



# Holy Trinity Micklegate

## Morning Prayer during Lent

*To be used on Sundays when public worship is suspended*

### Preparation

O Lord, open our lips  
**and our mouth shall proclaim your praise.**

Hear our voice, O Lord, according to your faithful love,  
**according to your judgement give us life.**

Blessed are you, God of compassion and mercy, to you be praise and glory for ever. In the darkness of our sin, your light breaks forth like the dawn and your healing springs up for deliverance. As we rejoice in the gift of your saving help, sustain us with your bountiful Spirit and open our lips to sing your praise. Blessed be God, Father, Son and Holy Spirit.

**Blessed be God for ever.**

### Hymn or music

*Refer to the pew sheet for details. The hymn is followed by:*

The night has passed, and the day lies open before us;  
**let us pray with one heart and mind.**

As we rejoice in the gift of this new day, so may the light of your presence,  
O God, set our hearts on fire with love for you; now and for ever.

**Amen.**

### The Word of God

#### Psalmody

*The appointed psalmody is said. Followed by:*

**Glory be to the Father, and to the Son: and to the Holy Spirit; as it was in the beginning, is now, and ever shall be: world without end. Amen.**

#### First reading

*The first reading appointed for the day may be read. At the end the reader says:*

This is the word of the Lord.

**Thanks be to God.**

#### Canticle - The Song of Manasseh

**Full of compassion and mercy and love is God, the Most High, the Almighty.**

Lord almighty and God of our ancestors, you who made heaven and earth in all their glory: All things tremble with awe at your presence, before your great and mighty power. Immeasurable and unsearchable is your promised mercy, for you are God, Most High. You are full of compassion, long-suffering and very merciful, and you relent at human suffering. O God, according to your great goodness, you have promised forgiveness for repentance to those who have sinned against you. The sins I have committed against you are more in number than the sands of the sea. I am not worthy to look up to the height of heaven, because of the multitude of my iniquities. And now I bend the knee of my heart before you, imploring your kindness upon me. I have sinned, O God, I have sinned, and I acknowledge my transgressions. Unworthy as I am, you will save me, according to your great mercy. For all the host of heaven sings your praise, and your glory is for ever and ever.

**Glory be to the Father, and to the Son: and to the Holy Spirit; as it was in the beginning, is now, and ever shall be: world without end. Amen.**

**Full of compassion and mercy and love is God, the Most High, the Almighty.**

## Second reading

*The second reading appointed for the day may be read. At the end the reader says:*

This is the word of the Lord.

**Thanks be to God.**

*The reading is followed by:*

To you, O Lord, I lift up my soul;

**O my God, in you I trust.**

You are the God of my salvation,

**To you, O Lord, I lift up my soul.**

In you I hope all the day long.

**O my God, in you I trust.**

Remember, Lord, your compassion and love, for they are from everlasting.

**To you, O Lord, I lift up my soul; O my God, in you I trust.**

## Gospel Cantic

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

Blessed be the Lord the God of Israel, who has come to his people and set them free. He has raised up for us a mighty Saviour, born of the house of his servant David. Through his holy prophets God promised of old to save us from our enemies, from the hands of all that hate us, To show mercy to our ancestors, and to remember his holy covenant. This was the oath God swore to our father Abraham: to set us free from the hands of our enemies, Free to worship him without fear, holy and righteous in his sight all the days of our life. And you, child, shall be called the prophet of the Most High, for you will go before the Lord to prepare his way, To give his people knowledge of salvation by the forgiveness of all their sins. In the tender compassion of our God the dawn from on high shall break upon us, To shine on those who dwell in darkness and the shadow of death, and to guide our feet into the way of peace.

**Glory be to the Father, and to the Son: and to the Holy Spirit; as it was in the beginning, is now, and ever shall be: world without end. Amen.**

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

## Sermon or thought for the day

*On some days there will be a sermon or thought for the day.*

## Prayers

*Intercessions are offered followed by the Collect of the day and the Lord's Prayer.*

Trusting in the compassion of God, let us pray with confidence as our Saviour has taught us.

**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.**

## Hymn or music

*Refer to the pew sheet for details.*

## The Conclusion

May God our Redeemer show us compassion and love.

**Amen.**

Let us bless the Lord.

**Thanks be to God.**