**Morning Prayer**

**Lent and Holy Week**

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**Seeking God together**

From Monday to Saturday every week, we gather together at **9:00am** to hear God’s Word and to pray together.

The main focus is simply that we meet as the Body of Christ with our Father God in the name of Jesus and in the power of the Holy Spirit.

We intercede on behalf of our villages and our world and we seek to hear God’s voice of guidance and blessing.

This booklet contains the resources we’ll be using each morning.

**We invite you to join us either via Zoom using these details:**

**Meeting ID: 835 1392 5378**

**Password: 858873**

If you don’t wish or are unable to use Zoom, please use this resource to join us at home.

Each day we will be praying for a different Village in the benefice

Monday -Hockering

Tuesday - Yaxham

Wednesday - Welborne

Thursday - East Tuddenham

Friday – North Tuddenham

Saturday— Mattishall

**Lent** is the period of 40 days which comes before Easter in the Christian calendar. Beginning on Ash Wednesday, **Lent** is a season of reflection and preparation before the celebrations of Easter.

**Preparation**

O God, make speed to save us

**O Lord make haste to help us**

 Hear my prayer, O Lord , and give ear to my cry;

**Hold not your peace at my tears.**

*Psalm 39:13*

**The word of God**

*a psalm, and one or more*

*Bible readings are used.*

To you O lord , I lift up my soul:

**O my God in you I trust**

**Prayers**

*Prayers may include:*

* *The day and it’s tasks, the world and it’s needs,*
* *the church and her life.*
* *In our Benefice please pray for the*
* *village allocated for today.*

**Collect for lent**

Almighty and everlasting God,

You hate nothing that you have made

And forgive the sins of all who are penitent:

Create and make in us new and contrite hearts

That we, worthily lamenting our sins

And acknowledging our wretchedness,

May receive from you, the God of all mercy, perfect remission and forgiveness;

Through Jesus Christ our Lord

**Amen**

And /Or

Teach us good Lord,

to serve you as you deserve;

To give and not to count the cost;

To fight and not to heed the wounds;

To toil and not to seek for rest;

To labour and not to seek for any reward,

Save that of knowing that we do your will.

*After Ignatius of Loyola (1556)*

**The Lord’s Prayer Conclusion**  May God bless us and show us

compassion and mercy

**Amen.**

**The suggested readings for Lent**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Date | Psalm | Old Testament | New Testament | Notes |
| Wed  March 2 | 38 | Dan 9:3-6  17-19 | 1Tim 6:6-19 | Ash Wed |
| Thurs 3 | 77 | Gen 2:1-11 | Gal 2:11-end |  |
| Fri 4 | 3 | Gen 40 | Gal 3:1-14 |  |
| Sat 5 | 71 | Gen 41:1-24 | Gal 3:15-22 |  |
| Mon 7 | 11 | Gen 41:25-45 | Gal 3:23-4:7 | Lent 1 |
| Tues 8 | 44 | Gen 41:49-42:5 | Gal 4:8-20 |  |
| Wed 9 | 6 | Gen 42:6-17 | Gal 4:21-5:1 |  |
| Thurs 10 | 42 | Gen 42:18-28 | Gal 5:2-15 |  |
| Fri 11 | 22 | Gen 42:29-end | Gal 5:16-end |  |
| Sat 12 | 63 | Gen 43: 1-15 | Gal 6 |  |
| Mon 14 | 32 | Gen 43:16-end | Heb 1 | Lent 2 |
| Tues 15 | 50 | Gen 44:1-17 | Heb 2:1-9 |  |
| Wed 16 | 35 | Gen 44:18-end | Heb 2:10-end |  |
| Thurs 17 | 34 | Gen 45:1-15 | Heb 3:1-6 |  |
| Fri 18 | 41 | Gen 45:16-end | Heb 3:17-end |  |
| Sat 19 | 25 | Isa 11:1-10 | Matt 13:54-58 | Joseph of Nazareth |
| Mon 21 | 5 | Gen 47:1-27 | Heb 4:14-5:10 | Lent 3 |
| Tues 22 | 9 | Gen 47:28-end 48 | Heb 5:11-6:12 |  |
| Wed 23 | 38 | Gen 49:1-32 | Heb 6:13-end |  |
| Thur 24 | 56 | Gen 49:33-end 50 | Heb7:1-10 |  |
| Fri 25 | 111 | 1 Sam 2:1-10 | Rom 5 12-end | The annunciation |
| Sat 26 | 31 | Ex 1:22-2:10 | Heb 8 |  |
| Mon 28 | 77 | Ex 2:11-22 | Heb 9:1-14 | Lent 4 |
| Tues 29 | 79 | Ex 2:23-3:20 | Heb 9:15-end |  |
| Wed 30 | 90 | Ex 4:1-23 | Heb 10:1-18 |  |
| Thurs 31 | 86 | Ex 4:27:-6:1 | Heb 10 :19-25 |  |
| Fri 1 April | 102 | Ex 6:2-13 | Heb 10:26-end |  |
| Sat 2 | 32 | Ex 7:8-end | Heb 11:1-16 |  |
| Mon 4 | 73 | Ex 8:1-19 | Heb 11:17-31 | Lent 5 |
| Tues 5 | 35 | Ex 8:20-end | Heb 11:32-12:2 |  |
| Wed 6 | 55 | Ex 9:1-12 | Heb 12:3-13 |  |
| Thurs 7 | 40 | Ex 9:13-end | Heb 12:14-end |  |
| Fri 8 | 22 | Ex 10 | Heb 13:1-16 |  |
| Sat 9 | 23 | Ex 11 | Heb 13:17-end |  |
| Mon 11 | 41 | Lam1:1-12a | Luke 22:1-23 | Holy Week |
| Tues 12 | 27 | Lam 3:1-18 | Luke 22:24-53 |  |
| Wed 13 | 102 | Jer 11:18-20 | Luke 22:54-end |  |
| Thurs 14 | 42 | Lev 16:2-24 | Luke 23:1-25 | Maundy Thurs |
| Fri 15 | 130 | Gen 22:1-18 | John 18 | Good Friday |
| Sat 16 | 142 | Hos 6:1-6 | John 2: 18-22 | Easter Eve |

*“We are called to listen ever more attentively to the God who seeks to bring transformation in Christ to us. Who longs for us to be a prayerful people, a pastoral people and a prophetic people*.”

**– Bishop Graham**

**Prayerful:** Transform us O Christ, that, deeply rooted in prayer, we may be fully alive to you and your purposes for us and for all people. Amen

**Pastoral:** Transform us O Christ, that, like Peter, we may hear you charging us to shepherd your sheep: may we too respond for love of you by feeding the hungry and tending the vulnerable. Amen

**Prophetic:** Transform us, O Christ, that, inspired by your example, we may find our voice to challenge injustice and stand up for the oppressed. Amen