

**Prayer During the Day**  
**Wednesday 24<sup>th</sup> March 2021 (Lent 5)**

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.**

**Confession**

Happy are those whose transgression is forgiven, whose sin is covered.  
**CONFESSION IS GOOD FOR THE SOUL.**

Happy are those to whom the Lord imputes no iniquity, and in whose spirit there is no deceit.  
**CONFESSION IS GOOD FOR THE SOUL.**

While I kept silence, my body wasted away through my groaning all day long. For day and night your hand was heavy upon me; my strength was dried up as by the heat of summer.  
**CONFESSION IS GOOD FOR THE SOUL.**

Then I acknowledged my sin to God, and I did not hide my iniquity; I said, 'I will confess my transgression to the Lord,' and God forgave the guilt of my sin.  
**CONFESSION IS GOOD FOR THE SOUL.**

Therefore let all who are faithful offer prayer to God.

**CONFESSION IS GOOD FOR THE SOUL.  
LET US WORSHIP GOD.**

**God of all,  
we confess that we do not like to confess.  
It makes us feel vulnerable,  
it reminds us that we are fragile and flawed,  
it calls us to admit to you, ourselves and others that we need to change.**

**God of all,  
we confess that we do not like to confess.  
We ask for your forgiveness and your help because we know – confession is good for the  
soul.**

Assurance of pardon:  
Fast comes the forgiveness.  
Before the syllables have made a sound, your confession clears the way.  
God holds no grudges  
so let go of your grief.  
You are forgiven.

**Reading: John 8:31-42**

<sup>31</sup> Then Jesus said to the Jews who had believed in him, 'If you continue in my word, you are truly my disciples; <sup>32</sup> and you will know the truth, and the truth will make you free.' <sup>33</sup> They answered him, 'We are descendants of Abraham and have never been slaves to anyone. What do you mean by saying, "You will be made free"?'

<sup>34</sup> Jesus answered them, 'Very truly, I tell you, everyone who commits sin is a slave to sin. <sup>35</sup> The slave does not have a permanent place in the household; the son has a place there for ever. <sup>36</sup> So if the Son makes you free, you will be free indeed. <sup>37</sup> I know that you are descendants of Abraham; yet you look for an opportunity to kill me, because there is no place in you for my word. <sup>38</sup> I declare what I have seen in the Father's presence; as for you, you should do what you have heard from the Father.'<sup>[a]</sup>

<sup>39</sup> They answered him, 'Abraham is our father.' Jesus said to them, 'If you were Abraham's children, you would be doing<sup>[b]</sup> what Abraham did, <sup>40</sup> but now you are trying to kill me, a man who has told you the truth that I heard from God. This is not what Abraham did. <sup>41</sup> You are indeed doing what your father does.' They said to him, 'We are not illegitimate children; we have one father, God himself.' <sup>42</sup> Jesus said to them, 'If God were your Father, you would love me, for I came from God and now I am here. I did not come on my own, but he sent me.'

## **Canticle**

As you take a deep breath and submerge yourself in prayer again, as you continue your walk through Lent, hear this:

You are loved by God. Each and every one of you: cherished, adored, liked ... just as you are.  
God loves you,  
Jesus loves you,  
the Spirit loves you – three-in-one.  
No exceptions.  
Follow Christ's footsteps, continue your walk into the wilderness and dance in the desert.  
Beloved of God, come on a journey.

## **Collect**

Gracious Father,  
You gave up your son  
Out of love for the world:  
Lead us to ponder the mysteries of his passion,  
That we may know eternal peace  
Through the shedding of our Saviour's blood,  
Jesus Christ our Lord.

## **Amen**

Lord's Prayer

## **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 for ever.  
Amen**

May Christ our Saviour give us peace.

**Amen.**

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