

# Daily Prayer in Lent



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## How to use this booklet

The prayers in this booklet are part of the regular daily prayer of the Church. The full pattern has four services a day, but these two are the easiest for most people to use in a few minutes twice daily to stop, breathe and focus on God.

You can also find these prayers in the ‘Time to Pray’ app or online at [churchofengland.org/prayer-and-worship/join-us-service-daily-prayer](http://churchofengland.org/prayer-and-worship/join-us-service-daily-prayer). There you’ll find audio of people leading these services, which might help especially if you’re praying alone.

Let us know if you need an extra copy of this booklet or a large-print version.

## Getting ready to pray

Set aside about 7-10 minutes for each of these services, and find somewhere quiet to sit, where you can be comfortable; you might find it helps to light a candle. Sit still for a moment. Ask God to help you to pray.

## Reading the Psalms

The Psalms have always been key to the church’s prayer. They’re not always easy to pray or even to understand. Read them slowly, and see what feelings and thoughts come to mind as you read them. Traditionally we pause half-way through each verse, marked with the ♦ symbol. If you’re praying with others, some can say the odd numbered verses and others the even numbered.

The optional ‘refrain’ used in some psalms can be used at the beginning and end or during the psalm – it’s sometimes indicated with a capital *R*. Or ignore it if it gets in the way rather than helping you to pray!

## Reading the Bible

Don't rush – read the Bible slowly and let the words sink in. Think about the words, but above all hear them and see how your heart responds.

## Praying for our world

If you're wondering who and what to pray for, why not start a prayer notebook? When you hear someone is ill, or see something that concerns you on the news, simply make a note, then next time you pray, you know where to start!

## Join us online

As well as our usual Sunday service online at 10.15am, and 9.30am on Wednesday there will be morning prayer on Tuesdays at 9.00am and Compline on Sundays at 6.00pm during Lent. These will be livestreamed on our Facebook page.

## Two parts of Lent...

During the first part of Lent we focus on our own journey following Jesus and becoming more like him. The last two weeks (starting on Sunday 21 March) are called 'Passiontide' and lead us towards the Cross with Jesus.

That's why there are two services of 'Prayer during the Day' – one for each part of Lent. There are also some places in the Night Prayer services where we use different prayers and readings to change the theme.

May God bless us as we journey with Jesus through yet again an unusual Lent. May we grow in holiness and in our knowledge of God.

*Canon June*

*Lawson*

# Prayer During the Day

## (17 February – 20 March)

### Preparation

O God, make speed to save us.

**O Lord, make haste to help us.**

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

**hold not your peace at my tears.**

*Psalm 39.13*

### Praise

*Listen to or sing a favourite song or hymn; praise God in your own words, or say,*

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.

*St Anselm (1109)*

### A Psalm for each day

*You'll find a psalm here for each day of the week. Each is followed by a short prayer. You might like to use this traditional prayer after the psalm, or simply pray quietly for a moment.*

**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.**

## **On Ash Wednesday or any day in Lent - Psalm 51.1-10**

**Refrain: The sacrifice of God is a broken spirit.**

- 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 I have been wicked even from my birth, ♦  
a sinner when my mother conceived me.
- 7 Behold, you desire truth deep within me ♦  
and shall make me understand wisdom  
in the depths of my heart.
- 8 Purge me with hyssop and I shall be clean; ♦  
wash me and I shall be whiter than snow.
- 9 Make me hear of joy and gladness, ♦  
that the bones you have broken may rejoice.
- 10 Turn your face from my sins ♦  
and blot out all my misdeeds.

**Refrain: The sacrifice of God is a broken spirit.**

*Take away, good Lord, the sin that corrupts us;  
give us the sorrow that heals  
and the joy that praises  
and restore by grace your own image within us,  
that we may take our place among your people;  
in Jesus Christ our Lord.*

**Refrain: The sacrifice of God is a broken spirit.**

- 11 Make me a clean heart, O God, ♦  
and renew a right spirit within me.
- 12 Cast me not away from your presence ♦  
and take not your holy spirit from me.
- 13 Give me again the joy of your salvation ♦  
and sustain me with your gracious spirit;
- 14 Then shall I teach your ways to the wicked ♦  
and sinners shall return to you.
- 15 Deliver me from my guilt, O God,  
the God of my salvation, ♦  
and my tongue shall sing of your righteousness.
- 16 O Lord, open my lips ♦  
and my mouth shall proclaim your praise.
- 17 For you desire no sacrifice, else I would give it; ♦  
you take no delight in burnt offerings.
- 18 The sacrifice of God is a broken spirit; ♦  
a broken and contrite heart, O God, you will not despise.
- 19 O be favourable and gracious to Zion; ♦  
build up the walls of Jerusalem.
- 20 Then you will accept sacrifices offered in righteousness,  
the burnt offerings and oblations; ♦  
then shall they offer up bulls on your altar.

