
**Hymns and Psalms for Daily Prayer
Chingford Parish Lent 2018**



LENT

LENT 2018

Most of us are extremely busy and find it difficult to add anything else to our daily routine, however worthwhile it may be.

This booklet contains a cycle of office hymns and psalms for Daily Prayer in Lent and Passiontide. If you are in a position to do so you may wish to use this booklet to supplement the daily office set by the Church of England, or for a shorter office, simply sing or say the hymn, then read the psalm, then pray a few words of your own and conclude with the Lord's Prayer.

Tunes are suggested for each hymn. The number in brackets after the name of the tune refers to the number in the New English Hymnal. You could borrow one from church if you like.

<i>Sunday</i>	<i>3</i>
<i>Monday</i>	<i>5</i>
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Sundays in Lent

Hymn

Tune: Abridge (64)

**Lord Jesus, sun of righteousness,
shine in our hearts, we pray;
dispel the gloom that shades our minds
and be to us as day.**

**Give guidance to our wandering ways,
forgive us, Lord, our sin;
restore us by your loving care
to peace and joy within.**

**Lord, grant that we in penitence
may offer you our praise,
and through your saving sacrifice
receive your gift of grace.**

**Now nearer draws the day of days
when paradise shall come,
when we shall be at one with you,
Lord, risen from the tomb.**

**The universe your glory shows,
blest Father, Spirit, Son;
we shall acclaim your majesty,
eternal Three in One.**

*Words: Anne K. LeCroy, altered; from *Iam Christe, sol iustitiae* (6th c)*

The Opening Prayer is said.

Psalm 26

Lord, I defend me!
I have walked with honesty,
I trusted the Lord without wavering. •
Test me, try me, Lord,
probe my heart and soul.

3 Your love is ever before me,
I walk boldly with your strength. •
4 I do not sit with liars,
I do not mix with hypocrites.
5 I hate evil company,
I shall not live with crime.

6 I wash my hands in innocence
and walk around your altar,
7 singing a song of thanks,
telling your wonderful deeds. •
8 Lord, I love your house,
the place your glory rests.

9 Class me not with sinners,
my life with the violent, •
10 those with criminal hands,
hands filled with bribes.

11 Yes, I will be honest.
Rescue me, be gracious! •
12 My stance is firm.
At gatherings, I bless the Lord.

Psalm 117

1 Praise! Give glory to God! •
Nations, peoples, give glory!

2 Strong the love embracing us. •
Faithful the Lord for ever.

Mondays in Lent

Hymn

Tune: Bangor (270)

**We call on you, our living Lord
who makes the Father known;
O shepherd, we have wandered far,
find us and lead us home.**

**Your glance at Peter helped him know
the love he had denied;
now gaze on us and heal us, Lord,
of selfishness and pride.**

**Reach out and touch with healing power
the wounds we have received,
that in forgiveness we may love,
and may no longer grieve.**

**Lord Jesus, as we turn from sin
with strength and hope restored,
receive the homage that we bring
to you, our risen Lord.**

**Then stay with us when evening comes
and darkness makes us blind;
O stay until the light of dawn
may fill both heart and mind.**

**Receive, most holy Trinity,
the offerings we raise;
O Lord of all simplicity,
increase our loving praise.**

Words: Ralph Wright OSB

The Opening Prayer is said.

Psalm 32

- 2 Happy the pardoned,
whose sin is cancelled, •
in whom God finds
no evil, no deceit.
- 3 While I hid my sin, •
my bones grew weak
from endless groaning.
- 4 Day and night,
under the weight of your hand, •
my strength withered
as in a summer drought.
- 5 Then I stopped hiding my sin
and spoke out, •
“God, I confess my wrong.”
And you pardoned me.
- 6 No wonder the faithful
pray to you in danger! •
Even a sudden flood
will never touch them.
- 7 You, my shelter,
you save me from ruin. •
You encircle me
with songs of freedom.
- 8 “I show you the path to walk. •
As your teacher,
I watch out for you.
- 9 “Do not be a stubborn mule, •
needing bridle and bit
to be tamed.”

10 Evil brings grief; •
trusting in God brings love.

Rejoice in the Lord. •
Be glad and sing,
you faithful and just.

Psalm 150

Praise! Praise God in the temple,
in the highest heavens! •
2 Praise! Praise God's mighty deeds
and noble majesty.

