

Prayer at Home



Ash Wednesday

Preparation

*This prayer may either be used by a household group or an individual. Where there is a group, texts said by all are in **bold**.*

If you know a Lord, have mercy or Kyrie to sing, perhaps from Taizé, sing it either after the Penitential Act or as Intercession Response.

The Gospel has three sections (At that time; And when you pray; And when you fast), you may wish to use different voices to highlight this.

Introduction

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

Penitential Act

I confess to almighty God
and to you, my brothers and sisters,
that I have greatly sinned,
in my thoughts and in my words,
in what I have done and in what I have
failed to do,
through my fault, through my fault,
through my most grievous fault;
therefore I ask blessed Mary ever-Virgin,
all the Angels and Saints,
and you, my brothers and sisters,
to pray for me to the Lord our God.

Gospel

Matthew 6:1-6, 16-18

A reading from the holy Gospel according to Matthew.

At that time: Jesus said to his disciples:

‘Beware of practicing your righteousness before other people
in order to be seen by them,
for then you will have no reward from your Father who is in heaven.

‘Thus, when you give to the needy,
sound no trumpet before you,
as the hypocrites do in the synagogues and in the streets,
that they may be praised by others.
Truly, I say to you, they have received their reward.
But when you give to the needy,
do not let your left hand know what your right hand is doing,

so that your giving may be in secret.
And your Father who sees in secret will reward you.

‘And when you pray, you must not be like the hypocrites.
For they love to stand and pray in the synagogues and at the street corners,
that they may be seen by others.
Truly, I say to you, they have received their reward.
But when you pray,
go into your room and shut the door
and pray to your Father who is in secret.
And your Father who sees in secret will reward you.

‘And when you fast, do not look gloomy like the hypocrites,
for they disfigure their faces that their fasting may be seen by others.
Truly, I say to you, they have received their reward.
But when you fast,
anoint your head and wash your face,
that your fasting may not be seen by others
but by your Father who is in secret.
And your Father who sees in secret will reward you.’
The Gospel of the Lord.
Praise to you, Lord Jesus Christ.

Reflection

Spend a few minutes in silence to reflect on Jesus' words. Then reflect together how during Lent you will give to those in need, pray for yourself and others, seek to make do with less.

Prayer

Lord, as we begin this season of Lent,
help us, through our prayer, fasting and almsgiving,
to be ready to celebrate
the Passion, Death and Resurrection of your Son this Easter.
May we honour you every day
by living always in him,
for he is Lord for ever and ever. Amen.

Make your own prayers for those who are sick or in need. Ask God to protect them. Finish each prayer with:

Lord, in your mercy.

Hear our prayer.

Lord's Prayer

Let us pray in the words Jesus himself gave us:

Our Father, who art in heaven,
hallowed be thy name;
thy kingdom come,
thy will be done
on earth as it is in heaven.
Give us this day our daily bread,
and forgive us our trespasses,
as we forgive those who trespass against us;
and lead us not into temptation,
but deliver us from evil.

May God bless us and keep us safe.

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

**Liturgy
Office**

**ENGLAND
& WALES**

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