

**PENITENTIAL RITE DURING LENT:**

Blessed are you, O Lord our God, the all-holy one,  
who gives life to us and to all things.

As we go about our lives,  
the press of our duties and activities  
often leads us to forget your presence and your love -  
we sin.  
and fail to live out the responsibilities  
that you have entrusted to those who were baptised into the life of your Son.

***Grant to us, O Lord, a heart renewed ... re-create in us your own spirit, Lord***

In this holy season, O Lord,  
help us to turn our minds and hearts back to you.  
Lead us into sincere repentance  
and renew our lives with your grace.  
Help us to remember that we are sinners;  
even more help us to remember your loving mercy.

***Grant to us, O Lord, a heart renewed ... re-create in us your own spirit, Lord.***

Renew us in your life O Lord.  
May our worship and prayer and penitence  
during this First/Second/Third/Fourth/Fifth week of Lent  
be sustained throughout the whole Season.  
Bring us refreshed and renewed  
to the celebration of Christ's resurrection at Easter.

***Grant to us, O Lord, a heart renewed ... re-create in us your own spirit, Lord***