

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.

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.**