

Morning Prayer

(First Sunday in Lent - Year C)



O God make speed to save us.
O Lord, make haste to help us.

Opening Scripture

Let the words of my mouth and the meditation of my heart be acceptable in your sight,
O Lord, my strength and my redeemer.
-Psalm 19:14

Hymn - How Firm A Foundation | [Leadsheet](#)

How firm a foundation, ye saints of the Lord,
Is laid for your faith in His excellent Word!
What more can He say than to you He has said,
To you who for refuge to Jesus have fled?

Fear not, I am with thee, O be not dismayed,
For I am your God and will still give you aid;
I'll strengthen you, help you, and cause you to stand
Upheld by My righteous, omnipotent hand.

When through the deep waters I call you to go,
The rivers of sorrow shall not overflow;
For I will be with you, your troubles to bless,
And sanctify to you your deepest distress.

The soul that on Jesus has leaned for repose,
I will not, I will not desert to his foes;
That soul, though all hell should endeavor to shake,
I'll never, no never, no never forsake.

Confession

Blessed are those whose ways are blameless, who walk according to the law of the Lord.
Blessed are those who keep his statutes and seek him with all their heart.
-Psalm 119:1-2

Let us confess our sins to God. (Kneel or Stand)

Have mercy on me, O God, according to your unfailing love; according to your great compassion blot out my transgressions. Wash away all my iniquity and cleanse me from my sin. For I know my transgressions, and my sin is always before me. Against you, you only, have I sinned and done what is evil in your sight, so that you are proved right when you speak and justified when you judge. Surely I was sinful at birth, sinful from the time my mother conceived me. Surely you desire truth in the inner parts; you teach me wisdom in the inmost place. Create in me a pure heart, O God, and renew a steadfast spirit within me. Do not cast me from your presence or take your Holy Spirit from me. Restore to me the joy of your salvation and grant me a willing spirit, to sustain me. Then I will teach transgressors your ways, and sinners will turn back to you. -from Psalm 51

Silence

Lord, open our lips.

And our mouth shall proclaim your praise.

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

He has heard our voice and is faithful and just to cleanse us from all unrighteousness.

Amen.

Psalm 91:1-2, 9-16 (NIV)

1 Whoever dwells in the shelter of the Most High
will rest in the shadow of the Almighty.

2 I will say of the Lord, "He is my refuge and my fortress,
my God, in whom I trust."

9 If you say, "The Lord is my refuge,"
and you make the Most High your dwelling,

10 no harm will overtake you,
no disaster will come near your tent.

11 For he will command his angels concerning you
to guard you in all your ways;

12 they will lift you up in their hands,
so that you will not strike your foot against a stone.

13 You will tread on the lion and the cobra;
you will trample the great lion and the serpent.

14 "Because he loves me," says the Lord, "I will rescue him;
I will protect him, for he acknowledges my name.
15 He will call on me, and I will answer him;
I will be with him in trouble,
I will deliver him and honor him.
16 With long life I will satisfy him
and show him my salvation."

Gloria Patri

Glory to the Father, and to the Son, and to the Holy Spirit, as it was in the beginning,
is now, and ever shall be, world without end, Amen.

Scripture Readings

[Deuteronomy 26:1-11](#)

[Romans 10:8b-13](#)

(Stand)

[Luke 4:1-13](#)

(A short silence is kept after the reading of the Gospel)

Confession of Faith - The Nicene Creed

We believe in one God, the Father, the Almighty,
maker of heaven and earth, of all that is, seen and unseen.
We believe in one Lord, Jesus Christ, the only Son of God,
eternally begotten of the Father, God from God, Light from Light, true
God from true God, begotten, not made,
of one Being with the Father.

Through him all things were made.
For us and for our salvation he came down from heaven:
by the power of the Holy Spirit he became incarnate from the Virgin
Mary, and was made man.

For our sake he was crucified under Pontius Pilate;
he suffered death and was buried. On the third day he rose again in
accordance with the Scriptures; he ascended into heaven and is seated at
the right hand of the Father.

He will come again in glory to judge the living and the dead,
and his kingdom will have no end.

We believe in the Holy Spirit, the Lord, the giver of life,
who proceeds from the Father and the Son.

With the Father and the Son he is worshiped and glorified.
He has spoken through the Prophets.

We believe in one holy catholic and apostolic Church.

We acknowledge one baptism for the forgiveness of sins.

We look for the resurrection of the dead,
and the life of the world to come. Amen.

The Prayers of the People

Intercessions (A time of spontaneous prayers and intercessions. Say “out loud” the names and situations that you would like to bring before God.)

o We pray for the people of...(countries or regions)

o We pray for our sisters and brothers...
(churches, believers in other Christian traditions, spiritual leaders)

o We pray for friends, relatives, and neighbors

o We pray for the day and its tasks, individuals in need, the world and its needs,
and for the Church and her life

To God be all honor and glory, dominion and power, now and forever, through Jesus Christ
our Lord, in whose name we are bold to pray:

The Lord’s Prayer

**If praying with others, stand and hold hands. If praying individually, stand with hands
open and outstretched in the [sign of the Orans](#).*

A Prayer for the Lenten Journey

God of wilderness and water, your Son was baptized and tempted as we are. Guide us
through this season, that we may not avoid struggle, but open ourselves to blessing,
through the cleansing depths of repentance and the heaven-rending words of the
Spirit. Amen.

Benediction

God our Redeemer has show us compassion and love. Let us bless the Lord.
Thanks be to God.

Closing Hymn