

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

LENTEN VESPERS

February 26, 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.

Dear Jesus, as a hen covers her chicks with her wings to keep them safe, protect us this night under your golden wings; for you mercy's sake. **Amen**

PSALMODY

Have mercy on me, O God, according to your steadfast love;
According to your abundant mercy blot out my transgressions.

Wash me thoroughly from my iniquity, and cleanse me from my sin.

For I know my transgressions, and my sin is ever before me.

Against you, you alone, have I sinned, and done what is evil in your sight.

So that you are justified in your sentence and blameless when you pass judgment.

Indeed, I was born guilty, a sinner when my mother conceived me.

You desire truth in the inward being;

Therefore teach me wisdom in my secret heart.

Purge me with hyssop, and I shall be clean; wash me, and I shall be whiter than snow.

Let me hear joy and gladness; let the bones that you have crushed rejoice. Hide your face from my sins, and blot out all my iniquities.

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 51:1-12*

PRAYERS

Almighty and ever-living God, you hate nothing you have made, and you forgive the sins of all who are penitent. Create in us new and honest hearts, so that, truly repenting of our sins, we may receive from you, the God of all mercy, full pardon and forgiveness through you Son, Jesus Christ, our Savior and Lord, who lives and reigns with you and the Holy Spirit, one God, now and forever. Amen

Moment of silence

Most holy and merciful God, we call to mind before you all whom it is easy to forget: those who are unhoused, hungry, destitute, sick, isolated, and all who have no one to care for them. May we bring help and healing to those who are broken in body or spirit, that they may have comfort in sorrow, company in loneliness, and a place of safety and warmth; through Jesus Christ, our Lord. Amen

LENTEN VERSES

Is such the fast that I choose, a day to humble oneself?

Is it to bow down the head like a bulrush, and to lie in sackcloth and ashes?

Will you call this a fast, a day acceptable to the LORD?

**Is not this the fast that I choose: to loose the bonds of injustice,
To undo the thongs of the yoke, to let the oppressed go free,
And to break every yoke?**

Is it not to share your bread with the hungry, and bring the homeless poor into your house;

When you see the naked, to cover them, and not to hide yourself from your own kin?

Then your light shall break forth like the dawn, and your healing shall spring up quickly;

Your vindicator shall go before you, the glory of the LORD shall be your rear guard.

Then you shall call, and the LORD will answer; you shall cry for help, and He will say, Here I am.

If you remove the yoke from among you, the pointing of the finger, the speaking of evil,

If you offer your food to the hungry and satisfy the needs of the afflicted, then your light shall rise in the darkness and your gloom be like the noonday.

The LORD will guide you continually, and satisfy your needs in parched places, and make your bones strong;

And you shall be like a watered garden, like a spring of water, whose waters never fail. *Isaiah 58:5-11*

**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.**

Silence for Meditation

READING

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.
During this time, anyone wishing to light a candle may do so before the
reading of the prayers.*

PRAYERS

Verse — Do not fear, for I have redeemed you; I have called you by name, you are mine. When you pass through the waters, I will be with you; and through the rivers, they shall not overwhelm you; when you walk through fire you shall not be burned, and the flame shall not consume you. Isaiah 43: 1b-2

O God of judgment and mercy, forgive us for the times when we've let the storms and floods in our lives overshadow the needs of our neighbors. Give us courage and strength to help draw others out of danger and despair. Be with each of us in our stormy battles and our river crossings in this life and the next. Help us in our weakness and to trust in your covenant promise of the rainbow and our baptism into the death and resurrection of your dear Son, our Lord and Savior, Jesus Christ. Amen

PRAYERS

Verse — Then Jesus was led up by the Spirit into the wilderness to be tempted by the devil. He fasted forty days and forty nights, and afterwards he was famished. The tempter came and said to Him, “If you are the Son of God, command these stones to become loaves of bread.” But He answered, “It is written, ‘One does not live by bread alone, but by every word that comes from the mouth of God.’” Matthew 4: 1-4

Merciful God, accompany our journey through these forty days. Renew us in the gift of baptism, that we may provide for those who are poor, pray for those in need, fast from self-indulgence, and above all that we may find our treasure in the life of your Son, Jesus Christ, our Savior and Lord, who lives and reigns with you and the Holy Spirit, one God, now and forever. Amen

PRAYERS

Verse — Then the King will say to those at His right hand, ‘Come, you that are blessed by my Father, inherit the kingdom prepared for you from the foundation of the world; for I was hungry and you gave me food, I was thirsty and you gave me something to drink, I was a stranger and you welcomed me, I was naked and you gave me clothing, I was sick and you took care of me, I was in prison and you visited me.’ Matthew 26: 34-36

O God of compassion and mercy, whose dear Son became poor for our sake: help us to see the face of Christ in those who are marginalized, stripped of human dignity, and hungering for justice. Help us in serving them to serve you. Give us generous hearts so that those living in poverty may have adequate food, clothing, and shelter. By your Spirit move us to affirm the dignity of all people and to work for just laws that protect the most vulnerable in society; through our Lord and Savior, Jesus Christ. Amen

THE 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**

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