

## Returning to God – Ash Wednesday

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

**Glory to the Father and to the Son, and to the Holy Spirit;  
as it was in the beginning, is now, and shall be forever. Amen.**

### Psalmody

O God, you are my God;  
**eagerly I seek you.**  
(Ps. 63.1)

### Opening - from Psalms 63

- 1 My soul thirsts for you, my flesh faints for you,\*  
as in a barren and dry land where there is no water.
- 2 **For your loving-kindness is better than life itself;\*  
my lips shall give you praise.**
- 3 For you have been my helper,\*  
and under the shadow of your wings I will rejoice.
- 4 **My soul clings to you;\*  
your right hand holds me fast.**

**Glory to God, Source of all Being, Eternal Word and Holy Spirit;  
as it was in the beginning, is now, and shall be forever. Amen.**

### Psalm 51

- 1 Have mercy on me, O God, according to your loving-kindness;\*  
in your great compassion blot out my offences.
- 2 **Wash me through and through from my wickedness\*  
and cleanse me from my sin.**
- 3 For I know my transgressions,\*  
and my sin is ever before me.

- 
- 4 Against you only have I sinned\*  
and done what is evil in your sight.**
- 5 And so you are justified when you speak\*  
and upright in your judgement.
- 6 Indeed, I have been wicked from my birth,\*  
a sinner from my mother's womb.**
- 7 For behold, you look for truth deep within me,\*  
and will make me understand wisdom secretly.
- 8 Purge me from my sin, and I shall be pure;\*  
wash me, and I shall be clean indeed.**
- 9 Make me hear of joy and gladness,\*  
that the body you have broken may rejoice.
- 10 Hide your face from my sins\*  
and blot out all my iniquities.**
- 11 Create in me a clean heart, O God,\*  
and renew a right spirit within me.
- 12 Cast me not away from your presence\*  
and take not your holy Spirit from me.**
- 13 Give me the joy of your saving help again\*  
and sustain me with your bountiful Spirit.
- 14 I shall teach your ways to the wicked,\*  
and sinners shall return to you.**
- 15 Deliver me from death, O God,\*  
and my tongue shall sing of your righteousness, O God of my salvation.
- 16 Open my lips, O Lord,\*  
and my mouth shall proclaim your praise.**
- 17 Had you desired it, I would have offered sacrifice,\*  
but you take no delight in burnt-offerings.
- 18 The sacrifice of God is a troubled spirit;\*  
a broken and contrite heart, O God, you will not despise.**
-

- 19 Be favourable and gracious to Zion,\*  
and rebuild the walls of Jerusalem.
- 20 Then you will be pleased with the appointed sacrifices,  
with burnt-offerings and oblations;\*  
then shall they offer young bullocks upon your altar.**

**Glory to God, Source of all Being, Eternal Word and Holy Spirit;  
as it was in the beginning, is now, and shall be forever. Amen.**

### **Conclusion – from Ezekiel 36**

- 1 I will gather you from every country,\*  
and bring you home to your own land.
- 2 I will pour clean water over you,\*  
and cleanse you from your idols.**
- 3 A new heart I will give you,\*  
and put a new spirit within you.
- 4 I will take from your body the heart of stone.\*  
and give you a heart of flesh.**
- 5 I will put my spirit within you.\*  
and make you walk in my ways and observe my decrees.
- 6 You will live in the land that I gave to your forebears;\*  
you will be my people and I will be your God.**

**Glory to God, Source of all Being, Eternal Word and Holy Spirit;  
as it was in the beginning, is now, and shall be forever. Amen.**

O God, you are my God;  
eagerly I seek you.

## Readings

### Silence

#### Response – from Psalm 63 verse 4

Turn, O Lord, and deliver me.

**Turn, O Lord and deliver me**

Save me for your mercy's sake.

**And deliver me.**

Glory to the Father and to the Son and to the Holy Spirit.

**Turn, O Lord, and deliver me.**

### Benedictus

Create in me a clean heart, O God.

**Blessed are you, Lord, the God of Israel,  
you have come to your people and set them free.**

**You have raised up for us a mighty Saviour,  
born of the house of your servant David.**

**Through your holy prophets, you promised of old  
to save us from our enemies,  
from the hands of all who hate us;  
to show mercy to our forebears,  
and to remember your holy covenant.**

**This was the oath you swore to our father Abraham:  
to set us free from the hands of our enemies,  
free to worship you without fear,  
holy and righteous before you,  
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 the way,  
to give God's people knowledge of salvation  
by the forgiveness of 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 to the Father and to the Son, and to the Holy Spirit;  
as it was in the beginning, is now, and shall be forever. Amen.**

**Create in me a clean heart, O God.**

## Prayers

Lord, have mercy upon us.

**Christ, have mercy upon us.**

Lord, have mercy upon 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.**

**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.**

Almighty God, to you all hearts are open, all desires known, and from you no secrets are hidden. Cleanse the thoughts of our hearts by the inspiration of your Holy Spirit, that we may perfectly love you, and worthily magnify your holy name; through Christ our Lord. **Amen**

**God most holy, we give you thanks for bringing us out of the shadow of night into the light of morning; and we ask you for the joy of spending this day in your service, so that when evening comes, we may once more give you thanks, through Jesus Christ your Son our Lord. Amen.**

Let us bless the Lord:

**Thanks be to God!**

The Lord bless us and preserve us from all evil;  
**and bring us to life eternal. Amen.**

## Returning to God – Sunday

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

**Glory to the Father and to the Son, and to the Holy Spirit;**  
**as it was in the beginning, is now, and shall be forever. Amen.**

### Psalmody

O God, you are my God;  
**eagerly I seek you.**  
(Ps. 63.1)

