

## Returning to God – Ash Wednesday

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 forever. Amen.**

### Psalmody

Show me your ways, O Lord,  
**and teach me your paths.**

#### Opening - from Psalm 25

- 1 You are the God of my salvation;\*  
in you have I trusted all the day long.
- 2 **Remember, O Lord, your compassion and love,\*  
for they are from everlasting.**
- 3 Remember not the sins of my youth and my transgressions;\*  
remember me according to your love.
- 4 **Let integrity and uprightness preserve me,\*  
for my hope has been in you.**

**Glory to God, Source of all Being, Eternal Word and Holy Spirit;  
as it was in the beginning, is now, and shall be forever. Amen.**

#### Psalms 38

- 1 O Lord, do not rebuke me in your anger;\*  
do not punish me in your wrath.
- 2 **For your arrows have already pierced me,\*  
and your hand presses hard upon me.**
- 3 There is no health in my flesh, because of your indignation;\*  
there is no soundness in my body, because of my sin.
- 4 **For my iniquities overwhelm me;\*  
like a heavy burden they are too much for me to bear.**

- 5 My wounds stink and fester\*  
by reason of my foolishness.
- 6 I am utterly bowed down and prostrate;\*  
I go about in mourning all the day long.**
- 7 My loins are filled with searing pain;\*  
there is no health in my body.
- 8 I am utterly numb and crushed;\*  
I wail, because of the groaning of my heart.**
- 9 O Lord, you know all my desires,\*  
and my sighing is not hidden from you.
- 10 My heart is pounding, my strength has failed me,\*  
and the brightness of my eyes is gone from me.**
- 11 My friends and companions draw back from my affliction;\*  
my neighbours stand afar off.
- 12 Those who seek after my life lay snares for me;\*  
those who strive to hurt me speak of my ruin  
and plot treachery all the day long.**
- 13 But I am like the deaf who do not hear,\*  
like those who are mute and do not open their mouth.
- 14 I have become like one who does not hear\*  
and from whose mouth comes no defence.**
- 15 For in you, O Lord, have I fixed my hope;\*  
you will answer me, O Lord my God.
- 16 For I said, 'Do not let them rejoice at my expense,\*  
those who gloat over me when my foot slips.'**
- 17 Truly, I am on the verge of falling,\*  
and my pain is always with me.
- 18 I will confess my iniquity\*  
and be sorry for my sin.**

19 Those who are my enemies without cause are mighty,\*  
and many in number are those who wrongfully hate me.

**20 Those who repay evil for good slander me,\*  
because I follow the course that is right.**

21 O Lord, do not forsake me;\*  
be not far from me, O my God.

**22 Make haste to help me,\*  
O Lord of my salvation.**

**Glory to God, Source of all Being, Eternal Word and Holy Spirit;  
as it was in the beginning, is now, and shall be forever. Amen.**

### **Conclusion – from Matthew 5**

1 Blessed are the poor in spirit,\*  
for theirs is the kingdom of heaven.

**2 Blessed are those who mourn,\*  
for they shall be comforted.**

3 Blessed are the meek,\*  
for they shall inherit the earth.

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

5 Blessed are the merciful,\*  
for they shall obtain mercy.

**6 Blessed are the pure in heart,\*  
for they shall see God.**

7 Blessed are the peacemakers,\*  
for they shall be called the children of God.

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

**Glory to God, Source of all Being, Eternal Word and Holy Spirit;  
as it was in the beginning, is now, and shall be forever. Amen.**

**Show me your ways, O Lord,  
and teach me your paths.**

## **Readings**

## **Silence**

## **Response – from Psalm 28.11**

You, Lord are gracious and full of compassion.

**You, Lord are gracious and full of compassion.**

Slow to anger, full of kindness and truth.

**Full of compassion.**

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

**You, Lord are slow to anger and full of compassion.**

## Magnificat

Create in me  
A clean heart, O God.

**My soul proclaims the greatness of the Lord  
my spirit rejoices in God my Saviour,  
for you, Lord, have looked with favour on your lowly servant.  
From this day all generations will call me blessed:  
You, the Almighty, have done great things for me  
and holy is your name.  
You have mercy on those who fear you  
from generation to generation.  
You have shown strength with your arm  
and scattered the proud in their conceit,  
casting down the mighty from their thrones  
and lifting up the lowly.  
You have filled the hungry with good things  
and sent the rich away empty.  
You have come to the aid of your servant Israel,  
to remember the promise of mercy,  
the promise made to our forebears,  
to Abraham and his children for ever.**

**Glory to God, Source of all Being, Eternal Word and Holy Spirit;  
as it was in the beginning, is now, and shall be forever. Amen.**

Create in me  
A clean heart, O God.

## Prayers

Lord, have mercy upon us.

**Christ, have mercy upon us.**

Lord, have mercy upon 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.**

**Do not bring us to the time of trial,  
but deliver us from evil.**

**For the kingdom, the power,  
and the glory are yours,  
now and for ever. Amen.**

Almighty God, to you all hearts are open, all desires known, and from you no secrets are hidden. Cleanse the thoughts of our hearts by the inspiration of your Holy Spirit, that we may perfectly love you, and worthily magnify your holy name; through Christ our Lord. **Amen**

**Lord God almighty, come and dispel the darkness from our hearts, that  
in the radiance of your brightness we may know you, the only  
unfading light, glorious in all eternity. Amen.**

Let us bless the Lord:

**Thanks be to God!**

The God of hope fill us with all joy and peace in believing:  
**through the power of the Holy Spirit. Amen.**