**Refrain: The sacrifice of God is a broken spirit.**

*Take away, good Lord, the sin that corrupts us;  
give us the sorrow that heals  
and the joy that praises  
and restore by grace your own image within us,  
that we may take our place among your people;  
in Jesus Christ our Lord.*

**Refrain: You, Lord, are a shield about me.**

- 1 Lord, how many are my adversaries; ♦  
many are they who rise up against me.
- 2 Many are they who say to my soul, ♦  
'There is no help for you in your God.' **R**
- 3 But you, Lord, are a shield about me; ♦  
you are my glory, and the lifter up of my head.
- 4 When I cry aloud to the Lord, ♦  
he will answer me from his holy hill;
- 5 I lie down and sleep and rise again, ♦  
because the Lord sustains me.
- 6 I will not be afraid of hordes of the peoples ♦  
that have set themselves against me all around. **R**
- 7 Rise up, O Lord, and deliver me, O my God, ♦  
for you strike all my enemies on the cheek  
and break the teeth of the wicked.
- 8 Salvation belongs to the Lord: ♦  
may your blessing be upon your people.

**Refrain: You, Lord, are a shield about me.**

*Shield us, Lord, from all evil,  
and lift us from apathy and despair,  
that even when we are terrified,  
we may trust your power to save;  
through Jesus Christ our Lord.*

**Refrain: Turn again, O Lord, and deliver my soul.**

- 1 O Lord, rebuke me not in your wrath; ♦  
neither chasten me in your fierce anger.
- 2 Have mercy on me, Lord, for I am weak; ♦  
Lord, heal me, for my bones are racked.
- 3 My soul also shakes with terror; ♦  
how long, O Lord, how long?
- 4 Turn again, O Lord, and deliver my soul; ♦  
save me for your loving mercy's sake.
- 5 For in death no one remembers you; ♦  
and who can give you thanks in the grave?
- 6 I am weary with my groaning; ♦  
every night I drench my pillow  
and flood my bed with my tears.
- 7 My eyes are wasted with grief ♦  
and worn away because of all my enemies.
- 8 Depart from me, all you that do evil, ♦  
for the Lord has heard the voice of my weeping.
- 9 The Lord has heard my supplication; ♦  
the Lord will receive my prayer.
- 10 All my enemies shall be put to shame and confusion; ♦  
they shall suddenly turn back in their shame.

Refrain: *Turn again, O Lord, and deliver my soul*

*Lord Jesus Christ  
may the tears shed in your earthly life  
be balm for all who weep  
and may the prayers of your pilgrimage  
give strength to all who suffer;  
for your mercy's sake.*



**Refrain: The Lord's throne is in heaven.**

- 1 In the Lord have I taken refuge; ♦  
how then can you say to me,  
    'Flee like a bird to the hills,
- 2 For see how the wicked bend the bow  
    and fit their arrows to the string, ♦  
to shoot from the shadows at the true of heart.
- 3 When the foundations are destroyed, ♦  
what can the righteous do?' **R**
- 4 The Lord is in his holy temple; ♦  
the Lord's throne is in heaven.
- 5 His eyes behold, ♦  
his eyelids try every mortal being.
- 6 The Lord tries the righteous as well as the wicked, ♦  
but those who delight in violence his soul abhors.
- 7 Upon the wicked he shall rain coals of fire  
    and burning sulphur; ♦  
scorching wind shall be their portion to drink.
- 8 For the Lord is righteous;  
    he loves righteous deeds, ♦  
and those who are upright shall behold his face.

**Refrain: The Lord's throne is in heaven.**

*God of heaven,  
when the foundations are shaken  
and there is no escape,  
test us, but not to destruction,  
look on the face of your anointed  
and heal us in Jesus Christ your Son.*

**Refrain: You, O Lord, will watch over us.**

- 1 Help me, Lord, for no one godly is left; ♦  
the faithful have vanished from the whole human race.
- 2 They all speak falsely with their neighbour; ♦  
they flatter with their lips, but speak from a double heart.
- 3 O that the Lord would cut off all flattering lips ♦  
and the tongue that speaks proud boasts!
- 4 Those who say, 'With our tongue will we prevail; ♦  
our lips we will use; who is lord over us?' **R**
- 5 'Because of the oppression of the needy,  
and the groaning of the poor, ♦  
I will rise up now,' says the Lord,  
'and set them in the safety that they long for.'
- 6 The words of the Lord are pure words, ♦  
like silver refined in the furnace  
and purified seven times in the fire.
- 7 You, O Lord, will watch over us ♦  
and guard us from this generation for ever.
- 8 The wicked strut on every side, ♦  
when what is vile is exalted by the whole human race.