### Opening - from Psalms 63

- 1 My soul thirsts for you, my flesh faints for you,\*  
as in a barren and dry land where there is no water.
- 2 **For your loving-kindness is better than life itself;\***  
**my lips shall give you praise.**
- 3 For you have been my helper,\*  
and under the shadow of your wings I will rejoice.
- 4 **My soul clings to you;\***  
**your right hand holds me fast.**

**Glory to God, Source of all Being, Eternal Word and Holy Spirit;**  
**as it was in the beginning, is now, and shall be forever. Amen.**

### Psalm 34

- 1 I will bless the Lord at all times;\*  
his praise shall ever be in my mouth.
- 2 **I will glory in the Lord;\***  
**let the humble hear and rejoice.**
- 3 Proclaim with me the greatness of the Lord;\*  
let us exalt his name together.
- 4 **I sought the Lord, and he answered me\***  
**and delivered me out of all my terror.**

- 5 Look upon him and be radiant,\*  
and let not your faces be ashamed.
- 6 I called in my affliction and the Lord heard me\*  
and saved me from all my troubles.**
- 7 The angel of the Lord encompasses those who fear him,\*  
and he will deliver them.
- 8 Taste and see that the Lord is good;\*  
happy are they who trust in him!**
- 9 Fear the Lord, you that are his saints,\*  
for those who fear him lack nothing.
- 10 The young lions lack and suffer hunger,\*  
but those who seek the Lord lack nothing that is good.**
- 11 Come, children, and listen to me;\*  
I will teach you the fear of the Lord.
- 12 Who among you loves life\*  
and desires long life to enjoy prosperity?**
- 13 Keep your tongue from evil-speaking\*  
and your lips from lying words.
- 14 Turn from evil and do good;\*  
seek peace and pursue it.**
- 15 The eyes of the Lord are upon the righteous,\*  
and his ears are open to their cry.
- 16 The face of the Lord is against those who do evil,\*  
to root out the remembrance of them from the earth.**
- 17 The righteous cry, and the Lord hears them\*  
and delivers them from all their troubles.
- 18 The Lord is near to the brokenhearted\*  
and will save those whose spirits are crushed.**
- 19 Many are the troubles of the righteous,\*  
but the Lord will deliver him out of them all.



- 20 He will keep safe all his bones;\*  
not one of them shall be broken.**
- 21 Evil shall slay the wicked,\*  
and those who hate the righteous will be punished.
- 22 The Lord ransoms the life of his servants,\*  
and none will be punished who trust in him.**

**Glory to God, Source of all Being, Eternal Word and Holy Spirit;  
as it was in the beginning, is now, and shall be forever. Amen.**

### Conclusion – from Ezekiel 36

- 1 I will gather you from every country,\*  
and bring you home to your own land.
- 2 I will pour clean water over you,\*  
and cleanse you from your idols.**
- 3 A new heart I will give you,\*  
and put a new spirit within you.
- 4 I will take from your body the heart of stone.\*  
and give you a heart of flesh.**
- 5 I will put my spirit within you.\*  
and make you walk in my ways and observe my decrees.
- 6 You will live in the land that I gave to your forebears;\*  
you will be my people and I will be your God.**

**Glory to God, Source of all Being, Eternal Word and Holy Spirit;  
as it was in the beginning, is now, and shall be forever. Amen.**

O God, you are my God;  
eagerly I seek you.

### Readings

### Silence

## Response – from Psalm 63 verse 4

Turn, O Lord, and deliver me.

**Turn, O Lord and deliver me**

Save me for your mercy's sake.

**And deliver me.**

Glory to the Father and to the Son and to the Holy Spirit.

**Turn, O Lord, and deliver me.**

## Benedictus

### Week 1

We shall not live by bread alone,

**but by every word that proceeds from the mouth of God.**

### Week 2

If you hear his voice,

**harden not your hearts.**

### Week 3

Lord, you are indeed the Saviour of the world.

**Give us living water, that we may not thirst.**

### Week 4

I will arise and go to my father

**and I will say to him, Father I have sinned against heaven  
and before you.**

### Week 5

Anyone who serves me must follow me,

**says the Lord; where I am, there shall my servant be also.**

**Blessed are you, Lord, the God of Israel,  
you have come to your people and set them free.  
You have raised up for us a mighty Saviour,  
born of the house of your servant David.**

**Through your holy prophets, you promised of old  
to save us from our enemies,  
from the hands of all who hate us;**

**to show mercy to our forebears,  
and to remember your holy covenant.**

**This was the oath you swore to our father Abraham:  
to set us free from the hands of our enemies,  
free to worship you without fear,  
holy and righteous before you,  
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 the way,  
to give God's people knowledge of salvation  
by the forgiveness of 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 to the Father and to the Son, and to the Holy Spirit;  
as it was in the beginning, is now, and shall be forever. Amen.**

*Week 1*

**We shall not live by bread alone,  
but by every word that proceeds from the mouth of God.**

*Week 2*

**If you hear his voice,  
harden not your hearts.**

*Week 3*

**Lord, you are indeed the Saviour of the world.  
Give us living water, that we may not thirst.**

*Week 4*

**I will arise and go to my father  
and I will say to him, Father I have sinned against heaven  
and before you.**

*Week 5*

**Anyone who serves me must follow me,  
says the Lord; where I am, there shall my servant be also.**

## Prayers

Lord, have mercy upon us.