3 Praise! Praise God with trumpet blasts,
with lute and harp. •

4 Praise! Praise God with timbrel and dance,
with strings and pipes.

5 Praise! Praise God with crashing cymbals,
with ringing cymbals. •

6 All that is alive, praise. Praise the Lord.

Tuesdays in Lent

Hymn

Tune: Breslau (76)

**With joy and by the Spirit led,
the Church of Christ seeks desert paths,
all else forgotten, God alone
to worship and to follow there.**

**There silence shall set free the will
the heart to one desire restore,
there each restraint shall purify
and strengthen those who seek the Lord.**

**There bread from heaven shall sustain
and water from the rock be struck.
There shall his people hear his word,
the living God encounter there.**

**All praise to God who calls his Church
to make her exodus from sin,
that tested, fasting and prepared,
she may go up to keep the feast.**

Words: Saint Mary's Abbey, West Mailing.

The Opening Prayer is said.

Psalm 56

- 2 Show me your mercy, God;
the enemy marches over me,
attacks me all day long. •
- 3 My foes trample me down;
how many fight against me!
- 4 When I am afraid,
I trust you, most high God, •
- 5 I glory in your promise,
I trust you without fear.
Can flesh and bone hurt me?

6 All day they twist my words,
plotting evil against me. •
7 They hide themselves, lurking,
listening for my steps,
waiting to take my life.

8 Can nations escape their crimes?
In your anger, God, cast them down! •
9 Weigh all my turmoil,
store up my tears;
do you not record them all?

10 When I call to you,
my enemies retreat. •
I am certain of this:
God is on my side.

11 I glory in your promise, God;
O Lord, your word I praise; •
12 I trust you without fear.
How can mortals hurt me?

13 I will fulfil my vows, O God,
offer gifts to thank you. •
14 For you saved me from death,
kept my feet from its brink.
I walk with you, God,
in the light of your life.

Psalm 146

Praise the Lord, my heart!
2 My whole life, give praise. •
Let me sing to God
as long as I live.

3 Never depend on rulers:
born of earth, they cannot save. •
4 They die, they turn to dust.
That day, their plans crumble.

5 They are wise who depend on God,
 who look to Jacob's Lord, •
6 creator of heaven and earth,
 maker of the teeming sea.
 The Lord keeps faith for ever,
7 giving food to the hungry, •
 justice to the poor,
 freedom to captives.

8 The Lord opens blind eyes
 and straightens the bent,
 comforting widows and orphans,
9 protecting the stranger. •
 The Lord loves the just
 but blocks the path of the wicked.

10 Zion, praise the Lord! •
 Your God reigns for ever,
 from generation to generation.

Wednesdays in Lent

Hymn

Tune: Tune: Farley Castle (182)

**Word of the Father, Son of God most high,
reigning in power before the earth was made,
speaking God's sacred word through fire and flame,
bringing God's holiness, our souls to save:**

**Teach us to seek, beyond this world of time,
the prize of life, the splendour of your face;
fed by your word, a lamp to guide our feet,
strong in your steadfast love, O God of grace.**

**Saviour most holy, still, small voice of love,
lead us by desert paths of purity;
speak to our hearts, your will for us our peace;
bring us to live the truth that sets us free.**

**Praise to the Father, fount of love divine;
praise to his Son, our joy and great reward;
praise to the Spirit, wisdom from on high;
God the all-holy, one eternal Lord.**

Words: Ware Carmel

The Opening Prayer is said.

Psalm 3

- 2 Lord, how daunting the armies
massed against me! •
- 3 All of them jeer at me,
“God will not save you.”
- 4 But you are my shield, Lord,
my reason to boast;
you hold my head high. •
- 5 When I call, you answer
from your holy mountain.

6 I rest easy at night
and rise in the morning
sure of God's protection. •
7 I do not fear thousands
standing against me.
8 Rise up, Lord,
rescue me, my God.
Break their evil jaws!
Smash their teeth! •
9 Favour your people, Lord,
for the victory is yours.

