

Worship and Prayers

Lent 2021



The Parish of Uxbridge

St Andrew's

St Margaret's

About this booklet

You will find here a small collection of prayers and services for personal and small groups to be used during the season of Lent. This is a time of preparation and reflection as we await to celebrate the death and resurrection of Our Lord in Holy Week and at Easter.

Lent, beginning on Ash Wednesday (17 February) sees the whole Christian community being invited to join in the process of study and repentance, the extension of which over forty days (excluding Sundays) would remind them of the forty days that Jesus spent in the wilderness. As Holy Week (the week leading up to Easter Day) approaches, the atmosphere of the season darkens, and the cross casts its shadow over the worship of the Church. It is now that Passiontide, which runs from Fifth Sunday of Lent to the evening of Easter Eve begins. During Passiontide the readings begin to anticipate the story of Christ's passion, i.e. his suffering and death. This is exemplified by the reading of the Passion Narrative on Palm Sunday.

*Andrew, Andy, June, Tina, John, Tim & Erica
wish you a Blessed and Reflective Lent.*

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Morning Prayer

You may wish to light a candle.

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.

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

Pause for a moment of quiet.

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.

You may wish to follow the suggested Gospel readings given below or choose one of your own.

	Week 1	Week 2	Week 3	Week 4	Week 5
<i>Monday</i>		John 5.1-18	John 6.41-51	John 7.37-52	John 9.18-end
<i>Tuesday</i>		John 5.19-29	John 6.52-59	John 7.53-8.11	John 10.1-10
<i>Wednesday</i>	Ash W.	John 5:30-end	John 6.60-end	John 8.12-30	John 5.17-30
<i>Thursday</i>	John 4 1-26	John 6.1-15	John 7.1-13	John 8.31-47	John 10.22-end
<i>Friday</i>	John 4 27-42	John 6.16-27	John 7.14-24	John 8.48-end	John 11:1-16
<i>Saturday</i>	John 4 43-end.	John 6.27-40	John 7.25-36	John 9.1-17	John 11.17-27

Responsory

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.

Lenten Canticle

Jesus, Saviour of the world,
come to us in your mercy: •
we look to you to save and help us.

By your cross and your life laid down,
you set your people free: •
we look to you to save and help us.

When they were ready to perish, you saved your
disciples: •
we look to you to come to our help.

In the greatness of your mercy, loose us from our
chains, •
forgive the sins of all your people.

Make yourself known as our Saviour and mighty
deliverer; •
save and help us that we may praise you.

Come now and dwell with us, Lord Christ Jesus: •
hear our prayer and be with us always.

And when you come in your glory: •
make us to be one with you
and to share the life of your kingdom.

Prayers of Intercession

In penitence and faith let us make our prayer to the Father and ask for his mercy and grace.

For your holy people,
that they may triumph over evil and grow in grace,
we pray to you, O Lord.

For candidates for baptism and confirmation,
that they may live by every word that proceeds from
your mouth,
we pray to you, O Lord.

For the leaders of the nations,
that you will guide them in the ways of mercy and truth,
we pray to you, O Lord.

For the needy,
that they may not be forgotten,
nor the hope of the poor be taken away,
we pray to you, O Lord.

For the sick in body, mind and spirit,
that they may know your power to heal,
we pray to you, O Lord.

For the poor in spirit,
that they may inherit the kingdom of heaven
and see you face to face,
we pray to you, O Lord.

Let us commend the world, for which Christ suffered,
to the mercy and protection of God.

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.

May God our Redeemer show us compassion and love.
Amen.

Let us bless the Lord.
Thanks be to God.

Evening Prayer

You may wish to light a candle.

O God, make speed to save us.
O Lord, make haste to help us.

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

Blessed are you, Lord God of our salvation,
to you be glory and praise for ever.

In the darkness of our sin you have shone in our hearts
to give the light of the knowledge of the glory of God
in the face of Jesus Christ.

Open our eyes to acknowledge your presence,
that freed from the misery of sin and shame
we may grow into your likeness from glory to glory.

Blessed be God, Father, Son and Holy Spirit.

Blessed be God for ever.

That this evening may be holy, good and peaceful,
let us pray with one heart and mind.

Pause for a moment of quiet.

As our evening prayer rises before you, O God,
so may your mercy come down upon us
to cleanse our hearts
and set us free to sing your praise
now and for ever.

Amen.