**Christ, have mercy upon us.**

Lord, have mercy upon 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.  
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.**

Hear us, Lord, when we cry to you. Calm our bodies and minds with the peace which passes understanding, and make us radiant with the knowledge of your goodness; through Jesus Christ our Saviour. **Amen**

**God most holy, we give you thanks for bringing us out of the shadow of night into the light of morning; and we ask you for the joy of spending this day in your service, so that when evening comes, we may once more give you thanks, through Jesus Christ your Son our Lord. Amen.**

Let us bless the Lord:

**Thanks be to God!**

The Lord bless us and preserve us from all evil;  
**and bring us to life eternal. Amen.**

## Returning to God – Monday

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

**Glory to the Father and to the Son, and to the Holy Spirit;  
as it was in the beginning, is now, and shall be forever. Amen.**

### Psalmody

O God, you are my God;  
**eagerly I seek you.**  
(Ps. 63.1)

### Opening - from Psalms 63

- 1 My soul thirsts for you, my flesh faints for you,\*  
as in a barren and dry land where there is no water.
- 2 **For your loving-kindness is better than life itself;\*  
my lips shall give you praise.**
- 3 For you have been my helper,\*  
and under the shadow of your wings I will rejoice.
- 4 **My soul clings to you;\*  
your right hand holds me fast.**

**Glory to God, Source of all Being, Eternal Word and Holy Spirit;  
as it was in the beginning, is now, and shall be forever. Amen.**

### Psalm 32

- 1 Happy are they whose transgressions are forgiven,\*  
and whose sin is put away!
- 2 **Happy are they to whom the Lord imputes no guilt,\*  
and in whose spirit there is no guile!**
- 3 While I held my tongue, my bones withered away,\*  
because of my groaning all day long.
- 4 **For your hand was heavy upon me day and night;\*  
my moisture was dried up as in the heat of summer.**

- 5 Then I acknowledged my sin to you,\*  
and did not conceal my guilt.
- 6 I said, 'I will confess my transgressions to the Lord.'\*  
Then you forgave me the guilt of my sin.**
- 7 Therefore all the faithful  
will make their prayers to you in time of trouble;\*  
when the great waters overflow, they shall not reach them.
- 8 You are my hiding-place; you preserve me from trouble;\*  
you surround me with shouts of deliverance.**
- 9 'I will instruct you and teach you in the way that you should go;\*  
I will guide you with my eye.
- 10 Do not be like horse or mule, which have no understanding;\*  
who must be fitted with bit and bridle,  
or else they will not stay near you.'**
- 11 Great are the tribulations of the wicked;\*  
but mercy embraces those who trust in the Lord.
- 12 Be glad, you righteous, and rejoice in the Lord;\*  
shout for joy, all who are true of heart.**
- Glory to God, Source of all Being, Eternal Word and Holy Spirit;  
as it was in the beginning, is now, and shall be forever. Amen.**

### Conclusion – from Ezekiel 36

- 1 I will gather you from every country,\*  
and bring you home to your own land.
- 2 I will pour clean water over you,\*  
and cleanse you from your idols.**
- 3 A new heart I will give you,\*  
and put a new spirit within you.
- 4 I will take from your body the heart of stone.\*  
and give you a heart of flesh.**

5 I will put my spirit within you.\*  
and make you walk in my ways and observe my decrees.

6 **You will live in the land that I gave to your forebears;\*  
you will be my people and I will be your God.**

**Glory to God, Source of all Being, Eternal Word and Holy Spirit;  
as it was in the beginning, is now, and shall be forever. Amen.**

O God, you are my God;  
eagerly I seek you.

## Readings

## Silence

## Response – from Psalm 63 verse 4

Turn, O Lord, and deliver me.

**Turn, O Lord and deliver me**

Save me for your mercy's sake.

**And deliver me.**

Glory to the Father and to the Son and to the Holy Spirit.

**Turn, O Lord, and deliver me.**

## Benedictus

### Week 1

We shall not live by bread alone,  
**but by every word that proceeds from the mouth of God.**

### Week 2

If you hear his voice,  
**harden not your hearts.**

### Week 3

Lord, you are indeed the Saviour of the world.  
**Give us living water, that we may not thirst.**

### Week 4

I will arise and go to my father  
**and I will say to him, Father I have sinned against heaven  
and before you.**

### Week 5

Anyone who serves me must follow me,  
**says the Lord; where I am, there shall my servant be also.**

**Blessed are you, Lord, the God of Israel,  
you have come to your people and set them free.  
You have raised up for us a mighty Saviour,  
born of the house of your servant David.**

**Through your holy prophets, you promised of old  
to save us from our enemies,  
from the hands of all who hate us;  
to show mercy to our forebears,  
and to remember your holy covenant.**

**This was the oath you swore to our father Abraham:  
to set us free from the hands of our enemies,  
free to worship you without fear,  
holy and righteous before you,  
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 the way,  
to give God's people knowledge of salvation  
by the forgiveness of 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 to the Father and to the Son, and to the Holy Spirit;  
as it was in the beginning, is now, and shall be forever. Amen.**

*Week 1*

**We shall not live by bread alone,  
but by every word that proceeds from the mouth of God.**

*Week 2*

**If you hear his voice,  
harden not your hearts.**

*Week 3*

**Lord, you are indeed the Saviour of the world.  
Give us living water, that we may not thirst.**

*Week 4*

**I will arise and go to my father  
and I will say to him, Father I have sinned against heaven  
and before you.**

*Week 5*

**Anyone who serves me must follow me,  
says the Lord; where I am, there shall my servant be also.**

## Prayers

Lord, have mercy upon us.

