

# Growing in Prayer *for Lent*



Morning/Evening Prayer  
&  
Night Prayer

for  
MCC Manchester

15th - 21st February

## Using This Booklet

This booklet contains a form of prayer for use either in the morning or the evening of each day and, on the back cover, a very simple form of prayer for night - before going to sleep.

We have used the traditional format of the daily prayer of the Church by using Psalms and the traditional morning, evening and night prayers from the Gospels. We have added, however, a reading for every day, except Sunday - when we hear readings and sermons in church - and a short thought for the day.

The aim of the booklet is to give you a structure within which to pray. Most of us find prayer difficult and don't know where to start reading the Bible, this booklet allows you to do both in the knowledge that others in church are reading and praying for the same things.

Simply follow the order of prayer and find the readings for each day of the week on the page quoted!

Many people find it helpful to set aside a certain time of day to pray - some prefer the morning - to set them up for the day, others prefer the evening - to give them time to reflect on the day. It is always good to pray before going to sleep to entrust ourselves to God's graceful care as we rest. You may find it helpful to light a candle when you pray or put on some quiet music in the background - don't answer the phone or your emails when you intend to pray - this is quality time with God!

Finally let us know what works in this booklet for you so we can improve them. We aim to produce a booklet a week with forms of prayer and readings which follow the Church's year.

*Andy Braunston*

## Preparing To Meet God

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

### Opening Scriptural Song

Be joyful in the Lord, all you lands;  
serve the Lord with gladness and come before his presence with a song.  
Know this: the Lord himself is God;  
he himself has made us and we are his;  
we are his people and the sheep of his pasture.  
Enter his gates with thanksgiving;  
go into his courts with praise;  
give thanks to him and call upon his name.  
For the Lord is good; his mercy is everlasting;  
and his faithfulness endures from age to age.

*Psalm 100*

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

### Opening Prayer

*(morning)*

*Blessèd are you, Sovereign God of all,  
to you be glory and praise for ever!  
In your tender compassion  
the dawn is breaking upon us  
to dispel the lingering shadows of night.  
As we look to  
your coming among us this day,  
open our eyes to behold your presence,  
and strengthen our hands to do your will  
that the world may rejoice  
and give you praise  
Father, Son and Holy Spirit:  
Blessed are you forever!  
Amen.*

*(evening)*

*Blessèd are you, Sovereign God,  
creator of light and darkness!  
As evening falls you renew your promise,  
to reveal among us  
the light of your presence.  
May your Word be a lantern to our feet  
and a light upon our path,  
that we may behold your glory  
coming among us.  
Strengthen us in our stumbling weakness  
and free our tongues to sing your praise,  
Father, Son and Holy Spirit:  
Blessèd be God for ever!*

## We Meet God in The Bible

### The Psalms, Reading and Thought for the Day

Monday	page	6
Tuesday	page	7
Wednesday	page	9
Thursday	page	11
Friday	page	12
Saturday	page	13
Sunday	page	15

### A Scriptural Song

#### The Benedictus (Morning)

Blessèd 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

#### The Magnificat (Evening)

My soul proclaims  
the greatness of the Lord,  
my spirit rejoices in God my Saviour,  
For you, Lord, have looked with favour  
on your lowly servant.  
From this day  
all generations will call me blessèd:  
You, the Almighty,  
have done great things for me  
and holy is your name.  
You have mercy on those who fear  
you,  
from generation to generation.  
You have shown strength  
with your arm  
and scattered the proud in their con-  
ceit,  
Casting down the mighty  
from their thrones  
and lifting up the lowly.  
You have filled the hungry  
with good things  
and sent the rich away empty.  
You have come to the aid of your  
servant, Israel,  
to remember the promise of mercy,  
The promise made to our forebears,  
to Abraham and his children for ever.

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.