Psalm 6

2 Stop rebuking me, Lord,
hold back your rage. •
3 Have pity, for I am spent;
heal me, hurt to the bone,
4 wracked to the limit.
Lord, how long? How long?
5 Repent. Lord, save me.
You promised; keep faith! •
6 In death, who remembers you?
In Sheol, who gives you thanks?
7 Night after night I lie exhausted,
hollow-eyed with grief, •
8 my pillow soaked with tears:
all because of my foes.
9 Get away, from me, scoundrels!
The Lord has heard my tears.
10 God hears my pleading
and will answer my prayer. •
11 My foes will be shamed, shocked,
turned back in sudden panic.

Psalm 147.12-end

- 12 Jerusalem, give glory!
Praise God with song, O Zion! •
- 13 For the Lord strengthens your gates
guarding your children within.
- 14 The Lord fills your land with peace,
giving you golden wheat.
- 15 God speaks to the earth,
the word speeds forth. •
- 16 The Lord sends heavy snow
and scatters frost like ashes.
- 17 The Lord hurls chunks of hail.
Who can stand such cold? •
- 18 God speaks, the ice melts;
God breathes, the streams flow.
- 19 God speaks his word to Jacob,
to Israel, his laws and decrees. •
- 20 God has not done this for others,
no others receive his wisdom.

Thursdays in Lent

Hymn

*Tune: Strength and Stay (248)
or Highwood (320)*

**Have pity, God of grace, on me, a sinner;
my sinful heart in your great love console.
Cleanse me, O fount of grace, from sin's defilement;
bathe me, O healing spring, and make me whole.**

**True hearts alone, O God of truth, delight you;
my heart of hearts to truth make ever true.
Give me a wiser heart to learn true wisdom;
by steadfast love my waywardness undo.**

**Let me, I pray, live always in your presence;
give me your Spirit, Lord, to guide me still.
Give me anew the joy of your salvation;
renew my spirit and uphold my will.**

**All glory be to God, the gracious Father,
all glory be to God, his only Son,
all glory be to God, the Holy Spirit,
who dwell in us by grace and make us one.**

Words: James Quinn SJ; from Psalm 50 (51)

The Opening Prayer is said.

Psalm 25

Lord, I give myself to you.
2 I trust you, God;
do not fail me,
nor let my enemies gloat. •
3 No one loyal is shamed,
but traitors know disgrace.

4 Teach me how to live,
Lord, show me the way. •

5 Steer me toward your truth,
you, my saving God,
you, my constant hope.

6 Recall your tenderness,
your lasting love. •

7 Remember me, not my faults,
the sins of my youth.
To show your own goodness,
God, remember me.

8 Good and just is the Lord,
guiding those who stray. •

9 God leads the poor,
pointing out the path.

10 God's ways are faithful love
for those who keep the covenant. •

11 Be true to your name, O Lord,
forgive my sin, though great.

12 Do you respect God?
Then God will guide your choice. •

13 Your life will be full,
your heirs will keep the land.

14 God befriends the faithful,
teaches them the covenant.

15 I keep looking to God
to spring me from this trap. •

16 Turn, treat me as your friend,
I am empty and poor.

17 Release my trapped heart,
free me from my anguish. •

18 See my misery, my pain,
take my sins away.

- 19 See how they mob me, •
this crowd that hates me.
- 20 Protect me and save my life.
Keep me from disgrace,
for I take shelter in you. •
- 21 Let integrity stand guard
as I wait for you.
- 22 Free Israel, O God, •
from all its troubles.

Psalm 148

- 1 Praise the Lord!
Across the heavens,
from the heights, •
- 2 all you angels, heavenly beings,
sing praise, sing praise!
- 3 Sun and moon, glittering stars,
sing praise, sing praise. •
- 4 Highest heavens, rain clouds,
sing praise, sing praise.
- 5 Praise God's name,
whose word called you forth •
- 6 and fixed you in place for ever
by eternal decree.
- 7 Let there be praise: •
from the depths of the earth,
from creatures of the deep.
- 8 Fire and hail, snow and mist,
storms, winds,
- 9 mountains, hills, •
fruit trees and cedars,
- 10 wild beasts and tame,
snakes and birds,

11 princes, judges,
 rulers, subjects,
12 men, women,
 old and young, •
13 praise, praise the holy name,
 this name beyond all names.

14 God's splendour above the earth,
 above the heavens, •
15 gives strength to the nation,
 glory to the faithful,
 a people close to the Lord.
 Israel, let there be praise!