## Returning to God – Sunday

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 forever. Amen.**

### Psalmody

Show me your ways, O Lord,  
**and teach me your paths.**

#### Opening - from Psalm 25

- 1 You are the God of my salvation;\*  
in you have I trusted all the day long.
- 2 **Remember, O Lord, your compassion and love,\*  
for they are from everlasting.**
- 3 Remember not the sins of my youth and my transgressions;\*  
remember me according to your love.
- 4 **Let integrity and uprightness preserve me,\*  
for my hope has been in you.**

**Glory to God, Source of all Being, Eternal Word and Holy Spirit;  
as it was in the beginning, is now, and shall be forever. Amen.**

#### Psalms 31

- 1 In you, O Lord, have I taken refuge;  
let me never be put to shame;\*  
deliver me in your righteousness.
- 2 **Incline your ear to me;\*  
make haste to deliver me.**
- 3 Be my strong rock, a castle to keep me safe,  
for you are my crag and my stronghold;\*  
for the sake of your name, lead me and guide me.

- 4 Take me out of the net that they have secretly set for me,\*  
for you are my tower of strength.**
- 5 Into your hands I commend my spirit,\*  
for you have redeemed me, O Lord, O God of truth.
- 6 I hate those who cling to worthless idols,\*  
and I put my trust in the Lord.**
- 7 I will rejoice and be glad because of your mercy;\*  
for you have seen my affliction;  
you know my distress.
- 8 You have not shut me up in the power of the enemy;\*  
you have set my feet in an open place.**
- 9 Have mercy on me, O Lord, for I am in trouble;\*  
my eye is consumed with sorrow, and also my throat and my belly.
- 10 For my life is wasted with grief, and my years with sighing;\*  
my strength fails me because of affliction,  
and my bones are consumed.**
- 11 I have become a reproach to all my enemies and even to my neighbours,  
a dismay to those of my acquaintance;\*  
when they see me in the street they avoid me.
- 12 I am forgotten like a dead man, out of mind;\*  
I am as useless as a broken pot.**
- 13 For I have heard the whispering of the crowd;  
fear is all around;\*  
they put their heads together against me;  
they plot to take my life.
- 14 But as for me, I have trusted in you, O Lord.\*  
I have said, 'You are my God.**
- 15 My times are in your hand;\*  
rescue me from the hand of my enemies,  
and from those who persecute me.
-



- 16 Make your face to shine upon your servant,\*  
and in your loving-kindness save me.'**
- 17 Lord, let me not be ashamed for having called upon you;\*  
rather, let the wicked be put to shame;  
let them be silent in the grave.
- 18 Let the lying lips be silenced which speak against the righteous,\*  
haughtily, disdainfully, and with contempt.**
- 19 How great is your goodness, O Lord!  
which you have laid up for those who fear you;\*  
which you have done in the sight of all  
for those who put their trust in you.
- 20 You hide them in the covert of your presence  
from those who slander them;\*  
you keep them in your shelter from the strife of tongues.**
- 21 Blessed be the Lord!\*  
for he has shown me the wonders of his love in a besieged city.
- 22 Yet I said in my alarm,  
'I have been cut off from the sight of your eyes.'\*  
Nevertheless, you heard the sound of my entreaty  
when I cried out to you.**
- 23 Love the Lord, all you who worship him;\*  
the Lord protects the faithful,  
but repays to the full those who act haughtily.**
- 24 Be strong and let your heart take courage,\*  
all you who wait for the Lord.
- Glory to God, Source of all Being, Eternal Word and Holy Spirit;  
as it was in the beginning, is now, and shall be forever. Amen.**

## Conclusion – from Matthew 5

- 1 Blessed are the poor in spirit,\*  
for theirs is the kingdom of heaven.
- 2 **Blessed are those who mourn,\*  
for they shall be comforted.**
- 3 Blessed are the meek,\*  
for they shall inherit the earth.
- 4 **Blessed are those who hunger and thirst for righteousness,\*  
for they shall be satisfied.**
- 5 Blessed are the merciful,\*  
for they shall obtain mercy.
- 6 **Blessed are the pure in heart,\*  
for they shall see God.**
- 7 Blessed are the peacemakers,\*  
for they shall be called the children of God.
- 8 **Blessed are those who are persecuted for righteousness' sake,\*  
for theirs is the kingdom of heaven.**

**Glory to God, Source of all Being, Eternal Word and Holy Spirit;  
as it was in the beginning, is now, and shall be forever. Amen.**

**Show me your ways, O Lord,  
and teach me your paths.**

## Readings

## Silence

## Response – from Psalm 28.11

You, Lord are gracious and full of compassion.

**You, Lord are gracious and full of compassion.**

Slow to anger, full of kindness and truth.

**Full of compassion.**

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

**You, Lord are slow to anger and full of compassion.**

## Antiphon

*Days after Ash Wednesday*

We shall not live by bread alone,

**but by every word that proceeds from the mouth of God.**

*Week following Lent 1*

If you hear his voice,

**harden not your hearts.**

*Week following Lent 2*

Lord, you are indeed the Saviour of the world.

**Give us living water, that we may not thirst.**

*Week following Lent 3*

I will arise and go to my father

**and I will say to him, Father I have sinned against heaven**

**and before you.**

*Week following Lent 4*

Anyone who serves me must follow me,

**says the Lord; where I am, there shall my servant be also.**

## **Magnificat**

**My soul proclaims the greatness of the Lord  
my spirit rejoices in God my Saviour,  
for you, Lord, have looked with favour on your lowly servant.  
From this day all generations will call me blessed:  
You, the Almighty, have done great things for me  
and holy is your name.  
You have mercy on those who fear you  
from generation to generation.  
You have shown strength with your arm  
and scattered the proud in their conceit,  
casting down the mighty from their thrones  
and lifting up the lowly.  
You have filled the hungry with good things  
and sent the rich away empty.  
You have come to the aid of your servant Israel,  
to remember the promise of mercy,  
the promise made to our forebears,  
to Abraham and his children for ever.**

**Glory to God, Source of all Being, Eternal Word and Holy Spirit;  
as it was in the beginning, is now, and shall be forever. Amen.**

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says the Lord; where I am, there shall my servant be also.**

## Prayers

Lord, have mercy upon us.