### **We Bring Our Prayers To God**

*Almighty God,  
who sent your Son to redeem the world  
and will send Him again to be our judge;  
give us grace so to imitate Him in the humility and purity of his first coming  
that, when he comes again, we may be ready to greet Him  
with joyful love and firm faith; through Jesus our Lord, Amen.*

#### **This week please pray for**

All who are far from home and seeking justice and asylum here.

Ines-Paul Baumann & MCC Cologne.

Those who have recently started to attend MCC Manchester

Our hosts Wilbraham St Ninian's and the other churches in Chorlton as they reach  
out with Christ's love.

#### **The Lord's Prayer**

### **We End Our Time of Prayer**

The Lord bless us, and preserve us from all evil,  
and keep us in eternal life. Amen.

## Monday 15th February

*Psalm 145*

I will exalt you, O God my King,  
and bless your name for ever and ever.  
Every day will I bless you and praise your name for ever and ever.  
Great is the Lord and greatly to be praised; there is no end to his greatness.  
One generation shall praise your works to another  
and shall declare your power.  
I will ponder the glorious splendour of your majesty  
and all your marvellous works.  
They shall speak of the might of your wondrous acts,  
and I will tell of your greatness.  
They shall publish the remembrance of your great goodness;  
they shall sing of your righteous deeds.  
The Lord is gracious and full of compassion, slow to anger and of great kindness.  
The Lord is loving to everyone and his compassion is over all his works.  
All your works praise you, O Lord, and your faithful servants bless you.  
They make known the glory of your kingdom and speak of your power;  
That the peoples may know of your power  
and the glorious splendour of your kingdom.  
Your kingdom is an everlasting kingdom;  
your dominion endures throughout all ages.  
The Lord is faithful in all his words and merciful in all his deeds.  
The Lord upholds all those who fall; he lifts up those who are bowed down.  
The eyes of all wait upon you, O Lord,  
and you give them their food in due season.  
You open wide your hand and satisfy the needs of every living creature.  
The Lord is righteous in all his ways and loving in all his works.  
The Lord is near to those who call upon him, to all who call upon him faithfully.  
He fulfils the desire of those who fear him, he hears their cry and helps them.  
The Lord preserves all those who love him, but he destroys all the wicked.  
My mouth shall speak the praise of the Lord;  
let all flesh bless his holy name for ever and ever.

*Lord God, King of the Universe, you show the bright glory of your reign  
in acts of mercy and enduring love: raise the spirits of the downcast  
and restore those who have fallen away,  
that your Church may continually sing of your saving help;  
through Jesus Christ our Lord. Amen.*

*Reading: St Mark 1: 1 -5*

The beginning of the gospel about Jesus Christ, the Son of God. It is written in Isaiah the prophet: "I will send my messenger ahead of you, who will prepare your way" a voice of one calling in the desert, 'Prepare the way for the Lord, make straight paths for him.' " And so John came, baptizing in the desert region and preaching a baptism of repentance for the forgiveness of sins. The whole Judean countryside and all the people of Jerusalem went out to him. Confessing their sins, they were baptized by him in the Jordan River.

### *Reflection*

St Mark's gospel starts with the unique ministry of St John the Baptist – a ministry which is good to think about in Lent, this season of repentance. John called his people to repentance – not just to express sorrow for their sins but to literally turn their lives around so they would turn away from them. The baptism was an outward sign of the inner desire to change. Throughout Lent we reflect on our own lives and our own need for continuous repentance – the need to turn our lives around and live as God intends. The call of John, and of Jesus, to repent is as clear to us as it was to those folk who went to be baptised in the Jordan. We give, or take, things up in Lent not only to show sorrow for sins but also to help train us as we turn our lives around; we show that we can master the desires of the flesh – and we raise money too for a good cause..

## **Tuesday 16th February**

### *Psalm 25*

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.  
Let none who look to you be put to shame;  
let the treacherous be disappointed in their schemes.  
Show me your ways, O Lord, and teach me your paths.  
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.  
Remember, O Lord, your compassion and love,  
for they are from everlasting.  
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.  
Gracious and upright is the Lord;  
therefore he teaches sinners in his way.  
He guides the humble in doing right and teaches his way to the lowly.  
All the paths of the Lord are love and faithfulness  
to those who keep his covenant and his testimonies.  
For your name's sake, O Lord, forgive my sin, for it is great.

