty God,  
in Christ you make all things new:  
transform the poverty of our nature  
by the riches of your grace,  
and in the renewal of our lives  
make known your heavenly glory;  
through Jesus Christ our Lord,  
who lives and reigns with you  
in the unity of the Holy Spirit,  
one God, now and forever. **Amen.**

*12 The Lord's Prayer*

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 for ever. Amen.**

*13 The Morning Collect*

Lord and heavenly Father,  
you have brought us safely to this new day:  
keep us by your mighty power, protect us from sin,  
guard us from every kind of danger,  
and in all we do this day  
direct us in the fulfilling of your purpose,  
through Jesus Christ our Lord.  
**Amen.**

*14 Conclusion*

May God our Redeemer show us compassion and love.  
**Amen.**

Let us bless the Lord.  
**Thanks be to God.**

## Monday Morning: Psalm 25

- 1 To you, O Lord, I lift up my soul;  
O my God, in you I trust; ♦  
let me not be put to shame;  
let not my enemies triumph over me.
- 2 Let none who look to you be put to shame, ♦  
but let the treacherous be shamed and frustrated.
- 3 Make me to know your ways, O Lord, ♦  
and teach me your paths.
- 4 Lead me in your truth and teach me, ♦  
for you are the God of my salvation;  
for you have I hoped all the day long.
- 5 Remember, Lord, your compassion and love, ♦  
for they are from everlasting.
- 6 Remember not the sins of my youth  
or my transgressions, ♦  
but think on me in your goodness, O Lord,  
according to your steadfast love.
- 7 Gracious and upright is the Lord; ♦  
therefore shall he teach sinners in the way.
- 8 He will guide the humble in doing right ♦  
and teach his way to the lowly.
- 9 All the paths of the Lord are mercy and truth ♦  
to those who keep his covenant and his testimonies.
- 10 For your name's sake, O Lord, ♦  
be merciful to my sin, for it is great.
- 11 Who are those who fear the Lord? ♦  
Them will he teach in the way that they should choose.
- 12 Their soul shall dwell at ease ♦  
and their offspring shall inherit the land.
- 13 The hidden purpose of the Lord is for those who fear him ♦  
and he will show them his covenant.
- 14 My eyes are ever looking to the Lord, ♦  
for he shall pluck my feet out of the net.
- 15 Turn to me and be gracious to me, ♦  
for I am alone and brought very low.
- 16 The sorrows of my heart have increased; ♦  
O bring me out of my distress.
- 17 Look upon my adversity and misery ♦  
and forgive me all my sin.
- 18 Look upon my enemies, for they are many ♦  
and they bear a violent hatred against me.

- 19 O keep my soul and deliver me; ♦  
let me not be put to shame, for I have put my trust in you.
- 20 Let integrity and uprightness preserve me, ♦  
for my hope has been in you.
- 21 Deliver Israel, O God, ♦  
out of all his troubles.

**Glory to God; Father, Son and Holy Spirit:  
as in the beginning, so now, and for ever. Amen.**

### **Tuesday Morning: Psalm 3**

- 1 Lord, how many are my adversaries; ♦  
many are they who rise up against me.
- 2 Many are they who say to my soul, ♦  
'There is no help for you in your God.'
- 3 But you, Lord, are a shield about me; ♦  
you are my glory, and the lifter up of my head.
- 4 When I cry aloud to the Lord, ♦  
he will answer me from his holy hill;
- 5 I lie down and sleep and rise again, ♦  
because the Lord sustains me.
- 6 I will not be afraid of hordes of the peoples ♦  
that have set themselves against me all around.
- 7 Rise up, O Lord, and deliver me, O my God, ♦  
for you strike all my enemies on the cheek  
and break the teeth of the wicked.
- 8 Salvation belongs to the Lord: ♦  
may your blessing be upon your people.

### **Psalm 6**

- 1 O Lord, rebuke me not in your wrath; ♦  
neither chasten me in your fierce anger.
- 2 Have mercy on me, Lord, for I am weak; ♦  
Lord, heal me, for my bones are racked.
- 3 My soul also shakes with terror; ♦  
how long, O Lord, how long?

- 4 Turn again, O Lord, and deliver my soul; ♦  
save me for your loving mercy's sake.
- 5 For in death no one remembers you; ♦  
and who can give you thanks in the grave?
- 6 I am weary with my groaning; ♦  
every night I drench my pillow  
and flood my bed with my tears.
- 7 My eyes are wasted with grief ♦  
and worn away because of all my enemies.
- 8 Depart from me, all you that do evil, ♦  
for the Lord has heard the voice of my weeping.
- 9 The Lord has heard my supplication; ♦  
the Lord will receive my prayer.
- 10 All my enemies shall be put to shame and confusion; ♦  
they shall suddenly turn back in their shame.

