

Prayer in the Morning

Invitation to Prayer

Lord, open our lips. **And we shall proclaim your praise.**
Glory to God in the highest. **And peace to God's people on earth.**

Praise

Hymn of Praise (Optional)

Other suitable hymns may be sung.

O Sun of Justice, Source of Life

O Sun of justice, Source of life,
Our peace and joy in midst of strife,
O Promised One who heals all hearts,
Redeeming love that God imparts.

As sunbeams rise with crimson rays
We lift our voice to sing your praise;
The cross which gave to all new birth
Now bids us share the gifts of earth.

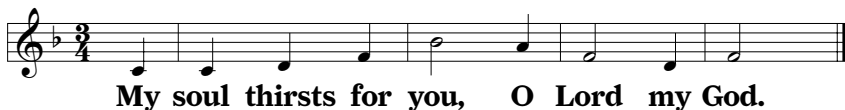
O Christ, our life from God most high,
For mercy, peace, and strength we cry:
Teach us the need to conquer sin
By Lenten prayer and discipline.

All praise to God, who reigns above,
With Spirit blest, the Fount of love;
For endless light and life restored,
All honour be to Christ the Lord.

Text: ©1992 *John G. Hibbard*. **Tune:** SPLENDOUR, LM

Psalm Praise

Psalm 63 and/or a seasonal psalm (p. 115), followed by a moment of silence.



R. My soul thirsts for you, O Lord my God.

O God, you are my God, I · **seek_you**,
my soul · **thirsts_for_you**;
my flesh · **faints_for_you**,
as in a dry and weary land where there · **is** no water. **R.**

So I have looked upon you in the · **sanctuary**,
beholding your power and · **glory**.
Because your steadfast love is better than · **life**,
my · **lips** will praise_you. **R.**

So I will bless you as long as I · **live**;
I will lift up my hands and call on your · **name**.
My soul is satisfied as with a rich · **feast**,
and my mouth praises you with · **joy**-ful lips. **R.**

For you have been my · **help**,
and in the shadow of your wings I sing for · **joy**.
My soul · **clings_to_you**;
your right · **hand** up-holds_me. **R.**

Glory to the Father, and to the · **Son**,
and to the Holy · **Spirit**.
As it was in the be-**ginning**,
is now and will be for · **ever**. A-men. **R.**

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Psalm Prayer *(Optional)*

O God, we hunger and thirst for you. Fill our hearts with your love today. May we praise you with joy and serve you in our brothers and sisters. We ask this through Christ our Lord.

Amen.

Word of God

Appropriate verse(s) selected beforehand from the readings of the day, followed by a moment of silence.

Canticle of Zechariah

Blessed be the God of Israel, who comes to set us free,
Who visits and redeems us, and grants us liberty.
The prophets spoke of mercy, of freedom and release;
God shall fulfill the promise to bring our people peace.

Now from the house of David a child of grace is giv'n;
A Saviour comes among us to raise us up to heaven.
Before him goes the herald, forerunner in the way:
The prophet of salvation, the messenger of Day.

Where once were fear and darkness the sun begins to rise,
The dawning of forgiveness upon the sinners' eyes,
To guide the feet of pilgrims along the paths of peace:
O bless our God and Saviour with songs that never cease!

Text: Michael Perry, ©1973 *Hope Publishing Company*. **Tune:** MERLE'S TUNE, 76.76.D.; ©1983 *Hope Publishing Company*, Carol Stream, IL 60188. All rights reserved. Used by permission. **Music:** *CBW III*, 13E

Intercession

Gathered together in Christ, we pray for the needs of the Church and the world:

R. Lord, hear our prayer.

For all God's People, open to ongoing conversion and transformation, we pray to the Lord: R.

For healing in all the shattered places on this earth, we pray to the Lord: R.

For all who feel lost and abandoned and for those who offer a welcoming hand, we pray to the Lord: R.

For youth workers and counsellors, offering hope and life-affirming options to young people, we pray to the Lord: R.

For a deeper awareness of the voice of God in our everyday experience, we pray to the Lord: R.

Our Father...

Concluding Prayer

O God, source of all mercy and goodness, in almsgiving, fasting, and prayer you have shown us a remedy for sin. Listen with love as we confess our weakness, and, when we are bowed down by the knowledge of our guilt, lift up our hearts with the assurance of your mercy. We ask this through our Lord Jesus Christ, your Son, who lives and reigns with you in the unity of the Holy Spirit, God for ever and ever. **Amen.**

Blessing

May the Lord almighty order our days and our deeds in lasting peace. **Amen.**

Let us offer each other a sign of Christ's peace.

The celebration ends with the exchange of peace.

Prayer in the Evening

The paschal candle is lit. If you plan to use Psalm 141, prepare the thurible beforehand so that incense may be burned during the singing of the psalm.

Invitation to Prayer

God, come to our assistance. **Lord, make haste to help us.**
Glory to the Father, and to the Son, and to the Holy Spirit. **As it was in the beginning, is now, and will be for ever. Amen.**

Praise

Hymn of Praise (Optional)

Other suitable hymns may be sung.

