

Sunday 10th March

O saving God,
who led your people through the wilderness
and brought them to the promised land:
so guide us that, following our Saviour,
we may walk through the wilderness of this world
and be brought to the glory of the world which is to come;
through your Son, Jesus Christ our Lord,,
who lives and reigns with you and the Holy Spirit,
one God, now and fore ever. Amen.

Monday

Turn back our hearts to you, O God our Saviour,
and instruct our minds in heavenly wisdom,
that through the practices of Lent
we may advance in our love for you and for our neighbour.
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.

Tuesday

Look mercifully, Lord, upon your family,
that, as we endeavour to keep to prayer,
self denial and works of love,
a longing for you may grow in our hearts.
Grant 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.

Wednesday

Gracious Lord,
look with favour on a people committed to your service,
and make us rich in good works,
that we who practice bodily moderation
may also be renewed in spirit.
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.

Thursday

Lord,
in your boundless mercy
grant us always the desire to know what is right
and the readiness to do it,
so that we who cannot exist without you
may direct our lives according to your will.
We make our prayer 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.

Friday

God most holy,
make your people grow in readiness
to celebrate the coming feast of Easter,
so that the works of prayer, charity and self-denial
to which we have pledged ourselves
may bear fruit in both body and spirit.
We make this prayer through Jesus Christ our Lord.

Saturday

Eternal Father,
turn our hearts back to you,
that we may commit our lives to your praise and service,
seeking always the one thing necessary
and providing for the needs of others.
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.

*Rejoice always, pray without ceasing,
give thanks in all circumstances;
for this is God's will for you in Christ Jesus.
1 Thessalonians 5:16-18*

Sunday 17th March

God of our ancestors,
whose chosen servant Abraham was given faith to obey your call and
go out into the unknown:
endow your Church with such faith that we may follow you with
courage;
for the sake of Jesus Christ our Lord,
who lives and reigns with you and the Holy Spirit,
one God, for ever and ever. Amen.

or

O God, glorious and faithful,
you reveal the beauty of your face to those who seek
you with a sincere heart: strengthen us in faith to embrace the
mystery of the cross, an open our hearts to its transforming power,
so that, clinging in love to your will for us,
we may walk as followers of your Son, Jesus Christ our Lord,
who lives and reigns with you and the Holy Spirit,
one God, for ever and ever. Amen.

Monday

God, our wisdom,
you teach us to practise self-discipline, for the renewal
of body and spirit.
Bind us, we pray, by your word and temper our hardness of heart,
that so bound, we may be truly free and so tempered, we may
practise your commandment of selfless love.
We make this prayer through Jesus Christ our Lord.

Tuesday

Watch over your Church, Lord God, with unfailing mercy,
and since without you humankind will surely fall,
protect us by your grace from every harm
and guide us toward those things that work for our good.
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.

Wednesday

Sustain your family, O Lord,
whom you have formed in the ways of loving service.
Strengthen us with your help in this present life
and in your mercy lead us to life eternal.
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.

Thursday

Lord God,
you love innocence and you restore it in those who have sinned.
Turn back our wayward hearts to you and inflame them with your Holy Spirit,
that we may be steadfast in faith
and effective in the works of love.
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.

Friday

God of all times and seasons, through these holy forty days
create in us a clean heart, a mind centred on truth
and a life lived in faithful love.
By these gifts prepare us to celebrate your Easter feast
of new and risen life in Christ our Lord.,
who is alive, now and for ever.

Saturday

Lord,
by your healing gift of grace you share with us the things of heaven while we
are yet on earth.
Guide us, we pray, in this our present life and lead us to that everlasting light
in which you dwell.
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.

Pray and praise him without ceasing.

Lent 2019 cHanGe thE CaPItal
Week Three: Death and Sin

Sunday 24th March

O God, the fountain of life
to a humanity parched with thirst
you offer the living water that springs from the Rock
our Saviour Jesus Christ:
stir up within your people the gift of your Spirit,
that we may profess our faith with freshness
and announce with joy the wonder of your love.
We ask this through our Lord Jesus Christ,
who lives and reigns with you in the unity of the Holy Spirit,
one God, for ever and ever. Amen

Monday

Lord God,
we pray that your endless mercy
may cleanse and protect your Church;
and, since it cannot stand firm without you,
guide and govern it always by your grace.
Grant 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.

Tuesday

God, ever present,
do not allow your people
to be separated from you,
but bind us more closely to your service
and equip us always with your saving help.
We ask this through Jesus Christ our Lord.