**Christ, have mercy upon us.**

Lord, have mercy upon 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.  
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.**

Watch over us, loving God, and when we fall into sin teach us to acknowledge our guilt. May we forgive and be forgiven, for the sake of the one who was wounded for our transgressions, Jesus Christ your Son our Saviour. **Amen**

**God most holy, we give you thanks for bringing us out of the shadow of night into the light of morning; and we ask you for the joy of spending this day in your service, so that when evening comes, we may once more give you thanks, through Jesus Christ your Son our Lord. Amen.**

Let us bless the Lord:

**Thanks be to God!**

The Lord bless us and preserve us from all evil;  
**and bring us to life eternal. Amen.**

## Returning to God – Tuesday

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

**Glory to the Father and to the Son, and to the Holy Spirit;**  
**as it was in the beginning, is now, and shall be forever. Amen.**

### Psalmody

O God, you are my God;  
**eagerly I seek you.**  
(Ps. 63.1)

### Opening - from Psalms 63

- 1 My soul thirsts for you, my flesh faints for you,\*  
as in a barren and dry land where there is no water.
- 2 **For your loving-kindness is better than life itself;\***  
**my lips shall give you praise.**
- 3 For you have been my helper,\*  
and under the shadow of your wings I will rejoice.
- 4 **My soul clings to you;\***  
**your right hand holds me fast.**

**Glory to God, Source of all Being, Eternal Word and Holy Spirit;**  
**as it was in the beginning, is now, and shall be forever. Amen.**

### Psalm 61

- 1 Hear my cry, O God,\*  
and listen to my prayer.
- 2 **I call upon you from the ends of the earth with heaviness in my heart;\***  
**set me upon the rock that is higher than I.**
- 3 For you have been my refuge,\*  
a strong tower against the enemy.
- 4 **I will dwell in your house for ever;\***  
**I will take refuge under the cover of your wings.**

5 For you, O God, have heard my vows;\*  
you have granted me the heritage of those who fear your name.

**6 Add length of days to the king's life;\*  
let his years extend over many generations.**

7 Let him sit enthroned before God for ever;\*  
bid love and faithfulness watch over him.

**8 So will I always sing the praise of your name,\*  
and day by day I will fulfil my vows.**

**Glory to God, Source of all Being, Eternal Word and Holy Spirit;  
as it was in the beginning, is now, and shall be forever. Amen.**

### Conclusion – from Ezekiel 36

1 I will gather you from every country,\*  
and bring you home to your own land.

**2 I will pour clean water over you,\*  
and cleanse you from your idols.**

3 A new heart I will give you,\*  
and put a new spirit within you.

**4 I will take from your body the heart of stone.\*  
and give you a heart of flesh.**

5 I will put my spirit within you.\*  
and make you walk in my ways and observe my decrees.

**6 You will live in the land that I gave to your forebears;\*  
you will be my people and I will be your God.**

**Glory to God, Source of all Being, Eternal Word and Holy Spirit;  
as it was in the beginning, is now, and shall be forever. Amen.**

O God, you are my God;  
eagerly I seek you.

### Readings

### Silence

## Response – from Psalm 63 verse 4

Turn, O Lord, and deliver me.

**Turn, O Lord and deliver me**

Save me for your mercy's sake.

**And deliver me.**

Glory to the Father and to the Son and to the Holy Spirit.

**Turn, O Lord, and deliver me.**

## Benedictus

### Week 1

We shall not live by bread alone,

**but by every word that proceeds from the mouth of God.**

### Week 2

If you hear his voice,

**harden not your hearts.**

### Week 3

Lord, you are indeed the Saviour of the world.

**Give us living water, that we may not thirst.**

### Week 4

I will arise and go to my father

**and I will say to him, Father I have sinned against heaven  
and before you.**

### Week 5

Anyone who serves me must follow me,

**says the Lord; where I am, there shall my servant be also.**

**Blessed are you, Lord, the God of Israel,  
you have come to your people and set them free.  
You have raised up for us a mighty Saviour,  
born of the house of your servant David.**

**Through your holy prophets, you promised of old  
to save us from our enemies,  
from the hands of all who hate us;**

**to show mercy to our forebears,  
and to remember your holy covenant.**

**This was the oath you swore to our father Abraham:  
to set us free from the hands of our enemies,  
free to worship you without fear,  
holy and righteous before you,  
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 the way,  
to give God's people knowledge of salvation  
by the forgiveness of 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 to the Father and to the Son, and to the Holy Spirit;  
as it was in the beginning, is now, and shall be forever. Amen.**

*Week 1*

**We shall not live by bread alone,  
but by every word that proceeds from the mouth of God.**

*Week 2*

**If you hear his voice,  
harden not your hearts.**

*Week 3*

**Lord, you are indeed the Saviour of the world.  
Give us living water, that we may not thirst.**

*Week 4*

**I will arise and go to my father  
and I will say to him, Father I have sinned against heaven  
and before you.**

*Week 5*

**Anyone who serves me must follow me,  
says the Lord; where I am, there shall my servant be also.**

## Prayers

Lord, have mercy upon us.

**Christ, have mercy upon us.**

Lord, have mercy upon 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.  
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.**

God of our salvation, when we are depressed and fearful, teach us the way of quiet confidence and hope. We ask this in the name of Jesus Christ the Lord. **Amen**

**God most holy, we give you thanks for bringing us out of the shadow of night into the light of morning; and we ask you for the joy of spending this day in your service, so that when evening comes, we may once more give you thanks, through Jesus Christ your Son our Lord. Amen.**

Let us bless the Lord:

**Thanks be to God!**

The Lord bless us and preserve us from all evil;  
**and bring us to life eternal. Amen.**

## Returning to God – Wednesday

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

**Glory to the Father and to the Son, and to the Holy Spirit;  
as it was in the beginning, is now, and shall be forever. Amen.**

### Psalmody

O God, you are my God;  
**eagerly I seek you.**  
(Ps. 63.1)

### Opening - from Psalms 63

- 1 My soul thirsts for you, my flesh faints for you,\*  
as in a barren and dry land where there is no water.
- 2 **For your loving-kindness is better than life itself;\***  
**my lips shall give you praise.**
- 3 For you have been my helper,\*  
and under the shadow of your wings I will rejoice.
- 4 **My soul clings to you;\***  
**your right hand holds me fast.**

**Glory to God, Source of all Being, Eternal Word and Holy Spirit;  
as it was in the beginning, is now, and shall be forever. Amen.**

### Psalm 25

- 1 To you, O Lord, I lift up my soul; my God, I put my trust in you;\*  
let me not be humiliated, nor let my enemies triumph over me.
- 2 **Let none who look to you be put to shame;\***  
**let the treacherous be disappointed in their schemes.**
- 3 Show me your ways, O Lord,\*  
and teach me your paths.



