

**New Testament reading** Luke 14:25–33; 15:1–7; 15:11–32; 17:1–4; 18:9–14 or the reading of the day

**Intercessions**

*Particular needs may be mentioned after each of the following petitions.*

Christ of the scars, into your hands we place the broken and wounded . . .

Christ of the scars, into your hands we place the victims of violence and false accusation . . .

Christ of the scars, into your hands we place the refugees and the hungry . . .

Christ of the scars, into your hands we place these we now name . . .

**Closing**

May the Christ who walked on wounded feet,  
**walk with us on the road.**

May the Christ who serves with wounded hands,  
**stretch out our hands to serve.**

May the Christ who loves with a wounded heart,  
**open our hearts to love. Amen**

**Alternative Closing if said as Night Prayer**

Great God, in your goodness you protect us from the snares of evil.  
Bring us safely through the night  
that we may offer you our prayers at dawn  
You have framed the warp of our souls; **at last we will rest in you.**  
We give thanks for the gift of sleep; **but also for the gift of struggle.**  
Awake, may we watch with you; **asleep, may we rest in peace. Amen**

## Morning Prayer in Lent

**Opening**

Let us return to God who is all forgiveness;  
**we will wait for the Lord more than those who watch for the dawn.**  
We seek to tread in the steps of Christ;  
**in the steps of Christ our Champion and King.**

**Psalm** *One of These Psalms is read*

Psalm 1; 25; 51:1–17; 78:1–8; 130; 131; or 139:1–18, 23, 24

**Forgiveness** We have fallen short of what you desire, O God:  
wipe clean our sins and save us. **Save us, O God.**

You who saved Noah from the waves of the Flood,  
**save us, O God.**

You who saved your people from an oppressor's hand,  
**save us, O God.**

You who saved Jonah from the deepest abyss, **save us, O God.**

**Old Testament Reading**

Exodus 34:1–10; Leviticus 19:1–18; Deuteronomy 26:1–15; Amos 5:6–15; Hosea 8:11–14, 10:1, 2 or the reading of the day

Christ, who was born in an outbuilding;

**you were with us in our birth.**

You were driven to the sands by the searching Spirit;

**strip from us what is not of you.**

You were alone, without comfort or food;

**help us to rely on you alone.**

Though tested by the Evil One you clung to no falsehood;

**break in us the hold of power and pride.**

You followed to the end the way of the cross;

**strengthen us to remain true to you to the end.**

**New Testament reading** Luke 7:40–50; 12:1–12; 12:13–21; 12:22–34; 12:35–40; 12:41–48; 12:49–end; 15:11–31 or the reading of the day

O Holy Fire, O Holy Grace.

By your birth, **bring us life.**

By your overcoming of troubled spirits, **make us strong.**

By your integrity, **make us true.**

By your fortitude in trials, **keep us firm.**

By your self-giving in death, **make us generous.**

By your mission to call unquiet spirits to rest in you,  
**raise us to eternal life.**

*There may be teaching, activity, singing or silence (you could do your Blessing Jar Examine here)*

### **Intercessions**

God of all seasons, in your pattern of things  
there is a time for keeping and a time for losing,  
a time for building up and a time for pulling down.  
In this holy season of Lent as we journey with our Lord to the Cross,  
help us to discern in our lives what we must lay down,  
what we must take up, what we must end, and what we must begin.

*There may be singing, silent reflection, free or led intercessions, free prayer  
or a time of silent waiting. Finish with The Lords Prayer*

### **Closing**

May the God of strength be with us,  
holding us in strong-fingered hands.

**May we be a sacrament of strength  
to those whose hands we hold.**

**May the blessing of strength be on us all. Amen**

## Evening Prayer in Lent

### **Opening**

Holy God, you call us to throw off whatever clouds your will.

**We will struggle with Christ against wrong.**

**We will share with Christ his trials.**

**We will embrace with him the suffering of the world.**

**Psalm** Psalm 25; 26; 27; 32; 34; or 52

**Forgiveness** Father Creator, we have raped and spoiled your world,  
**God, forgive us.**

Jesus Saviour, we have ignored your teachings and warnings,  
**God, forgive us.**

Spirit Sustainer, we have tried to live without you,  
**God, forgive us.**

For every sin we have ever thought or done, **God, forgive us.**

For every thing we have sought outside your love,  
**God, forgive us.**

For every wasted moment, **God, forgive us.**

For every ill intent towards another, **God, forgive us.**

For every failure of love towards your creation, **God, forgive us.**

### **Old Testament reading**

Exodus 17:1–7; 20:1–17 or the reading of the day

Look and see that I am God - who once, for my people, rained down  
food and brought water from the rock in the desert.

**Let us hear you when you call, and trust you as our God.**

I have been wounded, I have been beaten  
by those who indulged their unworthy passions.

**Let us hear you when you call, and trust you as our God.**