O Blessed and Eternal Light

O blessed and eternal Light,
The Saviour of your people's plight,
Redeemer of the night and day
Who conquers sin in mortal fray.

To you, O Lord, be endless praise:
Your light has set our hearts ablaze.
O Fount of life, the Son of God,
Your death upon the cross we laud.

Exalted Lord, our source of praise,
From sin and death your people raise
To share your victory o'er the grave
And ever laud your power to save.

As daylight fades before the night,
We worship you, O God of light:
The Father, Spirit, Son,
From rising unto setting sun.

Text: ©1992 John G. Hibbard. **Tune:** JESU DULCIS MEMORIA, LM

Psalm Praise

Psalm 141 and/or a seasonal psalm (p. 115), followed by a moment of silence.



Let my prayer a - rise like in - cense be - fore you.



R. Let my prayer arise like incense before you.

I call upon you, O Lord: come quickly to · me;
give ear to my voice when I call to · you.

Let my prayer be counted as incense be-fore you.

and the lifting up of my hands as an eve-ning sacrifice. **R.**

Set a guard over my mouth, O · Lord;
keep watch over the door of my · lips.

But my eyes are turned toward you, O God, my · Lord;
in you I seek refuge; do not leave me · de-fenceless. **R.**

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

As it was in the be-ginning,

is now and will be for ever. · A-men. **R.**

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Psalm Prayer (Optional)

Lord God of mercy and love, from the rising of the sun to its setting your name is worthy of all praise. Make our prayer ascend like incense before you and from our upraised hands receive our evening sacrifice to your glory. We ask this through Christ our Lord. **Amen.**

Word of God

Appropriate verse(s) selected beforehand from the readings of the day, followed by a moment of silence.

Canticle of Mary

My soul proclaims the Lord my God. My spirit sings God's praise,
Who looks on me and lifts me up, that gladness fill my days.

All nations now will share my joy, for gifts God has outpoured.
This lowly one has been made great I magnify the Lord.

For those who fear the Holy One, God's mercy will not die,
Whose strong right arm puts down the proud, and lifts the lowly high.

God fills the hungry with good things, and sends the rich away.
The promise made to Abraham, is filled to endless day.

Then let all nations praise our God, the Father and the Son,
The Spirit blest who lives in us, while endless ages run.

Text: Anne Carter, ©1988 *Religious of the Sacred Heart*.

Tune: HEATHER DEW, *CBW III* 592, 617, *CBW II* 74, 589

Intercession

Gathered together in Christ, we pray for the needs of the Church and the world:

R. Lord, hear our prayer.

For the Church, called to transformation and renewal at this time of Lent, we pray to the Lord: R.

For all nations to be more attentive to the needy, the oppressed and the displaced, we pray to the Lord: R.

For those marginalized or discriminated against, we pray to the Lord: R.

For God's love, mercy and forgiveness upon all those preparing to be received, baptized or confirmed at Easter, we pray to the Lord: R.

For the suffering and the dying, we pray to the Lord: R.

Our Father...

Concluding Prayer

God of power and mercy, you bring forth springs in the wasteland and turn despair into hope. Look not upon the sins of our past, but lift from our hearts the failures that weigh us down, that we may find refreshment and life in Christ, our liberator from sin, who lives and reigns with you in the unity of the Holy Spirit, God for ever and ever. **Amen.**

Blessing

May God the Father almighty bless and keep us. **Amen.**

May Jesus Christ, his only Son, our Lord, graciously smile upon us. **Amen.**

May the Holy Spirit, the Lord and giver of life, grant us peace.

Amen.

Let us offer each other a sign of Christ's peace.

The celebration ends with the exchange of peace.

Prayer for Home & School

Invitation to Prayer

An adult or older child lights the prayer candle. The leader invites everyone to pray.

We begin our prayer in the name of the Father and of the Son and of the Holy Spirit. *[All make the sign of the cross.]* **Amen.**

Praise

All sing a hymn of praise. Suggestions: Joy, Joy, Joy, and What Makes Love Grow? Hi God 1; Day by Day and Children of the Light, Come and See (Born of the Spirit series); L'Arche Hymn.

Word of God

A member of the group reads an appropriate verse(s) from the day's readings, concluding:

The word of the Lord. **Thanks be to God.**

Intercession

The leader or another person leads the intercessions.

God, Source of all life, we come to you with all our needs:

R. God of life, hear us!

God, fill us all with the spirit of charity: R.

God, call all nations to live in peace: R.

God, welcome all lonely persons into your heart: R.

God, give new life to those preparing for baptism: R.

God, take special care of those who are sick or dying: R.

God, hear our own needs (add specific needs as appropriate): R.

We pray with Jesus our brother:

**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.**

God of all goodness, like a loving parent you care for all our needs. We place all our hope and trust in you. Help us to live in the joy and peace that your son, Jesus, brings to us. **Amen.**

Sign of Peace

The leader invites everyone to share a sign of peace.

Let us offer each other a sign of Christ's peace.

The celebration ends with the exchange of peace.

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Parts of this liturgy were inspired by Sister Marjorie Moffatt, SNJM, *Children's Word Liturgies 1* (Ottawa: Novalis, 1989).

See also *CBW III*, inside front cover: The Lord's Prayer B.