Who are they who fear the Lord?  
he will teach them the way that they should choose.  
They shall dwell in prosperity, and their offspring shall inherit the land.  
The Lord is a friend to those who fear him and will show them his covenant.  
My eyes are ever looking to the Lord, for he shall pluck my feet out of the net.  
Turn to me and have pity on me, for I am left alone and in misery.  
The sorrows of my heart have increased; bring me out of my troubles.  
Look upon my adversity and misery and forgive me all my sin.  
Look upon my enemies, for they are many,  
and they bear a violent hatred against me.  
Protect my life and deliver me;  
let me not be put to shame, for I have trusted in you.  
Let integrity and uprightness preserve me, for my hope has been in you.  
Deliver Israel, O God, out of all his troubles.

*Free us, God of mercy,  
from all that keeps us from you,  
relieve the misery of the poor and destitute  
and fulfil us all with the hope of peace;  
through Jesus Christ our Lord. Amen.*

*Reading: St Mark 1: 6-8*

John wore clothing made of camel's hair, with a leather belt around his waist, and he ate locusts and wild honey. And this was his message: "After me will come one more powerful than I, the thongs of whose sandals I am not worthy to stoop down and untie. I baptize you with water, but he will baptize you with the Holy Spirit."

*Reflection*

John struck a strange figure – it's not often that the gospels actually describe the physical appearance of someone. The fact that they do with John must mean he was a little odd! His eating habits attract comment to. He is, perhaps, the model which the monks of the early Church followed when they went to live in the desert. Yet what is more startling is his message – his ministry was to point to the one who came after him. In this John is a herald of the Gospel; one of the ministries of the Church – and hence of us all. We too are called to point to Jesus – thankfully we're not called to eat locusts and wild honey or dress in such an outlandish way. But we are called to point to Jesus – in our words, lifestyles and actions that others may come to know him as their own lord and saviour.

**Wednesday 17th February**

*Psalm 89, Part I*

Your love, O Lord, for ever will I sing;  
from age to age my mouth will proclaim your faithfulness.  
For I am persuaded that your love is established for ever;  
you have set your faithfulness firmly in the heavens.  
'I have made a covenant with my chosen one;  
I have sworn an oath to David my servant:  
"I will establish your line for ever,  
and preserve your throne for all generations."  
The heavens bear witness to your wonders, O Lord,  
and to your faithfulness in the assembly of the holy ones;  
For who in the skies can be compared to the Lord?  
who is like the Lord among the gods?  
God is much to be feared in the council of the holy ones,  
great and terrible to all those round about him.  
Who is like you, Lord God of hosts?  
O mighty Lord, your faithfulness is all around you.  
You rule the raging of the sea  
and still the surging of its waves.  
You have crushed Rahab of the deep with a deadly wound;  
you have scattered your enemies with your mighty arm.  
Yours are the heavens; the earth also is yours;  
you laid the foundations of the world and all that is in it.  
You have made the north and the south;  
Tabor and Hermon rejoice in your name.  
You have a mighty arm; strong is your hand and high is your right hand.  
Righteousness and justice are the foundations of your throne;  
love and truth go before your face.  
Happy are the people who know the festal shout!  
they walk, O Lord, in the light of your presence.  
They rejoice daily in your name;  
they are jubilant in your righteousness.  
and by your favour our might is exalted.  
Truly, the Lord is our ruler;  
the Holy One of Israel is our king.

*As we sing your love, O Lord, establish your covenant with us  
and anoint us with the seal of your Spirit  
that we may praise your faithfulness  
and proclaim your righteousness from age to age;  
through Jesus Christ our Lord. Amen.*

*Reading: St Matthew 4: 1-4*

Then Jesus was led by the Spirit into the desert to be tempted by the devil. After fasting forty days and forty nights, he was hungry. The tempter came to him and said, "If you are the Son of God, tell these stones to become bread." Jesus answered, "It is written: 'Man does not live on bread alone, but on every word that comes from the mouth of God.'"