Fridays in Lent

Hymn

Tune: Morning Hymn (232)

**Enter our hearts, O holy Lord,
to break the bonds that bind us still;
speak to us your forgiving word
that we may do your perfect will.**

**Renew in us your Spirit's flame,
burn every evil thought away;
that we may love your holy name,
and freely run your joyful way.**

**We praise you, Father, for your Son,
and Spirit, all-consuming fire;
eternal Godhead, Three in One,
surpassing all that we desire.**

*Words: The Order of the Holy Paraclete, Whitby;
inspired by Eric Milner-White (1884-1963).*

The Opening Prayer is said.

Psalm 39

2 I said I will not sin! •
I will curb my tongue
and muzzle my mouth
when the wicked confront me.

3 I kept silent,
would not say a word,
yet my anguish grew. •

4 It scorched my heart
and seared my thoughts
until I had to speak.

5 Lord, what will become of me?
How long will I live? •
Let me see how short life is!

6 You give me a brief span of time;
before you, my days are nothing. •
People are but a breath:
7 they walk like shadows;
their efforts amount to nothing;
they hoard, but others gain.

8 Why do I wait for you, Lord?
You are my hope
9 to save me from my sins;
do not make a fool of me. •
10 I will keep quiet.
I have said enough,
since all this is your doing.

11 Stop tormenting me;
you strike and I grow weak. •
12 You rebuke us for our sin,
eat up our riches like a moth;
we are but a breath.

13 Lord, hear my prayer,
my cry for help.
Do not ignore my tears,
as if I were alien to you,
a stranger like my ancestors. •
14 Stop looking so hard at me,
allow me a little joy
before I am no more.

Psalm 147.1-11

How good to sing God praise!
How lovely the sound! •
2 The Lord rebuilds Jerusalem
and gathers the exiles of Israel,
3 healing the brokenhearted
binding their aching wounds.

4 God fixes the numbers of stars,
calling each by name. •
5 Great is our God and powerful,
wise beyond all telling.
6 The Lord upholds the poor
but lets the wicked fall.

7 Sing thanks to the Lord,
sound the harp for our God. •
8 The Lord stretches the clouds,
sending rain to the earth,
clothing mountains with green.

9 The Lord feeds the cattle
and young ravens when they call. •
10 A horse's strength, a runner's speed -
they count for nothing!
11 The Lord favours the reverent,
those who trust in God's mercy.

Saturdays in Lent

Hymn

Tune: Stockton (74)

**May we observe these forty days
with penitence and prayer,
that you may bless with holiness
this season of the year.**

**By our offences we abuse
your endless gifts of love;
be patient, O redeeming Lord,
send pardon from above.**

**Undo the damage we have done,
increase your gift of grace,
that we may always live and serve
in joy before your face.**

**Receive, most holy Trinity,
the offering we raise;
O Lord of all simplicity,
increase our loving praise.**

Words: Ralph Wright OSB

The Opening Prayer is said.

Psalm 13

- 2 Lord, will you ever remember me,
why keep turning away from me? •
- 3 Must I carry this grief for ever,
how long endure this pain?
Must my enemies always win?

4 My God, look at me, answer me,
shine on me or I will die; •
5 never let my enemy boast,
“See how you fall! I have won!”
6 I trust in your love
and rejoice, for you save me; •
7 I will sing to the Lord
who treats me with kindness.

Psalm 124

Say it, Israel!
If the Lord had not been with us,
2 if the Lord had not been for us
when enemies rose against us,
3 they would have swallowed us
in their blazing anger, •
4 and the raging waters
would have swept us away -
5 rushing, surging water,
thundering over us.
6 Blessed be the Lord
for saving our flesh from their teeth,
7 for tearing the trapper's net,
so we could flutter away like birds. •
8 Our help is the Lord,
creator of earth and sky.

