

ESGOBAETH LLANDAF
LLE MAE FFYDD
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DIOCESE OF LLANDAFF
WHERE FAITH
MATTERS

Prayers &
Devotions for
Lent
and
Easter

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In this booklet you
will find some
useful resources to
aid your lenten
prayers and
devotions.

All liturgies apart from The Rosary and Spiritual Communion have been adapted from the Church in Wales Times and Seasons and Daily Prayer by Rev. R. Hill, 2021

MORNING PRAYER

You can use this card to say Morning Prayer.

INTRODUCTION

Blessed be God: Father, Son and Holy Spirit.

All praise to his name

PSALM

Choose a psalm or see the Church in Wales lectionary.

BIBLE READING

A reading of your choice or use the Church in Wales lectionary

CANTICLE

Benedictus: Luke 1. 68-79 or
Song from Ezekiel: Ezekiel 36. 24-28 or
Song of Christ's glory: Phillipians 2. 1-11

PRAYER

- Our Father...
- Give thanks and pray for:
- The Church and the community
- The world and all nations
- Those in need
- our own personal need

MORNING COLLECT

Eternal God and Father, you create and redeem us by the power of your love: guide and strengthen us by your spirit, that we may give ourselves in love and service to one another and to you: through Jesus Christ our Lord.
Amen

ENDING

The grace...
(@ Corinthians 13.14)

EVENING PRAYER

You can use this card to say Evening Prayer.

INTRODUCTION

Blessed be God: Father, Son and Holy Spirit.

All praise to his name

PSALM

Choose a psalm or see the Church in Wales lectionary.

BIBLE READING

A reading of your choice or use the Church in Wales lectionary

CANTICLE

Magnificat: Luke 1. 46-55 or
Song of Deliverance: Isaiah 12.2-6
or
Beatitudes: Mathew 5.3-12

PRAYER

- Our Father...

Give thanks and pray for:

- The Church and the community
- The world and all nations
- Those in need
- our own personal need

EVENING COLLECT

Lighten our darkness, Lord, we pray, and by your great mercy defend us from all perils and dangers of this night; for the love of your only Son, our Saviour Jesus Christ. Amen.

ENDING

The grace...
(Corinthians 13.14)

NIGHT PRAYER

You can use this card to say Night Prayer (Compline).

INTRODUCTION

The Lord almighty grant us a quiet night and a perfect end. Amen.

CONFESSION

Most merciful God, we confess to you, before the whole company of heaven and one another, that we have sinned in thought, word and deed and in what we have failed to do. Forgive us our sins, heal us by your Spirit and raise us to new life in Christ. Amen.

PSALM

Psalm 134

BIBLE READING

You, O Lord, are in the midst of us and we are called by your name; leave us not, O Lord our God. Jeremiah 14.9

CANTICLE

Now, Lord, you let your servant go in peace: your word has been fulfilled. My own eyes have seen the salvation which you have prepared in the sight of every people; A light to reveal you to the nations and the glory of your people Israel. Luke 2.29-32

REFLECTION ON THE DAY

- What has happened today?
- What was good?
- What would you have done differently?
- Where did you find God today?

NIGHT COLLECT

We give you thanks, O God, for the gift to the world of our Redeemer; as we sing your glory at the close of this day, so may we know his presence in our hearts, who is our Saviour and our Lord, now and for ever. Amen.

ENDING

The Lord bless us and watch over us; the Lord make his face shine upon us and be gracious to us; the Lord look kindly on us and give us peace. Amen

Daily Lenten Retreat

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

Dear brothers and sisters, during this Lenten season let us attend more fervently to God's word, which calls us back to him. His word does not fall to the earth without bearing fruit. Let us pray that his love and compassion may bear fruit in our lives, as we turn away from sin, accept his forgiveness in our lives, and be resolved to live our lives for him alone.