- 
- 4 Lead me in your truth and teach me,\*  
for you are the God of my salvation;  
in you have I trusted all the day long.**
- 5 Remember, O Lord, your compassion and love,\*  
for they are from everlasting.
- 6 Remember not the sins of my youth and my transgressions;\*  
remember me according to your love  
and for the sake of your goodness, O Lord.**
- 7 Gracious and upright is the Lord;\*  
therefore he teaches sinners in his way.
- 8 He guides the humble in doing right\*  
and teaches his way to the lowly.**
- 9 All the paths of the Lord are love and faithfulness\*  
to those who keep his covenant and his testimonies.
- 10 For your name's sake, O Lord,\*  
forgive my sin, for it is great.**
- 11 Who are they who fear the Lord?\*  
he will teach them the way that they should choose.
- 12 They shall dwell in prosperity,\*  
and their offspring shall inherit the land.**
- 13 The Lord is a friend to those who fear him\*  
and will show them his covenant.
- 14 My eyes are ever looking to the Lord,\*  
for he shall pluck my feet out of the net.**
- 15 Turn to me and have pity on me,\*  
for I am left alone and in misery.
- 16 The sorrows of my heart have increased;\*  
bring me out of my troubles.**
- 17 Look upon my adversity and misery\*  
and forgive me all my sin.

**18 Look upon my enemies, for they are many,\*  
and they bear a violent hatred against me.**

19 Protect my life and deliver me;\*  
let me not be put to shame, for I have trusted in you.

**20 Let integrity and uprightness preserve me,\*  
for my hope has been in you.**

21 Deliver Israel, O God,\*  
out of all his troubles.

**Glory to God, Source of all Being, Eternal Word and Holy Spirit;  
as it was in the beginning, is now, and shall be forever. Amen.**

### Conclusion – from Ezekiel 36

1 I will gather you from every country,\*  
and bring you home to your own land.

**2 I will pour clean water over you,\*  
and cleanse you from your idols.**

3 A new heart I will give you,\*  
and put a new spirit within you.

**4 I will take from your body the heart of stone.\*  
and give you a heart of flesh.**

5 I will put my spirit within you.\*  
and make you walk in my ways and observe my decrees.

**6 You will live in the land that I gave to your forebears;\*  
you will be my people and I will be your God.**

**Glory to God, Source of all Being, Eternal Word and Holy Spirit;  
as it was in the beginning, is now, and shall be forever. Amen.**

O God, you are my God;  
eagerly I seek you.

## Readings

## Silence

## Response – from Psalm 63 verse 4

Turn, O Lord, and deliver me.

**Turn, O Lord and deliver me**

Save me for your mercy's sake.

**And deliver me.**

Glory to the Father and to the Son and to the Holy Spirit.

**Turn, O Lord, and deliver me.**

## Benedictus

### Week 1

We shall not live by bread alone,

**but by every word that proceeds from the mouth of God.**

### Week 2

If you hear his voice,

**harden not your hearts.**

### Week 3

Lord, you are indeed the Saviour of the world.

**Give us living water, that we may not thirst.**

### Week 4

I will arise and go to my father

**and I will say to him, Father I have sinned against heaven  
and before you.**

### Week 5

Anyone who serves me must follow me,

**says the Lord; where I am, there shall my servant be also.**

**Blessed are you, Lord, the God of Israel,  
you have come to your people and set them free.  
You have raised up for us a mighty Saviour,  
born of the house of your servant David.**

**Through your holy prophets, you promised of old  
to save us from our enemies,  
from the hands of all who hate us;**

**to show mercy to our forebears,  
and to remember your holy covenant.**

**This was the oath you swore to our father Abraham:  
to set us free from the hands of our enemies,  
free to worship you without fear,  
holy and righteous before you,  
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 the way,  
to give God's people knowledge of salvation  
by the forgiveness of 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 to the Father and to the Son, and to the Holy Spirit;  
as it was in the beginning, is now, and shall be forever. Amen.**

*Week 1*

**We shall not live by bread alone,  
but by every word that proceeds from the mouth of God.**

*Week 2*

**If you hear his voice,  
harden not your hearts.**

*Week 3*

**Lord, you are indeed the Saviour of the world.  
Give us living water, that we may not thirst.**

*Week 4*

**I will arise and go to my father  
and I will say to him, Father I have sinned against heaven  
and before you.**

*Week 5*

**Anyone who serves me must follow me,  
says the Lord; where I am, there shall my servant be also.**

## Prayers

Lord, have mercy upon us.

**Christ, have mercy upon us.**

Lord, have mercy upon 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.**

**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.**

God of compassion and love, forgive our sins, relieve our misery, satisfy our longing, and fulfil all our hopes for peace; through your Son Jesus Christ our Redeemer. **Amen**

**God most holy, we give you thanks for bringing us out of the shadow of night into the light of morning; and we ask you for the joy of spending this day in your service, so that when evening comes, we may once more give you thanks, through Jesus Christ your Son our Lord. Amen.**

Let us bless the Lord:

**Thanks be to God!**

The Lord bless us and preserve us from all evil;  
**and bring us to life eternal. Amen.**

## Returning to God – Thursday

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

**Glory to the Father and to the Son, and to the Holy Spirit;  
as it was in the beginning, is now, and shall be forever. Amen.**

### Psalmody

O God, you are my God;  
**eagerly I seek you.**  
(Ps. 63.1)

### Opening - from Psalms 63

- 1 My soul thirsts for you, my flesh faints for you,\*  
as in a barren and dry land where there is no water.
- 2 **For your loving-kindness is better than life itself;\*  
my lips shall give you praise.**
- 3 For you have been my helper,\*  
and under the shadow of your wings I will rejoice.
- 4 **My soul clings to you;\*  
your right hand holds me fast.**

**Glory to God, Source of all Being, Eternal Word and Holy Spirit;  
as it was in the beginning, is now, and shall be forever. Amen.**

### Psalm 77

- 1 I will cry aloud to God;\*  
I will cry aloud, and he will hear me.
- 2 **In the day of my trouble I sought the Lord;\*  
my hands were stretched out by night and did not tire;  
I refused to be comforted.**
- 3 I think of God, I am restless,\*  
I ponder, and my spirit faints.