*Reflection*

Temptation is always difficult and insidious. Jesus has been fasting for a long period of time and now the devil appears suggesting that he could end his own hunger. The devil knows of Jesus' power – to turn the stones into bread was completely possible for him. There was nothing sinful in eating – after all Jesus became human in order to experience all the facets of human life and that included the pleasure which comes from eating. Yet to give into the temptation would be to give into bodily needs which needed to be made subject to the spiritual needs. We live in an age where fasting seems medieval, and where the needs of our bodies are seen as being paramount. Yet an age where our physical needs are met all the time seems not to have brought happiness. Maybe we need to learn some older disciplines about not always giving into to what our body says we need.

### **Thursday 18th February**

*Psalm 148*

Alleluia! Praise the Lord from the heavens; praise him in the heights.  
Praise him, all you angels of his; praise him, all his host.  
Praise him, sun and moon; praise him, all you shining stars.  
Praise him, heaven of heavens, and you waters above the heavens.  
Let them praise the name of the Lord;  
for he commanded and they were created.  
He made them stand fast for ever and ever;  
he gave them a law which shall not pass away.  
Praise the Lord from the earth, you sea-monsters and all deeps;  
Fire and hail, snow and fog, tempestuous wind, doing his will;  
Mountains and all hills, fruit trees and all cedars;  
Wild beasts and all cattle, creeping things and winged birds;  
Kings of the earth and all peoples, princes and all rulers of the world;  
Young men and maidens, old and young together.  
Let them praise the name of the Lord, for his name only is exalted,  
his splendour is over earth and heaven.

He has raised up strength for his people and praise for all his loyal servants,  
the children of Israel, a people who are near him. Alleluia!

*O glorious God,  
the whole of creation proclaims your marvellous work:  
increase in us a capacity to wonder and delight in it,  
that heaven's praise may echo in our hearts  
and our lives be spent as good stewards of the earth;  
through Jesus Christ our Lord. Amen.*

*Reading: St Matthew 4: 5 - 7*

Then the devil took him to the holy city and had him stand on the highest point of the temple. "If you are the Son of God," he said, "throw yourself down. For it is written: " 'He will command his angels concerning you, and they will lift you up in their hands, so that you will not strike your foot against a stone.'" Jesus answered him, "It is also written: 'Do not put the Lord your God to the test.'

#### *Reflection*

Jesus was feeling weak and vulnerable. He had been fasting for a long time, he was hungry, tired, irritable and probably feeling rather distant from God – it's difficult to experience God when your stomach is rumbling and you are physically tired and ill from hunger. In this state the words of the devil make things more difficult for him to resist. All he has to do is to assure himself of God's love, he just needs to realise that God hasn't forsaken him. Jesus countered the first temptation by quoting Scripture at the devil, now he has it quoted back at him – there is a convenient verse which implies that God would send angels to protect Jesus if he was in danger. Here we see (as we know the whole of the Holy Week and Easter story) that the devil doesn't really understand God's purposes for those angels didn't come). But in misusing the Bible the devil tries to tempt Jesus to test God. We test God all the time; we ask for things, we bargain, we “trust” that God will make everything turn out ok but don't take our own responsibility for helping ourselves. We need to remind ourselves that God tells us not to put Him to the test.

#### **Friday 19th February**

##### *Psalm 26*

Give judgement for me, O Lord, for I have lived with integrity;  
I have trusted in the Lord and have not faltered.  
Test me, O Lord, and try me; examine my heart and my mind.  
For your love is before my eyes; I have walked faithfully with you.