For any day

**New every morning is the love
our wakening and uprising prove;
through sleep and darkness safely brought,
restored to life, and power, and thought.**

**New mercies, each returning day,
hover around us while we pray;
new perils past, new sins forgiven,
new thoughts of God, new hopes of heaven.**

**If on our daily course our mind
be set to hallow all we find,
new treasures still, of countless price,
God will provide for sacrifice.**

**The trivial round, the common task,
would furnish all we ought to ask,
room to deny ourselves, a road
to bring us daily nearer God.**

**Only, O Lord, in thy dear love
fit us for perfect rest above;
and help us this and every day
to live more nearly as we pray.**

Words: John Keble, 1792-1866

Tune: Melcombe (238)

For any day

**Come, let us to the Lord our God
with contrite hearts return;
our God is gracious, nor will leave
the desolate to mourn.**

**His voice commands the tempest forth,
and stills the stormy wave;
his arm is sure and strong to smite,
but also strong to save.**

**Long has the night of sorrow reigned,
the dawn shall bring us light:
God shall appear, and we shall rise
with gladness in his sight.**

**Our hearts, if God we seek to know,
shall know him, and rejoice;
his coming like the morn shall be,
like morning songs his voice.**

*Words: Scottish Paraphrases, 1781; Hosea 6.1-3
Tune: Kilmarnock (161)*

Te Deum

**God, we praise you, God, we bless you!
God, we name you sovereign Lord!
Mighty King whom angels worship,
Father, by your Church adored:
all creation shows your glory,
heaven and earth draw near your throne,
singing, 'Holy, holy, holy,
Lord of hosts, and God alone!'**

**True apostles, faithful prophets,
saints who set their world ablaze,
martyrs, once unknown, unheeded,
join one growing song of praise,
while your Church on earth confesses
one majestic Trinity:
Father, Son and Holy Spirit,
God, our hope eternally.**

**Jesus Christ, the King of glory,
everlasting Son of God,
humble was your virgin mother,
hard the lonely path you trod.
By your cross is sin defeated,
hell confronted face to face,
heaven opened to believers,
sinners justified by grace.**

**Christ, at God's right hand victorious,
you will judge the world you made;
Lord, in mercy help your servants
for whose freedom you have paid.
Raise us up from dust to glory,
guard us from all sin today;
King enthroned above all praises,
save your people, God, we pray!**

Words: Christopher Idle 1938- after Te Deum laudamus

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Tune: Rustington (477) or Hyfrydol (271)

Benedictus

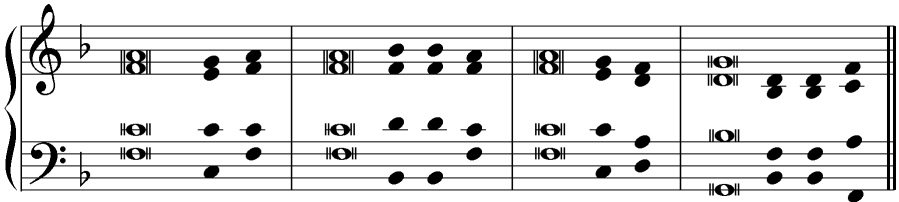
The refrain is sung before and after the canticle.

REFRAIN



Blessed are those who hunger and thirst for righteousness, for they shall be satisfied.

CANTICLE



Blessed be the Lord the God of Israel, •
who has come to his people and set them free.

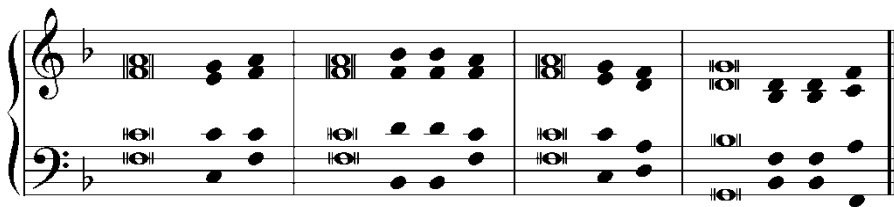
He has raised up for us a migh-ty Saviour, •
born of the house of his servant David.

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.

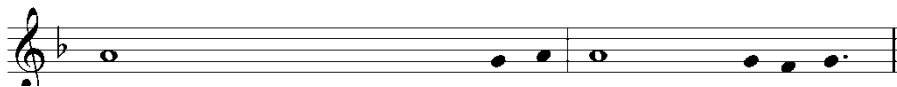
In the tender compassion of our God •
the dawn from on high shall break upon us,

To shine on those who dwell in darkness and the shadow of death, •
and to guide our feet into the way of peace.

Luke 1.68–79

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.

REFRAIN



Blessed are those who hunger and thirst for righteousness, for they shall be satisfied.

