

Leader: May God's goodness be yours,  
**People: And well, and seven times well,  
may you spend your lives:**

Leader: May you be an isle in the sea,  
**People: May you be a hill on the shore,**  
Leader: May you be a star in the darkness,  
**People: May you be a staff to the weak;**

Leader: May the love Christ Jesus gave fill  
every heart for you;

**All: May the love Christ Jesus gave fill  
you for every one.**

Call to Worship (Adopted from Psalm 134)

LEADER: O God our Creator, your kindness  
has brought us the gift of a new morning.

**PEOPLE: Help us to leave yesterday and  
not to covet tomorrow, but to accept the  
uniqueness of today.**

LEADER: By your love celebrated in your  
Word, seen in your Son, brought near by your  
Spirit, take from us what we need to carry no  
longer,

**ALL: So that we may be free again to  
choose to serve you and to be served by  
each other. Amen.**

Opening Prayer

(St. Ignatius of Loyola)

Receive, Lord, all my liberty, my memory, my  
understanding and my whole will.

You have given me all that I have, all that I  
am, and I surrender all to your divine will, that  
you dispose of me. Give me only your love  
and your grace.

With this I am rich enough, and have no more  
to ask. Amen.

God to enfold us, God to surround us  
God in our speaking, God in our  
thinking  
God in our life, God on our lips  
God in our souls, God in our hearts

**Lord God,  
we have sinned against you;  
we have done evil in your sight.  
We are sorry and repent.  
Have mercy on us according to your love.  
Wash away our wrongdoing and cleanse  
us from our sin.  
Renew a right spirit within us  
and restore us to the joy of your  
salvation,  
through Jesus Christ our Lord.**

**Amen.**

(Lenten Confession: Church of England)

**Almighty God,  
long-suffering and of great goodness:  
I confess to you,  
I confess with my whole heart  
my neglect and forgetfulness of your  
commandments,  
my wrong doing, thinking, and speaking;  
the hurts I have done to others,  
and the good I have left undone.  
O God, forgive me, for I have sinned  
against you;  
and raise me to newness of life;  
through Jesus Christ our Lord.  
Amen.**

(Church of England)

Absolution (note 'us')

May the God of all healing and forgiveness  
draw *us* to himself,  
and cleanse *us* from all *our* sins  
that *we* may behold the glory of his Son,  
the Word made flesh,  
Jesus Christ our Lord.

**Amen.**

(Church of England)

May the God of love and power  
forgive *us* and free *us* from *us* sins,  
heal and strengthen *us* by his Spirit,  
and raise *us* to new life in Christ our Lord.

**Amen.**

(Church of England)

May almighty God,  
who sent his Son into the world to save  
sinners,  
bring *us* his pardon and peace, now and for  
ever.

**Amen.**

(Church of England)

The Lord enrich *us* with his grace,  
and nourish *us* with his blessing;  
the Lord defend *us* in trouble and keep *us*  
from all evil;  
the Lord accept *our* prayers,  
and absolve *us* from *our* offences,  
for the sake of Jesus Christ, our Saviour.

**Amen.**

(Church of England)

As we look for the coming of the kingdom, so  
we pray

**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.  
Save us from the time of trial  
and deliver us from evil.  
For the kingdom, the power,  
and the glory are yours  
now and for ever.  
Amen.**

The Lord be with you  
And also with you

The grace of our Lord Jesus Christ,  
and the love of God,  
and the fellowship of the Holy Spirit  
be with us all  
evermore.

*cf 2 Corinthians 13.13*

Glory to God, Source of all being,  
Eternal Word and Holy Spirit;  
as it was in the beginning is now  
and shall be for ever. Amen.  
(Gloria Patri)

O gracious and holy Father  
give us wisdom to perceive you  
intelligence to understand you  
diligence to seek you  
patience to wait for you  
eyes to behold you  
a heart to meditate upon you  
a life to proclaim you  
through the power of the Spirit  
of Jesus Christ our Lord.  
Amen.

*(attributed to St. Benedict.)*

Day by day,  
O dear Lord,  
three things I pray:  
to see thee more clearly,  
to love thee more dearly,  
follow thee more nearly,  
day by day.

Holy Spirit, as this day begins  
waken me to your presence;  
waken me to your indwelling;  
waken me to inward sight of you,  
and speech with you  
and strength from you;  
that all my earthly walk may awaken into song  
and my spirit leap up to you all day,  
all ways.

(Eric Milner-White)

### **Morning Prayer of St Francis**

*St Francis of Assisi )1182-1226)*

Lord, help me to live this day, easily;  
to lean on your great strength, trustfully,  
restfully;  
to wait for the unfolding of your will, patiently,  
serenely;  
to meet others, peacefully, joyfully;  
to face tomorrow, confidently, courageously.

### **Morning Offering**

Father,  
you have brought us  
to the beginning of a new day.  
Your hand is upon us to care for and protect  
us.  
We offer you our lives and hearts.  
May we always do your will  
and love our neighbour as ourselves.

All that I am,  
all that I do,  
all whom I'll meet today,  
I offer now to you.

I awake to the light of God.  
I awake to the guiding of Christ.  
I awake to the flow of the Spirit.

Be with me through this day  
in all I do and say.  
Be with me through this day  
and keep me in Christ's way.

### **Grace Before Meals**

Bless us, O Lord,  
and these thy gifts  
which we are about to receive through your  
goodness  
Through Christ our Lord.  
Amen.

God be in my head, and in my understanding;  
God be in my eyes, and in my looking;  
God be in my mouth, and in my speaking;  
God be in my heart, and in my thinking;  
God be at mine end, and at my departing.  
Amen

May the peace of the Lord Christ go with you  
wherever He may send you,  
May He guide you through the wilderness,  
protect you through the storm.  
May He bring you home rejoicing  
at the wonders He has shown you,  
May He bring you home rejoicing  
once again into our doors.

### **Blessing**

(Prayer of St Teresa of Avila)

Let nothing disturb you,  
Nothing affright you;  
All things are passing,  
God never changes.  
Patient endurance  
Attains to all things;  
Who God possesses  
In nothing is wanting;  
Alone God suffices.

### **Daily Dedication**

*Formerly the collect for Ember Saturday in  
Lent, this prayer is now used on the Thursday  
after Ash Wednesday.*

Lord  
may everything we do  
begin with your inspiration  
and continue with your help,  
so that all our prayers and works  
may begin in you  
and by you be happily ended.  
We ask this through Christ our Lord.  
Amen.

### **Prayer of Thanksgiving**

We give you thanks  
for all your gifts.  
Almighty God,  
living and reigning  
now and forever.  
Amen.

Enrich, Lord, heart,  
hands, mouth in me  
With faith, with hope  
and charity,  
That I may run, rise,  
rest in Thee.

G. Herbert