I have not sat with the worthless, nor do I consort with the deceitful.  
I have hated the company of evildoers; I will not sit down with the wicked.  
I will wash my hands in innocence, O Lord,  
that I may go in procession round your altar,  
Singing aloud a song of thanksgiving and recounting all your wonderful deeds.  
Lord, I love the house in which you dwell and the place where your glory abides.  
Do not sweep me away with sinners, nor my life with those who thirst for blood,  
Whose hands are full of evil plots, and their right hand full of bribes.  
As for me, I will live with integrity; redeem me, O Lord, and have pity on me.  
My foot stands on level ground; in the full assembly I will bless the Lord.

*Have mercy on us and redeem us, O Lord,  
for our merits are your mercies  
and in your judgement is our salvation;  
through Jesus Christ our Lord,  
Amen.*

*Reading:           St Matthew 4: 8-10*

Again, the devil took him to a very high mountain and showed him all the kingdoms of the world and their splendour. "All this I will give you," he said, "if you will bow down and worship me." Jesus said to him, "Away from me, Satan! For it is written: 'Worship the Lord your God, and serve him only.'"

### *Reflection*

Finally Satan tempts Jesus with power, supreme power as he was, after all, the ruler of this world. Imagine how that power could be used for good, how the world could be changed, how the poor could be relieved, the hungry fed, justice done. Tolkien in his epic, *The Lord of the Rings*, has a similar temptation encounter when the young ring-bearer Frodo offers the magical ring of power to the elf Queen Galadrial to take and use. She is tempted too, she sees the good she could do through the wielding of such power but goes on to see how that power would corrupt her and lead her to become as evil as Sauron, the original ring bearer. Jesus' sees that all power comes from God and can only be wielded wisely if those who wield it realise it's divine origins. By bowing and worshipping Satan the foundation of his power would be corrupt and would lead to suffering and oppression. We too need to be careful when we have power, authority or responsibility. Careful to use it wisely, careful to acknowledge God as the source of all power and careful to see our own weakness when it comes to exercising power.

## Saturday 20th February

### *Psalm 33*

Rejoice in the Lord, you righteous; it is good for the just to sing praises.  
Praise the Lord with the harp; play to him upon the psaltery and lyre.  
Sing for him a new song;  
sound a fanfare with all your skill upon the trumpet.  
For the word of the Lord is right, and all his works are sure.  
He loves righteousness and justice;  
the loving-kindness of the Lord fills the whole earth.  
By the word of the Lord were the heavens made,  
by the breath of his mouth all the heavenly hosts.  
He gathers up the waters of the ocean as in a water-skin  
and stores up the depths of the sea.  
Let all the earth fear the Lord; let all who dwell in the world stand in awe of him.  
For he spoke and it came to pass; he commanded and it stood fast.  
The Lord brings the will of the nations to naught;  
he thwarts the designs of the peoples.  
But the Lord's will stands fast for ever,  
and the designs of his heart from age to age.  
Happy is the nation whose God is the Lord!  
happy the people he has chosen to be his own!  
The Lord looks down from heaven, and beholds all the people in the world.  
From where he sits enthroned he turns his gaze on all who dwell on the earth.  
He fashions all the hearts of them and understands all their works.  
There is no king that can be saved by a mighty army;  
the strong are not delivered by great strength.  
The horse is a vain hope for deliverance; for all its strength it cannot save.  
Behold, the eye of the Lord is upon those who fear him,  
on those who wait upon his love,  
To pluck their lives from death, and to feed them in time of famine.  
Our soul waits for the Lord; he is our help and our shield.  
Indeed, our heart rejoices in him, for in his holy name we put our trust.  
Let your loving-kindness, O Lord, be upon us, as we have put our trust in you.

*Feed your people, O Lord, with your holy Word  
and free us from the temptations which lead us away from you  
that, being filled with your mercy, we may be admitted to your holy presence;  
through Jesus Christ our Lord. Amen.*

*Reading:* St Matthew 4:11

Then the devil left him, and angels came and attended him.

