If I climb up to heaven, you are there;♦

if I make the grave my bed, you are there also.

**If I take the wings of the morning♦**

**and dwell in the uttermost parts of the sea,**

Even there your hand shall lead me,♦

your right hand hold me fast.

**If I say, ‘Surely the darkness will cover me♦**

**and the light around me turn to night,’**

Even darkness is no darkness with you;

the night is as clear as the day;♦

darkness and light to you are both alike.

**For you yourself created my inmost parts;♦**

**you knit me together in my mother’s womb.**

I thank you, for I am fearfully and wonderfully made;♦

marvellous are your works, my soul knows well.

**My frame was not hidden from you,♦**

**when I was made in secret**

**and woven in the depths of the earth.**

Your eyes beheld my form, as yet unfinished;♦

already in your book were all my members written,

**As day by day they were fashioned♦**

**when as yet there was none of them.**

How deep are your counsels to me, O God!♦

How great is the sum of them!

**If I count them, they are more in number than the sand,♦**

**and at the end, I am still in your presence.**

**Glory to the Father and to the Son**

**and to the Holy Spirit;**

**as it was in the beginning is now**

**and shall be for ever. Amen.**

***Canticle: Prayer of Manasseh***

**Full of compassion and mercy and love**

**is God, the Most High, the Almighty.**

Lord almighty and God of our ancestors,♦

**you who made heaven and earth in all their glory:**

**All things tremble with awe at your presence,♦**

**before your great and mighty power.**

**Immeasurable and unsearchable is your promised mercy,♦**

**for you are God, Most High.**

**You are full of compassion, long-suffering and very merciful,♦**

**and you relent at human suffering.**

**O God, according to your great goodness,♦**

**you have promised forgiveness for repentance**

**to those who have sinned against you.**

**The sins I have committed against you♦**

**are more in number than the sands of the sea.**

**I am not worthy to look up to the height of heaven,♦**

**because of the multitude of my iniquities.**

**And now I bend the knee of my heart before you,♦**

**imploring your kindness upon me.**

**I have sinned, O God, I have sinned,♦**

**and I acknowledge my transgressions.**

**Unworthy as I am, you will save me,♦**

**according to your great mercy.**

**For all the host of heaven sings your praise,♦**

**and your glory is for ever and ever.**

**Glory to the Father, and to the Son**

**and to the Holy Spirit;**

**as it was in the beginning is now**

**and shall be for ever. Amen.**

**Full of compassion and mercy and love,**

**is God, the Most High, the Almighty.**

***Scripture Reading***

*then:*

To you, O Lord, I lift up my soul;

**O my God, in you I trust.**

You are the God of my salvation,

**To you, O Lord, I lift up my soul.**

In you I hope all the day long.

**O my God, in you I trust.**

Remember, Lord, your compassion and love,

for they are from everlasting.

**To you, O Lord, I lift up my soul;**

**O my God, in you I trust.**

***Gospel Canticle: The Benedictus***

**Blessed are those who hunger and thirst for righteousness,**

**for they shall be satisfied.**

Blessed be the Lord the God of Israel,♦

**who has come to his people and set them free.**

**He has raised up for us a mighty Saviour,♦**

**born of the house of his servant David.**

**Through his holy prophets God promised of old♦**

**to save us from our enemies,**

**from the hands of all that hate us,**

**To show mercy to our ancestors,♦**

**and to remember his holy covenant.**

**This was the oath God swore to our father Abraham:♦**

**to set us free from the hands of our enemies,**

**Free to worship him without fear,♦**

**holy and righteous in his sight**

**all the days of our life.**

**And you, child, shall be called the prophet of the Most High,♦**

**for you will go before the Lord to prepare his way,**

**To give his people knowledge of salvation♦**

**by the forgiveness of all their sins.**

**In the tender compassion of our God♦**

**the dawn from on high shall break upon us,**

**To shine on those who dwell in darkness and the shadow of death,♦**

**and to guide our feet into the way of peace.**

**Glory to the Father and to the Son**

**and to the Holy Spirit;**

**as it was in the beginning is now**

**and shall be for ever. Amen.**

**Blessed are those who hunger and thirst for righteousness,**

**for they shall be satisfied.**

**Prayers**

*ending with the Lord’s Prayer*

May God our Redeemer show us compassion and love.

**Amen.**

Let us bless the Lord.

**Thanks be to God.**

***Simple Morning Prayer in Lent***

**Preparation**

O Lord, open our lips

**and our mouth 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.**

The night has passed, and the day lies open before us;

let us pray with one heart and mind.

*Silence is kept.*

As we rejoice in the gift of this new day,

so may the light of your presence, O God,

set our hearts on fire with love for you;

now and for ever.

**Amen.**

**Psalm 139**

O Lord, you have searched me out and known me;♦

you know my sitting down and my rising up;

you discern my thoughts from afar.

**You mark out my journeys and my resting place♦**

**and are acquainted with all my ways.**

For there is not a word on my tongue,♦

but you, O Lord, know it altogether.

**You encompass me behind and before♦**

**and lay your hand upon me.**

Such knowledge is too wonderful for me,♦

so high that I cannot attain it.

**Where can I go then from your spirit?♦**

**Or where can I flee from your presence?**