Father of all,
you have created us from the dust of the earth
and raised us up to be your children,
pouring your love into the world through Jesus your Son.
Help us to listen to your word,
so that we may hear your voice
calling us away from sin and back to life with you.
Make us alert to the presence of Christ,
who seeks out the lost,
lifts us up and carries us back to you,
so that our lives may be filled with joy
and give glory to you for ever. **Amen.**



Suggested Readings for Lenten reflection (Choose one to reflect upon or chose your own reading)

Old Testament

Exodus 20:1-17

The Giving of the Law on Mount Sinai

Joel 2:12-17

'Return to me with all your heart.'

Hosea 6:1-6, 11b 7:1-2

'Come let us return to the Lord.'

Isaiah 58:1-8

'Shout as loud as you can! Tell my people Israel about their sins.'

Amos 6: 6- 15

'If you would live, resort to the Lord.'

Malachi 4: 1- 2

'The Sun of righteousness shall rise with healing in his wings'

New Testament

Romans 4: 6 – 11

While we still were sinners Christ died for us.'

Romans 8: 12 – 17

'If you live according to the flesh you will die...'

Romans 8:31-39

What can separate us from the love of God?'

2 Corinthians 5: 16 – 21

Be reconciled to God.

'Galatians 5: 16 – 26

'Live by the Spirit.'

Ephesians 2: 1 – 10

'For by grace you have been saved through faith...'

Colossians 3: 1 – 17

'Set your minds on things that are above...'

Philippians 2: 1 – 4 (5 – 13)

'Let the same mind be in you that was in Christ Jesus.'

Hebrews 5: 7 – 10

'He became the source of salvation for all who obey him.'



Suggested Readings for Lenten reflection (Choose one to reflect upon)

Psalm

Psalm 6	'O Lord do not rebuke me in your anger.'
Psalm 23	'The Lord is my shepherd.'
Psalm 51:	'Have mercy upon me, O God, after your great goodness.'
Psalm 103:1-12	'Bless the Lord my soul...who forgives all your iniquity.'
Psalm 106: 1- 12	'Both we and our ancestors have sinned.'

Gospel

Luke 15:1-3. 11 – 32	'He went out to meet him.'
Luke 18: 9 – 14	'God, be merciful to me a sinner.'
Luke 19: 1 – 10	'Salvation has come to this house.'
Luke 23: 39 – 43	The Penitent Thief
John 7: 53 – 8:11	Woman caught in adultery...
John 10: 11 – 18	'I am the Good Shepherd.'



You humbled yourself for our sake
and was obedient even to the point of death.

Lord, have mercy on me, a sinner.

You were sent with good news for the poor,
with freedom for all the oppressed.

Lord, have mercy on me, a sinner.

You came to call sinners, not the just,
to heal the broken hearted and raise up the humble.

Lord, have mercy on me, a sinner.

You forgave the many sins of the woman who showed great love for you.

Lord, have mercy on me, a sinner.

You did not reject the outcast or sinner.

Lord, have mercy on me, a sinner.

You searched out the lost sheep
and carried them back in your arms, rejoicing.

Lord, have mercy on me, a sinner.

You did not pass a guilty verdict on the woman caught in adultery,
but sent her away in peace.

Lord, have mercy on me, a sinner.

You raised your eyes to Zacchaeus
and called him down to turn away from sin and raised him to new life.

Lord, have mercy on me, a sinner.

You promised a place in Paradise to the penitent thief
who, on the verge of death, had turned to you.

Lord, have mercy on me, a sinner.

You are always interceding for us at the right hand of the Father.

Lord, have mercy on me, a sinner.



Now, let us pray as Jesus taught us, joining in prayer to the Father, asking him to forgive us as we forgive others.

**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. Amen.**

Almighty God,
you fed your people in the wilderness,
and guided them by cloud and fire,
giving commandments to order their lives.
Give us eyes to see your purpose,
perseverance to follow where you lead,
and courage to know the truth that sets us free;
that our lives may be blessed and your will be done;
through Jesus Christ our Lord. Amen.



The Holy Triduum at Home

Maundy Thursday - The Watch

You may wish to light a candle during this time of prayer and contemplation on our Lord's final hours.

God our Father,
your Son Jesus Christ was obedient to the end
and drank the cup prepared for him:
may we who share his table
watch with him through the night of suffering
and be faithful.
Amen.