**Christ, have mercy upon us.**

Lord, have mercy upon 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.  
Do not bring us to the time of trial,  
but deliver us from evil.  
For the kingdom, the power,  
and the glory are yours,  
now and for ever. Amen.**

Helper of the helpless, comfort of the afflicted, may your servants who stand in the midst of evil find strength in the knowledge of your presence, and praise you for the wonders of your love; through Jesus Christ our Redeemer. **Amen**

**Lord God almighty, come and dispel the darkness from our hearts, that  
in the radiance of your brightness we may know you, the only  
unfading light, glorious in all eternity. Amen.**

Let us bless the Lord:

**Thanks be to God!**

The God of hope fill us with all joy and peace in believing:  
**through the power of the Holy Spirit. Amen.**

## Returning to God – Monday

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### Psalmody

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#### Opening - from Psalm 25

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for they are from everlasting.**
- 3 Remember not the sins of my youth and my transgressions;\*  
remember me according to your love.
- 4 **Let integrity and uprightness preserve me,\*  
for my hope has been in you.**

**Glory to God, Source of all Being, Eternal Word and Holy Spirit;  
as it was in the beginning, is now, and shall be forever. Amen.**

#### Psalms 27

- 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 evildoers came upon me to eat up my flesh,\*  
it was they, my foes and my adversaries, who stumbled and fell.**
- 3 Though an army should encamp against me,\*  
yet my heart shall not be afraid;
- 4 **And though war should rise up against me,\*  
yet will I put my trust in him.**

- 5 One thing have I asked of the Lord; one thing I seek;\*  
that I may dwell in the house of the Lord all the days of my life;
- 6 To behold the fair beauty of the Lord\*  
and to seek him in his temple.**
- 7 For in the day of trouble he shall keep me safe in his shelter;\*  
he shall hide me in the secrecy of his dwelling  
and set me high upon a rock.
- 8 Even now he lifts up my head\*  
above my enemies round about me.**
- 9 Therefore I will offer in his dwelling an oblation  
with sounds of great gladness;\*  
I will sing and make music to the Lord.
- 10 Harken to my voice, O Lord, when I call;\*  
have mercy on me and answer me.**
- 11 You speak in my heart and say, 'Seek my face.'\*  
Your face, Lord, will I seek.
- 12 Hide not your face from me,\*  
nor turn away your servant in displeasure.**
- 13 You have been my helper;  
cast me not away;\*  
do not forsake me, O God of my salvation.
- 14 Though my father and my mother forsake me,\*  
the Lord will sustain me.**
- 15 Show me your way, O Lord;\*  
lead me on a level path, because of my enemies.
- 16 Deliver me not into the hand of my adversaries,\*  
for false witnesses have risen up against me,  
and also those who speak malice.**
- 17 What if I had not believed  
that I should see the goodness of the Lord\*  
in the land of the living!
-



**18 O tarry and await the Lord's pleasure;\*  
be strong, and he shall comfort your heart;  
wait patiently for the Lord.**

**Glory to God, Source of all Being, Eternal Word and Holy Spirit;  
as it was in the beginning, is now, and shall be forever. Amen.**

### **Conclusion – from Matthew 5**

**1** Blessed are the poor in spirit,\*  
for theirs is the kingdom of heaven.

**2 Blessed are those who mourn,\*  
for they shall be comforted.**

**3** Blessed are the meek,\*  
for they shall inherit the earth.

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

**5** Blessed are the merciful,\*  
for they shall obtain mercy.

**6 Blessed are the pure in heart,\*  
for they shall see God.**

**7** Blessed are the peacemakers,\*  
for they shall be called the children of God.

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

**Glory to God, Source of all Being, Eternal Word and Holy Spirit;  
as it was in the beginning, is now, and shall be forever. Amen.**

**Show me your ways, O Lord,  
and teach me your paths.**

## Readings

### Silence

#### Response – from Psalm 28.11

You, Lord are gracious and full of compassion.

**You, Lord are gracious and full of compassion.**

Slow to anger, full of kindness and truth.

**Full of compassion.**

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

**You, Lord are slow to anger and full of compassion.**

### Antiphon

*Days after Ash Wednesday*

We shall not live by bread alone,

**but by every word that proceeds from the mouth of God.**

*Week following Lent 1*

If you hear his voice,

**harden not your hearts.**

*Week following Lent 2*

Lord, you are indeed the Saviour of the world.

**Give us living water, that we may not thirst.**

*Week following Lent 3*

I will arise and go to my father

**and I will say to him, Father I have sinned against heaven**

**and before you.**

*Week following Lent 4*

Anyone who serves me must follow me,

**says the Lord; where I am, there shall my servant be also.**

## Magnificat

**My soul proclaims the greatness of the Lord  
my spirit rejoices in God my Saviour,  
for you, Lord, have looked with favour on your lowly servant.  
From this day all generations will call me blessed:  
You, the Almighty, have done great things for me  
and holy is your name.  
You have mercy on those who fear you  
from generation to generation.  
You have shown strength with your arm  
and scattered the proud in their conceit,  
casting down the mighty from their thrones  
and lifting up the lowly.  
You have filled the hungry with good things  
and sent the rich away empty.  
You have come to the aid of your servant Israel,  
to remember the promise of mercy,  
the promise made to our forebears,  
to Abraham and his children for ever.**

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**Anyone who serves me must follow me,  
says the Lord; where I am, there shall my servant be also.**

## Prayers

Lord, have mercy upon us.