- 
- 4 You will not let my eyelids close;\*  
I am troubled and I cannot speak.**
- 5 I consider the days of old;\*  
I remember the years long past;
- 6 I commune with my heart in the night;\*  
I ponder and search my mind.**
- 7 Will the Lord cast me off for ever?\*  
will he no more show his favour?
- 8 Has his loving-kindness come to an end for ever?\***  
**has his promise failed for evermore?**
- 9 Has God forgotten to be gracious?\*
- has he, in his anger, withheld his compassion?
- 10 And I said, 'My grief is this:\***  
**the right hand of the Most High has lost its power.'**
- 11 I will remember the works of the Lord,\*  
and call to mind your wonders of old time.
- 12 I will meditate on all your acts\*  
and ponder your mighty deeds.**
- 13 Your way, O God, is holy,\*  
who is so great a god as our God?
- 14 You are the God who works wonders\*  
and have declared your power among the peoples.**
- 15 By your strength you have redeemed your people,\*  
the children of Jacob and Joseph.
- 16 The waters saw you, O God; the waters saw you and trembled;\*  
the very depths were shaken.**
- 17 The clouds poured out water; the skies thundered;\*  
your arrows flashed to and fro;

**18 The sound of your thunder was in the whirlwind;  
your lightnings lit up the world;\*  
the earth trembled and shook.**

19 Your way was in the sea, and your paths in the great waters,\*  
yet your footsteps were not seen.

**20 You led your people like a flock\*  
by the hand of Moses and Aaron.**

**Glory to God, Source of all Being, Eternal Word and Holy Spirit;  
as it was in the beginning, is now, and shall be forever. Amen.**

### Conclusion – from Ezekiel 36

1 I will gather you from every country,\*  
and bring you home to your own land.

**2 I will pour clean water over you,\*  
and cleanse you from your idols.**

3 A new heart I will give you,\*  
and put a new spirit within you.

**4 I will take from your body the heart of stone.\*  
and give you a heart of flesh.**

5 I will put my spirit within you.\*  
and make you walk in my ways and observe my decrees.

**6 You will live in the land that I gave to your forebears;\*  
you will be my people and I will be your God.**

**Glory to God, Source of all Being, Eternal Word and Holy Spirit;  
as it was in the beginning, is now, and shall be forever. Amen.**

O God, you are my God;  
eagerly I seek you.

## Readings

## Silence



## Response – from Psalm 63 verse 4

Turn, O Lord, and deliver me.

**Turn, O Lord and deliver me**

Save me for your mercy's sake.

**And deliver me.**

Glory to the Father and to the Son and to the Holy Spirit.

**Turn, O Lord, and deliver me.**

## Benedictus

### Week 1

We shall not live by bread alone,

**but by every word that proceeds from the mouth of God.**

### Week 2

If you hear his voice,

**harden not your hearts.**

### Week 3

Lord, you are indeed the Saviour of the world.

**Give us living water, that we may not thirst.**

### Week 4

I will arise and go to my father

**and I will say to him, Father I have sinned against heaven  
and before you.**

### Week 5

Anyone who serves me must follow me,

**says the Lord; where I am, there shall my servant be also.**

**Blessed are you, Lord, the God of Israel,  
you have come to your people and set them free.  
You have raised up for us a mighty Saviour,  
born of the house of your servant David.**

**Through your holy prophets, you promised of old  
to save us from our enemies,  
from the hands of all who hate us;**

**to show mercy to our forebears,  
and to remember your holy covenant.**

**This was the oath you swore to our father Abraham:  
to set us free from the hands of our enemies,  
free to worship you without fear,  
holy and righteous before you,  
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 the way,  
to give God's people knowledge of salvation  
by the forgiveness of 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 to the Father and to the Son, and to the Holy Spirit;  
as it was in the beginning, is now, and shall be forever. Amen.**

*Week 1*

**We shall not live by bread alone,  
but by every word that proceeds from the mouth of God.**

*Week 2*

**If you hear his voice,  
harden not your hearts.**

*Week 3*

**Lord, you are indeed the Saviour of the world.  
Give us living water, that we may not thirst.**

*Week 4*

**I will arise and go to my father  
and I will say to him, Father I have sinned against heaven  
and before you.**

*Week 5*

**Anyone who serves me must follow me,  
says the Lord; where I am, there shall my servant be also.**

## Prayers

Lord, have mercy upon us.

**Christ, have mercy upon us.**

Lord, have mercy upon 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.  
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.**

God of saving power, remember us in times of sorrow and despair.  
Redeem us with your strength and guide us through the wilderness. We  
ask this in the name of Jesus Christ.. **Amen**

**God most holy, we give you thanks for bringing us out of the shadow  
of night into the light of morning; and we ask you for the joy of  
spending this day in your service, so that when evening comes, we  
may once more give you thanks, through Jesus Christ your Son our  
Lord. Amen.**

Let us bless the Lord:

**Thanks be to God!**

The Lord bless us and preserve us from all evil;  
**and bring us to life eternal. Amen.**

## Returning to God – Friday

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

**Glory to the Father and to the Son, and to the Holy Spirit;**  
**as it was in the beginning, is now, and shall be forever. Amen.**

### Psalmody

O God, you are my God;  
**eagerly I seek you.**  
(Ps. 63.1)