**Refrain: You, O Lord, will watch over us.**

*Lord, when faith is faint  
and speech veils our intentions,  
restore us by your word of power and purity,  
both now and for ever.*

**Refrain: Be glad, you righteous, and rejoice in the Lord.**

- 1 Happy the one whose transgression is forgiven, ♦  
and whose sin is covered.
- 2 Happy the one to whom the Lord imputes no guilt, ♦  
and in whose spirit there is no guile.
- 3 For I held my tongue; ♦  
my bones wasted away  
through my groaning all the day long.
- 4 Your hand was heavy upon me day and night; ♦  
my moisture was dried up like the drought in summer. **R**
- 5 Then I acknowledged my sin to you ♦  
and my iniquity I did not hide.
- 6 I said, 'I will confess my transgressions to the Lord,' ♦  
and you forgave the guilt of my sin.
- 7 Therefore let all the faithful make their prayers to you  
in time of trouble; ♦  
in the great water flood, it shall not reach them.
- 8 You are a place for me to hide in;  
you preserve me from trouble; ♦  
you surround me with songs of deliverance. **R**
- 9 'I will instruct you and teach you in the way that you should go; ♦  
I will guide you with my eye.
- 10 'Be not like horse and mule which have no understanding; ♦  
whose mouths must be held with bit and bridle,  
or else they will not stay near you.'
- 11 Great tribulations remain for the wicked, ♦  
but mercy embraces those who trust in the Lord.
- 12 Be glad, you righteous, and rejoice in the Lord; ♦  
shout for joy, all who are true of heart.

**Refrain: Be glad, you righteous, and rejoice in the Lord.**

*Give us honest hearts, O God,  
and send your kindly Spirit  
to help us confess our sins  
and bring us the peace of your forgiveness;  
in Jesus Christ our Lord.*

**Refrain: You are my refuge, O God,  
a strong tower against the enemy.**

- 1 Hear my crying, O God, ♦  
and listen to my prayer.
- 2 From the end of the earth I call to you with fainting heart; ♦  
O set me on the rock that is higher than I.
- 3 For you are my refuge, ♦  
a strong tower against the enemy.
- 4 Let me dwell in your tent for ever ♦  
and take refuge under the cover of your wings. **R**
- 5 For you, O God, will hear my vows; ♦  
you will grant the request of those who fear your name.
- 6 You will add length of days to the life of the king, ♦  
that his years may endure throughout all generations.
- 7 May he sit enthroned before God for ever; ♦  
may steadfast love and truth watch over him.
- 8 So will I always sing praise to your name, ♦  
and day by day fulfil my vows.

**Refrain: You are my refuge, O God,  
a strong tower against the enemy.**

*Risen Christ,  
as you knew the discipline of suffering  
and the victory that brings us salvation,  
so grant us your presence in our weakness  
and a place in your unending kingdom  
now and for evermore.*

*Each psalm may end,*

**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.**

## **A Bible Reading**

*Use the one of these short readings or a reading that has been set for the day and listed in our notice sheet.*

### **Sunday**

Do you not know that all of us who have been baptized into Christ Jesus were baptized into his death? Therefore we have been buried with him by baptism into death, so that, just as Christ was raised from the dead by the glory of the Father, so we too might walk in newness of life. For if we have been united with him in a death like his, we will certainly be united with him in a resurrection like his.

*Romans 6.3-5*

### **Monday**

Yet even now, says the Lord, return to me with all your heart, with fasting, with weeping, and with mourning; rend your hearts and not your clothing. Return to the Lord, your God, for he is gracious and merciful, slow to anger, and abounding in steadfast love, and relents from punishing. Who knows whether he will not turn and relent, and leave a blessing behind him, a grain-offering and a drink-offering for the Lord, your God?

*Joel 2.12-14*

### **Tuesday**

Do you not know that in a race the runners all compete, but only one receives the prize? Run in such a way that you may win it. Athletes exercise self-control in all things; they do it to receive a perishable garland, but we an imperishable one. So I do not run aimlessly, nor do I box as though beating the air; but I punish my body and enslave it, so that after proclaiming to others I myself should not be disqualified.

*1 Corinthians 9.24-end*

### **Wednesday**

I find it to be a law that when I want to do what is good, evil lies close at hand. For I delight in the law of God in my inmost self, but I see in my members another law at war with the law of my mind, making me captive to the law of sin that dwells in my members. Wretched man that I am! Who will rescue me from this body of death? Thanks be to God through Jesus Christ our Lord!

*Romans 7.21-25a*

## **Thursday**

Is not this the fast that I choose: to loose the bonds of injustice, to undo the thongs of the yoke, to let the oppressed go free, and to break every yoke? Is it not to share your bread with the hungry, and bring the homeless poor into your house; when you see the naked, to cover them, and not to hide yourself from your own kin? Then your light shall break forth like the dawn, and your healing shall spring up quickly; your vindicator shall go before you, the glory of the Lord shall be your rearguard. Then you shall call, and the Lord will answer; you shall cry for help, and he will say, Here I am.