**Christ, have mercy upon us.**

Lord, have mercy upon 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.**

**Do not bring us to the time of trial,  
but deliver us from evil.**

**For the kingdom, the power,  
and the glory are yours,  
now and for ever. Amen.**

Faithful God, the shelter of all who hope in you, may those who seek your face be set free from fear and distress, and come to see your goodness in the land of the living; through Jesus Christ, our Light and our Salvation. **Amen**

**Lord God almighty, come and dispel the darkness from our hearts, that in the radiance of your brightness we may know you, the only unfading light, glorious in all eternity. Amen.**

Let us bless the Lord:

**Thanks be to God!**

The God of hope fill us with all joy and peace in believing:  
**through the power of the Holy Spirit. Amen.**

## Returning to God – Tuesday

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 forever. Amen.**

### Psalmody

Show me your ways, O Lord,  
**and teach me your paths.**

#### Opening - from Psalm 25

- 1 You are the God of my salvation;\*  
in you have I trusted all the day long.
- 2 **Remember, O Lord, your compassion and love,\*  
for they are from everlasting.**
- 3 Remember not the sins of my youth and my transgressions;\*  
remember me according to your love.
- 4 **Let integrity and uprightness preserve me,\*  
for my hope has been in you.**

**Glory to God, Source of all Being, Eternal Word and Holy Spirit;  
as it was in the beginning, is now, and shall be forever. Amen.**

#### Psalms 127 & 128

- 1 Unless the Lord builds the house,\*  
their labour is in vain who build it.
- 2 **Unless the Lord watches over the city,\*  
in vain the watchman keeps his vigil.**
- 3 It is in vain that you rise so early and go to bed so late;\*  
vain, too, to eat the bread of toil,  
for he gives to his beloved sleep.
- 4 **Children are a heritage from the Lord,\*  
and the fruit of the womb is a gift.**

- 5 Like arrows in the hand of a warrior\*  
are the children of one's youth.
- 6 Happy is the man who has his quiver full of them!\*  
he shall not be put to shame**  
**when he contends with his enemies in the gate.**
- 1 Happy are they all who fear the Lord,\*  
and who follow in his ways!
- 2 You shall eat the fruit of your labour;\***  
**happiness and prosperity shall be yours.**
- 3 Your wife shall be like a fruitful vine within your house,\*  
your children like olive shoots round about your table.
- 4 The man who fears the Lord\*  
shall thus indeed be blessed.**
- 5 The Lord bless you from Zion,\*  
and may you see the prosperity of Jerusalem all the days of your life.
- 6 May you live to see your children's children;\***  
**may peace be upon Israel.**
- Glory to God, Source of all Being, Eternal Word and Holy Spirit;  
as it was in the beginning, is now, and shall be forever. Amen.**

### **Conclusion – from Matthew 5**

- 1 Blessed are the poor in spirit,\*  
for theirs is the kingdom of heaven.
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for they shall be comforted.**
- 3 Blessed are the meek,\*  
for they shall inherit the earth.
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## Readings

### Silence

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**You, Lord are gracious and full of compassion.**

Slow to anger, full of kindness and truth.  
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### Antiphon

*Days after Ash Wednesday*

We shall not live by bread alone,  
**but by every word that proceeds from the mouth of God.**

*Week following Lent 1*

If you hear his voice,  
**harden not your hearts.**



*Week following Lent 2*

Lord, you are indeed the Saviour of the world.

**Give us living water, that we may not thirst.**

*Week following Lent 3*

I will arise and go to my father

**and I will say to him, Father I have sinned against heaven**

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*Week following Lent 4*

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**says the Lord; where I am, there shall my servant be also.**

## **Magnificat**

**My soul proclaims the greatness of the Lord  
my spirit rejoices in God my Saviour,  
for you, Lord, have looked with favour on your lowly servant.**

**From this day all generations will call me blessed:**

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and holy is your name.**

**You have mercy on those who fear you  
from generation to generation.**

**You have shown strength with your arm  
and scattered the proud in their conceit,  
casting down the mighty from their thrones  
and lifting up the lowly.**

**You have filled the hungry with good things  
and sent the rich away empty.**

**You have come to the aid of your servant Israel,  
to remember the promise of mercy,  
the promise made to our forebears,  
to Abraham and his children for ever.**

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*Week following Lent 4*

**Anyone who serves me must follow me,  
says the Lord; where I am, there shall my servant be also.**

## Prayers

Lord, have mercy upon us.