### Opening - from Psalms 63

- 1 My soul thirsts for you, my flesh faints for you,\*  
as in a barren and dry land where there is no water.
- 2 **For your loving-kindness is better than life itself;\***  
**my lips shall give you praise.**
- 3 For you have been my helper,\*  
and under the shadow of your wings I will rejoice.
- 4 **My soul clings to you;\***  
**your right hand holds me fast.**

**Glory to God, Source of all Being, Eternal Word and Holy Spirit;**  
**as it was in the beginning, is now, and shall be forever. Amen.**

### Psalm 51

- 1 Have mercy on me, O God, according to your loving-kindness;\*  
in your great compassion blot out my offences.
- 2 **Wash me through and through from my wickedness\***  
**and cleanse me from my sin.**
- 3 For I know my transgressions,\*  
and my sin is ever before me.
- 4 **Against you only have I sinned\***  
**and done what is evil in your sight.**

- 5 And so you are justified when you speak\*  
and upright in your judgement.
- 6 Indeed, I have been wicked from my birth,\*  
a sinner from my mother's womb.**
- 7 For behold, you look for truth deep within me,\*  
and will make me understand wisdom secretly.
- 8 Purge me from my sin, and I shall be pure;\*  
wash me, and I shall be clean indeed.**
- 9 Make me hear of joy and gladness,\*  
that the body you have broken may rejoice.
- 10 Hide your face from my sins\*  
and blot out all my iniquities.**
- 11 Create in me a clean heart, O God,\*  
and renew a right spirit within me.
- 12 Cast me not away from your presence\*  
and take not your holy Spirit from me.**
- 13 Give me the joy of your saving help again\*  
and sustain me with your bountiful Spirit.
- 14 I shall teach your ways to the wicked,\*  
and sinners shall return to you.**
- 15 Deliver me from death, O God,\*  
and my tongue shall sing of your righteousness, O God of my salvation.
- 16 Open my lips, O Lord,\*  
and my mouth shall proclaim your praise.**
- 17 Had you desired it, I would have offered sacrifice,\*  
but you take no delight in burnt-offerings.
- 18 The sacrifice of God is a troubled spirit;\*  
a broken and contrite heart, O God, you will not despise.**
- 19 Be favourable and gracious to Zion,\*  
and rebuild the walls of Jerusalem.
-

**20 Then you will be pleased with the appointed sacrifices,  
with burnt-offerings and oblations;\*  
then shall they offer young bullocks upon your altar.**

**Glory to God, Source of all Being, Eternal Word and Holy Spirit;  
as it was in the beginning, is now, and shall be forever. Amen.**

### Conclusion – from Ezekiel 36

1 I will gather you from every country,\*  
and bring you home to your own land.

**2 I will pour clean water over you,\*  
and cleanse you from your idols.**

3 A new heart I will give you,\*  
and put a new spirit within you.

**4 I will take from your body the heart of stone.\*  
and give you a heart of flesh.**

5 I will put my spirit within you.\*  
and make you walk in my ways and observe my decrees.

**6 You will live in the land that I gave to your forebears;\*  
you will be my people and I will be your God.**

**Glory to God, Source of all Being, Eternal Word and Holy Spirit;  
as it was in the beginning, is now, and shall be forever. Amen.**

O God, you are my God;  
eagerly I seek you.

### Readings

### Silence

## Response – from Psalm 63 verse 4

Turn, O Lord, and deliver me.

**Turn, O Lord and deliver me**

Save me for your mercy's sake.

**And deliver me.**

Glory to the Father and to the Son and to the Holy Spirit.

**Turn, O Lord, and deliver me.**

## Benedictus

### Week 1

We shall not live by bread alone,

**but by every word that proceeds from the mouth of God.**

### Week 2

If you hear his voice,

**harden not your hearts.**

### Week 3

Lord, you are indeed the Saviour of the world.

**Give us living water, that we may not thirst.**

### Week 4

I will arise and go to my father

**and I will say to him, Father I have sinned against heaven  
and before you.**

### Week 5

Anyone who serves me must follow me,

**says the Lord; where I am, there shall my servant be also.**

**Blessed are you, Lord, the God of Israel,  
you have come to your people and set them free.  
You have raised up for us a mighty Saviour,  
born of the house of your servant David.**

**Through your holy prophets, you promised of old  
to save us from our enemies,  
from the hands of all who hate us;**

**to show mercy to our forebears,  
and to remember your holy covenant.**

**This was the oath you swore to our father Abraham:  
to set us free from the hands of our enemies,  
free to worship you without fear,  
holy and righteous before you,  
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 the way,  
to give God's people knowledge of salvation  
by the forgiveness of 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 to the Father and to the Son, and to the Holy Spirit;  
as it was in the beginning, is now, and shall be forever. Amen.**

*Week 1*

**We shall not live by bread alone,  
but by every word that proceeds from the mouth of God.**

*Week 2*

**If you hear his voice,  
harden not your hearts.**

*Week 3*

**Lord, you are indeed the Saviour of the world.  
Give us living water, that we may not thirst.**

*Week 4*

**I will arise and go to my father  
and I will say to him, Father I have sinned against heaven  
and before you.**

*Week 5*

**Anyone who serves me must follow me,  
says the Lord; where I am, there shall my servant be also.**



## Prayers

Lord, have mercy upon us.

