

Monday Morning Prayer Lent 2023

We begin with a period of silent reflection.

Lord, open our lips.

And our mouths shall proclaim your praise.

If we say we have no sin, we deceive ourselves, and the truth is not in us, but if we confess our sins, God, who is faithful and just, will forgive our sins and cleanse us from all unrighteousness. *1John:8-9*

The Reading and Meditation for the day

A period of silent reflection will follow.

Intercessions and Thanksgivings

All offer their intercessions and thanksgivings aloud or silently, after which the officiant offers this collect.

Spirit of the desert, you drove Jesus to the to find his truth and calling: scour our hearts and awaken our hunger that freed from empty clinging we might find ourselves in you; Through Jesus Christ, the Lord of the wilds. **Amen.**

Let us pray together as our savior Christ has taught us.

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.

May the Wind of God drive away impurity and bring fresh and vigorous possibility to your soul. May the freeing Spirit unbind those places within held captive by hopelessness, anxious thoughts and internal discord. And may you find a middle place of awareness, between the blowing and the stillness, to feel and watch the movement from old to new. **Amen.**

Let us bless the Lord.

Thanks be to God.

The almighty and merciful God bless us and keep us now and for ever. **Amen.**

Tuesday Morning Prayer Lent 2023

We begin with a period of silent reflection.

Lord, open our lips.

And our mouths shall proclaim your praise.

Rend your hearts and not your garments. Return to the Lord your God, for he is gracious and merciful, slow to anger and abounding in steadfast love, and repents of evil.

Joel 2:13

The Reading and Meditation for the day

A period of silent reflection will follow.

Intercessions and Thanksgivings

All offer their intercessions and thanksgivings aloud or silently, after which the officiant offers this collect.

Holy God, whose wild spirit's breath defies our frozen idols: take the night time of our fear and make it a welcoming womb for us and all the world; Through Jesus Christ, in whom we are born anew. **Amen.**

Let us pray together as our savior Christ has taught us.

**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.**

May the suffering that stretches your soul also render it pliable in the hand of God. May the stretch be soft, so you can endure it with unyielding patience. May your vision be clear so that, no matter the trial, you can see the wonder standing quietly nearby. And in the very thing you long to cast away, may you find a gem worth keeping. **Amen.**

Let us bless the Lord.

Thanks be to God.

The almighty and merciful God bless us and keep us now and for ever. **Amen.**

Wednesday Morning Prayer Lent 2023

We begin with a period of silent reflection.

Lord, open our lips.

And our mouths shall proclaim your praise.

I will arise and go to my father, and I will say to him, "Father, I have sinned against heaven and before you; I am no longer worthy to be called your son. *Luke 15: 18,19*

The Reading and Meditation for the day

A period of silent reflection will follow.

Intercessions and Thanksgivings

All offer their intercessions and thanksgivings aloud or silently, after which the officiant offers this collect.

Lord for the wellspring, source of life and truth: Jesus asked for water from the hands of a woman in the land of a stranger; may he teach us to name our need, to love our neighbor and to worship you in spirit and truth, through Jesus Christ, who shows us who we are. **Amen.**

Let us pray together as our savior Christ has taught us.

**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.**

May the days that beckon the journey open a space between what is and what will be, a space of emptiness waiting to be filled. May the things that sit at the edge of revelation move silently into that emptiness. May they be noticed with attention and claimed as gifts given from the holy hand of heaven. When the gifts have been offered and received, may your soul be filled with gratitude to God who initiated the journey and provided the blessing. **Amen.**

Let us bless the Lord.

Thanks be to God.

The almighty and merciful God bless us and keep us now and for ever. **Amen.**

Thursday Morning Prayer Lent 2023

We begin with a period of silent reflection.

Lord, open our lips.

And our mouths shall proclaim your praise.

To the Lord our God belongs mercy and forgiveness, because we have rebelled against him and have not obeyed the voice of the Lord our God by following his laws which he set before us. *Daniel 9:9,10*

The Reading and Meditation for the day

A period of silent reflection will follow.

Intercessions and Thanksgivings

All offer their intercessions and thanksgivings aloud or silently, after which the officiant offers this collect.

Creator and Healer, root of all goodness, working your Sabbath will in the chaos of our life: teach us the insight that gives true judgement and praises you wherever you are found making miracles from spit and mud; through Jesus Christ, the son of the earth. **Amen.**

Let us pray together as our savior Christ has taught us.

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.

When your soul whispers of its deepest longings, may you quiet yourself to listen. May you follow the path of yearning to the One alone who blends the uneven edges into a life of meaning. May you meet and be united with God and give thanks for the whispers that led you there.. **Amen.**

Let us bless the Lord.

Thanks be to God.

The almighty and merciful God bless us and keep us now and for ever. **Amen.**

Friday Morning Prayer Lent 2023

We begin with a period of silent reflection.

Lord, open our lips.

And our mouths shall proclaim your praise.

Jesus said, "If anyone would come after me, let him deny himself and take up his cross and follow me."

Mark 8:34

The Reading and Meditation for the day

A period of silent reflection will follow.

Intercessions and Thanksgivings

All offer their intercessions and thanksgivings aloud or silently, after which the officiant offers this collect.

God of compassion, you call us out of the bindings of death on this, our resurrection day: make us ready to surrender the fear in which we hide to step into your future alive and unashamed; through Jesus Christ, the life of the world. **Amen.**

Let us pray together as our savior Christ has taught us.

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.

May your endings be embraced with fervor equal to what you gave your beginnings. May the stopping places in your life create a space for what is yet to be known. Instead of sorrow, may you find joy. Instead of hopelessness, may you find possibility. Instead of terror, may you find peace. When you face an ending, may you know it as another beginning tinged with the potential of a small seed in dark soil. In the blackness of grief may life push through and soften your sadness. **Amen.**

Let us bless the Lord.

Thanks be to God.

The almighty and merciful God bless us and keep us now and for ever. **Amen.**