



Lenten Morning Prayer

*As we begin the day, we focus on our calling to live faithfully,
for who knows what today holds?*

Opening

Show our hearts your way,
and we shall follow.

Prayer

O God of love, you are the true sun of the world, evermore risen and never going down: We pray you to shine in our hearts and drive away the darkness of sin and the mist of error. We pray that we may, this day and all our lives long, walk without stumbling in the way you have prepared for us, which is Jesus Christ our Lord; who lives and reigns with you and the Holy Spirit, one God in glory everlasting. **Amen.**

Song *Be Thou My Vision*



1 Be thou my vi - sion, O Lord of my heart;
2 Be thou my wis - dom, and thou my true word;
3 Rich - es I heed not, nor vain, emp - ty praise,
4 Light of my soul, af - ter vic - to - ry won,



naught be all else to me, save that thou art:
I ev - er with thee and thou with me, Lord.
thou mine in - her - i - tance, now and al - ways:
may I reach heav - en's joys, O heav - en's Sun!



thou my best thought both by day and by night,
Thou my soul's shel - ter, and thou my high tow'r,
thou and thou on - ly, the first in my heart,
Heart of my own heart, what - ev - er be - fall,



wak - ing or sleep - ing, thy pres - ence my light.
raise thou me heav'n - ward, O Pow'r of my pow'r.
great God of heav - en, my trea - sure thou art.
still be my vi - sion, O Rul - er of all.

Scripture

Is not this the fast that I chose: to loose the bonds of injustice, to undo the thongs of the yoke, to let the oppressed go free, and to break every yoke? Is it not to share your bread with the hungry, and bring the homeless poor into your house; when you see the naked, to cover them, and not to hide yourself from your own kin? Then shall your light break forth like the dawn, and your healing shall spring up quickly; your vindicator shall go before you, the glory of the Lord shall be your rear guard. Then you shall call, and the Lord will answer; you shall cry for help, and he will say, "Here I am." *Isaiah 58:6-9a*

Meditation

We live in a time of struggle between truth and lies, between sincerity, which almost no one believes in still, and hypocrisy and intrigue. Let's not be afraid, brothers and sisters; let's try to be sincere, to love truth; let's try to model ourselves on Christ Jesus. It is time for us to have a great sense of selection, of discernment. *Oscar Romero*

How will we practice Christ Jesus' way of love, justice, and truth this day?

Affirmation

**We believe that Jesus took the form of a slave,
so we commit ourselves to serve others.**

**We believe that God is love,
so we commit ourselves to reconciliation.**

**We believe that Jesus gives us his Spirit,
so we commit ourselves to his work in the world.**

**We believe that God is the light of life,
so we commit ourselves to bearing God's light in our world.**

**We believe that the Spirit speaks through us,
so we commit ourselves to proclaim the good
news of abundant life in the world God loves.**

Prayers

Loving God, in our faith, we pray:

For reconciliation between the violated and the violent,

That we may rest in your peace.

For generosity between rich and poor people everywhere,

That we may share the abundance of your creation.

For the growth of love between broken peoples and nations,

That we may shape our common life as your kingdom.

For mutual respect between immigrants and insiders,

That we may welcome your image in all who come to us.

For protection for the weak and humility for the strong,

That we may serve others as you serve us in Christ.

Here, the people may add particular intercessions or thanksgivings.

For all the joys and concerns of our hearts,

That we may live with gladness and trust.

Lord's Prayer

Our loving God in heaven, holy is your name, may your reign come, your will be done, on earth as in heaven.

Give us today our daily bread.

Forgive us our sins as we forgive those who sin against us.

Save us from the time of trial, and deliver us from evil.

For the kingdom, the power and the glory are yours, now and forever. Amen.

St. Helena Breviary

Prayer

Heavenly Father, in you we live and move and have our being: We humbly pray you so to guide and govern us by your Holy Spirit, that in all the cares and occupations of our life we may not forget you, but may remember that we are ever walking in your sight; through Jesus Christ our Lord. **Amen.**

Going Out

Show our hearts your way,
and we shall follow.