*Isaiah 58.6-9a*

## **Friday**

Jesus said to the disciples, 'Beware of practising your piety before others in order to be seen by them; for then you have no reward from your Father in heaven. So whenever you give alms, do not sound a trumpet before you, as the hypocrites do in the synagogues and in the streets, so that they may be praised by others. Truly I tell you, they have received their reward. But when you give alms, do not let your left hand know what your right hand is doing, so that your alms may be done in secret; and your Father who sees in secret will reward you.'

*Matthew 6.1-4*

## **Saturday**

Jesus entered a certain village, where a woman named Martha welcomed him into her home. She had a sister named Mary, who sat at the Lord's feet and listened to what he was saying. But Martha was distracted by her many tasks; so she came to Jesus and asked, 'Lord, do you not care that my sister has left me to do all the work by myself? Tell her then to help me.' But the Lord answered her, 'Martha, Martha, you are worried and distracted by many things; there is need of only one thing. Mary has chosen the better part, which will not be taken away from her.'

*Luke 10.38-end*

## **Or, on any day in Lent**

Jesus said, 'There will be more joy in heaven over one sinner who repents than over ninety-nine righteous people who need no repentance.'

*Luke 15.7*

## **Response**

*Silence, study, song, or words from Scripture, such as*

Blessed are the merciful,  
**for they will receive mercy.**

*Matthew 5.7*

## Prayers

*Pray in your own words; you might like to choose*

- *Three people who are ill or otherwise struggling*
- *Three situations in the news*
- *Three people you care about personally*
- 

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.

**Amen.**

*The Lord's Prayer is said.*

**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.  
Lead us not into temptation  
but deliver us from evil.  
For the kingdom, the power,  
and the glory are yours  
now and for ever.  
Amen.**

## The Conclusion

May God bless us and show us compassion and mercy.

**Amen.**

# Prayer During the Day

## (Sunday 21 March – Easter Eve)

*During the last two weeks of Lent, the focus changes from the desert to the cross – these prayers reflect that. There will also be a daily online short liturgy focussing on the ‘Stations of the Cross’.*

### **Preparation**

O God, make speed to save us.

**O Lord, make haste to help us.**

My trust is in you, O Lord.

**I have said, ‘You are my God.’**

*Psalm 31.14*

### **Praise**

*Listen to or sing a favourite song or hymn of the cross; praise God in your own words, or say,*

We adore you, O Christ, and we bless you,  
because by your holy cross you have redeemed the world.

Holy God,  
holy and strong,  
holy and immortal,  
have mercy upon us.

We glory in your cross, O Lord,  
and praise and glorify your holy resurrection:  
for by virtue of the cross  
joy has come to the whole world.

*from the Liturgy of Good Friday*

### **A Psalm for each day**

*You’ll find a psalm here for each day of the week. Each is followed by a short prayer. You might like to use this traditional prayer after the psalm, or simply pray quietly for a moment.*

**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.**



## **On Good Friday and any day in Passiontide - Psalm 22.1-11**

**Refrain: Be not far from me, O Lord.**

- 1 My God, my God, why have you forsaken me, ♦  
and are so far from my salvation,  
from the words of my distress?
- 2 O my God, I cry in the daytime,  
but you do not answer; ♦  
and by night also, but I find no rest.
- 3 Yet you are the Holy One, ♦  
enthroned upon the praises of Israel.
- 4 Our forebears trusted in you; ♦  
they trusted, and you delivered them.
- 5 They cried out to you and were delivered; ♦  
they put their trust in you and were not confounded. **R**
- 6 But as for me, I am a worm and no man, ♦  
scorned by all and despised by the people.
- 7 All who see me laugh me to scorn; ♦  
they curl their lips and wag their heads, saying,
- 8 'He trusted in the Lord; let him deliver him; ♦  
let him deliver him, if he delights in him.'
- 9 But it is you that took me out of the womb ♦  
and laid me safe upon my mother's breast.
- 10 On you was I cast ever since I was born; ♦  
you are my God even from my mother's womb.
- 11 Be not far from me, for trouble is near at hand ♦  
and there is none to help. **R**

**Refrain: Be not far from me, O Lord.**

*Restless with grief and fear,  
the abandoned turn to you:  
in every hour of trial,  
good Lord, deliver us,  
O God most holy, God most strong,  
whose wisdom is the cross of Christ.*

**Refrain: The Lord is my light and my salvation**

- 1 The Lord is my light and my salvation;  
whom then shall I fear? ♦  
The Lord is the strength of my life;  
of whom then shall I be afraid?
- 2 When the wicked, even my enemies and my foes,  
came upon me to eat up my flesh, ♦  
they stumbled and fell.
- 3 Though a host encamp against me,  
my heart shall not be afraid, ♦  
and though there rise up war against me,  
yet will I put my trust in him.
- 4 One thing have I asked of the Lord  
and that alone I seek; ♦  
that I may dwell in the house of the Lord  
all the days of my life,
- 5 To behold the fair beauty of the Lord ♦  
and to seek his will in his temple.
- 6 For in the day of trouble  
he shall hide me in his shelter; ♦  
in the secret place of his dwelling shall he hide me  
and set me high upon a rock.
- 7 And now shall he lift up my head ♦  
above my enemies round about me;
- 8 Therefore will I offer in his dwelling an oblation  
with great gladness; ♦  
I will sing and make music to the Lord.

