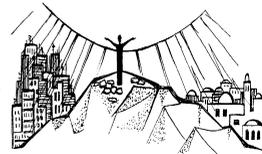




Parish of Timperley
Christ Church and Holy Cross
Liturgy for
Lent



PLEASE TAKE THIS BOOKLET AWAY WITH YOU

O Lord, open our lips
and our mouths shall proclaim your praise.

Hear our voice, O Lord, according to your faithful love,
according to your judgement give us life.

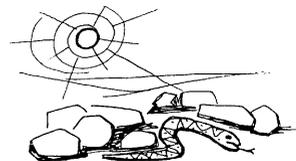
Blessed are you, God of compassion and mercy,
to you be praise and glory for ever.

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.



Confession

Jesus, full of the Holy Spirit, returned from the Jordan and was led by the Spirit into the wilderness, where for forty days he was tempted by the devil. Let us confess our sins remembering before God the times when we have fallen from temptation into sin.

Wash me thoroughly from my wickedness and cleanse me from my sin:
Lord, have mercy.

Lord, have mercy.

Make me a clean heart, O God, and renew a right spirit within me:
Christ, have mercy.

Christ, have mercy.

Cast me not away from your presence
and take not your holy spirit from me:

Lord, have mercy.

Lord, have mercy

TO KEEP A TRUE LENT by Robert Herrick (1591–1674)

IS this a fast, to keep
 The larder lean?
 And clean
From fat of veals and sheep?

Is it to quit the dish
 Of flesh, yet still
 To fill
The platter high with fish?

Is it to fast an hour,
 Or ragg'd to go,
 Or show
A downcast look and sour

No; 'tis a fast to dole
 Thy sheaf of wheat,
 And meat,
Unto the hungry soul.

It is to fast from strife,
 From old debate
 And hate;
To circumcise thy life.

To show a heart grief-rent;
 To starve thy sin,
 Not bin;
And that's to keep thy Lent.

Praise

Cast your burden upon the Lord:
he will sustain you.

Create in us clean hearts, O God;
renew a right spirit within us.

Cast us not away from your presence;
take not your Holy Spirit from us.

Give us the joy of your saving help;
sustain us with your life-giving Spirit.



Prayers

Almighty and everlasting God,
you hate nothing that you have made
and forgive the sins of all those who are penitent:
create and make in us new and contrite hearts
that we, worthily lamenting our sins
and acknowledging our wretchedness,
may receive from you, the God of all mercy,
perfect remission and forgiveness;
through Jesus Christ your Son our Lord,
who is alive and reigns with you,
in the unity of the Holy Spirit,
one God, now and for ever.

Amen

Holy God,
our lives are laid open before you:
rescue us from the chaos of sin
and through the death of your Son
bring us healing and make us whole
in Jesus Christ our Lord.

Amen

Teach us, good Lord, to serve you as you deserve;
to give and not to count the cost;
to fight and not to heed the wounds;
to toil and not to seek for rest;
to labour and not to seek for any reward,
save that of knowing that we do your will.

Amen.

Merciful Father,
turn us from sin to faithfulness
and from disobedience to love,
and prepare us to celebrate
the death and resurrection of Christ our Saviour
who is alive and reigns, now and for ever.

Amen.



Ignatius of Loyola (1556)

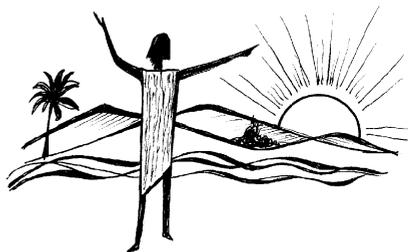
**Our Father in heaven, hallowed be your name,
your kingdom come, your will be done,
on earth as in heaven.
Give us today our daily bread.
Forgive us our sins
as we forgive those who sin against us.
Lead us not into temptation but deliver us from evil.
For the kingdom, the power, and the glory are yours
now and for ever.
Amen.**

Dismissal and blessing

Christ give you grace to grow in holiness,
to deny yourselves, take up your cross, and follow him;
and the blessing of God almighty,
the Father, the Son, and the Holy Spirit,
be among you and remain with you always.
Amen.

May God our Redeemer show us compassion and love.
Amen.

Let us bless the Lord.
Thanks be to God.



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