

Evening Prayer Lent Sunday, 8 March 2026
The Third Sunday of Lent

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

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

Psalm 40

Great are the wonders you have done, O Lord my God.

- 1 I waited patiently for the Lord; ♦
he inclined to me and heard my cry.
- 2 He brought me out of the roaring pit, out of the mire and clay; ♦
he set my feet upon a rock and made my footing sure.
- 3 He has put a new song in my mouth, a song of praise to our God; ♦
many shall see and fear and put their trust in the Lord.
- 4 Blessed is the one who trusts in the Lord, ♦
who does not turn to the proud that follow a lie.
- 5 Great are the wonders you have done, O Lord my God. How great your designs for us! ♦
There is none that can be compared with you.
- 6 If I were to proclaim them and tell of them ♦
they would be more than I am able to express.
- 7 Sacrifice and offering you do not desire ♦
but my ears you have opened;
- 8 Burnt offering and sacrifice for sin you have not required; ♦
then said I: 'Lo, I come.
- 9 'In the scroll of the book it is written of me that I should do your will, O my God; ♦
I delight to do it: your law is within my heart.'
- 10 I have declared your righteousness in the great congregation; ♦
behold, I did not restrain my lips, and that, O Lord, you know.
- 11 Your righteousness I have not hidden in my heart;
I have spoken of your faithfulness and your salvation; ♦
I have not concealed your loving-kindness and truth from the great congregation.

- 12 Do not withhold your compassion from me, O Lord; ♦
let your love and your faithfulness always preserve me,
- 13 For innumerable troubles have come about me;
my sins have overtaken me so that I cannot look up; ♦
they are more in number than the hairs of my head, and my heart fails me.
- 14 Be pleased, O Lord, to deliver me; ♦
O Lord, make haste to help me.
- 15 Let them be ashamed and altogether dismayed who seek after my life to destroy it; ♦
let them be driven back and put to shame who wish me evil.
- 16 Let those who heap insults upon me ♦
be desolate because of their shame.
- 17 Let all who seek you rejoice in you and be glad; ♦
let those who love your salvation say always, 'The Lord is great.'
- 18 Though I am poor and needy, ♦
the Lord cares for me.
- 19 You are my helper and my deliverer; ♦
O my God, make no delay.

**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.**

Great are the wonders you have done, O Lord my God.

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.

**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 Joshua 1.1-9

After the death of Moses the servant of the LORD, the LORD spoke to Joshua son of Nun, Moses' assistant, saying, 'My servant Moses is dead. Now proceed to cross the Jordan, you and all this people, into the land that I am giving to them, to the Israelites. Every place that the sole of your foot will tread upon I have given to you, as I promised to Moses. From the wilderness and the Lebanon as far as the great river, the river Euphrates, all the land of the Hittites, to the Great Sea in the west shall be your territory. No one shall be able to stand against you all the days of your life. As I was with Moses, so I will be with you; I will not fail you or forsake you. Be strong and courageous; for you shall put this

people in possession of the land that I swore to their ancestors to give them. Only be strong and very courageous, being careful to act in accordance with all the law that my servant Moses commanded you; do not turn from it to the right hand or to the left, so that you may be successful wherever you go. This book of the law shall not depart out of your mouth; you shall meditate on it day and night, so that you may be careful to act in accordance with all that is written in it. For then you shall make your way prosperous, and then you shall be successful. I hereby command you: Be strong and courageous; do not be frightened or dismayed, for the LORD your God is with you wherever you go.'

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.

**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

Almighty God,
whose most dear Son went not up to joy but first he suffered pain,
and entered not into glory before he was crucified:
mercifully grant that we, walking in the way of the cross,
may find it none other than the way of life and peace;
through Jesus Christ your Son our Lord,
who is alive and reigns with you,
in the unity of the Holy Spirit,
one God, now and for ever.

Amen.

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.