**Christ, have mercy upon us.**

Lord, have mercy upon 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.**

**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.**

Almighty God, to you all hearts are open, all desires known, and from you no secrets are hidden. Cleanse the thoughts of our hearts by the inspiration of your Holy Spirit, that we may perfectly love you, and worthily magnify your holy name; through Christ our Lord. **Amen**

**God most holy, we give you thanks for bringing us out of the shadow of night into the light of morning; and we ask you for the joy of spending this day in your service, so that when evening comes, we may once more give you thanks, through Jesus Christ your Son our Lord. Amen.**

Let us bless the Lord:

**Thanks be to God!**

The Lord bless us and preserve us from all evil;  
**and bring us to life eternal. Amen.**

## Returning to God – Saturday

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

**Glory to the Father and to the Son, and to the Holy Spirit;  
as it was in the beginning, is now, and shall be forever. Amen.**

### Psalmody

O God, you are my God;  
**eagerly I seek you.**  
(Ps. 63.1)

### Opening - from Psalms 63

- 1 My soul thirsts for you, my flesh faints for you,\*  
as in a barren and dry land where there is no water.
- 2 **For your loving-kindness is better than life itself;\***  
**my lips shall give you praise.**
- 3 For you have been my helper,\*  
and under the shadow of your wings I will rejoice.
- 4 **My soul clings to you;\***  
**your right hand holds me fast.**

**Glory to God, Source of all Being, Eternal Word and Holy Spirit;  
as it was in the beginning, is now, and shall be forever. Amen.**

### Psalm 119 verses 145- 152 and 169-176

- 145 I call with my whole heart;\*  
answer me, O Lord, that I may keep your statutes.
- 146 **I call to you; oh, that you would save me!\***  
**I will keep your decrees.**
- 147 Early in the morning I cry out to you,\*  
for in your word is my trust.
- 148 **My eyes are open in the night watches,\***  
**that I may meditate upon your promise.**

- 149 Hear my voice, O Lord, according to your loving-kindness;\*  
according to your judgements, give me life.
- 150 They draw near who in malice persecute me;\*  
they are very far from your law.**
- 151 You, O Lord, are near at hand,\*  
and all your commandments are true.
- 152 Long have I known from your decrees\*  
that you have established them for ever.**
- 169 Let my cry come before you, O Lord;\*  
give me understanding, according to your word.
- 170 Let my supplication come before you;\*  
deliver me, according to your promise.**
- 171 My lips shall pour forth your praise,\*  
when you teach me your statutes.
- 172 My tongue shall sing of your promise,\*  
for all your commandments are righteous.**
- 173 Let your hand be ready to help me,\*  
for I have chosen your commandments.
- 174 I long for your salvation, O Lord,\*  
and your law is my delight.**
- 175 Let me live, and I will praise you,\*  
and let your judgements help me.
- 176 I have gone astray like a sheep that is lost;\*  
search for your servant, for I do not forget your commandments.**
- Glory to God, Source of all Being, Eternal Word and Holy Spirit;  
as it was in the beginning, is now, and shall be forever. Amen.**

### Conclusion – from Ezekiel 36

- 1 I will gather you from every country,\*  
and bring you home to your own land.

- 2 I will pour clean water over you,\*  
and cleanse you from your idols.**
- 3 A new heart I will give you,\*  
and put a new spirit within you.
- 4 I will take from your body the heart of stone.\*  
and give you a heart of flesh.**
- 5 I will put my spirit within you.\*  
and make you walk in my ways and observe my decrees.
- 6 You will live in the land that I gave to your forebears;\*  
you will be my people and I will be your God.**

**Glory to God, Source of all Being, Eternal Word and Holy Spirit;  
as it was in the beginning, is now, and shall be forever. Amen.**

O God, you are my God;  
eagerly I seek you.

## Readings

## Silence

## Response – from Psalm 63 verse 4

Turn, O Lord, and deliver me.

**Turn, O Lord and deliver me**

Save me for your mercy's sake.

**And deliver me.**

Glory to the Father and to the Son and to the Holy Spirit.

**Turn, O Lord, and deliver me.**

## Benedictus

### Week 1

We shall not live by bread alone,

**but by every word that proceeds from the mouth of God.**

### Week 2

If you hear his voice,

**harden not your hearts.**

### Week 3

Lord, you are indeed the Saviour of the world.

**Give us living water, that we may not thirst.**

### Week 4

I will arise and go to my father

**and I will say to him, Father I have sinned against heaven  
and before you.**

### Week 5

Anyone who serves me must follow me,

**says the Lord; where I am, there shall my servant be also.**

**Blessed are you, Lord, the God of Israel,  
you have come to your people and set them free.  
You have raised up for us a mighty Saviour,  
born of the house of your servant David.**

**Through your holy prophets, you promised of old  
to save us from our enemies,  
from the hands of all who hate us;**

**to show mercy to our forebears,  
and to remember your holy covenant.**

**This was the oath you swore to our father Abraham:  
to set us free from the hands of our enemies,  
free to worship you without fear,  
holy and righteous before you,  
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 the way,  
to give God's people knowledge of salvation  
by the forgiveness of 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 to the Father and to the Son, and to the Holy Spirit;  
as it was in the beginning, is now, and shall be forever. Amen.**

*Week 1*

**We shall not live by bread alone,  
but by every word that proceeds from the mouth of God.**

*Week 2*

**If you hear his voice,  
harden not your hearts.**

*Week 3*

**Lord, you are indeed the Saviour of the world.  
Give us living water, that we may not thirst.**

*Week 4*

**I will arise and go to my father  
and I will say to him, Father I have sinned against heaven  
and before you.**

*Week 5*

**Anyone who serves me must follow me,  
says the Lord; where I am, there shall my servant be also.**

## Prayers

Lord, have mercy upon us.

**Christ, have mercy upon us.**

Lord, have mercy upon 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.**

**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.**

As of old, O Lord our God, you gave commandments to make one nation just and true, so by your incarnate Word you make all peoples one in grace and in the perfect freedom of your service. We give thanks to you through Jesus Christ our Lord. **Amen**

**God most holy, we give you thanks for bringing us out of the shadow of night into the light of morning; and we ask you for the joy of spending this day in your service, so that when evening comes, we may once more give you thanks, through Jesus Christ your Son our Lord. Amen.**

Let us bless the Lord:

**Thanks be to God!**

The Lord bless us and preserve us from all evil;  
**and bring us to life eternal. Amen.**