**Christ, have mercy upon us.**

Lord, have mercy upon 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.**

**Do not bring us to the time of trial,  
but deliver us from evil.**

**For the kingdom, the power,  
and the glory are yours,  
now and for ever. Amen.**

Gracious God, giver of life in its fullness, you take no pleasure in human want but intend your bounty to be shared among your children. Lead us in the ways of justice and peace, for Jesus Christ's sake. **Amen**

**Lord God almighty, come and dispel the darkness from our hearts, that in the radiance of your brightness we may know you, the only unfading light, glorious in all eternity. Amen.**

Let us bless the Lord:

**Thanks be to God!**

The God of hope fill us with all joy and peace in believing:  
**through the power of the Holy Spirit. Amen.**

## Returning to God – Wednesday

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 forever. Amen.**

### Psalmody

Show me your ways, O Lord,  
**and teach me your paths.**

#### Opening - from Psalm 25

- 1 You are the God of my salvation;\*  
in you have I trusted all the day long.
- 2 **Remember, O Lord, your compassion and love,\*  
for they are from everlasting.**
- 3 Remember not the sins of my youth and my transgressions;\*  
remember me according to your love.
- 4 **Let integrity and uprightness preserve me,\*  
for my hope has been in you.**

**Glory to God, Source of all Being, Eternal Word and Holy Spirit;  
as it was in the beginning, is now, and shall be forever. Amen.**

#### Psalms 78: 1-19

- 1 Hear my teaching, O my people;\*  
incline your ears to the words of my mouth.
- 2 **I will open my mouth in a parable;\*  
I will declare the mysteries of ancient times.**
- 3 That which we have heard and known,  
and what our forefathers have told us,\*  
we will not hide from their children.

- 4 We will recount to generations to come  
the praiseworthy deeds and the power of the Lord,\*  
and the wonderful works he has done.**
- 5 He gave his decrees to Jacob and established a law for Israel,\*  
which he commanded them to teach their children;
- 6 That the generations to come might know,  
and the children yet unborn;\*,  
that they in their turn might tell it to their children;**
- 7 So that they might put their trust in God,\*  
and not forget the deeds of God,  
but keep his commandments;
- 8 And not be like their forefathers,  
a stubborn and rebellious generation,\*  
a generation whose heart was not steadfast,  
and whose spirit was not faithful to God.**
- 9 The people of Ephraim, armed with the bow,\*  
turned back in the day of battle;
- 10 They did not keep the covenant of God,\*  
and refused to walk in his law;**
- 11 They forgot what he had done,\*  
and the wonders he had shown them.
- 12 He worked marvels in the sight of their forefathers,\*  
in the land of Egypt, in the field of Zoan.**
- 13 He split open the sea and let them pass through;\*,  
he made the waters stand up like walls.
- 14 He led them with a cloud by day,\*  
and all the night through with a glow of fire.**
- 15 He split the hard rocks in the wilderness\*  
and gave them drink as from the great deep.
- 16 He brought streams out of the cliff,\*  
and the waters gushed out like rivers.**
-

- 17 But they went on sinning against him,\*  
rebelling in the desert against the Most High.
- 18 They tested God in their hearts,\*  
demanding food for their craving.**
- 19 They railed against God and said,\*  
'Can God set a table in the wilderness?
- 20 True, he struck the rock, the waters gushed out,  
and the gullies overflowed;\*  
but is he able to give bread  
or to provide meat for his people?'**
- 21 When the Lord heard this, he was full of wrath;\*  
a fire was kindled against Jacob,  
and his anger mounted against Israel;
- 22 For they had no faith in God,\*  
nor did they put their trust in his saving power.**
- 23 So he commanded the clouds above\*  
and opened the doors of heaven.
- 24 He rained down manna upon them to eat\*  
and gave them grain from heaven.**
- 25 So mortals ate the bread of angels;\*  
he provided for them food enough.
- 26 He caused the east wind to blow in the heavens\*  
and led out the south wind by his might.**
- 27 He rained down flesh upon them like dust\*  
and wingèd birds like the sand of the sea.
- 28 He let it fall in the midst of their camp\*  
and round about their dwellings.**
- 29 So they ate and were well filled,\*  
for he gave them what they craved.

- 30 But they did not stop their craving,\*  
though the food was still in their mouths.**
- 31 So God's anger mounted against them;\*  
he slew their strongest men  
and laid low the youth of Israel.
- 32 In spite of all this, they went on sinning\*  
and had no faith in his wonderful works.**
- 33 So he brought their days to an end like a breath\*  
and their years in sudden terror.
- 34 Whenever he slew them, they would seek him,\*  
and repent, and diligently search for God.**
- 35 They would remember that God was their rock,\*  
and the Most High God their redeemer.
- 36 But they flattered him with their mouths\*  
and lied to him with their tongues.**
- 37 Their heart was not steadfast toward him,\*  
and they were not faithful to his covenant.
- 38 But he was so merciful that he forgave their sins  
and did not destroy them;\*  
many times he held back his anger  
and did not permit his wrath to be roused.**
- 39 For he remembered that they were but flesh,\*  
a breath that goes forth and does not return.
- Glory to God, Source of all Being, Eternal Word and Holy Spirit;  
as it was in the beginning, is now, and shall be forever. Amen.**

### **Conclusion – from Matthew 5**

- 1 Blessed are the poor in spirit,\*  
for theirs is the kingdom of heaven.
- 2 **Blessed are those who mourn,\*  
for they shall be comforted.**

- 3 Blessed are the meek,\*  
for they shall inherit the earth.
- 4 **Blessed are those who hunger and thirst for righteousness,\*  
for they shall be satisfied.**
- 5 Blessed are the merciful,\*  
for they shall obtain mercy.
- 6 **Blessed are the pure in heart,\*  
for they shall see God.**
- 7 Blessed are the peacemakers,\*  
for they shall be called the children of God.
- 8 **Blessed are those who are persecuted for righteousness' sake,\*  
for theirs is the kingdom of heaven.**

**Glory to God, Source of all Being, Eternal Word and Holy Spirit;  
as it was in the beginning, is now, and shall be forever. Amen.**

**Show me your ways, O Lord,  
and teach me your paths.**

## Readings

### Silence

### Response – from Psalm 28.11

You, Lord are gracious and full of compassion.

