



# Lenten Morning Prayer 2026

**God Meets Us Where We Are. One day at a time.**

*St Laurence Anglican Church Daily during Lent | 18  
February to 29 March 2026*

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## **WELCOME**

*Whatever you are carrying from the world today, you are welcome here. God meets us where we are. That is what we have come to discover together, one day at a time.*

*A moment of silence to arrive.*

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## **OPENING PRAYER**

*The night has passed, and the day lies open before us. Let us pray with one heart and mind.*

*The light of your presence, O God, already warms our hearts and awakens hope within us. In the gift of this new day, may we know you near, now and throughout all the hours ahead. Amen.*

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## **OPENING SENTENCE**

*O God, you are my God; eagerly I seek you. My soul thirsts for you; my flesh faints for you, as in a dry and weary land where there is no water. Psalm 63:1*

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## **LENTEN BREASTPLATE** *A Prayer of Grounding*

*I arise today through the grace of God, who plants springs in the desert, who calls water from the rock, who leads through the wilderness, who quenches every thirst.*

*I arise today through God's strength to pilot me, God's wisdom to guide me, God's eye to look before me, God's shield to protect me.*

*Christ with me, Christ before me, Christ behind me, Christ in me, Christ beneath me, Christ above me.*

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**PSALM 42:1-3, 5, 8**

*As a deer longs for flowing streams, so my soul longs for you, O God.*

*My soul thirsts for God, for the living God. When shall I come and behold the face of God?*

*My tears have been my food day and night, while people say to me continually, "Where is your God?"*

*Why are you cast down, O my soul, and why are you disquieted within me? Hope in God; for I shall again praise God, my help and my God.*

*By day the Lord commands his steadfast love, and at night his song is with me, a prayer to the God of my life.*

*Glory to God, Source of all being, eternal Word and Holy Spirit, as it was in the beginning, is now, and will be forever. Amen.*

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**THE GOSPEL**

*The Holy Gospel of our Lord Jesus Christ. All: **Glory to you, Lord Christ.***

*The Gospel for the day is read.*

*The Gospel of the Lord. All: **Praise to you, Lord Christ.***

*Silence*

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**REFLECTION**

*A brief reflection on the Gospel reading.*

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**CANTICLE Benedictus: A Song of the Dawn (Luke 1:78-79)**

*By the tender mercy of our God, the dawn from on high will break upon us, to give light to those who sit in darkness and in the shadow of death, and to guide our feet into the way of peace.*

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## **PRAYERS OF INTERCESSION**

*Daily themes: Monday: Leaders and those in authority Tuesday: Creation and the earth  
Wednesday: Those who suffer Thursday: Signs of hope Friday: The church and our  
community*

*Let us pray.*

*We hold before you, O God, the weight of this world. The places of pain and conflict, the  
suffering we hear about and the suffering we do not. We name them aloud or in the silence  
of our hearts.*

*Silence*

*Presider: Faithful God, meet us there. All: **Faithful God, meet us there.***

*We hold before you those on our hearts today. Those who are ill, frightened, grieving, or  
struggling in ways we may not fully know. We name them aloud or hold them quietly before  
you now.*

*Silence*

*Presider: Faithful God, meet them there. All: **Faithful God, meet them there.***

*We hold before you our own needs this morning. What we carry into this day. What we hope  
for, worry about, or are not sure how to face. We offer that to you now, aloud or in silence.*

*Silence*

*Presider: Faithful God, meet us here. All: **Faithful God, meet us here.***

*Receive these prayers, and receive us. All: **Amen.***

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## **THE LORD'S PRAYER**

*Let us pray as Jesus taught us.*

*All: **Abba, God in heaven, holy is your name, may your kingdom come, may your will  
be done, here on earth as it is in heaven. Give us what we need for today. Forgive us  
as we forgive others. Save us from times of trial, and deliver us from all evil. For all  
authority and power and glory are yours, now and forever. Amen.***

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## **CLOSING COLLECT**

*God of every place and time, you are already present in the wilderness, already shining in the darkness, already holding what we cannot carry. Deepen our trust in your presence this day, and ground us in the promise that we are never alone. Through Jesus Christ our Lord. Amen.*

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## **CLOSING PRAYER**

*In the beginning, O God, your Spirit swept over the chaotic deep like a wild wind, and creation was born. In the turbulence of our lives and in the unsettled waters of the world, let there be new birthings of your Spirit. In the currents of our own hearts and in the upheavals of this day, let there be new birthings of your mighty Spirit. Amen.*

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## **THE DISMISSAL**

*Let us bless the Lord. All: **Thanks be to God.***

*Go gently into this day. God goes with you.*

*Presider: Go in peace to love and serve the Lord. All: **Thanks be to God.***

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