

Lifting our souls, Trusting in God

LENT AND EASTER COURSE FROM THE
DIOCESE OF ABERDEEN AND ORKNEY



Psalm 51:1-18

Have mercy on me, God, in your kindness.
In your compassion blot out my offense.
O wash me more and more from my guilt
and cleanse me from my sin.

My offenses truly I know them;
my sin is always before me
Against you, you alone, have I sinned;
what is evil in your sight I have done.

That you may be justified when you give sentence
and be without reproach when you judge,
O see, in guilt I was born,
a sinner was I conceived.

Indeed you love truth in the heart;
then in the secret of my heart teach me wisdom.
O purify me, then I shall be clean;
O wash me, I shall be whiter than snow.

Make me hear rejoicing and gladness,
that the bones you have crushed may revive.
From my sins turn away your face
and blot out all my guilt.

A pure heart create for me, O God,
put a steadfast spirit within me.
Do not cast me away from your presence,
nor deprive me of your holy spirit.

Give me again the joy of your help;
with a spirit of fervour sustain me,
that I may teach transgressors your ways
and sinners may return to you.

O rescue me, God, my helper,
and my tongue shall ring out your goodness.
O Lord, open my lips
and my mouth shall declare your praise.

For in sacrifice you take no delight,
burnt offering from me you would refuse,
my sacrifice, a contrite spirit,
a humbled, contrite heart you will not spurn.

COLLECT

Almighty and
everlasting God, you
despise nothing you
have made and forgive
the sins of all who are
penitent. Create and
make in us new and
contrite hearts, that we,
worthily lamenting our
sins and acknowledging
our brokenness, may
obtain of you, the God of
all mercy, perfect
remission and
forgiveness; through
Jesus Christ our Lord,
who lives and reigns
with you and the Holy
Spirit, one God, for ever
and ever.
Amen.



Praying Fasting Almsgiving

"...the liturgical traditions of the Church, all its cycles and services, exist, first of all, in order to help us recover the vision and the taste of that new life which we so easily lose and betray, so that we may repent and return to it. ... It is through her liturgical life that the Church reveals to us something of that which "the ear has not heard, the eye has not seen, and what has not yet entered the heart of man, but which God has prepared for those who love Him." And in the center of that liturgical life, as its heart and climax, as the sun whose rays penetrate everywhere, stands Pascha."

*— Alexander Schmemmann,
Great Lent: Journey to
Pascha*

The refrain used for Psalm 51 on Ash Wednesday services in the Scottish Episcopal Church is "Have mercy on me, O God, and cleanse me from my sin."

Lent forces us to confront the worst parts of ourselves, on Ash Wednesday and in acts of penitence. The readings and Lent have us join Jesus as he faces hunger, temptation and death and invites us to engage in this, follow Jesus as he does not shy away from them.

We pray in the Lord's Prayer "lead us not into temptation" or "do not bring us to the time of trial". What are the trials and temptations you might be asked to face up to as you seek to return to God this Lent?

God of compassion, through your Son Jesus Christ you reconciled your people to yourself. Following his example of prayer and fasting, may we obey you with willing hearts and serve one another in holy love; through Jesus Christ our Lord. Amen.
(Post-Communion Prayer for Ash Wednesday)

To Listen:

Create in Me (Psalm 51) by the Worship Collective

God Be Merciful to Me by Christopher Milner/Indelible Grace (text taken from the Scottish Psalter)

A playlist of music suggestions for the course can be found at <https://open.spotify.com/playlist/3pJcG5xA1xzhL2Aolau0Q4?si=582cd1f921ae4fb1>