You may like to read some or all of the scripture passages below. After each reading, pray and reflect upon the passage.

John 13.16-30

Psalm 113

John 13.31-end

Psalm 114

John 14.1-14

Psalm 115

John 14.15-end

Psalm 116.1-9

John 15.1-17

Psalm 116.10-end

John 15.18–16.4a

Psalm 117

John 16.4b-15

Psalm 118.1-9

John 16.16-end

Psalm 118.10-18

John 17.1-19

Psalm 118.19-end

John 17.20-end

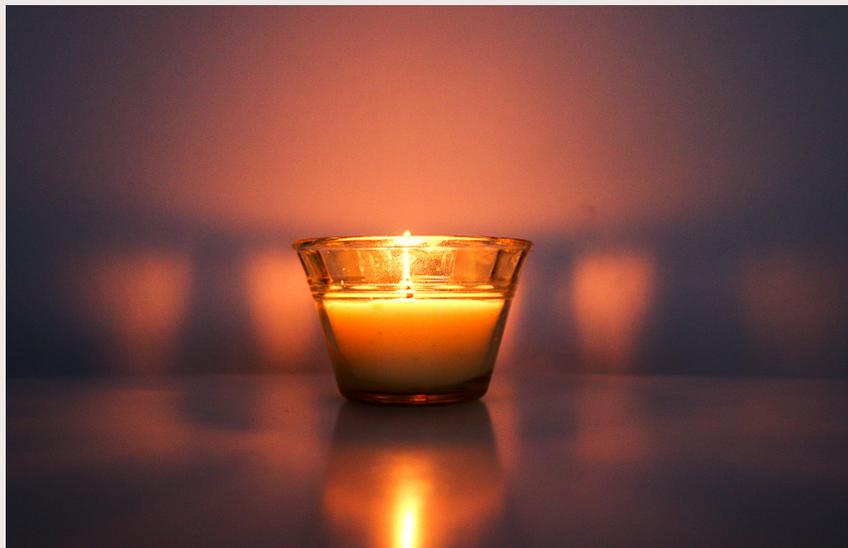


Concluding Prayer

When the disciples had sung a hymn, they went out to the Mount of Olives. Jesus prayed to the Father, 'If it is possible, take this cup of suffering from me'. He said to his disciples, 'How is it that you were not able to keep watch with me for one hour? The hour has come for the Son of Man to be handed over to the power of sinners. Come, let us go.' [CW T&S]

The hour is coming, indeed it has come, when you will be scattered, each one to his home, and you will leave me alone. Yet I am not alone because the Father is with me. (John 16:32)

Extinguish the candle.



The Holy Triduum at Home

Good Friday

Almighty Father,
look with mercy on this your family
for which our Lord Jesus Christ was content to be betrayed
and given up into the hands of sinners
and to suffer death upon the Cross;
who is alive and glorified with you and the Holy Spirit,
one God, now and for ever. **Amen**

The Passion Gospel

John. 18.1 - 19.42

Silence is kept.

The Proclamation of the Cross

If you have a crucifix, rosary or cross you might like to put it on the table in front of you or hold it in your hand or you may like to draw a simple cross.

Behold the Cross
on which the Saviour of the world was nailed.

Come, let us worship.



The Reproaches:

Is it nothing to you, all you who pass by?
Look and see if there is any sorrow like my sorrow
which was brought upon me,
which the Lord inflicted on the day of his fierce anger.

**Holy God,
holy and strong,
holy and immortal,
have mercy upon us.**

O my people, O my Church,
What have I done to you,
or in what have I offended you?
Testify against me.
I led you forth from the land of Egypt,
and delivered you by the waters of baptism,
but you have prepared a cross for your Saviour.

Holy God, etc

I led you through the desert forty years,
and fed you with manna.
I brought you through tribulation and penitence,
and gave you my body, the bread of heaven,
but you prepared a cross for your Saviour.

Holy God, etc

What more could I have done for you?
that I have not done?
I planted you, my chosen and fairest vineyard,
I made you the branches of my vine;
but when I was thirsty, you gave me vinegar to drink,
and pierced with a spear the side of your Saviour.

