



Morning Prayer for Lent



*St. Ebba's, Eyemouth;
Christ Church, Duns;
St. Mary's, Coldstream.*

The Berwickshire Episcopal Group of
Churches



Scottish Episcopal Church

The Diocese of Edinburgh

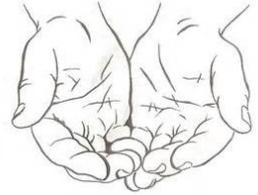
Growing together in following Christ and sharing God's love

Opening Stillness:

(Here a candle may be lit)

Let us pray for grace to keep Lent faithfully.

Silence:



Opening Prayer:

Holy God, our lives are laid open before you: rescue us from the chaos of sin, and through the death of your Son bring us healing and make us whole in Jesus Christ our Lord. Amen.

Silence:

Lord Jesus, you commanded the waves to be still and calmed the stormy sea. Quieten now our restless hearts that, as we journey through this season of Lent so we may find our rest in you.

We recognise the noise inside us and the noises around us.

We acknowledge them, but seek here, in this time, to know your presence in the midst of all that might distract us.

So, now, we surrender, for these moments, our speech as we seek to turn our attention toward you, knowing that beneath the silence there lies a deeper Word, your living Word. As we still our souls may we hear you, and know that you are listening.

Silence:

Ever listening, ever watchful, ever loving God:

We rest in you.

All knowing, always present, ever loving God:

We rest in you.

Confession and Forgiveness:

From the depths of our hearts we cry to you, O Lord:

Lord, by your Cross and Passion, free us from the sins we have committed against you and against our neighbour. In your mercy and grace take from us all that hinders our relationship with you, free us from all that corrupts, and bring us to the liberty of the Children of God.



May the God of love re-centre us again in himself, may he forgive us our sins, and assure us of his eternal love for us in Jesus Christ our Lord. Amen.

Silence:



Psalm 31 (excerpts from verses 1–9):

In you, O Lord, have I taken refuge;
Let me never be put to shame.

Be my strong rock, a castle to keep me safe;

For you are my stronghold, lead me and guide me in your way.

Into your hands, O Lord, I place my very being;

Save me and hold me, so that I might not be overwhelmed.

I will be glad and rejoice in you;

For you have set my feet in a spacious place.



I trust in you, O Lord:

I say “You are my God”, my times are in your hands.

Silence:

Come, Lord, come to us.

**Enter our darkness with your light,
fill our emptiness with your
presence.**

Come refresh, restore, renew us.

**In our sadness, come as joy;
in our troubles, come as peace;
in our fearfulness, come as hope;
in our darkness, come as light;
in our frailty, come as strength;
in our loneliness come as love.
Come, refresh, restore, renew us.**

Bible Reading:

*(This may be followed by a short
reflection)*

Silence:

Prayers for family;
friends; community;
world:



Here we bring to God ourselves, and as we do so we bring to him: the things that cause us to rejoice, to weep; the things that cause us anxiety, fear, shame; the things that we hope for and long for; for ourselves, for others.

The Lord's Prayer:

As our Saviour has taught us, 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. 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.**

Or....



As our Saviour Christ has
commanded and
taught us, we are bold to say:

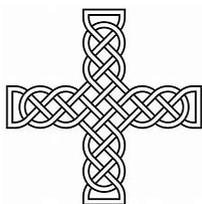
**Our Father, who art in heaven,
hallowed be thy name;
thy kingdom come; thy will be done;
on earth as it is in heaven.
Give us this day our daily bread;
and forgive us our trespasses,**

**as we forgive those who trespass
against us.**

**And lead us not into temptation, but
deliver us from evil.**

**For thine is the kingdom, the power
and the glory,
for ever and ever. Amen.**

Silence:



**Closing
Prayer:**



In gratitude for this moment,
this place, those around us;
Christ among us; we give
ourselves to you, our God.

**Take us out to live in this Lenten
season as changed people because
we have met with Christ here in this
place and so cannot be the same.**

Ask much of us, expect much from us,
enable much by us, encourage many
through us.

**So may we live our lives to your
glory, both as inhabitants of earth,
but also as citizens of your Heavenly
Kingdom. Amen.**

Closing Blessing:

May the peace of the
Lord Christ go with us,
wherever He may send
us. May He guide us
through the wilderness,
protect us through the
storm.



May He bring us home rejoicing
at the wonders He has shown us.
May He bring us home rejoicing
once again into these doors.