

# Morning Prayer Form

## First Sunday in Lent - Year A



The Liturgy Letter

Let my prayer be counted as incense before you,  
and the lifting up of my hands as an evening sacrifice.

—Psalm 141:2, NRSV

## Hymn - Come Ye Sinners

Come, ye sinners, poor and needy, weak and wounded, sick and sore;  
Jesus ready stands to save you, full of pity, love and power;

Come, ye needy, come and welcome, God's free bounty glorify;  
True belief and true repentance, every grace that brings you nigh.

Let not conscience make you linger; Nor of fitness fondly dream:  
All the fitness he requires, is to know your need of him.

Come, ye weary, heavy-laden, bruised and broken by the fall,  
If you tarry till you're better, you will never come at all

## Confession

*\*During the season of Lent it is appropriate to kneel or stand during confession.*

The Lord Jesus Christ said:

The first commandment is this:

‘Hear, O Israel, the Lord our God is the only Lord.  
You shall love the Lord your God with all your heart,  
with all your soul, with all your mind,  
and with all your strength.’

**Come, Holy Spirit of God,  
And search our hearts with the light of Christ.**

The second is this: ‘Love your neighbor as yourself.’  
There is no other commandment greater than these.  
On these two commandments hang all the law and the prophets.  
**Amen. Lord, have mercy.**

*Silence*

Open my lips, O Lord,  
and my mouth shall proclaim your praise.  
Create in me a clean heart, O God,  
and renew a right spirit within me.  
Cast me not away from your presence  
and take not your Holy Spirit from me.  
Give me the joy of your saving help again  
and sustain me with your bountiful Spirit.  
-from Psalm 51

May the Christ of love and power  
Forgive you and free you from your sins,  
Heal and strengthen you by his Spirit,  
And raise you to new life.  
Amen.

### **Opening Psalm: Psalm 63:1-7**

O God, you are my God; earnestly I seek you;

**My soul thirsts for you; my flesh faints for you,  
in a dry and weary land where there is no water.**

So I have seen you in the sanctuary,  
and beheld your power and your glory.

**Because your love is better than life,  
my lips will praise you.**

So I will bless you as long as I live,  
and in your Name I will lift up my hands.

**My soul shall be satisfied as with the richest of foods,  
and with joyful lips my mouth shall praise you,**

When I remember you upon my bed,  
and meditate on you through the watches of the night.

**Because you have been my help,  
I will sing for joy in the shadow of your wings.**

### **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.

## Psalm 32 (NIV)

*Of David. A maskil.*

1 Blessed is the one  
whose transgressions are forgiven,  
whose sins are covered.

2 Blessed is the one  
whose sin the Lord does not count against them  
and in whose spirit is no deceit.

3 When I kept silent,  
my bones wasted away  
through my groaning all day long.

4 For day and night  
your hand was heavy on me;  
my strength was sapped  
as in the heat of summer.

5 Then I acknowledged my sin to you  
and did not cover up my iniquity.

I said, "I will confess  
my transgressions to the Lord."

And you forgave  
the guilt of my sin.

6 Therefore let all the faithful pray to you  
while you may be found;  
surely the rising of the mighty waters  
will not reach them.

7 You are my hiding place;  
you will protect me from trouble  
and surround me with songs of deliverance.

8 I will instruct you and teach you in the way you should go;  
I will counsel you with my loving eye on you.

9 Do not be like the horse or the mule,  
which have no understanding  
but must be controlled by bit and bridle  
or they will not come to you.

10 Many are the woes of the wicked,  
but the Lord's unfailing love  
surrounds the one who trusts in him.  
11 Rejoice in the Lord and be glad, you righteous;  
sing, all you who are upright in heart!

## **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**

**Genesis 2:15-17; 3:1-7**

**Romans 5:12-19**

*(stand)*

**Matthew 4:1-11**

(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

The Lord be with you.  
And also with you.  
Let us give thanks to the Lord our God.  
It is right to give our thanks and praise.

Sisters and brothers, during this Lenten season we are called to pursue compassion and mercy on behalf of those in need. Let us offer our prayers for the church and the world.

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

- We pray for the people of...(countries or regions)
- We pray for our sisters and brothers... (churches and other believers)
- We pray for friends, relatives, and neighbors...
- 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 Lent

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**

Let us go in peace to serve the Lord and follow his son Jesus.  
Thanks be to God.

## **Hymn: Trisagion Doxology**

Glory to the Father  
Son and Holy Spirit  
Now and forever  
And to the ages  
Amen.