**You, Lord are gracious and full of compassion.**

Slow to anger, full of kindness and truth.

**Full of compassion.**

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

**You, Lord are slow to anger and full of compassion.**



## Antiphon

*Days after Ash Wednesday*

We shall not live by bread alone,  
**but by every word that proceeds from the mouth of God.**

*Week following Lent 1*

If you hear his voice,  
**harden not your hearts.**

*Week following Lent 2*

Lord, you are indeed the Saviour of the world.  
**Give us living water, that we may not thirst.**

*Week following Lent 3*

I will arise and go to my father  
**and I will say to him, Father I have sinned against heaven  
and before you.**

*Week following Lent 4*

Anyone who serves me must follow me,  
**says the Lord; where I am, there shall my servant be also.**

## **Magnificat**

**My soul proclaims the greatness of the Lord  
my spirit rejoices in God my Saviour,  
for you, Lord, have looked with favour on your lowly servant.  
From this day all generations will call me blessed:  
You, the Almighty, have done great things for me  
and holy is your name.  
You have mercy on those who fear you  
from generation to generation.  
You have shown strength with your arm  
and scattered the proud in their conceit,  
casting down the mighty from their thrones  
and lifting up the lowly.  
You have filled the hungry with good things  
and sent the rich away empty.  
You have come to the aid of your servant Israel,  
to remember the promise of mercy,  
the promise made to our forebears,  
to Abraham and his children for ever.**

**Glory to God, Source of all Being, Eternal Word and Holy Spirit;  
as it was in the beginning, is now, and shall be forever. Amen.**

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*Days after Ash Wednesday*

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Lord, have mercy upon us.

**Christ, have mercy upon us.**

Lord, have mercy upon 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.**

**Do not bring us to the time of trial,  
but deliver us from evil.**

**For the kingdom, the power,  
and the glory are yours,  
now and for ever. Amen.**

God of grace, when we are frightened and alone, help us to trust you and cast our burdens upon you, that we may be upheld by your saving strength. We ask this in the name of Jesus Christ. **Amen**

**Lord God almighty, come and dispel the darkness from our hearts, that in the radiance of your brightness we may know you, the only unfading light, glorious in all eternity. Amen.**

Let us bless the Lord:

**Thanks be to God!**

The God of hope fill us with all joy and peace in believing:  
**through the power of the Holy Spirit. Amen.**

## Returning to God – Thursday

O God, make speed to save us:

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

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### Psalmody

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remember me according to your love.
- 4 **Let integrity and uprightness preserve me,\*  
for my hope has been in you.**

**Glory to God, Source of all Being, Eternal Word and Holy Spirit;  
as it was in the beginning, is now, and shall be forever. Amen.**

#### Psalm 78: 40-72

- 40 How often the people disobeyed him in the wilderness\*  
and offended him in the desert!
- 41 **Again and again they tempted God\*  
and provoked the Holy One of Israel.**
- 42 They did not remember his power\*  
in the day when he ransomed them from the enemy;
- 43 **How he wrought his signs in Egypt\*  
and his omens in the field of Zoan.**

- 44 He turned their rivers into blood,\*  
so that they could not drink of their streams.
- 45 He sent swarms of flies among them, which ate them up,\*  
and frogs, which destroyed them.**
- 46 He gave their crops to the caterpillar,\*  
the fruit of their toil to the locust.
- 47 He killed their vines with hail\*  
and their sycamores with frost.**
- 48 He delivered their cattle to hailstones\*  
and their livestock to hot thunderbolts.
- 49 He poured out upon them his blazing anger:\*  
fury, indignation, and distress,  
a troop of destroying angels.**
- 50 He gave full rein to his anger;  
he did not spare their souls from death,\*  
but delivered their lives to the plague.
- 51 He struck down all the firstborn of Egypt,\*  
the flower of manhood in the dwellings of Ham.**
- 52 He led out his people like sheep\*  
and guided them in the wilderness like a flock.
- 53 He led them to safety, and they were not afraid;\*  
but the sea overwhelmed their enemies.**
- 54 He brought them to his holy land,\*  
the mountain his right hand had won.
- 55 He drove out the Canaanites before them  
and apportioned an inheritance to them by lot;\*  
he made the tribes of Israel to dwell in their tents.**
- 56 But they tested the Most High God, and defied him,\*  
and did not keep his commandments.

- 57 They turned away and were disloyal like their fathers;\*  
they were undependable like a warped bow.**
- 58 They grieved him with their hill-altars\*  
and provoked his displeasure with their idols.
- 59 When God heard this, he was angry\*  
and utterly rejected Israel.**
- 60 He forsook the shrine at Shiloh,\*  
the tabernacle where he had lived among his people.
- 61 He delivered the ark into captivity,\*  
his glory into the adversary's hand.**
- 62 He gave his people to the sword\*  
and was angered against his inheritance.
- 63 The fire consumed their young men;\*  
there were no wedding songs for their maidens.**
- 64 Their priests fell by the sword,\*  
and their widows made no lamentation.
- 65 Then the Lord woke as though from sleep,\*  
like a warrior refreshed with wine.**
- 66 He struck his enemies on the backside\*  
and put them to perpetual shame.
- 67 He rejected the tent of Joseph\*  
and did not choose the tribe of Ephraim;**
- 68 He chose instead the tribe of Judah\*  
and Mount Zion, which he loved.
- 69 He built his sanctuary like the heights of heaven,\*  
like the earth which he founded for ever.**
- 70 He chose David his servant,\*  
and took him away from the sheepfolds.

