



Holy Trinity Church Tottenham  
9.30am Morning Prayer in Lent

*Welcome to Holy Trinity, as we pray together, you are invited to join in with the responses in bold and the hymn, you are also welcome to sit and listen to the service. The psalms are provided on a separate sheet, you are invited to stand for the opening prayer, office hymn, and gospel canticle.*

**Preparation**

*Once all are gathered, a moment of silence will be kept.*

*Please stand*

The Lord be with you  
**and also with you**

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.**

**Office Hymn**

*This or an alternative hymn may be said or sung.*

O kind Creator, bow thine ear  
To mark the cry, to know the tear  
Before thy throne of mercy spent  
In this thy holy fast of Lent.

Our hearts are open, Lord, to thee:  
Thou knowest our infirmity;  
Pour out on all who seek thy face  
Abundance of thy pard'ning grace.

Our sins are many, this we know;  
Spare us, good Lord, thy mercy show;  
And for the honour of thy name  
Our fainting souls to life reclaim.

Give us the self-control that springs  
From discipline of outward things,  
That fasting inward secretly  
The soul may purely dwell with thee.

We pray thee, holy Trinity,  
One God, unchanging Unity,  
That we from this our abstinence  
May reap the fruits of penitence. Amen.

*We continue in prayer*

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

*Silence is kept.*

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.

**All Amen.**

### **Psalmody**

*Sit, the psalm(s) for the day are said responsively by verse  
ending with:*

**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.**

### **First Reading**

*The first reading for the day is read*

### **Canticle**

*The canticle is said responsively by verse*

**Return to the Lord, who will have mercy,  
to our God, who will richly pardon.**

1 Seek the Lord while he may be found,  
call upon him while he is near;

2 Let the wicked abandon their ways,  
and the unrighteous their thoughts;

3 Return to the Lord, who will have mercy;  
to our God, who will richly pardon.

4 'For my thoughts are not your thoughts,  
neither are your ways my ways,' says the Lord.

5 'For as the heavens are higher than the earth,  
so are my ways higher than your ways and my  
thoughts than your thoughts.

6 'As the rain and the snow come down from  
above, and return not again but water the earth,

7 'Bringing forth life and giving growth, seed for  
sowing and bread to eat,

8 'So is my word that goes forth from my  
mouth; it will not return to me fruitless,

9 'But it will accomplish that which I purpose,  
and succeed in the task I gave it.'

**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.**

**Return to the Lord, who will have mercy,  
to our God, who will richly pardon.**

## **Second Reading**

*The second reading for the day is read*

### **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.**

### **Gospel Cantic**

*Stand, the Gospel Cantic is said together.*

**Blessed are those who hunger and thirst  
for righteousness, for they shall be  
satisfied.**

- 1 Blessed be the Lord the God of Israel, who has come to his people and set them free.
- 2 He has raised up for us a mighty Saviour, born of the house of his servant David.
- 3 Through his holy prophets God promised of old to save us from our enemies, from the hands of all that hate us,
- 4 To show mercy to our ancestors,  
and to remember his holy covenant.
- 5 This was the oath God swore to our father Abraham: to set us free from the hands of our enemies,
- 6 Free to worship him without fear, holy and righteous in his sight all the days of our life.
- 7 And you, child, shall be called the prophet of the Most High, for you will go before the Lord to prepare his way,
- 8 To give his people knowledge of salvation by the forgiveness of all their sins.
- 9 In the tender compassion of our God  
the dawn from on high shall break upon us,
- 10 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 for ever. Amen.**

**Blessed are those who hunger and thirst  
for righteousness, for they shall be  
satisfied.**

## **Prayers**

*Sit or kneel these or other prayers may be used*

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.

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.**

*The collect for the day is read by the leader*

## **The Conclusion**

May God our Redeemer show us compassion  
and love.

**Amen.**

Let us bless the Lord.

**Thanks be to God**