

Friday Morning Prayer for Lent 2026

Opening Prayer

+ In the name of the Father, and of the Son, and of the Holy Spirit. Amen*

**One thing I have asked of the Lord,
this is what I seek:
that I may dwell in the house of the Lord all the days of my life;
to behold the beauty of the Lord and to seek Him in His temple.**

Who is it that you seek?

We seek the Lord our God.

Do you seek Him with all your heart?

Amen. Lord, have mercy.

Do you seek Him with all your soul?

Amen. Lord, have mercy.

Do you seek Him with all your mind?

Amen. Lord, have mercy.

Do you seek Him with all your strength?

Amen. Christ, have mercy.

Gratitude

Let us give thanks to God our Creator always and for everything, saying, "We thank you, God."

For the beauty and wonder of creation,

We thank you, God.

For all that is gracious in the lives of all people, revealing the image of Christ,

We thank you, God.

For our daily food, for our homes and families, community and friends,

We thank you, God.

For minds to think and hearts to love,

We thank you, God.

For health, strength, and skill to work, and for leisure to rest and play,

We thank you, God.

For those who are brave and courageous, patient in suffering and faithful in adversity,

We thank you, God.

For all who pursue peace, justice, and truth,

We thank you, God.

I invite your spoken or silent prayers of gratitude...

[together we say] We thank you, God.

Poem (if chosen)

Psalm

**Glory to you Source of all being, Eternal Word and Holy Spirit,
As it was in the beginning, is now, and ever shall be, world without end, Amen.**

Gospel

The Holy Gospel of our Lord Jesus Christ according to ...
Glory to you, Lord Jesus Christ.

...

The Gospel of Christ.
Praise to you, Lord Jesus Christ.

Silence followed by shared reflections

Affirmation of Faith (United Church)

We are not alone,
we live in God's world.

We believe in God:
who has created and is creating,
who has come in Jesus,
the Word made flesh,
to reconcile and make new,
who works in us and others
by the Spirit.

We trust in God.

We are called to be the Church:
to celebrate God's presence,
to live with respect in Creation,
to love and serve others,
to seek justice and resist evil,
to proclaim Jesus, crucified and risen,
our judge and our hope.

In life, in death, in life beyond death,
God is with us.

We are not alone.
Thanks be to God.

Prayers

Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus. (Philippians 4:6-7)

United in the company of all the faithful, let us offer our prayers to God, the source of all life and holiness.

Spoken or silent intercessions are offered to God and before each other.

The Lord's Prayer (Lynn's paraphrase)

Trusting in the compassion of God and gathering our prayers and praises into one, let us pray,

Our Creator, ground of all being, holy is your name.

May your Holy Spirit come upon us and cleanse* us.

May your will be done, throughout all your creation.

Give us today what we need for this day.

Forgive us our failings and shortcomings, and help us to forgive those who have harmed us.

Save us from trials too hard for us and deliver us from evil.

May you reign in the kingdom, the power, and the glory of your love, now and for ever. Amen.

Blessing/Sending

May the peace of the Lord Christ go with you, wherever He may send you.

May He guide you through the wilderness, protect you through the storm.

May He bring you home rejoicing at the wonders He has shown you.

May He bring you home rejoicing once again into our doors.

+ In the name of the Father, and of the Son, and of the Holy Spirit. Amen

*A few ancient authorities read "Your Holy Spirit come upon us and cleanse us" rather than "May your Kingdom come."