**Refrain: The Lord is my light and my salvation**

*God, our light and our salvation,  
illuminate our lives,  
that we may see your goodness in the land of the living,  
and, looking on your beauty,  
may be changed into the likeness of Jesus Christ our Lord.*

## Monday - Psalm 43

- 1 Give judgement for me, O God,  
and defend my cause against an ungodly people; ♦  
deliver me from the deceitful and the wicked.
- 2 For you are the God of my refuge;  
why have you cast me from you, ♦  
and why go I so heavily, while the enemy oppresses me?
- 3 O send out your light and your truth, that they may lead me, ♦  
and bring me to your holy hill and to your dwelling,
- 4 That I may go to the altar of God,  
to the God of my joy and gladness; ♦  
and on the lyre I will give thanks to you, O God my God.
- 5 *Why are you so full of heaviness, O my soul, ♦  
and why are you so disquieted within me?*
- 6 O put your trust in God; ♦  
for I will yet give him thanks,  
who is the help of my countenance, and my God.

*Come, creator Spirit, light and truth; bring us to the altar of life  
and renew our joy and gladness in Jesus Christ our Lord.*

## Tuesday - Psalm 142

**Refrain: Bring my soul out of prison,  
that I may give thanks to your name.**

- 1 I cry aloud to the Lord; ♦  
to the Lord I make my supplication.
- 2 I pour out my complaint before him ♦  
and tell him of my trouble.
- 3 When my spirit faints within me, you know my path; ♦  
in the way wherein I walk have they laid a snare for me.
- 4 I look to my right hand, and find no one who knows me; ♦  
I have no place to flee to, and no one cares for my soul.
- 5 I cry out to you, O Lord, and say: ♦  
'You are my refuge, my portion in the land of the living.'
- 6 'Listen to my cry, for I am brought very low; ♦  
save me from my persecutors, for they are too strong for me.

- 7 'Bring my soul out of prison,  
that I may give thanks to your name; ♦  
when you have dealt bountifully with me,  
then shall the righteous gather around me.'

**Refrain: Bring my soul out of prison,  
that I may give thanks to your name.**

*God of compassion, you regard the forsaken  
and give hope to the crushed in spirit;  
hear those who cry to you in distress  
and bring your ransomed people to sing your glorious praise,  
now and for ever.*

**Wednesday - Psalm 143**

**Refrain: Show me, O Lord, the way that I should walk in.**

- 1 Hear my prayer, O Lord,  
and in your faithfulness give ear to my supplications; ♦  
answer me in your righteousness.
- 2 Enter not into judgement with your servant, ♦  
for in your sight shall no one living be justified.
- 3 For the enemy has pursued me,  
crushing my life to the ground, ♦  
making me sit in darkness like those long dead.
- 4 My spirit faints within me; ♦  
my heart within me is desolate.
- 5 I remember the time past; I muse upon all your deeds; ♦  
I consider the works of your hands.
- 6 I stretch out my hands to you; ♦  
my soul gasps for you like a thirsty land.
- 7 O Lord, make haste to answer me; my spirit fails me; ♦  
hide not your face from me  
lest I be like those who go down to the Pit.
- 8 Let me hear of your loving-kindness in the morning,  
for in you I put my trust; ♦  
show me the way I should walk in, for I lift up my soul to you.
- 9 Deliver me, O Lord, from my enemies, ♦  
for I flee to you for refuge.
- 10 Teach me to do what pleases you, for you are my God; ♦  
let your kindly spirit lead me on a level path.

11 Revive me, O Lord, for your name's sake; ♦  
for your righteousness' sake, bring me out of trouble.

12 In your faithfulness, slay my enemies,  
and destroy all the adversaries of my soul, ♦  
for truly I am your servant.

**Refrain: Show me, O Lord, the way that I should walk in.**

*Jesus, our compassion, when we are driven to despair,  
help us, through friends and strangers we encounter on our path,  
to know you as our refuge, our way, our truth and our life.*

**Thursday - Psalm 23**

**Refrain: I will dwell in the house of the Lord for ever.**

- 1 The Lord is my shepherd; ♦  
therefore can I lack nothing.
- 2 He makes me lie down in green pastures ♦  
and leads me beside still waters. **R**
- 3 He shall refresh my soul ♦  
and guide me in the paths of righteousness for his name's sake.
- 4 Though I walk through the valley of the shadow of death,  
I will fear no evil; ♦  
for you are with me;  
your rod and your staff, they comfort me. **R**
- 5 You spread a table before me  
in the presence of those who trouble me; ♦  
you have anointed my head with oil  
and my cup shall be full.
- 6 Surely goodness and loving mercy shall follow me  
all the days of my life, ♦  
and I will dwell in the house of the Lord for ever.