*Reflection*

Finally defeated the devil left Jesus. St Luke says the devil left him until "an opportune time". The temptation was over but St Luke realised that temptation is never over, other times will come, other temptations will happen. Jesus had passed his first test, but later tests will come. We may find that one particular sin or vice keeps us en-chained but when we finally break free of it we find there are others to take its place. This is part of life and we need to renew our trust and dependence on God to avoid temptation. Like Jesus we should learn and use the Scriptures, but unlike the devil we need to avoid misusing them!

**Sunday 21st February • First Sunday of Lent**

*Psalm 81*

Sing with joy to God our strength and raise a loud shout to the God of Jacob.  
Raise a song and sound the timbrel, the merry harp and the lyre.  
Blow the ram's-horn at the new moon, and at the full moon, the day of our feast.  
For this is a statute for Israel, a law of the God of Jacob.  
He laid it as a solemn charge upon Joseph, when he came out of the land of Egypt.  
I heard an unfamiliar voice saying, 'I eased his shoulder from the burden;  
his hands were set free from bearing the load.'  
You called on me in trouble and I saved you;  
I answered you from the secret place of thunder  
and tested you at the waters of Meribah.  
Hear, O my people, and I will admonish you:  
O Israel, if you would but listen to me!  
There shall be no strange god among you; you shall not worship a foreign god.  
I am the Lord your God, who brought you out of the land of Egypt and said,  
'Open your mouth wide and I will fill it.'  
And yet my people did not hear my voice, and Israel would not obey me.  
So I gave them over to the stubbornness of their hearts,  
to follow their own devices.  
O that my people would listen to me! that Israel would walk in my ways!  
I should soon subdue their enemies and turn my hand against their foes.  
Those who hate the Lord would cringe before him,  
and their punishment would last for ever.  
But Israel would I feed with the finest wheat  
and satisfy him with honey from the rock.

*Father of mercy, keep us joyful in your salvation  
and faithful to your covenant;  
and, as we journey to your kingdom,  
ever feed us with the bread of life,  
your Son, our Saviour Jesus Christ. Amen.*

*Resources from Celebrating Common Prayer  
Week 1*

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15

## Night Prayer

*The Lord almighty grant us a quiet night  
and a perfect end. Amen.  
Our help is in the name of the Lord  
Who made heaven and earth.*

### Confession

*Most merciful God,  
we confess to you,  
before the whole company of heaven  
that I have sinned  
in thought, word and deed,  
and in what I have failed to do.  
Forgive me my sins,  
heal me by your Spirit  
and raise me to new life in Jesus. Amen.*

### Prayer

*Into your hands, O Lord,  
I commend my spirit.  
For you have redeemed me,  
Lord God of truth.  
Into your hands, O Lord,  
I commend my spirit.  
Glory to the Maker, and to the Son,  
and to the Holy Spirit;  
Into your hands, O Lord,  
I commend my spirit.*

*Keep me as the apple of your eye.  
Hide me under the shadow  
of your wings.*

### The Night Prayer of the Church

*Save us, O Lord, while waking,  
and guard us while sleeping,  
that awake we may watch with Christ,  
and asleep may rest in peace.*

Now, Lord,  
you let your servant go in peace:  
your word has been fulfilled.  
My own eyes have seen the salvation  
which you have prepared  
in the sight of every people;  
A light to reveal you to the nations  
and the glory of your people Israel.  
*Luke 2. 29-32*

*Save us, O Lord, while waking,  
and guard us while sleeping,  
that awake we may watch with Christ,  
and asleep may rest in peace.*

### Prayer

Lighten our darkness, Lord, we pray;  
and in your mercy defend us  
from all perils & dangers of this night;  
for the love of your only Son,  
our Saviour Jesus Christ. Amen.

### The Lord's Prayer

### The Blessing

In peace, we will lie down and sleep;  
For you alone, Lord,  
make us dwell in safety.  
Abide with us, Lord Jesus,  
For the night is at hand  
and the day is now past.  
As the night-watch looks  
for the morning,  
So do we look for you, O Jesus.  
May the risen Lord Jesus  
watch over us and renew us  
as he renews the whole of creation.  
May our hearts and lives echo his love.  
Amen.