You may wish to follow the suggested Psalms given below or choose one of your own.

	Week 1	Week 2	Week 3	Week 4	Week 5
<i>Monday</i>		Ps 12	Ps 70	Ps 11	Ps 25
<i>Tuesday</i>		Ps 46	Ps 52	Ps 105	Ps 80
<i>Wednesday</i>	Ash. W.	Ps 9	Ps 3	Ps 61	Ps 52
<i>Thursday</i>	Ps 74	Ps 137	Ps 71	Ps 36	Ps 94
<i>Friday</i>	Ps 31	Ps 54	Ps 6	Ps 59	Ps 1
<i>Saturday</i>	Ps 73	Ps 4	Ps 23	Ps 69	Ps 140

Responsory

**Forsake me not, O Lord;
be not far from me, O my God.**

Make haste to help me,
O Lord of my salvation.

Be not far from me, O my God.
*Glory to the Father and to the Son
and to the Holy Spirit.*

**Forsake me not, O Lord;
be not far from me, O my God.**

The Magnificat (Song of Mary)

Refrain:

**Come, let us return to the Lord,
for our God will richly pardon.**

+ My soul proclaims the greatness of the Lord,
my spirit rejoices in God my Saviour; •
he has looked with favour on his lowly servant.

From this day all generations will call me blessed; •
the Almighty has done great things for me
and holy is his name.

He has mercy on those who fear him, •
from generation to generation.

He has shown strength with his arm •
and has scattered the proud in their conceit,

Casting down the mighty from their thrones •
and lifting up the lowly.

He has filled the hungry with good things •
and sent the rich away empty.

He has come to the aid of his servant Israel, •
to remember his promise of mercy,

The promise made to our ancestors, •
to Abraham and his children for ever.

Luke 1:46-55

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

Repeat the Refrain.

Intercessions

In penitence and faith let us make our prayer to the Father and ask for his mercy and grace:

Heavenly Father, source of our life and salvation.
Be the centre of all we are, and the life we lead.

Lord Jesus, Light in this dark World, illuminate our hearts and minds.
Be the centre of all we are, and the life we lead.

Holy Spirit, Water of Life, flow through our hearts and into our lives.
Be the centre of all we are, and the life we lead.

Heavenly Father, make our lives fruitful as branches and shoots of the one True Vine.
Be the centre of all we are, and the life we lead.

Jesus Christ, Servant King, may we understand the meaning of service.
Be the centre of all we are, and the life we lead.

Holy Spirit, empower us to be the people we could be.
Be the centre of all we are, and the life we lead.
Spend a moment or two just thinking about who your neighbour is and how you might serve them better in these coming days.

Let us commend the world, for which Christ suffered, to the mercy and protection of God.

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.

May God our Redeemer show us compassion and love.
Amen.

Let us bless the Lord.
Thanks be to God.

The Stations of the Cross

This is an ancient form of Christian devotion during Lent, inviting us on a virtual pilgrimage in Jesus' footsteps, recalling and reflecting on key moments on his journey to the cross. To pray the Stations of the Cross requires only that you meditate on each station.

Begin each station with:

We adore you, O Christ, and we praise you. Lord by your Cross and Resurrection, you have redeemed the world.

End each station with:

Holy God, holy and strong, holy and immortal, have mercy upon us. Followed by the Lord's Prayer.

Station 1 – Jesus is condemned to death

As they were gathering in Galilee, Jesus said to them, “The Son of Man is going to be betrayed into human hands, and they will kill him, and on the third day he will be raised.” And they were greatly distressed. (Matthew 17.22-23)



Station 1

Station 2 – Jesus carries his cross



Station 2

Then the soldiers of the governor took Jesus into the governor's headquarters, and they gathered the whole cohort around him. They stripped him and put a scarlet robe on him, and after twisting some thorns into a crown, they put it on his head. They put a reed in his right hand and knelt before him and mocked him, saying, "Hail, King of the Jews!" They spat on him, and took the reed and struck him on the

head. After mocking him, they stripped him of the robe and put his own clothes on him. Then they led him away to crucify him.

