



## Contemplative Evening Prayer for the Lenten Season



St Cuthbert's Island, Lindisfarne

## Introduction

### Opening Sentences

Let us seek the living God whose love is close at hand,  
Let us pray to the One who waits patiently to be found.

**May we abandon our dishonest ways,  
And give up our unrighteous thoughts.**

Let us come back to God with repentant hearts,  
Let us come fasting and weeping, sorry for our sins.

**God is merciful and kind to those who return,  
God's love is extravagant and forgiving to all who come near.**

Let us change our lives and not our clothes,  
Let us come back to the God who never leaves us.  
**Though our sins are like scarlet wounds,  
They will be washed away and become white as snow.**

*(Pause to remind yourself of the places in which you have experienced God's forgiveness and redemptive love)*

## The Confession

Have mercy on us, O God,  
Because of your unfailing love.

**Because of your great compassion,  
Blot out the sins that stain us.**

Wash us clean from our guilt,  
And purify our hearts from our sin.

**Renew our inner spirit to become steadfast and unswerving,  
So that we will be willing to obey you.**

Do not turn us away from your loving presence O God,  
Restore the joy of your salvation within us.

**The sacrifice you desire is a penitent spirit,  
You will not reject a broken and repentant heart, O God**

*Pause to reflect on the scriptures to think about those things that  
vie for your attention and distract you from a whole-hearted  
commitment to Christ.*

Things that clutter and consume,  
**We lay them down.**

Attitudes that separate and divide,  
**We lay them down.**

Thoughts that confuse and disrupt,

We lay them down.

Into the cycle of living and dying and rising again,  
We lay them down.

## The Psalms

### Psalm 25

#### Prayer for Guidance and for Deliverance

<sup>1</sup> To you, O Lord, I lift up my soul.

<sup>2</sup> O my God, in you I trust;  
do not let me be put to shame;  
do not let my enemies exult over me.

<sup>3</sup> Do not let those who wait for you be put to shame;  
let them be ashamed who are wantonly treacherous.

<sup>4</sup> Make me to know your ways, O Lord;  
teach me your paths.

<sup>5</sup> Lead me in your truth, and teach me,  
for you are the God of my salvation;  
for you I wait all day long.

<sup>6</sup> Be mindful of your mercy, O Lord, and of your steadfast  
love,  
for they have been from of old.

<sup>7</sup> Do not remember the sins of my youth or my  
transgressions;  
according to your steadfast love remember me,  
for your goodness' sake, O Lord!

<sup>8</sup> Good and upright is the Lord;  
therefore he instructs sinners in the way.

<sup>9</sup> He leads the humble in what is right,  
and teaches the humble his way.

*The Reading*

*Homily*

**Reflection**



*Overlooking the Old Hills*

## *The Litany*

God may we reach within this night,  
To the hidden places of our souls.  
**May we uncover the sins that bind us.**

May we reach without this night,  
Into the brokenness of our world.  
**May we expose our indifference to its cries.**

May we reach down this night,  
Into the pollution of creation.  
**May we admit to our part in its contamination.**

God may we reach upward this night,  
Into your forgiving embrace.  
**May we find the joy of eternal life.**

## *The Intercessions*

*We to offer up our own prayers and intercessions*

## *The Lord's Prayer*

**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 forever. Amen.

## The Repentance

Lord we have denied you,  
Each time we refused to see you in the faces of the hungry and the homeless.

**May the old in us pass away and all things become new.**

Lord we have betrayed you ,  
Each time we have kept our distance from the anguish of the oppressed and the persecuted.

**May the old in us pass away and all things become new.**

Lord we have mocked you,  
Each time we have pretended we do not know how radically you call us to live.

**May the old in us pass away and all things become new.**

Lord we are lost and have strayed,  
Reconcile us to your image and make us new.

**May the old in us pass away and all things become new.**

All merciful One, God of infinite love and compassion,  
though we have strayed you have never abandoned us.  
In this season of repentance we come confessing our sins

and reaching out for the healing power of your forgiveness.  
Through Christ our Lord, give us renewed and truthful hearts  
that will follow you in all of our ways.

Righteous God,  
Compassionate and generous one  
Who forgives our sins and has mercy on us

**Fill our hidden places with your healing light,  
Breathe on us afresh this night and grant us rest.**

## The Blessing

May your compassion bloom in us  
May your righteousness bear fruit  
May your generosity encourage us to share

**May your love grow strong and deep within us  
Breathe on us afresh this night and grant us rest.  
Amen**

## NOTICES