



Diocese of Aberdeen and Orkney's Lent Course 2024

THE WAY TO THE CROSS

THURSDAY 22 FEBRUARY



CONTEMPLATIVE ACTS - LITANY

A Litany is an intercessory prayer, with responses by a group or congregation. It is a series of petitions, with common repeating responses. They are used in services, processions and feature in Ash Wednesday. They have been used since the fifth century, originating in Rome with the first English language rite prepared by Thomas Cranmer being a litany.

Litanies can be used as prayers for help, praise, forgiveness, thanksgiving or blessing. They can be said or sung. You can find other litanies online, in the American Episcopal Church Book of Common Prayer there is a Great Litany. There are litanies in the Scottish Prayer Book.

Below are the litany for Ash Wednesday and the litany for Ordinations. You'll notice that each litany there are common responses with different petitions, but each start with similar words. The litanies begin with the Trinitarian God and end with acclaiming that God is holy, strong, immortal and wise.

You're invited to pray a litany - either on your own or in a group. Perhaps you might want to incorporate a litany into your own daily prayer practice. Litanies can be adapted so you may wish to adapt a litany to include your concerns and requests using the beginning and ending and the responses 'have mercy on us'. 'good Lord deliver us', 'Hear us, good Lord'

Collect for First Sunday of Lent

Almighty God,
whose Son fasted forty
days in the wilderness,
and was tempted as we
are but did not sin,
give us grace to
discipline ourselves in
submission to your
Spirit, that as you
know our weakness so
we may know your
power to save;
through Jesus Christ
our Lord, who lives
and reigns with you
and the Holy Spirit,
one God,
now and for ever.
Amen.

Penitential Litany from Ash Wednesday Liturgy

God the Father, **have mercy on us.**

God the Son, **have mercy on us.**

God the Holy Spirit, **have mercy on us.**

Holy, blessed, and glorious Trinity, **have mercy on us.**

From all evil and mischief: from pride, vanity, and hypocrisy: from envy, hatred, and malice: and from all evil intent.

Good Lord, deliver us.

From sloth, worldliness, and love of money: from hardness of heart and contempt for your word and your laws,

Good Lord, deliver us.

From sins of body and mind: from the deceits of the world, the flesh, and the devil; from error and false doctrine,

Good Lord, deliver us.

In all times of sorrow, in all times of joy: in the hour of death, and at the day of judgement,

Good Lord, deliver us.

Govern and direct your holy Church: fill it with love and truth: and grant it that unity which is your will.

Hear us, good Lord.

Give us boldness to preach the gospel in all the world, and to make disciples of all the nations.

Hear us, good Lord.

Enlighten your ministers with knowledge and understanding, that by their teaching and their lives they may proclaim your word. **Hear us, good Lord.**

Give your people grace to hear and receive your word, and to bring forth the fruit of the Spirit.

Hear us, good Lord.

Bring into the way of truth all who have erred and are deceived.

Hear us, good Lord.

Strengthen those who stand: comfort and help the faint-hearted: raise up the fallen; and finally beat down Satan under our feet. **Hear us, good Lord.**

Give us true repentance: forgive us our sins of negligence and ignorance and our deliberate sins: and grant us the grace of your Holy Spirit to amend our lives according to your holy word.

Holy God, Holy Strong,

Holy Immortal, Have mercy on us.

“The time is fulfilled, and the kingdom of God has come near; repent, and believe in the good news.”

Mark 1.15

Usual Weekly Pattern

Sunday
RCL Eucharist
Readings and Collect

Monday
Delving Deeper into
the Readings

Tuesday
Words from Others
(sacred & secular)

Wednesday
Resources from the
Arts

Thursday
Contemplative Acts

Friday
Personal Reflection
- what this means to
me

Saturday
Acts & Deeds

Litany from the Scottish Ordinal

God the Father, **have mercy on us.**

God the Son, **have mercy on us.**

God the Holy Spirit, **have mercy on us.**

Holy, blessed, and glorious Trinity, have mercy on us.

From all evil and mischief: from pride, vanity, and hypocrisy:
from envy, hatred, and malice: and from all evil intent.

good Lord, deliver us.

From sloth, worldliness, and love of money: from hardness of
heart and contempt for your word and your laws,

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flesh, and the devil; from error and false doctrine,

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in the hour of death, and at the day of judgement,

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Govern and direct your holy Church: fill it with love and truth: and
grant it that unity which is your will.

Hear us, good Lord.

Give us boldness to preach the gospel in all the world, and to make
disciples of all the nations.

Hear us, good Lord.

Enlighten your ministers with knowledge and understanding, that
by their teaching and their lives they may proclaim your word.

Hear us, good Lord.

Bless your servant(s) now to be made bishop (priest, deacon), that
she/he may serve your Church and reveal your glory in the world.

Hear us, good Lord.

Give your people grace to hear and receive your word, and to bring
forth the fruit of the Spirit.

Hear us, good Lord.

Bring into the way of truth all who have erred and are deceived.

Hear us, good Lord.

Strengthen those who stand: comfort and help the faint-hearted:
raise up the fallen; and finally beat down Satan under our feet.

Hear us, good Lord.

Give us true repentance:

forgive us our sins of negligence and ignorance and our deliberate
sins: and grant us the grace of your Holy Spirit
to amend our lives according to your holy word.

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

“The time is fulfilled, and the kingdom of God has come near; repent, and believe in the good news.”

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