

Lord, for our sake you fought and overcame the temptation in the wilderness. I pray that I may have the strength to fight against the forces of evil. Be with me today in my thoughts and actions, through Jesus Christ our Lord. **Amen**

Lord God, this year may our Lenten sacrifices be the laying aside of desires that thus enable us to focus on our heart's deepest longing: unity with Christ. In him-- in his suffering and death, his resurrection and triumph, may we find our truest joy. **Amen**

A prayer which has been used in recent years at our afternoon Songs of Praise service in Lent (sadly not possible this year).
From the green heart of the Snowdrop by Kate McIlhagga

A green heart

Into a dark wood
 A snowdrop comes
 A blessing
 Of hope and peace
 Carrying within it
 A green heart
 Symbol of God's renewing love.

Come to inhabit our darkness
 Lord Christ

May nature's white candles of hope
 Remind us of your birth
 And light our journey
 Through Lent and beyond. Amen

Daily Prayer During Lent

Preparation

O God, make speed to save us.

All O Lord, make haste to help us.

Hear my prayer, O Lord, and give ear to my cry;

All hold not your peace at my tears.

Psalm 39.13

Praise

A hymn, song, canticle, extempore praise, such as -

Jesus, like a mother you gather your people to you;

you are gentle with us as a mother with her children.

Despair turns to hope through your sweet goodness;

through your gentleness we find comfort in fear. Your warmth

gives life to the dead, your touch makes sinners righteous.

Lord Jesus, in your mercy heal us; in your love and tenderness

remake us. In your compassion bring grace and forgiveness,

for the beauty of heaven may your love prepare us. *Anselm (1109)*

The Word of God

A psalm and a short piece of other scripture is read

	Psalm	Other short reading
<i>any day in Lent</i>	<u>Psalm 51.11-end</u>	<i>Luke 15.7</i>
<i>Sunday</i>	<u>Psalm 3</u>	<i>Romans 6.3-5</i>
<i>Monday</i>	<u>Psalm 6</u>	<i>Joel 2.12-14</i>
<i>Tuesday</i>	<u>Psalm 11</u>	<i>1 Corinthians 9.24-27</i>
<i>Wednesday</i>	<u>Psalm 12</u>	<i>Romans 7.21-25a</i>
<i>Thursday</i>	<u>Psalm 32</u>	<i>Isaiah 58.6-9a</i>
<i>Friday</i>	<u>Psalm 61</u>	<i>Matthew 6.1-4</i>
<i>Saturday</i>	<u>Psalm 51.11-end</u>	<i>Luke 10.38-end</i>

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.

Response (after the second reading)

A time for Silence, or reflection on the readings, or study, or song, or other words from Scripture, etc. (you could include your blessing jar Examine here)

Prayers

Prayers may include these (or any other) concerns

- ¶ *Those serving their community in any way (e.g. NHS)*
- ¶ *Those serving through leadership*
- ¶ *Those looking for forgiveness*
- ¶ *Those misled by the false gods of this present age*
- ¶ *All who are hungry, or sick, bereaved, or in any need*
- ¶ *Any other place, country or situation on your heart*

The Collect from the previous Sunday (keep your online service sheet) or one of the prayers on pages 3&4, or a prayer you have chosen for the day is said.

The Lord's Prayer is said

The Conclusion

May God bless us and show us compassion and mercy.

All Amen.

Additional Lent Prayers

Lord God, may we walk through this season intentionally, removing distractions that take our gaze away from your glory. May we quiet the noise that pulls us from adoration of you and puts our attention on lesser things. May we simplify where we have been stressed, may we surrender what has been burdensome, may we repent of what has been sinful, Lord Jesus. Amen

Almighty and everlasting God, you hate nothing you have made and forgive the sins of all who are penitent: Create and make in us new and contrite hearts, that we, worthily lamenting our sins and acknowledging our wretchedness, may obtain of you, the God of all mercy, perfect remission and forgiveness; through Jesus Christ our Lord, who lives and reigns with you and the Holy Spirit, one God, for ever and ever. **Amen.**

Teach us, good Lord, to serve you as you deserve;
to give and not to count the cost;
to fight and not to heed the wounds;
to toil and not to seek for rest;
to labour and not to seek for any reward,
save that of knowing that we do your will.

All Amen.

Ignatius of Loyola (1556)