**Refrain: I will dwell in the house of the Lord for ever.**

*O God, our sovereign and shepherd,  
who brought again your Son Jesus Christ  
from the valley of death,  
comfort us with your protecting presence  
and your angels of goodness and love,  
that we also may come home  
and dwell with him in your house for ever.*

**Refrain: Hide not your face from your servant, O Lord.**

- 1 Save me, O God, ♦  
for the waters have come up, even to my neck.
- 2 I sink in deep mire where there is no foothold; ♦  
I have come into deep waters and the flood sweeps over me.
- 3 I have grown weary with crying; my throat is raw; ♦  
my eyes have failed from looking so long for my God. **R**
- 4 Those who hate me without any cause ♦  
are more than the hairs of my head;
- 5 Those who would destroy me are mighty; ♦  
my enemies accuse me falsely: must I now give back what I never stole?
- 6 O God, you know my foolishness, ♦  
and my faults are not hidden from you.
- 7 Let not those who hope in you  
be put to shame through me, Lord God of hosts; ♦  
let not those who seek you be disgraced because of me, O God of Israel. **R**
- 8 For your sake have I suffered reproach; ♦  
shame has covered my face.
- 9 I have become a stranger to my kindred, ♦  
an alien to my mother's children.
- 10 Zeal for your house has eaten me up; ♦  
the scorn of those who scorn you has fallen upon me.
- 11 I humbled myself with fasting, ♦  
but that was turned to my reproach.
- 12 I put on sackcloth also ♦  
and became a byword among them.
- 13 Those who sit at the gate murmur against me, ♦  
and the drunkards make songs about me. **R**

**Refrain: Hide not your face from your servant, O Lord.**

*Thirsting on the cross,  
your Son shared the reproach of the oppressed  
and carried the sins of all;  
in him, O God, may the despairing find you, the afflicted gain life  
and the whole creation know its true king, Jesus Christ our Lord.*

**Refrain: My soul waits for the Lord.**

- 1 Out of the depths have I cried to you, O Lord;  
Lord, hear my voice; ♦  
let your ears consider well the voice of my supplication.
- 2 If you, Lord, were to mark what is done amiss, ♦  
O Lord, who could stand?
- 3 But there is forgiveness with you, ♦  
so that you shall be feared.
- 4 I wait for the Lord; my soul waits for him; ♦  
in his word is my hope.
- 5 My soul waits for the Lord,  
more than the night watch for the morning, ♦  
more than the night watch for the morning.
- 6 O Israel, wait for the Lord, ♦  
for with the Lord there is mercy;
- 7 With him is plenteous redemption ♦  
and he shall redeem Israel from all their sins.

**Refrain: My soul waits for the Lord.**

*Father, we commend to your faithful love  
those who are crying from the depths;  
help them to watch and pray  
through their time of darkness,  
in sure hope of the dawn of your  
forgiveness and redemption;  
through Jesus Christ our Lord.*

*Each psalm or group of psalms may end with*

**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.**

## **A Bible Reading**

*Use one of these short readings or a reading from the list of readings in the weekly notice sheet.*

### **Sunday**

It was fitting that God, for whom and through whom all things exist, in bringing many children to glory, should make the pioneer of their salvation perfect through sufferings. For the one who sanctifies and those who are sanctified all have one Father. For this reason Jesus is not ashamed to call them brothers and sisters, saying, 'I will proclaim your name to my brothers and sisters, in the midst of the congregation I will praise you.'

*Hebrews 2.10-12*

### **Monday**

Jesus began to teach his disciples that the Son of Man must undergo great suffering, and be rejected by the elders, the chief priests, and the scribes, and be killed, and after three days rise again. He said all this quite openly. And Peter took him aside and began to rebuke him. But turning and looking at his disciples, he rebuked Peter and said, 'Get behind me, Satan! For you are setting your mind not on divine things but on human things.' He called the crowd with his disciples, and said to them, 'If any want to become my followers, let them deny themselves and take up their cross and follow me. For those who want to save their life will lose it, and those who lose their life for my sake, and for the sake of the gospel, will save it.'

*Mark 8.31-35*

### **Tuesday**

Surely he has borne our infirmities and carried our diseases; yet we accounted him stricken, struck down by God, and afflicted. But he was wounded for our transgressions, crushed for our iniquities; upon him was the punishment that made us whole, and by his bruises we are healed. All we like sheep have gone astray; we have all turned to our own way, and the Lord has laid on him the iniquity of us all.

