

Friday Morning Prayer – Lent 2023 – Fasting

Gathering

Bell x3

[together we say]

**In the name of God,
Source of all Being, eternal Word,
and Holy Spirit. Amen.**

Silence is kept.

You move us to delight in praising You;
for You have made us for Yourself,
**And our hearts are restless
until they rest in You.**

Confession

If we say that we have no sin, we deceive ourselves, and the truth is not in us. If we confess our sins, God who is faithful and just will forgive us our sins and cleanse us from all unrighteousness.

(1 John 1:8-9)

Silence is kept.

Holy and immortal God,
**our sins are too heavy to carry, too real to hide, and too deep to undo. Forgive what
our lips tremble to name, what our hearts can no longer bear, and what has become for
us a consuming fire. Set us free from a past that we cannot change; open to us a future
in which we can be changed; and grant us grace to grow more and more in your likeness
and image, through Jesus Christ, the light of the world. Amen.**

Trisagion *(said or sung together)*

Holy God - Holy and mighty

Holy immortal One

Have mercy - Have mercy

On us *(repeat x 3)*

Absolution / Assurance

Almighty God have mercy upon us, pardon and deliver us from all our sins, confirm and strengthen us in all goodness and keep us in eternal life; through Jesus Christ our Lord.
Amen.

Invitatory

God and Creator of all, you come to us in Christ, who went into the wilderness.

As we wander into the wilderness of this day, lead us in safety and watch over us.

The Spirit drove Jesus into the wilderness, where he hungered and thirst.

In our hunger and thirst this day, feed us with the food that we need.

In the wilderness, Jesus was tempted.

We do not live by bread alone but by every word that comes from the mouth of God.

Offered the false promises of power and success, Jesus resisted temptation.

**Save us from the time of trial and
deliver us, God of our longing.**

As our minds race toward what we lack,

Feed us with the food that we need.

When we are tired, weary, and distracted,

Feed us with the food that we need.

In our hour of anxiety, of fear over
a future we cannot control,

Feed us with the food that we need.

In every moment that we hunger and thirst,
Feed us with the food that we need.

Liturgy of the Word

“O God, you are my God, earnestly I seek you; my soul thirsts for you, my body longs for you,
in a dry and weary land where there is no water” (Psalm 63:1).

The Psalm

The appointed Psalm for the day is read/sung.

*... ending with **Glory to You Source of All Being, Eternal Word and Holy Spirit. As it was
in the beginning, is now, and ever shall be. World without end. Amen.***

The Gospel

Gospel Acclamation - sung once before and once after the Gospel.

Lord to whom shall we go?

You have the words of eternal life

We've come to believe and to know

That You are the Holy One of God

Carolyn Arends 2021 / © Running Arends Music/ASCAP CCLI

The appointed gospel is read, followed by

... The gospel of Christ

Praise to you Lord Jesus Christ.

Silence is kept.

Reflections on the Readings. What is God calling us to be/do on this day we have set aside?

Intercessory Prayer

“O God, you are my God, earnestly I seek you; my soul thirsts for you, my body longs for you, in a dry and weary land where there is no water” (Psalm 63:1).

We invite you to offer your own petitions, spoken or aloud.

Collecting Prayer

God of compassion, you are the one who listens and hears the cries of your people. And your Spirit, who lives within each of us, cries out in groans too deep for words. As we together lift these our petitions, we join our hearts and minds in longing for you to draw near to us. Hear then the cries of our hearts, we ask, O great Listener, and mercifully grant us all that we need for this day.

In this time of anxiety and uncertainty, grant us your peace. In this time of loneliness and fear, grant us your comfort. And above us, grant us the knowledge of your abiding with us as we seek to abide with you, now and always.

We ask all of this in the name of Jesus, our sibling and saviour, the One we follow. **Amen.**

The Prayer of Jesus

The Lord's Prayer in a language, paraphrase or translation of your choice is said.

Commission

While fasting with the body, siblings in Christ,
let us also fast in spirit.

Let us loose every bond of iniquity;

let us undo the knots of every contact made by violence;

let us tear up all unjust agreements;

let us give bread to the hungry

and welcome to our house the poor who have no roof to cover them,

that we may receive mercy from Christ our God. **Amen.**

Conclusion

[chanted] Let us Bless the Lord.

Thanks Be to God.

Bell x3