**71 He brought him from following the ewes,\*  
to be a shepherd over Jacob his people  
and over Israel his inheritance.**

72 So he shepherded them with a faithful and true heart\*  
and guided them with the skilfulness of his hands.

**Glory to God, Source of all Being, Eternal Word and Holy Spirit;  
as it was in the beginning, is now, and shall be forever. Amen.**

### **Conclusion – from Matthew 5**

1 Blessed are the poor in spirit,\*  
for theirs is the kingdom of heaven.

**2 Blessed are those who mourn,\*  
for they shall be comforted.**

3 Blessed are the meek,\*  
for they shall inherit the earth.

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

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for they shall obtain mercy.

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**Show me your ways, O Lord,  
and teach me your paths.**



## Readings

### Silence

#### Response – from Psalm 28.11

You, Lord are gracious and full of compassion.

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Slow to anger, full of kindness and truth.

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*Days after Ash Wednesday*

We shall not live by bread alone,

**but by every word that proceeds from the mouth of God.**

*Week following Lent 1*

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**harden not your hearts.**

*Week following Lent 2*

Lord, you are indeed the Saviour of the world.

**Give us living water, that we may not thirst.**

*Week following Lent 3*

I will arise and go to my father

**and I will say to him, Father I have sinned against heaven**

**and before you.**

*Week following Lent 4*

Anyone who serves me must follow me,

**says the Lord; where I am, there shall my servant be also.**

## Magnificat

**My soul proclaims the greatness of the Lord  
my spirit rejoices in God my Saviour,  
for you, Lord, have looked with favour on your lowly servant.  
From this day all generations will call me blessed:  
You, the Almighty, have done great things for me  
and holy is your name.  
You have mercy on those who fear you  
from generation to generation.  
You have shown strength with your arm  
and scattered the proud in their conceit,  
casting down the mighty from their thrones  
and lifting up the lowly.  
You have filled the hungry with good things  
and sent the rich away empty.  
You have come to the aid of your servant Israel,  
to remember the promise of mercy,  
the promise made to our forebears,  
to Abraham and his children for ever.**

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**Christ, have mercy upon us.**

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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.**

**Do not bring us to the time of trial,  
but deliver us from evil.**

**For the kingdom, the power,  
and the glory are yours,  
now and for ever. Amen.**

God of pilgrims, strengthen our faith, we pray. Guide us through the uncertainties of our journey, and hold before us the vision of your eternal kingdom, made known to us in Jesus Christ our Lord. **Amen**

**Lord God almighty, come and dispel the darkness from our hearts, that in the radiance of your brightness we may know you, the only unfading light, glorious in all eternity. Amen.**

Let us bless the Lord:

**Thanks be to God!**

The God of hope fill us with all joy and peace in believing:  
**through the power of the Holy Spirit. Amen.**

## Returning to God – Friday

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;  
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Show me your ways, O Lord,  
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#### Opening - from Psalm 25

- 1 You are the God of my salvation;\*  
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remember me according to your love.
- 4 **Let integrity and uprightness preserve me,\*  
for my hope has been in you.**

**Glory to God, Source of all Being, Eternal Word and Holy Spirit;  
as it was in the beginning, is now, and shall be forever. Amen.**

#### Psalms 130 & 131

- 1 Out of the depths have I called you, O Lord;  
Lord, hear my voice;\*  
let your ears consider well the voice of my supplication.
- 2 **If you, Lord, were to note what is done amiss,\*  
O Lord, who could stand?**
- 3 For there is forgiveness with you,\*  
therefore 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 watchmen for the morning,\*  
more than watchmen for the morning.
- 6 **O Israel, wait for the Lord,\*  
for with the Lord there is mercy;**
- 7 With him there is plenteous redemption,\*  
and he shall redeem Israel from all their sins.
- 1 **O Lord, I am not proud;\*  
I have no haughty looks.**
- 2 I do not occupy myself with great matters,\*  
or with things that are too hard for me.
- 3 **But I still my soul and make it quiet,  
like a child upon its mother's breast;\*  
my soul is quieted within me.**
- 4 O Israel, wait upon the Lord,\*  
from this time forth for evermore.

**Glory to God, Source of all Being, Eternal Word and Holy Spirit;  
as it was in the beginning, is now, and shall be forever. Amen.**

### **Conclusion – from Matthew 5**

- 1 Blessed are the poor in spirit,\*  
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*Days after Ash Wednesday*

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*Week following Lent 1*

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**You have come to the aid of your servant Israel,  
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**Christ, have mercy upon us.**

Lord, have mercy upon 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.**

**Do not bring us to the time of trial,  
but deliver us from evil.**

**For the kingdom, the power,  
and the glory are yours,  
now and for ever. Amen.**

Rescue us, O God for whom we wait, from the depths of depression and despair. May we trust in your mercy, know the fullness of your redemption, and share in the glory of your kingdom; through our Saviour Jesus Christ. **Amen**

**Lord God almighty, come and dispel the darkness from our hearts, that  
in the radiance of your brightness we may know you, the only  
unfading light, glorious in all eternity. Amen.**

Let us bless the Lord:

**Thanks be to God!**

The God of hope fill us with all joy and peace in believing:  
**through the power of the Holy Spirit. Amen.**

## Returning to God – Saturday

O God, make speed to save us:

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

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remember me according to your love.
- 4 **Let integrity and uprightness preserve me,\*  
for my hope has been in you.**

**Glory to God, Source of all Being, Eternal Word and Holy Spirit;  
as it was in the beginning, is now, and shall be forever. Amen.**

