

EASY PRINT – Morning Prayer in Lent

The Responsories

Please stand

Officiant: Cast your burden upon the Lord,

People: **And he will sustain you.**

Officiant: Create in me a clean heart, O God.

People: **And renew a right spirit within me.**

Officiant: Cast me not away from your presence.

People: **And take not your Holy Spirit from me.**

Officiant: Give me the joy of your saving help again.

People: **And sustain me with your bountiful Spirit.**

Officiant: Blessed be the Lord day by day.

People: **The God of our salvation, who bears our burdens.**

All: **Glory to the Father, and to the Son, and to the Holy Spirit: as it was in the beginning, is now, and will be for ever. Amen.**

Officiant: The Lord is full of compassion and mercy.

People: **O come, let us worship.**

The Venite

Said by all

Come, let us sing to the Lord; let us shout for joy to the rock of our salvation. Let us come before his presence with thanksgiving and raise a loud shout to him with psalms. For the Lord is a great God, and a great king above all gods. In his hand are the caverns of the earth, and the heights of the hills are his also. The sea is his for he made it, and his hands have moulded the dry land. Come, let us bow down, and bend the knee, and kneel before the Lord our maker. For he is the Lord our God, and we are the people of his pasture and the sheep of his hand. O, that today you would hearken to his voice! Glory to the Father, and to the Son, and to the Holy Spirit: as it was in the beginning, is now, and will be for ever. Amen.

Officiant: The Lord is full of compassion and mercy.

People: **O come, let us worship.**

The Psalm

Please be seated

For those praying at home, the Psalms and Readings for each day can be found on the back page of this bulletin.

The Psalm is said alternately.

The Officiant says the first verse, the people, the next, and so on.

Reading

The Scripture Readings can be found on the back page of this bulletin.

The First Reading is from the Old Testament. The Second Reading is from the New Testament. The Gospel is read at evening prayer.

The Reader concludes: "The word of the Lord," all respond: "Thanks be to God."

Canticles

Please stand

The Officiant leads the people in reading the Canticle for the appropriate day.

Sunday: Canticle #6: Seek the Lord

Said by all

Seek the Lord while he wills to be found; call upon him when he draws near. Let the wicked forsake their ways and the evil ones their thoughts; and let them turn to the Lord, and he will have compassion, and to our God, for he will richly pardon. For my thoughts are not your thoughts, nor your ways my ways, says the Lord. "For as the heavens are higher than the earth, so are my ways higher than your ways, and my thoughts than your thoughts. For as rain and snow fall from the heavens and return not again, but water the earth, bringing forth life and giving growth, seed for sowing and bread for eating, so is my word that goes forth from my mouth; it will not return to me empty; but it will accomplish that which I have purposed, and prosper in that for which I sent it."

Isaiah 55.6-11

Monday: Canticle #9: A Song from Ezekiel

Said by all

I will take you from the nations, and gather you from every country, and bring you home to your own land. I will pour clean water upon you, purify you from all defilement, and cleanse you from all your idols. A new heart I will give you, and put a new spirit within you; I will take from your body the heart of stone and give you a heart of flesh. I will put my spirit within you, make you walk in my ways and observe my decrees. You shall dwell in the land I gave to your forebears; you shall be my people and I will be your God.

Ezekiel 36.24-28

Tuesday: Canticle #2: Song of Peace

Said by all

In the days to come the mountain of the house of the Lord shall tower as the highest of mountains and be raised above the hills. There shall all the nations flow; many peoples shall come and say, "Let us go up to the mountain of the Lord, to the house of the God of Jacob, that he may teach us his ways that we may walk in his paths." For the law shall go out from Zion, from Jerusalem the word of the Lord. He shall judge between the nations and decide for many peoples. They shall beat their swords into ploughshares, their spears into pruning-knives; nation shall not lift sword against nation; they shall never train for war again. O people of Jacob, come, let us walk in the light of the Lord.

