



DIOCESE OF ABERDEEN & ORKNEY

FROM ASHES TO FIRE: A JOURNEY FROM LENT TO PENTECOST

Friday 7th March 2025

Contemplative Act

In these days between Ash Wednesday and the First Sunday of Lent we will explore words from others and resources from the arts today (Thursday), contemplative practices (Friday) and acts of service (Saturday) around the theme of Repentance and Reflection.

Today's contemplative act is praying the litany.



Litany Prayer (Litanies) are simple forms of prayer that have their roots in the early Church. They use repeated statements in response to petitions, praise, intercessions or blessings.

They can be used in private prayer or corporate worship services, such as the Litany used in the Liturgy of Penitence in the Scottish Episcopal Church's Ash Wednesday Service. Litanies are used in Ordination services to the Diaconate and Priesthood.

A Litany can be a prayer for praise, thanksgiving, blessing, forgiveness or help. Common forms of repeated response in litanies are 'have mercy on us', 'good Lord, deliver us', and 'Hear us, good Lord'.

You're invited to pray the Litany on the next two pages today. Perhaps you might incorporate regularly into your personal prayer practice through the Lenten season.

The Litany
(from the Ash Wednesday Liturgy of Penitence)

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.

