

Holy God, our lives are laid open before you:  
rescue us from the chaos of sin  
and through the death of your Son  
bring us healing and make us whole  
in Jesus Christ our Lord. Amen.

*We pray for fragile nations:*

We pray for those suffering from a loss of democracy. For those who feel unsafe and unprotected. Especially we pray for the people of Hong Kong and Myanmar.

Lord have mercy, Christ have mercy.

*We pray for prisoners of conscience across our world:*

Be with prisoners of conscience in their fear and loneliness, in the agony of physical and mental torture, and in face of execution and death. Stretch out your hands in power to break their chains.

Lord have mercy, Christ have mercy.

*We pray for the pandemic*

Lord, when we feel worried about what is happening in the world, blow our worries away as wind blows leaves on a winter's day.

Lord, when we feel sad about how this virus is making so many people sick, wash our tears away like a waterfall washes over rocks and makes them smooth.

Lord, when we feel scared that we might get this horrible virus, calm our fears like the dawn makes a dark night fade away.

Thank you, Lord, that you are with us and those we worry about. Lord have mercy, Christ have mercy.

*We pray for the sick, the anxious or the lonely* [silence follows]

Lord Jesus Christ, you healed those who suffered in mind, body and spirit; touch those we pray for, with your saving help. Amen.

*We remember the bereaved*

Gracious God, as we remember before you the thousands who have died,

surround us and all who mourn with your strong compassion.

Be gentle with us in our grief, protect us from despair, and give us grace to persevere and face the future with hope in Jesus Christ our risen Lord. Amen.

## Morning Prayer - First Sunday of Lent

### Preparation

O Lord, open our lips

All **and our mouth shall proclaim your praise.**

Hear our voice, O Lord, according to your faithful love,

All **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.

All **Blessed be God for ever.**

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.

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.**

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

*Silence is kept.*

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.**

### **The Word of God**

1 Peter 3. 17-22  
Mark 1. 9-15

Gospel Canticle: The Benedictus (The Song of Zechariah Luke 1.68-79)

All **Blessed are those who hunger and thirst for  
righteousness, for they shall be satisfied.**

1 Blessed be the Lord the God of Israel,  
who has come to his people and set them free.

2 He has raised up for us a mighty Saviour,  
born of the house of his servant David.

3 Through his holy prophets God promised of old  
to save us from our enemies,  
from the hands of all that hate us,

4 To show mercy to our ancestors,  
and to remember his holy covenant.

5 This was the oath God swore to our father Abraham:  
to set us free from the hands of our enemies,

6 Free to worship him without fear,  
holy and righteous in his sight  
all the days of our life.

7 And you, child, shall be called the prophet of the Most  
High, for you will go before the Lord to prepare his way,

8 To give his people knowledge of salvation

by the forgiveness of all their sins.

9 In the tender compassion of our God

the dawn from on high shall break upon us,

10 To shine on those who dwell in darkness and the shadow of  
death,

and to guide our feet into the way of peace.

All **Blessed are those who hunger and thirst for  
righteousness, for they shall be satisfied.**

**Prayers on next page**

**Collect**

Heavenly Father,

your Son battled with the powers of darkness,  
and grew closer to you in the desert:

help us to use these days to grow in wisdom  
and prayer

that we may witness to your saving love  
in Jesus Christ our Lord. Amen.

**The Lord's Prayer**

Trusting in the compassion of God,

let us pray with confidence as our Saviour has taught us

All **Our Father, who art in heaven ...**

**The Conclusion**

May Christ,

who bore our sins in his body on the tree,  
heal us by his wounds. **Amen.**

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

And the blessing of God almighty... **Amen.**