Holy God, etc



I went before you in a pillar of cloud,
and you have led me to the judgement hall of Pilate.
I scourged your enemies and brought you
to a land of freedom,
but you have scourged, mocked and beaten me.
I gave you the water of salvation from the rock,
but you have given me gall and left me to thirst.

Holy God, etc

I gave you a royal sceptre,
and bestowed the keys of the kingdom,
but you have given me a crown of thorns.
I raised you on high with great power,
but you have hanged me on the cross.

Holy God, etc

My peace I gave, which the world cannot give,
and washed your feet as a sign of my love,
but you draw the sword to strike in my name,
and seek high places in my kingdom.
I offered you my body and blood,
but you scatter and deny and abandon me.

Holy God, etc

I sent the Spirit of truth to guide you,
and you close your hearts to the Counsellor.
I pray that all may be one in the Father and me,
but you continue to quarrel and divide.
I call you to go and bring forth fruit,
but you cast lots for my clothing.

Holy God, etc



I grafted you into the tree of my chosen Israel,
and you turned on them with persecution
and mass murder.

I made you joint heirs with them of my covenants,
but you made them scapegoats for you own guilt.

Holy God, etc

I came to you as the least of your brothers and sisters;
I was hungry and you gave me no food,
I was thirsty and you gave me no drink,
I was a stranger, and you did not welcome me,
naked and you did not clothe me,
sick and in prison and did not visit me.

Holy God, etc

You may conclude the reproaches with the Lord's Prayer.

The Conclusion

Most merciful God,
who by the death and resurrection of your Son Jesus Christ
delivered and saved the world:

grant that by faith in him who suffered on the cross

we may triumph in the power of his victory;

through Jesus Christ your Son our Lord,

who is alive and reigns with you,

in the unity of the Holy Spirit, **Amen**



The Holy Triduum at Home

The Easter Vigil

*The Service of Light or Vigil should not begin until after sunset on
Easter Eve*

Eternal God,
you made this most holy night
to shine with the brightness of your one true light:
kindle within us the fire of your love,
and bring us to the feast of eternal light.
through Jesus Christ our Lord.

**Sing, choirs of heaven! Let saints and angels sing!
Around God's throne exult in harmony!
Now Jesus Christ is risen from the grave!
Salute your King in glorious symphony!**

**Sing, choirs of earth! Behold, your light has come!
The glory of the Lord shines radiantly!
Lift up your hearts, for Christ has conquered death!
The night is past: the day of life is here!**

**Sing, Church of God! Exult your joy outpoured!
The gospel trumpets tell of victory won!
Your Saviour lives; he's with you ever more!
Let all God's people sound the long Amen!**



Silence of appropriate length is to be used throughout. If required, the vigil may be reduced by omitting certain readings. The reading from Exodus 14 should always be read.

Dear friends in Christ,
our vigil has begun.

Let us read attentively the Word of God
and consider the ways in which God has saved his people in
days gone by,

and how, at last, he sent his Son as our Redeemer

Let us pray that God's paschal work
will bear fruit in our lives
as we rejoice in his power to save.



Readings that you may wish to use for meditation and prayer

Old Testament

Genesis 1:1-2:4a and Psalm 136:1-9, 23-26

Genesis 7:1-5, 11-18; 8:6-18; 9:8-13 and Psalm 46

Genesis 22:1-18 and Psalm 16

Exodus 14:10-31; 15:20-21 and Exodus 15:1b-13, 17-18

Isaiah 55:1-11 and Isaiah 12:2-6

Baruch 3:9-15, 3:32-4:4 or Proverbs 8:1-8, 19-21; 9:4b-6 and Psalm 19

Ezekiel 36:24-28 and Psalm 42, 43

Ezekiel 37:1-14 and Psalm 143

Zephaniah 3:14-20 and Psalm 98

New Testament Reading and Psalm

Romans 6:3-11 and Psalm 114

Prayer

God of unchangeable power and eternal light,
look with mercy and favour on your Church,
that wonderful and sacred mystery;
by the effectual working of your providence,
carry out in tranquillity the plan of salvation;
let the whole world see and know
that things which were cast down are being raised up,
and things which had grown old are being made new,
and that all things are being brought to perfection
by him through whom all things were made,
your Son Jesus Christ our Lord. **Amen.**



You might like to light candles to represent the light of Christ.