Wednesday

God of wisdom,
throughout these forty days you instruct your people
and nourish them with your word of life.
Teach us through self-denial to bind our hearts to your service
and make us one through constant prayer.
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.

Thursday

God of majesty,
we make this heartfelt prayer:
that the nearer we come to the great feast of our salvation,
the more fervently we may prepare ourselves
to celebrate the paschal mystery.
Grant 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.

Friday

Holy God,
strengthen your people in holiness.
Restrain us from intemperance
so that we may have the strength
to remain faithful to the law of heaven.
We make this prayer through Jesus Christ our Lord.

Saturday

God, in whom our joy is complete,
root us in the passion and resurrection of Christ,
so that we may know in its fullness
the happiness we now taste
through our observance of Lent.
We make this prayer through Jesus Christ our Lord.

*I call on you, my God, for you will answer me;
turn your ear to me and hear my prayer.
Psalm 17:6*

Sunday 31st March

God of compassion,
you are slow to anger, and full of mercy,
welcoming sinners who return to you with penitent hearts :
receive in your loving embrace all who come home to you,
and seat them at your bountiful table,
that, with all your children,
they may feast with delight on all that satisfies
the hungry heart.
we ask this in the name of Jesus Christ our Saviour,
who lives and reigns with you in the unity of the Holy Spirit,
one God, for ever and ever. Amen.

Monday

In the mystery of your saving plan, O God,
you wonderfully renew the world;
grant that your Church may be guided by your eternal decrees
and never lack your help here on earth.
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.

Tuesday

As your people faithfully observe
the Lenten duties of prayer and self-denial,
prepare our hearts, Lord God,
that we may readily embrace the paschal mystery
and proclaim with joy your message of salvation.
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.

Wednesday

Righteous God,
you give a fitting recompense to the just
and pardon to sinners who repent.
Have mercy on us who cry out to you,
so that as we acknowledge our guilt,

we may be able to receive your forgiveness.
We make this prayer through Jesus Christ our Lord.

Thursday

God of forgiveness,
listen graciously to our prayers,
so that, corrected by our acts of repentance
and formed by good works,
we may faithfully observe your commandments
and come without fault to the celebration of Easter.
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.

Friday

Generous God,
in prayer, self-denial and works of love
you provide the means to aid our human weakness;
make us pursue these things in simplicity and joy,
accepting them as your gracious gifts
and putting them into practice in the conduct of our lives.
We make this prayer through Jesus Christ our Lord.

Saturday

Almighty God,
let the working of your gentle mercy
direct the movement of our hearts,
for without your grace
we cannot find favour in your sight.
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.

*May my prayer be set before you like incense;
may the lifting up of my hands be like the evening sacrifice.
Psalm 141:2*

Sunday 7th April

O God,
the Redeemer of all who trust in you: heed the cry of
your people, and deliver us from the bondage of sin,
that we may serve you in perfect freedom and rejoice
in your unfailing love;
through Jesus Christ our Saviour,
who lives and reigns with you and the Holy Spirit,
one God, for ever and ever. Amen

Monday

God of surpassing love,
you enrich us with every blessing; grant that, by setting
aside our former ways for a life that is new,
we may be ready for the glory of your kingdom.
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.

Tuesday

God of mercy and compassion,
grant that your household, the Church, may persevere in obeying
your will, so that in our own day those who offer
you true service may grow in number and holiness.
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.

Wednesday

God of loving-kindness,
enlighten the hearts of your children, who are cleansed by Lenten
repentance. Be not deaf to our prayer, for it is you
who awaken within us the very desire to serve you.
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.

Thursday

Do not withhold your presence, Lord our God,
from those who call upon you, but look with tender
Care on all who hope in your mercy.
Cleanse them from the stain of sin,
that they may persevere in holiness of life
and receive the inheritance you have promised.
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.

Friday

God of patient love,
forgive the wrong that we have done, so that by your goodness we may be
released from the sins that enslave
us and set free to serve you in peace.
We make this prayer through Jesus Christ our Lord.

Saturday

Most holy God,
your saving grace extends to every season, but in this time
of Lent you gladden your Church with a still greater outpouring of love.
Look kindly upon candidates for baptism, that those about
to enter the waters of baptism and those already baptised may know the
power of your mighty arm.
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.

Notes:

*The Collects are sourced from: A Prayer Book for Australia;1998 Sacramentary,
some of which have been adapted; Celebrating the Christian Year: Lent, Holy
Week & Easter, comp. Alan Griffiths*