**Glory to God; Father, Son and Holy Spirit:  
as in the beginning, so now, and for ever. Amen.**

## Wednesday Morning: Psalm 85

- 1 Lord, you were gracious to your land; ♦  
you restored the fortunes of Jacob.
- 2 You forgave the offence of your people ♦  
and covered all their sins.
- 3 You laid aside all your fury ♦  
and turned from your wrathful indignation.
- 4 Restore us again, O God our Saviour, ♦  
and let your anger cease from us.
- 5 Will you be displeased with us for ever? ♦  
Will you stretch out your wrath from one generation to another?
- 6 Will you not give us life again, ♦  
that your people may rejoice in you?
- 7 Show us your mercy, O Lord, ♦  
and grant us your salvation.
- 8 I will listen to what the Lord God will say, ♦  
for he shall speak peace to his people and to the faithful,  
that they turn not again to folly.
- 9 Truly, his salvation is near to those who fear him, ♦  
that his glory may dwell in our land.
- 10 Mercy and truth are met together, ♦  
righteousness and peace have kissed each other;
- 11 Truth shall spring up from the earth ♦  
and righteousness look down from heaven.
- 12 The Lord will indeed give all that is good, ♦  
and our land will yield its increase.
- 13 Righteousness shall go before him ♦  
and direct his steps in the way.

**Glory to God; Father, Son and Holy Spirit:  
as in the beginning, so now, and for ever. Amen.**

## Thursday Morning: Psalm 39

- 1 I said, 'I will keep watch over my ways, ♦  
so that I offend not with my tongue.
- 2 'I will guard my mouth with a muzzle, ♦  
while the wicked are in my sight.'
- 3 So I held my tongue and said nothing; ♦  
I kept silent but to no avail.
- 4 My distress increased, my heart grew hot within me; ♦  
while I mused, the fire was kindled  
and I spoke out with my tongue:
- 5 'Lord, let me know my end and the number of my days, ♦  
that I may know how short my time is.
- 6 'You have made my days but a handbreadth,  
and my lifetime is as nothing in your sight; ♦  
truly, even those who stand upright are but a breath.
- 7 'We walk about like a shadow  
and in vain we are in turmoil; ♦  
we heap up riches and cannot tell who will gather them.
- 8 'And now, what is my hope? ♦  
Truly my hope is even in you.
- 9 'Deliver me from all my transgressions ♦  
and do not make me the taunt of the fool.'
- 10 I fell silent and did not open my mouth, ♦  
for surely it was your doing.
- 11 Take away your plague from me; ♦  
I am consumed by the blows of your hand.
- 12 With rebukes for sin you punish us;  
like a moth you consume our beauty; ♦  
truly, everyone is but a breath.
- 13 Hear my prayer, O Lord, and give ear to my cry; ♦  
hold not your peace at my tears.
- 14 For I am but a stranger with you, ♦  
a wayfarer, as all my forebears were.
- 15 Turn your gaze from me, that I may be glad again, ♦  
before I go my way and am no more.

**Glory to God; Father, Son and Holy Spirit:  
as in the beginning, so now, and for ever. Amen.**

## Friday Morning: Psalm 68.1-18

- 1 Let God arise and let his enemies be scattered; ♦  
let those that hate him flee before him.
- 2 As the smoke vanishes, so may they vanish away; ♦  
as wax melts at the fire,  
so let the wicked perish at the presence of God.
- 3 But let the righteous be glad and rejoice before God; ♦  
let them make merry with gladness.
- 4 Sing to God, sing praises to his name;  
exalt him who rides on the clouds. ♦  
The Lord is his name; rejoice before him.
- 5 Father of the fatherless, defender of widows, ♦  
God in his holy habitation!
- 6 God gives the solitary a home  
and brings forth prisoners to songs of welcome, ♦  
but the rebellious inhabit a burning desert.
- 7 O God, when you went forth before your people, ♦  
when you marched through the wilderness,
- 8 The earth shook and the heavens dropped down rain,  
at the presence of God, the Lord of Sinai, ♦  
at the presence of God, the God of Israel.
- 9 You sent down a gracious rain, O God; ♦  
you refreshed your inheritance when it was weary.
- 10 Your people came to dwell there; ♦  
in your goodness, O God, you provide for the poor.
- 11 The Lord gave the word;  
great was the company of women who bore the tidings: ♦  
'Kings and their armies they flee, they flee!'  
and women at home are dividing the spoil.
- 12 Though you stayed among the sheepfolds, ♦  
see now a dove's wings covered with silver  
and its feathers with green gold.
- 13 When the Almighty scattered the kings, ♦  
it was like snowflakes falling on Zalmon.
- 14 You mighty mountain, great mountain of Bashan! ♦  
You towering mountain, great mountain of Bashan!
- 15 Why look with envy, you towering mountains,  
at the mount which God has desired for his dwelling, ♦  
the place where the Lord will dwell for ever?

- 16 The chariots of God are twice ten thousand,  
even thousands upon thousands; ♦  
the Lord is among them, the Lord of Sinai in holy power.
- 17 You have gone up on high and led captivity captive; ♦  
you have received tribute,  
even from those who rebelled,  
that you may reign as Lord and God.
- 18 Blessed be the Lord who bears our burdens day by day, ♦  
for God is our salvation..

**Glory to God; Father, Son and Holy Spirit:  
as in the beginning, so now, and for ever. Amen.**