

Evening Prayer Lent Sunday, 15 March 2026
The Fourth Sunday of Lent (Mothering Sunday)

Preparation

O God, make speed to save us.

O Lord, make haste to help us.

Hear our voice, O Lord, according to your faithful love,
according to your judgement give us life.

HYMN

That this evening may be holy, good and peaceful,
let us pray with one heart and mind.

Silence is kept.

As our evening prayer rises before you, O God,
so may your mercy come down upon us
to cleanse our hearts
and set us free to sing your praise
now and for ever.

Amen.

The Word of God

Psalmody

Psalm 31.1-16

Into your hands I commend my spirit.

- 1 In you, O Lord, have I taken refuge;
let me never be put to shame; ♦
deliver me in your righteousness.
- 2 Incline your ear to me; ♦
make haste to deliver me.
- 3 Be my strong rock, a fortress to save me,
for you are my rock and my stronghold; ♦
guide me, and lead me for your name's sake.
- 4 Take me out of the net
that they have laid secretly for me, ♦
for you are my strength.
- 5 Into your hands I commend my spirit, ♦
for you have redeemed me, O Lord God of truth.
- 6 I hate those who cling to worthless idols; ♦
I put my trust in the Lord.
- 7 I will be glad and rejoice in your mercy, ♦
for you have seen my affliction
and known my soul in adversity.
- 8 You have not shut me up in the hand of the enemy; ♦
you have set my feet in an open place.
- 9 Have mercy on me, Lord, for I am in trouble; ♦
my eye is consumed with sorrow,
my soul and my body also.

- 10 For my life is wasted with grief,
and my years with sighing; ♦
my strength fails me because of my affliction,
and my bones are consumed.
- 11 I have become a reproach to all my enemies
and even to my neighbours,
an object of dread to my acquaintances; ♦
when they see me in the street they flee from me.
- 12 I am forgotten like one that is dead, out of mind; ♦
I have become like a broken vessel.
- 13 For I have heard the whispering of the crowd;
fear is on every side; ♦
they scheme together against me,
and plot to take my life.
- 14 But my trust is in you, O Lord. ♦
I have said, 'You are my God.
- 15 'My times are in your hand; ♦
deliver me from the hand of my enemies,
and from those who persecute me.
- 16 'Make your face to shine upon your servant, ♦
and save me for your mercy's sake.'

**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.**

Into your hands I commend my spirit.

Canticle

**Christ committed no sin,
no guile was found on his lips.**

- 1 Christ suffered for you, leaving you an example, ♦
that you should follow in his steps.
- 2 He committed no sin, no guile was found on his lips, ♦
when he was reviled, he did not revile in turn.
- 3 When he suffered, he did not threaten, ♦
but he trusted himself to God who judges justly.
- 4 Christ himself bore our sins in his body on the tree, ♦
that we might die to sin and live to righteousness.
- 5 By his wounds, you have been healed,
for you were straying like sheep, ♦
but have now returned
to the shepherd and guardian of your souls.

1 Peter 2.21b-25

**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.**

**Christ committed no sin,
no guile was found on his lips.**

Scripture Reading

Micah 7

Woe is me! For I have become like one who, after the summer fruit has been gathered, after the vintage has been gleaned, finds no cluster to eat; there is no first-ripe fig for which I hunger. The faithful have disappeared from the land, and there is no one left who is upright; they all lie in wait for blood, and they hunt each other with nets. Their hands are skilled to do evil; the official and the judge ask for a bribe, and the powerful dictate what they desire; thus they pervert justice. The best of them is like a brier, the most upright of them a thorn hedge. The day of their sentinels, of their punishment, has come; now their confusion is at hand. Put no trust in a friend, have no confidence in a loved one; guard the doors of your mouth from her who lies in your embrace; for the son treats the father with contempt, the daughter rises up against her mother, the daughter-in-law against her mother-in-law; your enemies are members of your own household. But as for me, I will look to the LORD, I will wait for the God of my salvation; my God will hear me.

Do not rejoice over me, O my enemy; when I fall, I shall rise; when I sit in darkness, the LORD will be a light to me. I must bear the indignation of the LORD, because I have sinned against him, until he takes my side and executes judgement for me. He will bring me out to the light; I shall see his vindication. Then my enemy will see, and shame will cover her who said to me, 'Where is the LORD your God?' My eyes will see her downfall; now she will be trodden down like the mire of the streets.

A day for the building of your walls! In that day the boundary shall be far extended. In that day they will come to you from Assyria to Egypt, and from Egypt to the River, from sea to sea and from mountain to mountain. But the earth will be desolate because of its inhabitants, for the fruit of their doings.

Shepherd your people with your staff, the flock that belongs to you, which lives alone in a forest in the midst of a garden land; let them feed in Bashan and Gilead as in the days of old. As in the days when you came out of the land of Egypt, show us marvellous things. The nations shall see and be ashamed of all their might; they shall lay their hands on their mouths; their ears shall be deaf; they shall lick dust like a snake, like the crawling things of the earth; they shall come trembling out of their fortresses; they shall turn in dread to the LORD our God, and they shall stand in fear of you.

Who is a God like you, pardoning iniquity and passing over the transgression of the remnant of your possession? He does not retain his anger for ever, because he delights in showing clemency. He will again have compassion upon us; he will tread our iniquities under foot. You will cast all our sins into the depths of the sea. You will show faithfulness to Jacob and unswerving loyalty to Abraham, as you have sworn to our ancestors from the days of old.

Gospel Canticle

The Magnificat

**Come, let us return to the Lord,
for our God will richly pardon.**

- 1 My soul proclaims the greatness of the Lord,
my spirit rejoices in God my Saviour; ♦
he has looked with favour on his lowly servant.
- 2 From this day all generations will call me blessed; ♦
the Almighty has done great things for me
and holy is his name.
- 3 He has mercy on those who fear him, ♦
from generation to generation.

- 4 He has shown strength with his arm ♦
and has scattered the proud in their conceit,
5 Casting down the mighty from their thrones ♦
and lifting up the lowly.
6 He has filled the hungry with good things ♦
and sent the rich away empty.
7 He has come to the aid of his servant Israel, ♦
to remember his promise of mercy,
8 The promise made to our ancestors, ♦
to Abraham and his children for ever.

Luke 1.46-55

**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.**

**Come, let us return to the Lord,
for our God will richly pardon.**

Prayers

Silence may be kept.

The Collect of the day is said

Merciful Lord,
absolve your people from their offences,
that through your bountiful goodness
we may all be delivered from the chains of those sins
which by our frailty we have committed;
grant this, heavenly Father,
for Jesus Christ's sake, our blessed Lord and Saviour,
who is alive and reigns with you,
in the unity of the Holy Spirit,
one God, now and for ever.

Amen.

The Lord's Prayer is said

Trusting in the compassion of God,
let us pray with confidence as our Saviour has taught 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. For thine is the kingdom, the power and the glory, for ever and ever.

Amen.

The Conclusion

May God our Redeemer show us compassion and love.

Amen.

Let us bless the Lord.

Thanks be to God.