(Matthew. 27:27-31)

Station 3 – Jesus falls the first time

Surely he has born our griefs and carried our sorrows; yet we esteemed him stricken, smitten by God, and afflicted. But he was wounded for our transgressions, he was bruised for our iniquities; upon him was the chastisement that made us whole, and with his stripes we are healed. All we like sheep have gone astray; we have turned everyone to his own way; and the Lord has laid on him the iniquity of us all. (Isaiah. 53:4-6)



Station 3

Station 4 - Jesus meets his mother

Simon blessed them and said to Mary his mother: "Behold, this child is set for the fall and rising of many in Israel, and for a sign that is spoken against (and a sword will pierce through your own soul also), that thoughts out of many hearts may be revealed". And his mother kept all these things in her heart. (Luke. 2:34-35,51)



Station 4

Station 5 – Simon of Cyrene helps Jesus carry the cross

As they went out, they came upon a man of Cyrene, Simon by name; this man they compelled to carry his cross. Jesus told his disciples, "If any man would come after me, let him deny himself and take up his cross and follow me. (Matthew. 27:32; 16:24)



Station 5



Station 6

Station 6 – Veronica wipes Jesus' face

You have said, "Seek my face". My heart says to you, "Your face, Lord, do I seek". Hide not your face from me. Turn not your servant away in anger, you who have been my help. Cast me not off, forsake me not, O God of my salvation. (Psalms. 27:8-9)

Station 7 – Jesus falls the second time

I am the man who has seen affliction under the rod of his wrath; he has driven and brought me into darkness without any light. He has blocked my way with hewn stones, he has made my paths crooked. He has made my teeth grind on gravel, and made me cower in ashes.

(Lamentations. 3:1-2,9,16)



Station 7

Station 8 – Jesus meets the Women of Jerusalem



Station 8

Jesus turning to them said, "Daughters of Jerusalem, do not weep for me, but weep for yourselves and for your children. For behold, the days are coming when they will say, 'Blessed are the barren, and the wombs that never bore, and the breasts that never gave suck!' Then they will begin

to say to the mountains, 'Fall on us'; and to the hills, 'Cover us'. For if they do this when the wood is green, what will happen when it is dry?" (Luke. 23:28-31)

Station 9 – Jesus falls the third time

It is good for a man that he bear the yoke in his youth. Let him sit alone in silence when he has laid it on him; let him put his mouth in the dust - there may yet be hope; let him give his cheek to the smiter, and be filled with insults. For the Lord will not cast off for ever, but, though he cause grief, he will have compassion, according to the abundance of his steadfast love. (Lamentations. 3:27-32)



Station 9

Station 10 – Jesus is stripped

And when they came to a place called Golgotha (which means the place of a skull), they offered him wine to drink, mingled with gall, but when he tasted it, he would not drink it. And when they had crucified him, they divided his garments among them by casting lots; then they sat down and kept watch over him there.

(Matthew. 27:33-36)



Station 10

Station 11 – Jesus is nailed to the cross

And over his head they put the charge against him, which read, "This is Jesus the King of the Jews". Then two robbers were



Station 11

crucified with him, one on the right hand and one on the left. And those who passed by derided him, wagging their heads and saying, "You who would destroy the temple and build it in three days, save yourself! If you are the Son of God, come down from the Cross". So also the chief priests with the scribes

and elders mocked him, saying, "He saved others; he cannot save himself. He is the King of Israel; let him come down now from the Cross and we will believe in him".

(Matthew 27:37-42)

Station 12 – Jesus dies on the cross

Now from the sixth hour there was darkness over all the land until the ninth hour. And about the ninth hour Jesus cried with a loud voice, "Eli, Eli, lama sabachthani?" That is, "My God, my God, why have you forsaken me?" And some of the bystanders hearing it said, "This man is calling Elijah". And one of them at once ran and took a sponge, filled it with vinegar, and put it on a reed, and gave it to him to drink. But the others said, "Wait, let us see whether Elijah will come to save him". And Jesus cried again with a loud voice and yielded up his spirit". When the



Station 12

centurion and those who were with him, keeping watch over Jesus, saw the earthquake and what took place, they were filled with awe, and said, "Truly this was the Son of God!" (Matthew 27:45-50,54)

Station 13 - Jesus is taken down from the cross

When the centurion and those who were with him, keeping watch over Jesus, saw the earthquake and what took place, they were filled with awe, and said, "Truly this was the Son of God!" There were also many women there, looking on from afar, who had followed Jesus from Galilee, ministering to him. (Matthew 27:54-55)



