

# Morning Prayer – Lent – With Contemplative Sit

Bell x3

**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.**

*Absolution*

Almighty God have mercy upon you, pardon and deliver you from all your sins, confirm and strengthen you in all goodness and keep you 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 appointed Psalm for the day is read/sung.*

*Silence.*

*Gospel Acclamation:*

**Gospel Acclamation:**

Lord to whom shall we go?  
Lord to whom shall we go?  
You are gracious and merciful  
Lord to whom shall we go?  
Slow to anger and abounding in love  
Lord to whom shall we go?  
Lord to whom shall we go?  
Let us trust in your Word.

**Gospel Reading**

**The Contemplative Sit**

The Principles of Centering Prayer:

1. Choose a sacred word or a sacred breath as the symbol of your intention to consent to God’s presence and action within.
2. Sitting comfortably and with eyes closed, settle briefly and silently introduce the sacred word as the symbol of your consent to God’s presence and action within.
3. When engaged with your thoughts, return ever-so- gently to the sacred word. Thoughts include body sensations, feelings, images, and reflections.
4. At the end of the prayer period, remain in silence with eyes closed for a couple of minutes. 20 minutes of silence begins and ends with a bell. At the end of the silence we bow toward each other.

*Intercessory Prayer*

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

God of all, you have promised to hear what we ask in the Name of your Son, Jesus. Accept and fulfill my petitions, I pray, not as I ask in my ignorance, nor as I deserve in my sinfulness, but as you know and love me in your Son Jesus Christ our Lord, who lives and reigns with you and the Holy Spirit, one God now and forever. **Amen.**

*The Lord's Prayer*

*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.**