*Isaiah 53.4-6*



## **Wednesday**

The message about the cross is foolishness to those who are perishing, but to us who are being saved it is the power of God. For Jews demand signs and Greeks desire wisdom, but we proclaim Christ crucified, a stumbling-block to Jews and foolishness to Gentiles, but to those who are the called, both Jews and Greeks, Christ the power of God and the wisdom of God. For God's foolishness is wiser than human wisdom, and God's weakness is stronger than human strength.

*1 Corinthians 1.18,22-25*

## **Thursday**

Christ himself bore our sins in his body on the cross, so that, free from sins, we might live for righteousness; by his wounds you have been healed. For you were going astray like sheep, but now you have returned to the shepherd and guardian of your souls.

*1 Peter 2.24,25*

## **Friday**

While we were still weak, at the right time Christ died for the ungodly. Indeed, rarely will anyone die for a righteous person – though perhaps for a good person someone might actually dare to die. But God proves his love for us in that while we still were sinners Christ died for us.

*Romans 5.6-8*

## **Saturday**

Jesus answered Andrew and Philip, 'The hour has come for the Son of Man to be glorified. Very truly, I tell you, unless a grain of wheat falls into the earth and dies, it remains just a single grain; but if it dies, it bears much fruit. Those who love their life lose it, and those who hate their life in this world will keep it for eternal life. Whoever serves me must follow me, and where I am, there will my servant be also. Whoever serves me, the Father will honour.'

*John 12.23-26*

## **Or, on any day in Passiontide**

I have been crucified with Christ; and it is no longer I who live, but it is Christ who lives in me.

*Galatians 2.19b,20a*

## **Response**

*Silence, study, song, or words from Scripture, such as*

Blessed are those who are persecuted for righteousness' sake,  
**for theirs is the kingdom of heaven.**

*Matthew 5.10*

## Prayers

*Pray in your own words; you might like to choose*

- *Three people who are ill or otherwise struggling*
- *Three situations in the news*
- *Three people you care about personally*

Soul of Christ, sanctify me,  
body of Christ, save me,  
blood of Christ, inebriate me,  
water from the side of Christ, wash me.  
Passion of Christ, strengthen me.  
O good Jesus, hear me:  
hide me within your wounds  
and never let me be separated from you.  
From the wicked enemy defend me,  
in the hour of my death, call me  
and bid me come to you,  
so that with your saints I may praise you  
for ever and ever. *Anima Christi (14th century)*  
**Amen.**

*The Lord's Prayer is said.*

**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.  
Lead us not into temptation  
but deliver us from evil.  
For the kingdom, the power,  
and the glory are yours  
now and for ever.  
Amen.**

## The Conclusion

May Christ our Saviour give us peace.  
**Amen.**

# Night Prayer (Compline)

*Traditionally this service is said at 9pm or just before bed – but of course you could use it earlier in the evening instead! At a few places there are changes for the last two weeks of Lent.*

## Preparation

The Lord almighty grant us a quiet night and a perfect end. **Amen.**

Our help is in the name of the Lord  
**who made heaven and earth.**

*A period of silence for reflection on the past day may follow.*

**Most merciful God,  
we confess to you,  
before the whole company of heaven and one another,  
that we have sinned in thought, word and deed  
and in what we have failed to do.**

**Forgive us our sins,  
heal us by your Spirit  
and raise us to new life in Christ. Amen.**

O God, make speed to save us.

**O Lord, make haste to help us.**

**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.  
Alleluia.**

## Hymn

*Listen to or sing a favourite restful hymn or worship song, or this traditional hymn*

Before the ending of the day,  
Creator of the world, we pray  
That you, with steadfast love, would keep  
Your watch around us while we sleep.

From evil dreams defend our sight,  
From fears and terrors of the night;  
Tread underfoot our deadly foe  
That we no sinful thought may know.

O Father, that we ask be done  
Through Jesus Christ, your only Son;  
And Holy Spirit, by whose breath  
Our souls are raised to life from death.

## Psalm 139:1-18

- 1 O Lord, you have searched me out and known me; ♦  
you know my sitting down and my rising up;  
you discern my thoughts from afar.
- 2 You mark out my journeys and my resting place ♦  
and are acquainted with all my ways.
- 3 For there is not a word on my tongue, ♦  
but you, O Lord, know it altogether.
- 4 You encompass me behind and before ♦  
and lay your hand upon me.
- 5 Such knowledge is too wonderful for me, ♦  
so high that I cannot attain it.
- 6 Where can I go then from your spirit? ♦  
Or where can I flee from your presence?
- 7 If I climb up to heaven, you are there; ♦  
if I make the grave my bed, you are there also.
- 8 If I take the wings of the morning ♦  
and dwell in the uttermost parts of the sea,
- 9 Even there your hand shall lead me, ♦  
your right hand hold me fast.
- 10 If I say, 'Surely the darkness will cover me ♦  
and the light around me turn to night,'
- 11 Even darkness is no darkness with you;  
the night is as clear as the day; ♦  
darkness and light to you are both alike.
- 12 For you yourself created my inmost parts; ♦  
you knit me together in my mother's womb.
- 13 I thank you, for I am fearfully and wonderfully made; ♦  
marvellous are your works, my soul knows well.
- 14 My frame was not hidden from you, ♦  
when I was made in secret  
and woven in the depths of the earth.
- 15 Your eyes beheld my form, as yet unfinished; ♦  
already in your book were all my members written,

- 16 As day by day they were fashioned ♦  
when as yet there was none of them.
- 17 How deep are your counsels to me, O God! ♦  
How great is the sum of them!
- 18 If I count them, they are more in number than the sand, ♦  
and at the end, I am still in your presence.