The Gospel

Mark 16. 1-8

Alleluia, alleluia!

The stone which the builders rejected
has become the corner stone.

This is the work of the Lord,
a marvel in our eyes.

Alleluia!

Alleluia, alleluia!

I am the first and the last, says the Lord, and the living one;
I was dead, and behold I am alive for evermore.

Alleluia!

Conclude with The Spiritual Communion



SPIRITUAL COMMUNION

When unable to attend Mass



✠ In the Name of the Father, and of the Son, and of the Holy Ghost. Amen.

OUR FATHER

Collect

Let the power of the Holy Spirit come upon me, O Lord, I beseech thee: that he may both mercifully cleanse my heart and defend me from all adversities. Through Christ our Lord. Amen.

The Epistle (Revelation 3:20)

Behold, I stand at the door, and knock: if any man hear my voice, and open the door, I will come in to him, and will sup with him, and he with me.

The Gospel (St. John 15:5)

I am the vine, ye are the branches. He that abideth in me, and I in him, the same bringeth forth much fruit: for without me ye can do nothing.

Take a moment to think of the failures of the past week: recall any sins you have committed since your last Communion and offer them to Christ.

Act of Contrition

O God, I am very sorry that I have sinned against thee who art so good. Forgive me for Jesus' sake, and I will try to sin no more.

Act of Reception

In union, dear Lord, with the faithful at every altar of thy Church where thy blessed Body and Blood are being offered to the Father, I desire to offer thee praise and thanksgiving. I believe that thou art truly present in the Holy Sacrament. And since I cannot now receive thee

sacramentally, I beseech thee to come spiritually into my heart. I unite myself unto thee, and embrace thee with all the affections of my soul. Let me never be separated from thee. Let me live and die in thy love. Amen.

Come Lord Jesus, dwell in thy servant in the fulness of thy strength, in the perfection of thy ways, and in the holiness of thy spirit, and rule over every hostile power in the might of thy Spirit, and to the glory of thy Father. Amen.

May the Body and Blood of our Lord Jesus Christ preserve my body and soul unto everlasting life. Amen.