#### Psalms 42 and 43

- 1 As the deer longs for the water-brooks,\*  
so longs my soul for you, O God.
- 2 **My soul is athirst for God, athirst for the living God;\*  
when shall I come to appear before the presence of God?**
- 3 My tears have been my food day and night,\*  
while all day long they say to me, 'Where now is your God?'
- 4 **I pour out my soul when I think on these things:\*  
how I went with the multitude and led them into the house of God,**

- 5 With the voice of praise and thanksgiving,\*  
among those who keep holy-day.
- 6 Why are you so full of heaviness, O my soul?\***  
**and why are you so disquieted within me?**
- 7 Put your trust in God;\*  
for I will yet give thanks to him,  
who is the help of my countenance, and my God.
- 8 My soul is heavy within me;\***  
**therefore I will remember you from the land of Jordan,**  
**and from the peak of Mizar among the heights of Hermon.**
- 9 One deep calls to another in the noise of your cataracts;\*  
all your rapids and floods have gone over me.
- 10 The Lord grants his loving-kindness in the daytime;\***  
**in the night season his song is with me,**  
**a prayer to the God of my life.**
- 11 I will say to the God of my strength, 'Why have you forgotten me?\*'   
and why do I go so heavily while the enemy oppresses me?'
- 12 While my bones are being broken,\***  
**my enemies mock me to my face;**
- 13 All day long they mock me\*  
and say to me, 'Where now is your God?'
- 14 Why are you so full of heaviness, O my soul?\***  
**and why are you so disquieted within me?**
- 15 Put your trust in God;\*  
for I will yet give thanks to him,  
who is the help of my countenance, and my God.
- 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 strength;  
why have you put me from you?\*
- and why do I go so heavily while the enemy oppresses me?
- 3 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 harp 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 Put your trust in God;\*
- for I will yet give thanks to him,  
who is the help of my countenance, and my God.

**Glory to God, Source of all Being, Eternal Word and Holy Spirit;  
as it was in the beginning, is now, and shall be forever. Amen.**

### **Conclusion – from Matthew 5**

- 1 Blessed are the poor in spirit,\*  
for theirs is the kingdom of heaven.
- 2 Blessed are those who mourn,\*  
for they shall be comforted.**
- 3 Blessed are the meek,\*  
for they shall inherit the earth.
- 4 Blessed are those who hunger and thirst for righteousness,\*  
for they shall be satisfied.**
- 5 Blessed are the merciful,\*  
for they shall obtain mercy.
- 6 Blessed are the pure in heart,\*  
for they shall see God.**
- 7 Blessed are the peacemakers,\*  
for they shall be called the children of God.

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

**Glory to God, Source of all Being, Eternal Word and Holy Spirit;  
as it was in the beginning, is now, and shall be forever. Amen.**

**Show me your ways, O Lord,  
and teach me your paths.**

## Readings

## Silence

## Response – from Psalm 28.11

You, Lord are gracious and full of compassion.

**You, Lord are gracious and full of compassion.**

Slow to anger, full of kindness and truth.

**Full of compassion.**

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

**You, Lord are slow to anger and full of compassion.**

## Antiphon

*Days after Ash Wednesday*

We shall not live by bread alone,

**but by every word that proceeds from the mouth of God.**

*Week following Lent 1*

If you hear his voice,

**harden not your hearts.**

*Week following Lent 2*

Lord, you are indeed the Saviour of the world.

**Give us living water, that we may not thirst.**

*Week following Lent 3*

I will arise and go to my father

**and I will say to him, Father I have sinned against heaven  
and before you.**

*Week following Lent 4*

Anyone who serves me must follow me,  
says the Lord; where I am, there shall my servant be also.

## **Magnificat**

**My soul proclaims the greatness of the Lord  
my spirit rejoices in God my Saviour,  
for you, Lord, have looked with favour on your lowly servant.**

**From this day all generations will call me blessed:  
You, the Almighty, have done great things for me  
and holy is your name.**

**You have mercy on those who fear you  
from generation to generation.**

**You have shown strength with your arm  
and scattered the proud in their conceit,  
casting down the mighty from their thrones  
and lifting up the lowly.**

**You have filled the hungry with good things  
and sent the rich away empty.**

**You have come to the aid of your servant Israel,  
to remember the promise of mercy,  
the promise made to our forebears,  
to Abraham and his children for ever.**

**Glory to God, Source of all Being, Eternal Word and Holy Spirit;  
as it was in the beginning, is now, and shall be forever. Amen.**

## **Antiphon**

*Days after Ash Wednesday*

**We shall not live by bread alone,  
but by every word that proceeds from the mouth of God.**

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and I will say to him, Father I have sinned against heaven  
and before you.**

*Week following Lent 4*

**Anyone who serves me must follow me,  
says the Lord; where I am, there shall my servant be also.**

## **Prayers**

Lord, have mercy upon us.  
**Christ, have mercy upon us.**  
Lord, have mercy upon 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.  
Do not bring us to the time of trial,  
but deliver us from evil.  
For the kingdom, the power,  
and the glory are yours,  
now and for ever. Amen.**



Almighty and everlasting God, you hate nothing that you have made and forgive the sins of all those who are penitent: create and make in us new and contrite hearts that we, worthily lamenting our sins and acknowledging our wretchedness, may receive from you, the God of all mercy, perfect remission and forgiveness; through Jesus Christ your Son our Lord who is alive and reigns with you, in the unity of the Holy Spirit, one God, now and forever. **Amen**

**Lord God almighty, come and dispel the darkness from our hearts, that in the radiance of your brightness we may know you, the only unfading light, glorious in all eternity. Amen.**

Let us bless the Lord:

**Thanks be to God!**

The God of hope fill us with all joy and peace in believing:  
**through the power of the Holy Spirit. Amen.**