Isaiah 2.2-5

Wednesday: Canticle #3: Song of Thanksgiving

Said by all

Surely, it is God who saves me; I will trust in him and not be afraid. For the Lord is my stronghold and my sure defence, and he will be my Saviour. Therefore you shall draw water with rejoicing from the springs of salvation. And on that day you shall say, "Give thanks to the Lord and call upon his name; make his deeds known among the peoples; see that they remember that his name is exalted." Sing the praises of the Lord, for he has done great things, and this is known in all the world. Cry aloud, inhabitants of Zion, ring out your joy, for the great one in the midst of you is the Holy One of Israel.

Isaiah 12.2-6

Thursday: Canticle #8: Song from Jeremiah

Said by all

Hear the word of the Lord, O nations; tell it on the far-off shores: "He who scattered Israel will gather and guard them as a shepherd his flock." For the Lord has ransomed Jacob, redeemed them from a foe too strong. They will come and sing for joy on Zion's height, radiant at the bounty of the Lord: the grain, the new wine, the oil, the young of flock and herd. Their life like a watered garden, they will never want again. Then will maidens show their joy in the dance; men, young and old, will rejoice. I shall turn their mourning into gladness, give comfort and joy for their sorrow. I shall satisfy the priests with abundance, and fill my people with my bounty.

Jeremiah 31.10-14

Friday: Canticle #5: The Lord's Servant

Said by all

He was despised; he was rejected, a man of sorrows, acquainted with grief. As one from whom people hide their faces, he was despised, and we esteemed him not. Ours were the sufferings he bore, ours the torments he endured, while we thought he was being punished, struck by God and brought low. He was pierced for our sins, bruised for no fault but ours. His punishment has won our peace, and by his wounds we are healed. We had all strayed like sheep, all taking our own way; but the Lord laid on him the guilt of us all.

Isaiah 53.3-6

Saturday: Canticle #4: Song of Good News

Said by all

Go up to a high mountain, O Zion, herald of joy; lift up your voice in strength, Jerusalem, herald of joy; Lift it up, fear not; say to the cities of Judah: "Behold your God! Behold, the Lord comes in might, comes to rule with his mighty arm; behold, his reward is with him, his recompense before him. Like a shepherd will he feed his flock, gathering the lambs in his arms; he will hold them to his breast and gently lead those with young."

Isaiah 40.9-11

Reading

The Reader concludes: "The word of the Lord," all respond: "Thanks be to God."

Silence

A time of silence is observed to ponder the readings and psalms.

Affirmation of Faith

All stand and say

Hear, O Israel, the Lord our God, the Lord is one. Love the Lord your God with all your heart, with all your soul, with all your mind, and with all your strength. This is the first and the great commandment. The second is like it: Love your neighbour as yourself. There is no commandment greater than these.

Prayers of the People

Please kneel or be seated

Leader: With confidence and trust let us pray to the Lord, saying, “Lord, have mercy.”

Leader: For the one holy catholic and apostolic Church throughout the world, we pray to you, Lord.

All: **Lord, have mercy.**

Leader: For the mission of the Church, that in faithful witness it may preach the gospel to the ends of the earth, we pray to you, Lord.

All: **Lord, have mercy.**

Leader: For those preparing for baptism and for their teachers and sponsors, we pray to you, Lord.

All: **Lord, have mercy.**

Leader: For peace in the world, that a spirit of respect and reconciliation may grow among nations and peoples, we pray to you, Lord.

All: **Lord, have mercy.**

Leader: For the poor, the persecuted, the sick, and all who suffer; for refugees, prisoners, and all in danger; that they may be relieved and protected, we pray to you, Lord.

All: **Lord, have mercy.**

Leader: For all whom we have injured or offended, we pray to you, Lord.

All: **Lord, have mercy.**

Leader: For grace to amend our lives and to further the reign of God, we pray to you, Lord.

All: **Lord, have mercy.**

All are invited to voice prayers and petitions for those whose cares weigh on their hearts.