Act of Praise and Thanksgiving

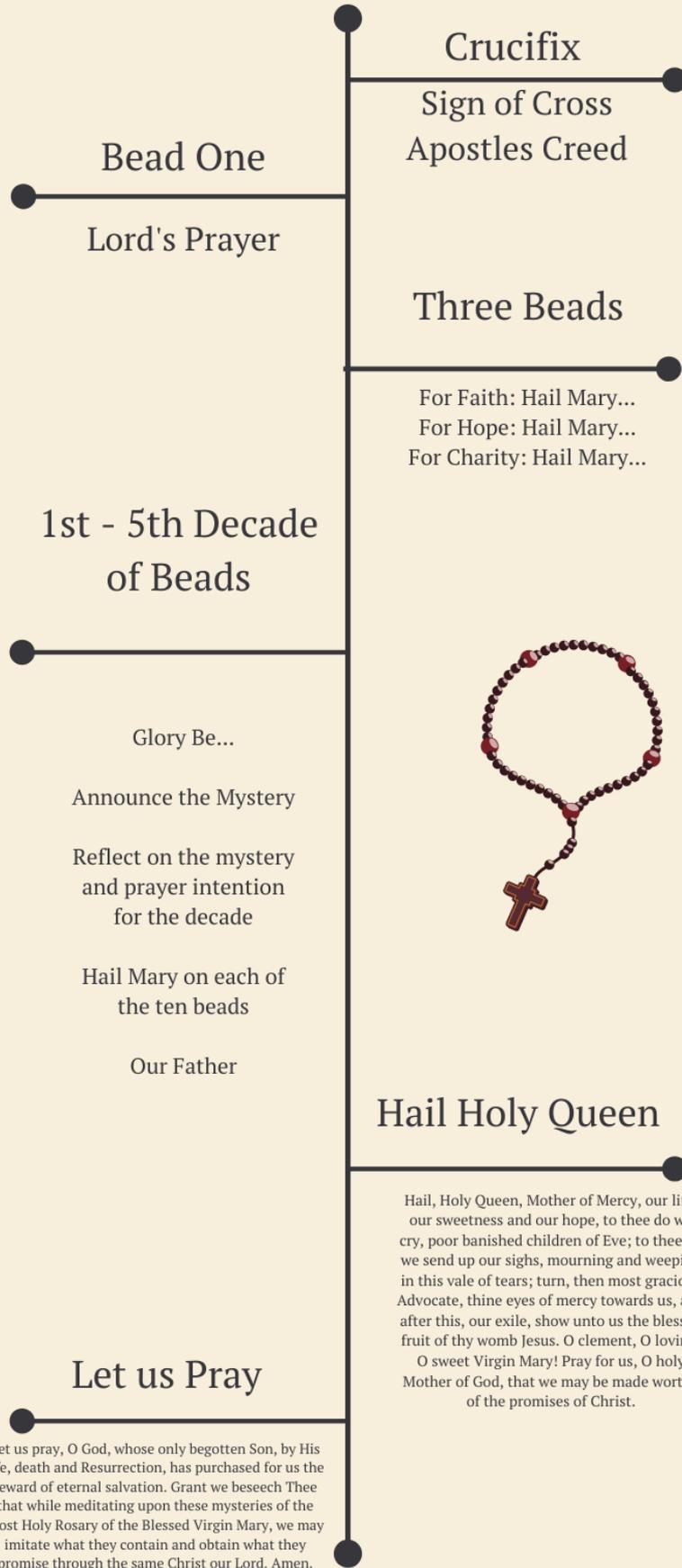
✠ Blessed, praised, and adored be Jesus Christ on his throne of glory in Heaven, and in the most Holy Sacrament of the Altar. Amen.

Anima Christi

Soul of Christ, sanctify me.
Body of Christ, save me;
Blood of Christ, inebriate me;
Water from the side of Christ, wash me;
Passion of Christ, strengthen me;
O good Jesus, hear me;
Within thy wounds hide me;
Suffer me not to be separated from thee;
From the malicious enemy defend me;
In the hour of my death call me,
And bid me come to thee.
That with thy Saints I may praise thee
For ever and ever. Amen.

✠ In the Name of the Father, and of the Son, and of the Holy Ghost. Amen.

THE ROSARY



The Mysteries of the Holy Rosary

JOYFUL MYSTERIES

Monday & Saturday

1. Annunciation
2. Visitation
3. Birth of Jesus
4. Presentation in the Temple
5. Finding the older child Jesus in the temple

SORROWFUL MYSTERIES

Tuesday & Friday

1. Agony in Gethsemane
2. Scourging at the Pillar
3. Crowning with Thorns
4. Carrying of the Cross
5. Crucifixion

GLORIOUS MYSTERIES

Wednesday & Sunday

1. Resurrection
2. Jesus' Ascension into Heaven
3. Pentecost
4. Assumption of BVM
5. Crowning of BVM

LUMINOUS MYSTERIES

Thursday

1. Baptism of Christ
2. Wedding at Cana
3. Proclamation of the Kingdom
4. Transfiguration
5. Institution of the Eucharist

THE HAIL MARY

HAIL MARY, FULL OF GRACE, THE LORD IS WITH THEE; BLESSED ART THOU AMONG WOMEN AND BLESSED IS THE FRUIT OF THY WOMB, JESUS. HOLY MARY, MOTHER OF GOD, PRAY FOR US SINNERS, NOW AND AT THE HOUR OF OUR DEATH. AMEN.

THE GLORY BE (DOXOLOGY)

GLORY BE TO THE FATHER, AND TO THE SON, AND TO THE HOLY SPIRIT. AS IT WAS IN THE BEGINNING, IS NOW, AND EVER SHALL BE, WORLD WITHOUT END. AMEN.

