

*St Matthew's Church*  
**Morning Worship**  
**Lent**



*You are the light of the world ... Let your light shine before others, so that they may see your good works and give glory to your Father in heaven.*

*Matthew 5:14-16*

***For Reflection***

*Fast from hurting words and say kind words.  
Fast from sadness and be filled with gratitude.  
Fast from anger and be filled with patience.  
Fast from pessimism and be filled with hope.  
Fast from worries and trust in God.*

*Fast from complaints and contemplate simplicity.  
Fast from pressures and be prayerful.  
Fast from bitterness and fill your heart with joy.  
Fast from selfishness and be compassionate to others.  
Fast from grudges and be reconciled.  
Fast from words and be silent so you can listen.*

*Words for Lent written from Pope Francis.*

### ***Opening Prayers***

In the name of the Father, and of the Son, and of the Holy Spirit. **Amen.**

We meet in the presence of God  
**who knows our needs,  
hears our cries,  
feels our pain,  
and heals our wounds.**

**Come, Holy Spirit,  
fill the hearts of your faithful people,  
and kindle in us the fire of your love;  
through Jesus Christ our Lord. Amen.**

Blessed are you, God of compassion and mercy,  
to you be praise and glory for ever!  
As we rejoice in the gift of your saving help,  
sustain us with your bountiful Spirit  
and open our lips to sing your praise  
Father, Son and Holy Spirit:  
**Blessed be God for ever!**

*(from Celebrating Common Prayer SSF)*

## ***Confession***

St Paul says

'Be imitators of God; love as Christ loved;  
do not grieve the Holy Spirit; put away all anger and bitterness, all slander  
and malice.'

*cf Ephesians 4:30-5:1*

So let us confess our sins to God  
who forgives us in Christ.

**Lord our God,  
in our sin we have avoided your call.  
Our love for you is like a morning cloud, like the dew that goes away  
early.**

**Have mercy on us;  
deliver us from judgement;  
bind up our wounds and revive us;  
in Jesus Christ our Lord.**

**Amen.**

*Cf Hosea 6*

The Lord is full of compassion and mercy, slow to anger and of great  
kindness.

*Ps 103:8*

## ***Absolution***

May the God of love  
bring us back to himself  
forgive us our sins  
and assure us of his eternal love  
in Jesus Christ our Lord.

**Amen**

***Reading from the Bible, Time for Reflection***

### ***Affirmation of faith***

Let us affirm our faith in Jesus Christ the Son of God:

**Though he was divine,  
he did not cling to equality with God,  
but made himself nothing.  
Taking the form of a slave,  
he was born in human likeness.  
He humbled himself  
and was obedient to death,  
even the death of the cross.  
Therefore God has raised him on high,  
and given him the name above every name:  
that at the name of Jesus  
every knee should bow,  
and every voice proclaim that Jesus Christ is Lord,  
to the glory of God the Father.  
Amen.**

*Silence*

### ***Time for prayer***

With confidence and trust let us pray to the Father, through Jesus the Son, in the power of the Holy Spirit:

*Response:*

Lord of compassion,  
**in your mercy hear us.**

*To end our prayers*

... Merciful Father:  
**accept these prayers  
for the sake of your Son  
our Saviour Jesus Christ**

And so we gather our prayers together in the words he taught us:

**Our Father in heaven,**

**hallowed be your name;**

**Your kingdom come**

**Your will be done, on earth as in heaven.**

**Give us today our daily bread.**

**And 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 forever.**

**Amen.**

### ***Closing Prayers***

Father of all, we have begun this your day;

and we lay the hours that are to come before you, both today and in the coming week.

In our speaking and our listening

**Be our centre**

In our eating and our drinking

**Be our centre**

In our lying down and our going out

**Be our centre**

In our working and our resting

**Be our centre**

In our relationships and our solitude

**Be our centre**

And in all the moments in between,

**let us see you:**

**May we know you better, love you more deeply, and honour your name  
in all that we do.**

**Amen.**

***The Blessing***

The Lord bless us and watch over us  
The Lord make his face shine upon us  
And be gracious to us,  
The Lord look kindly on us  
And give us peace  
And the blessing of God Almighty,  
the Father, Son and Holy Spirit  
be upon us and remain with us,  
and those we love today and everyday.  
Amen.

***Dismissal***

Go in peace, to love and serve the Lord  
**In the name of Christ**  
Amen.