

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

LENTEN VESPERS

March 5, 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.

O Good and Gracious God, we give you thanks, for in the beginning you called light into being, and you set lights in the sky to govern night and day. In a pillar of cloud by day and a pillar of fire by night, you led your people into freedom. Enlighten our darkness by the light of your Christ; may your Word be a lamp to our feet and a light to our path; for you are merciful, and you love your whole creation, and with all your creatures we give you glory, through your Son Jesus Christ, in the unity of the Holy Spirit, now and forever. **Amen**

PSALMODY

Happy are those whose transgression is forgiven, whose sin is covered.

Happy are those to whom the LORD imputes no iniquity,

And in whose spirit there is no deceit.

While I kept silence, my body wasted away through my groaning all day long.

For day and night your hand was heavy upon me;

My strength was dried up as by the heat of summer.

Then I acknowledged my sin to you, and I did not hide my iniquity;

I said, “I will confess my transgressions to the LORD,”

And you forgave the guilt of my sin.

Therefore let all who are faithful offer prayer to you;
At a time of distress, the rush of mighty waters shall not reach them.

You are a hiding place for me; you preserve me from trouble;

You surround me with glad cries of deliverance.

I will instruct you and teach you the way you should go;

I will counsel you with my eye upon you.

Do not be like a horse or a mule, without understanding,

Whose temper must be curbed with bit and bridle, else it will not stay near you.

Many are the torments of the wicked,

But steadfast love surrounds those who trust in the LORD.

Be glad in the LORD and rejoice, O righteous,

And shout for joy, all you upright in heart. Psalm 32

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

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

A moment of silence

Mighty and merciful God, **lover of justice and equity, you call us to support the weak, to help those who suffer, and to honor all people. By the power of your Holy Spirit, make us advocates for your justice and instruments of your peace, so that all may be reconciled in your beloved community; through Jesus Christ, our Lord. Amen**

LENTEN VERSES

“With what shall I come before the LORD,
And bow myself before God on High?

Shall I come before Him with burnt offerings, with calves a year old?

Will the LORD be pleased with thousands of rams,
With ten thousands of rivers of oil?

**Shall I give my firstborn for my transgression,
The fruit of my body for the sin of my soul?”**

He has told you, O mortal, what is good;
And what does the LORD require of you
But to do justice, and to love kindness,
And to walk humbly with your God? *Micah 6: 6-8*

A moment of silence

For if you forgive others their sin, your heavenly Father will also forgive you;
But if you do not forgive others, neither will your Father forgive your sin.

**“And whenever you fast, do not look dismal, like the hypocrites,
For they disfigure their faces, so as to show others that they are fasting.**

Truly I tell you, they have received their reward.

But when you fast, put oil on your head and wash your face,

So that your fasting may be seen not by others

But by your Father who is in secret;

And your Father who sees in secret will reward you.” *Matthew 6:14-18*

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

PRAYERS

Verse – Seek the LORD while He may be found, call upon Him while He is near; let the wicked forsake their way, and the unrighteous their thoughts; let them return to the LORD, that He may have mercy on them, and to our God, for He will abundantly pardon. Isaiah 55: 6-7

O Most merciful and gracious God, in penitence we come before you, acknowledging the sin that is within us. Accept our humble confession of the wrongs we have done. May the light of your Holy Word, and may your steadfast love turn us toward the love offered in your Son, and cleanse us by your grace. Bless and hallow us and your Church, so that all people may find your love and grace there. Lord, receive our prayer.

Verse – *We know that Christ, being raised from the dead, will never die again; death no longer has dominion over Him. The death He died, He died to sin once for all, but the life He lives, He lives to God. So you also must consider yourselves dead to sin and alive to God in Christ Jesus.* Romans 6:9-11

Almighty and most holy God, may our gratitude for your abundant life spill over into greater love for you and our neighbors. During this Lenten season, as we pray, fast, and give thanks, call us into deeper discernment regarding our own lives and the work that you call us to do for your kingdom. Help us to live according to your Word, and may our lives reflect your glory. *Lord, receive our prayer.*

Verse – *I do not want you to be unaware, brother and sisters, that our ancestors were all under the cloud, and all passed through the sea, and all were baptized into Moses in the cloud and in the sea, and all ate the same spiritual food, and all drank the same spiritual drink. For they drank from the spiritual rock that followed them, and the rock was Christ.* 1 Corinthians 10:1-4

O God of grace, grant us the gift of seeing your life-giving waters all around us. Refresh us through your life-sustaining love, so that we might recognize your abundant faithfulness. Give us your peace this night, and grant that we may rest securely in your grace. In the morning, gladden our hearts to see the signs of your presence through your generous gifts of sustenance and water. Move us to greater generosity in sharing your gifts with our neighbors. *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**

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