Station 13

Station 14 – Jesus is laid in the tomb

Joseph took the body, and wrapped it in a clean linen shroud, and laid it in his own new tomb, which he had hewn in the rock; and he rolled a great stone to the door of the tomb, and departed. Mary Magdalene and the other Mary were there, sitting opposite the sepulchre. (Matthew 27:59-61)



Station 14

Collects and Readings

for Sundays

The First Sunday of Lent, 21 February

Almighty God,
whose Son Jesus Christ fasted forty days in the wilderness, and was tempted as we are, yet without sin: give us grace to discipline ourselves in obedience to your Spirit; and, as you know our weakness, so may we know your power to save; through Jesus Christ your Son our Lord, who is alive and reigns with you, in the unity of the Holy Spirit, one God, now and for ever.
Amen.

OT: Genesis 9.8-17 **Epistle:** 1 Pet 3.18-end. **Psalm:** 25.1-9 **Gospel:** St Mark 1.9-15

The Second Sunday of Lent, 28 February

Almighty God,
you show to those who are in error the light of your truth, that they may return to the way of righteousness: grant to all those who are admitted into the fellowship of Christ's religion, that they may reject those things that are contrary to their profession, and follow all such things as are agreeable to the same; through our Lord Jesus Christ, who is alive and reigns with you, in the unity of the Holy Spirit, one God, now and for ever. Amen.

OT: Genesis 17.1-7 **Epistle:** Romans 4.13-end. **Psalm:** 22.23-end. **Gospel:** St Mark 8.31-end.

The Third Sunday of Lent, 7 March

Almighty God,
whose most dear Son went not up to joy but first he
suffered pain,
and entered not into glory before he was crucified:
mercifully grant that we, walking in the way of the cross,
may find it none other than the way of life and peace;
through Jesus Christ your Son our Lord,
who is alive and reigns with you,
in the unity of the Holy Spirit,
one God, now and for ever.
Amen.

OT: Exodus, 20.1-17 **Epistle:** 1 Cor 1.18-25 **Psalm:** 19
Gospel: St John 2.13-22

The Fourth Sunday of Lent, 14 March

Merciful Lord,
absolve your people from their offences,
that through your bountiful goodness
we may all be delivered from the chains of those sins
which by our frailty we have committed;
grant this, heavenly Father,
for Jesus Christ's sake, our blessed Lord and Saviour,
who is alive and reigns with you,
in the unity of the Holy Spirit,
one God, now and for ever.
Amen.

OT: Numbers 21.4-9 **Epistle:** Eph 2.1-10 **Psalm:** 107
Gospel: St John 3.14-21

The Fifth Sunday of Lent, 21 March

God of compassion,
whose Son Jesus Christ, the child of Mary,
shared the life of a home in Nazareth,
and on the cross drew the whole human family to
himself: strengthen us in our daily living
that in joy and in sorrow
we may know the power of your presence
to bind together and to heal;
through Jesus Christ your Son our Lord,
who is alive and reigns with you,
in the unity of the Holy Spirit,
one God, now and for ever.
Amen.

OT: Jer 31.31-34 **Epistle:** Heb 5.5-10 **Psalm:** 51.1-13
Gospel: St John 12.20-33

Additional Prayers

Let us pray to God, who alone makes us dwell in safety:
For all who are affected by coronavirus, through illness or
isolation or anxiety, that they may find relief and recovery:

**Lord, hear us,
Lord, graciously hear us.**

For those who are guiding our nation at this time, and
shaping national policies, that they may make wise
decisions:

**Lord, hear us, Lord,
graciously hear us.**

For doctors, nurses and medical researchers, that through
their skill and insights many will be restored to health:

**Lord, hear us, Lord,
graciously hear us.**

For the vulnerable and the fearful, for the gravely ill and the
dying, that they may know your comfort and peace:

**Lord, hear us, Lord,
graciously hear us.**

We commend ourselves, and all for whom we pray, to the
mercy and protection of God.

**Merciful Father, accept these prayers for the sake
of your Son, our Saviour Jesus Christ.**

Amen.

Resources

TV:

Songs of Praise (BBC1) Sundays at 1.15pm

Radio:

Prayer for the Day (BBC Radio 4) daily at 5.43am

Sunday Worship (BBC Radio 4) Sundays at 8.10am

Daily Service (BBC Radio 4 LW) Mon – Fri at 9.45am

Church of England Daily Prayer:

<https://www.churchofengland.org/prayer-and-worship/join-us-service-daily-prayer>

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