

A Litany for Ash Wednesday 18th February 2026

Merciful Lord, in this season of Lent, help us to aim high as we seek to renew the discipline of our discipleship. May we take up the best and give up the rest, and know your mercy and grace in all things.

From all self-seeking, self-promotion and self-indulgence; from all self-pity, self-glorification and selfishness; from all self-hatred, self-harm and self-destruction,

Good Lord deliver us.

From all that would keep us from joining in worship; from all that would stop us from reading your word; from all that would deter us from coming to you in prayer,

Good Lord deliver us.

From the laziness that would stop us before we begin; from the carelessness that would mean we would do it badly; from the impatience that would mean we wouldn't finish,

Good Lord deliver us.

From all that would limit our loving of our neighbour; from all that would limit our loving of God; from all that would spoil our attempt to be good,

Good Lord deliver us

By the disciplines of Lent and the encouragement of others; by the fellowship of your church and the exchange of greetings; by the desire of our hearts and the need of our souls,

Good Lord deliver us.

By your agony and trial; by your cross and passion; by your mighty resurrection and glorious ascension,

Good Lord deliver us.

By all that we attempt, strengthened by you; by all that we long for, fed by you; by all that is in us, blessed by you,

Good Lord deliver us.

In every ordinary day of Lent; in every temptation to follow worldly values; in every attempt to justify our compromises,

Good Lord deliver us.

Give us, Lord, the blessings of a holy Lent, true journeying in Holy Week, and a holy and glorious Easter. Give us time to receive your teaching and to amend our lives, give us faith to be open to the graceful filling of your Holy Spirit, and finally give us leave to come to your eternal joy.

All: Holy God, Holy and strong, Holy and immortal, have mercy on us. Amen.

Adapted from text by John Pritchard

Intercessions for First Sunday of Lent Year A –

Holy God as we begin our Lenten journey, mindful of the temptation and suffering that your son Jesus Christ endured in the wilderness. We ask for you to strengthen us, as we find ourselves in the desert of human faults, failings and sinfulness.

Short Silence)

Lord, in your Mercy: Hear our Prayer

Gracious God we ask for your guidance in all that our church plans for the coming six weeks of Lent; For the Lenten events and for all special services to be held in The Costa Blanca Chaplaincy.

(Short Silence)

Lord, in your Mercy: Hear our Prayer

Creator God, your love reaches out to the boundaries our world, to the rich who have everything they need and the poor who have nothing except misery and oppression. We pray for all your people whoever they are, wherever they live and whatever their circumstances; that in their joy and sorrow, the knowledge of your presence might bring comfort, healing and restoration.

(Short Silence)

Lord, in your Mercy: Hear our Prayer

Father God, we pray against all areas of our society where good food is wasted or disposed of unnecessarily when it could be used to relieve suffering. We thank you for the work of food banks and charities which support disadvantaged individuals and communities.

(Short Silence)

Lord, in your Mercy: Hear our Prayer

Loving God, we pray for all of those, dear to our hearts who are ill or in any kind of need. We ask for your blessing on the healing services which are held in the Chaplaincy and for all who have a special Healing Ministry within your Church. We also give thanks for those on the road to recovery following illness, surgery or procedures and for those whose only healing will come through death.

(add names of those requesting prayer)

(Short Silence)

Lord, in your Mercy: Hear our Prayer

Merciful God, when death comes close to us through the loss of a family member or friend help us to remember them and rejoice in their fellowship, giving thanks for the way that, as their lives touched ours, so we were enriched by that relationship.

(add names of the recently departed or on Anniversary list)

(Short Silence)

Lord, in your Mercy: Hear our Prayer

Everlasting God your love and forgiveness washes over us and astonishes us with generosity. May we go out from this time of worship today as people who enjoy complete forgiveness and a restored relationship with you and all those with whom we share our lives.

Merciful father: accept these prayers for the sake of your Son, our Saviour, Jesus Christ.

Amen