Leader: Almighty God,

All: **you have given us grace at this time with one accord to make our common supplications to you, and you have promised through your well-beloved Son that when two or three are gathered together you will hear their requests. Fulfil now our desires and petitions, as may be best for us, granting us in this world knowledge of your truth, and in the age to come eternal life; for you, Father, are good and loving, and we glorify you through your Son Jesus Christ our Lord, in the Holy Spirit, now and for ever. Amen.**

Officiant: As our Saviour Christ has taught us, let us pray

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.**

Officiant: The grace of our Lord Jesus Christ, and the love of God, and the fellowship of the Holy Spirit, be with us all evermore.

People: **Amen.**

Dismissal

Officiant: Go forth in the name of Christ.

People: **Thanks be to God.**

Readings for Lent until Maundy Thursday (excluding Sundays)

<u>Date</u>	<u>Psalm</u>	<u>Readings</u>
Ash Wed	Ps 78	Gen 35.1-20, Mt24.29-end
Thursday	Ps 82	Gen 39, Mt 25.1-30
Friday	Ps 89	Gen 41.1-40, Mt 25.31-end
Saturday	Ps 38	Gen 29.1-20, Heb 4.14-5.10
Monday	Ps 98	Gen 43.1-14, Mt 26.1-30
Tuesday	Ps 103	Gen 44, Mt 26.31-56
Wednesday	Ps 119	Gen 46.16-46.7, Mt26.57-end
Thursday	Ps108	Gen 47.13-end, Mt 27.1-26
Friday	Ps 119.14-15	Gen 49.1-32, Mt27.27-56
Saturday	Ps 119.1-2	Sam 2.27-35, Mt 7.15-27
Monday	Ps 51	Gen 32.1-30, Heb 10.19-end
Tuesday	Ps 119.19-20	Ex 2.23-3.end, Jn 1.1-28
Wednesday	Ps 126,127,128	Ex4.27-6.1, Jn 1.29-end
Thursday	Ps 136	Ex 7.8-end, Jn 2
Friday	Ps 1,2,3	Ex 8.20-9.12, Jn 3.1-21
Saturday	Ps 9	Ex10.1-20, Jn 3.22-end
Monday	Ps 15,16	Ex 12.1-20, Jn 4.1-26
Tuesday	Ps 52	Gen 33.1-17, Heb12.18-end
Wednesday	Ps 24,26	Ex12.37-end, Hb 4.27-end
Thursday	Ps 30,32	Ex 13.17-14.14, Jn5.1-23
Friday	Ps 35.1-3,11-28	Ex 15.1-26, Jn5-24-end
Saturday	Ps 38	Ex 17, Jn 6.1-21
Monday	Ps 44	Ex 19, Jn 6.22-40
Tuesday	Ps 50	Ex22.20-23.17, John 6.41-end
Wednesday	Ps 86,87	Gen 35.1-15, Heb13.1-21
Thursday	Ps 63,67	Ex 24, Jn7.1-24
Friday	Ps 68.1	Ex 28.1-4, 29-41, Jn7.25-end
Saturday	Ps 71	Ex32, Hb 8.1-30
Monday	Ps 75,76	Ex 34, Jn 8.31-end
Tuesday	Ps 79, 80	Ex 40.17- end, Jn 9
Wednesday	Ps 86,87	Lev 19.1-18, 30 – end, Jn 10.1-21
Thursday	Ps 77	Ex 2.23-3.20, Mk 10.32-45
Friday	Ps 95,96	Num 6, Jn 10.22-end
Saturday	Ps 102,	Num 11.10-33, Jn 11.1-44
Monday	Ps 105	Num 13.1-3,17-end, Jn 11.45-end
Tuesday	Ps 107.1	Num 16.1-35, Jn12.1-19
Wednesday	Ps 110	Num 20, Jn12.20-end
Maundy Thurs.	Ps 118	Numb 22.36-23.26, Jn13