**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.**

## **Bible Reading**

### **Ash Wednesday to Saturday 20 March**

Is not this the fast that I choose: to loose the bonds of injustice, to undo the thongs of the yoke, to let the oppressed go free, and to break every yoke? Is it not to share your bread with the hungry, and bring the homeless poor into your house; when you see the naked, to cover them, and not to hide yourself from your own kin?

*Isaiah 58. 6,7*

### **Sunday 21 March – Good Friday**

I will pour out a spirit of compassion and supplication on the house of David and the inhabitants of Jerusalem, so that, when they look on the one whom they have pierced, they shall mourn for him, as one mourns for an only child, and weep bitterly over him, as one weeps over a firstborn.

*Zechariah 12.10*

## **Silence for reflection**

## **Responsory**

Into your hands, O Lord, I commend my spirit.

**Into your hands, O Lord, I commend my spirit.**

For you have redeemed me, Lord God of truth.

**I commend my spirit.**

Glory to the Father and to the Son  
and to the Holy Spirit.

**Into your hands, O Lord, I commend my spirit.**

Keep me as the apple of your eye.

**Hide me under the shadow of your wings.**

## **Nunc Dimittis**

### **Refrain:**

*Ash Wed. to Sat. 20 March*

*or*

*Sun. 21 March – Good Friday.*

**Christ died for us,  
so that, whether we wake or sleep,  
we might live with him.**

**Christ himself bore our sins  
in his body on the tree,  
that we might die to sin  
and live to righteousness.**

**Save us, O Lord, while waking,  
and guard us while sleeping,  
that awake we may watch with Christ  
and asleep may rest in peace.**

- 1 Now, Lord, you let your servant go in peace:  
your word has been fulfilled.
- 2 My own eyes have seen the salvation  
which you have prepared in the sight of every people;
- 3 A light to reveal you to the nations  
and the glory of your people Israel.

*Luke 2.29-32*

**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.**

**Save us, O Lord, while waking,  
and guard us while sleeping,  
that awake we may watch with Christ  
and asleep may rest in peace.**

### **Refrain:**

*Ash Wed. to Sat. 20 March*

*or*

*Sun. 21 March – Good Friday.*

**Christ died for us,  
so that, whether we wake or sleep,  
we might live with him.**

**Christ himself bore our sins  
in his body on the tree,  
that we might die to sin  
and live to righteousness.**

## Prayers

*Intercessions and thanksgivings may be offered here.*

### **The Collect**

*Silence may be kept.*

### **Ash Wednesday to Saturday 20 March**

Almighty God,  
may we, by the prayer and discipline of Lent,  
enter into the mystery of Christ's sufferings;  
that by following in the Way,  
we may come to share in the glory;  
through Jesus Christ our Lord. **Amen.**

### **Sunday 21 March – Good Friday**

Almighty God,  
as we stand at the foot of the cross of your Son,  
help us to see and know your love for us,  
so that in humility, love and joy  
we may place at his feet  
all that we have and all that we are;  
through Jesus Christ our Saviour. **Amen.**

## The Conclusion

In peace we will lie down and sleep;  
**for you alone, Lord, make us dwell in safety.**

Abide with us, Lord Jesus,  
**for the night is at hand and the day is now past.**

As the night watch looks for the morning,  
**so do we look for you, O Christ.**

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# Additional resource links

**Daily Hope** - Free 24/7 telephone line for hymns and prayers  
**0800 804 8044** updated for the seasons.

## **Television programmes**

Songs of Praise - Sundays at 1.15pm on BBC 1

## **Radio programmes (and through the BBC website or Sounds app)**

**Sunday Worship'** - Sundays at 8.10am on Radio 4

**Daily Service** - Mon-Fri at 9.45am on Radio 4 LW and DAB

**Choral Evensong'** - Wed. 3.30pm, repeated Sun 3pm Radio 3

## **Websites**

[churchofengland.org/prayer-and-worship/join-us-service-daily-prayer](http://churchofengland.org/prayer-and-worship/join-us-service-daily-prayer)

Daily Prayer from the Church of England (includes audio)

## **Phone apps**

'Daily Prayer' and 'Time to Pray' from the Church of England

'Pray as you go' and 'Lectio 365' – daily prayers and meditations