

***A Different Kind of Fast –  
Feeding Our True Hunger & Thirsts***

LENTEN VESPERS

March 19, 2026

EVENING PRAYER

Behold, now is the acceptable time,

**Now is the day of salvation.**

Turn us again, O God of our salvation,

**That the light of your face may shine on us.**

May your justice shine like the sun;

**And may the poor be lifted up.**

Merciful God, you led your chosen people by a pillar of fire by night and a pillar of cloud by day. We pray that your Holy Spirit would lead us by the light of your Word and turn us away from our self-centered ways that keep us from serving you and our neighbors. We come again this evening seeking your mercy and grace. Refresh our hearts with your love, so that we may share your love with those who still live in darkness and separation from you. May your love fill us and them with the life-giving waters that flow from your Son, our Savior, Jesus Christ. **Amen**

PSALMODY

How lovely is your dwelling place. O LORD of hosts!

**My soul longs, indeed it faints for the courts of the LORD;**

**My heart and my flesh sing for joy to the living God.**

Even the sparrow finds a home, and the swallow a nest for herself,

Where she may lay her young, at your altars, O LORD of hosts, my King and my God.

**Happy are those who live in your house, ever singing your praise.** *Selah*

Happy are those whose strength is in you, in whose heart are the highways to Zion.

As they go through the valley of darkness and shadows,  
**They make it a place of springs; the early rain also covers it with pools.  
They go from strength to strength; the God of gods will be seen in Zion.**

O LORD God of hosts, hear my prayer; give ear, O God of Jacob! *Selah*

Behold our shield, O God; look on the face of your anointed.

**For a day in your courts is better than a thousand elsewhere.**

**I would rather be a doorkeeper in the house of my God**

**Than live in the tents of wickedness.**

For the LORD God is a sun and shield; He bestows favor and honor.

No good thing does the LORD withhold from those who walk uprightly.

**O LORD of hosts, happy is everyone who trusts in you.** *Psalm 84*

*A moment of silence*

Create in me a clean heart, O God, and put a new and right spirit within me.

**Cast me not away from your presence, and take not your Holy Spirit from me.**

Restore to me the joy of your salvation, and sustain me with your bountiful Spirit.

*Psalm 51:10-12*

## PRAYERS

O God our provider and protector, you sent your Son to be our Good Shepherd, to guide us by day and night throughout our lives. **May we not wander from His life-giving light, but listen to His loving call to rest by the waters that would deeply nourish our souls and strengthen us. Keep us in safety this night, and give us rest from our anxious lives. Like the sparrow, may our hearts be at peace in your Holy presence, and may we always praise you for your faithfulness in sustaining us and renewing all of creation. We pray this through your Son, Jesus Christ, our Savior and Lord, who lives and reigns with you and the Holy Spirit, one God, now and forever. Amen**

*A moment of silence*

Mighty and merciful God, **continue to uphold us during our Lenten pilgrimage. May our fasting be a hunger for justice; may our generosity to neighbors be a making of peace; and may our prayers be the songs of grateful hearts, through Jesus Christ, our Savior and Lord. Amen**

## LENTEN VERSES

Happy are those who do not follow the advice of the wicked,  
Or take the path that sinners tread, or sit in the seat of scoffers;  
**But their delight is in the law of the LORD,  
And on His law they meditate day and night.**

They are like trees planted by streams of water, which yield their fruit in its season,  
And their leaves do not wither.

**In all that they do, they prosper.**

The wicked are not so, but are like chaff that the wind drives away.

**Therefore the wicked will not stand in the judgment,  
Nor sinners in the congregation of the righteous;**

For the LORD watches over the way of the righteous,  
But the way of the wicked will perish. *Psalms 1*

*A moment of silence*

Blessed are those who trust in the LORD, whose trust is the LORD.

**They shall be like a tree planted by water,**

Sending out its roots by the stream.

**It shall not fear when heat comes, and its leaves shall stay green;**

In the year of drought it is not anxious,

And it does not cease to bear fruit. *Jeremiah 17:7-8*

**Glory to the Father, and to the Son, and to the Holy Spirit;  
As it was in the beginning, is now, and will be forever. Amen.**

## LESSON

*A time of silence follows the reading. The leader then continues:*

In many and various ways God spoke to His people of old by the prophets.

**But now in these last days He has spoken to us by his Son.**

## CONTEMPLATION

*We will observe a time of silence for meditation and contemplation.*

## PRAYERS

*Verse – I appeal to you therefore, brothers and sisters, on the basis of God’s mercy, to present your bodies as a living sacrifice, holy and acceptable to God, which is your reasonable act of worship. Do not be conformed to this age, but be transformed by the renewing of the mind, so that you may discern what is the will of God....what is good and acceptable and perfect. Romans 12:1-2*

O God of transformative grace, **we give you thanks for this day and for the many blessings that we have received that we often easily overlook. Move us to share the abundance of your blessings with others who lack housing, food, clean water, clothing, employment, safety, healthcare, and so many other needs that only you know. May we reflect on the precious gift of life and your forgiveness that we received at our baptism. Wash over us again and again, day and night. Strengthen us each morning to be messengers of your love. Lord, receive our prayer.**

*Verse – Rejoice in the Lord always; again I will say, Rejoice. Let your gentleness be known to everyone. The Lord is near. Do not worry about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus. Finally, beloved, whatever is true, whatever is honorable, whatever is just, whatever is pure, whatever is pleasing, whatever is commendable, if there is any excellence and if there is anything worthy of praise, think about these things. Keep on doing the things that you have learned and received and heard and seen in me, and the God of peace will be with you. Philippians 4:4-9*

**Almighty and most Holy God, through your Son and the Holy Spirit, you open your gracious heart to hear our prayers. We try not to worry over what happens in our lives and in the world. But many times we succumb to it. Only you know what deeply troubles us, and we bring that before you tonight. We try to be thankful in all things, we might even be able to rejoice a bit, but most times it's so difficult not to get caught up in negative thinking, and then to doubt your goodness and faithfulness. We call out to you. Hear us, O God and be merciful to us. We pray for your peace in our hearts and in our world. *Lord, receive our prayer.***

*Verse – Let love be genuine; hate what is evil; hold fast to what is good; love one another with mutual affection; outdo one another in showing honor. Do not lag in zeal; be ardent in spirit; serve the Lord. Rejoice in hope; be patient in affliction; persevere in prayer. Contribute to the needs of the saints; pursue hospitality to strangers. Romans 12:9-13*

**O God of life, healing, and wholeness, inspire us to persevere in your spirit of generosity and hope in our daily lives. May we care for the hungry, the thirsty, the stranger, the naked, the sick, the prisoner, the forgotten and over-looked. Give us a glimpse of your perfect joy, as we love, serve, grieve, pray, and give of ourselves in the blessed name of your Son, our Lord and Savior, Jesus Christ. *Lord, receive our prayer.***

## LORD'S PRAYER

Lord, remember us in your kingdom, and teach us to pray:

**Our Father in heaven, hallowed be your name, your kingdom come, your will be done, on earth as in heaven. Give us today our daily bread. Forgive us our sins as we forgive those who sin against us. Save us from the time of trial and deliver us from evil. For the kingdom, the power, and the glory are yours, now and forever. Amen.**

## BENEDICTION

Let us bless the Lord.

**Thanks be to God.**

The almighty and merciful Lord, the Father, the + Son, and the Holy Spirit, bless and preserve us. **Amen**