

## Morning Prayer

### Wednesday after the Fourth Sunday in Lent

Jesus said, "If anyone would come after me, let him deny himself and take up his cross and follow me."

*Mark 8:34*

### Invitatory and Psalter

**BCP p. 80**

*Officiant* Lord, open our lips.

*People* And our mouth shall proclaim your praise.

Glory to the Father, and to the Son, and to the Holy Spirit: \*  
as it was in the beginning, is now, and will be for ever. Amen.

### Venite

*Psalm 95:1-7*

Come, let us sing to the Lord; \*

let us shout for joy to the Rock of our salvation.

Let us come before his presence with thanksgiving \*

and raise a loud shout to him with psalms.

For the Lord is a great God, \*

and a great King above all gods.

In his hand are the caverns of the earth, \*

and the heights of the hills are his also.

The sea is his, for he made it, \*

and his hands have molded the dry land.

Come, let us bow down, and bend the knee, \*

and kneel before the Lord our Maker.

For he is our God,

and we are the people of his pasture and the sheep of his hand. \*

Oh, that today you would hearken to his voice!

### Psalm 101

**BCP p. 730**

I will sing of mercy and justice; \*

to you, O LORD, will I sing praises.

I will strive to follow a blameless course;  
oh, when will you come to me? \*  
I will walk with sincerity of heart within my house.  
I will set no worthless thing before my eyes; \*  
I hate the doers of evil deeds;  
they shall not remain with me.  
A crooked heart shall be far from me; \*  
I will not know evil.  
Those who in secret slander their neighbors I will destroy; \*  
those who have a haughty look and a proud heart I cannot abide.  
My eyes are upon the faithful in the land, that they may dwell with me, \*  
and only those who lead a blameless life shall be my servants.  
Those who act deceitfully shall not dwell in my house, \*  
and those who tell lies shall not continue in my sight.  
I will soon destroy all the wicked in the land, \*  
that I may root out all evildoers from the city of the LORD.

### **Psalm 109**

**BCP p. 750**

Hold not your tongue, O God of my praise; \*  
for the mouth of the wicked,  
the mouth of the deceitful, is opened against me.  
They speak to me with a lying tongue; \*  
they encompass me with hateful words  
and fight against me without a cause.  
Despite my love, they accuse me; \*  
but as for me, I pray for them.  
They repay evil for good, \*  
and hatred for my love.  
[Set a wicked man against him, \*  
and let an accuser stand at his right hand.  
When he is judged, let him be found guilty, \*  
and let his appeal be in vain.  
Let his days be few, \*  
and let another take his office.  
Let his children be fatherless, \*  
and his wife become a widow.  
Let his children be waifs and beggars; \*  
let them be driven from the ruins of their homes.  
Let the creditor seize everything he has; \*  
let strangers plunder his gains.  
Let there be no one to show him kindness, \*  
and none to pity his fatherless children.  
Let his descendants be destroyed, \*  
and his name be blotted out in the next generation.  
Let the wickedness of his fathers be remembered before the LORD, \*  
and his mother's sin not be blotted out;

Let their sin be always before the LORD; \*  
but let him root out their names from the earth;  
Because he did not remember to show mercy, \*  
but persecuted the poor and needy  
and sought to kill the brokenhearted.  
He loved cursing,  
let it come upon him; \*  
he took no delight in blessing,  
let it depart from him.  
He put on cursing like a garment, \*  
let it soak into his body like water  
and into his bones like oil;  
Let it be to him like the cloak which he wraps around himself, \*  
and like the belt that he wears continually.  
Let this be the recompense from the LORD to my accusers, \*  
and to those who speak evil against me.]  
But you, O Lord my God,  
oh, deal with me according to your Name; \*  
for your tender mercy's sake, deliver me.  
For I am poor and needy, \*  
and my heart is wounded within me.  
I have faded away like a shadow when it lengthens; \*  
I am shaken off like a locust.  
My knees are weak through fasting, \*  
and my flesh is wasted and gaunt.  
I have become a reproach to them; \*  
they see and shake their heads.  
Help me, O LORD my God; \*  
save me for your mercy's sake.  
Let them know that this is your hand, \*  
that you, O LORD, have done it.  
They may curse, but you will bless; \*  
let those who rise up against me be put to shame,  
and your servant will rejoice.  
Let my accusers be clothed with disgrace \*  
and wrap themselves in their shame as in a cloak.  
I will give great thanks to the LORD with my mouth; \*  
in the midst of the multitude will I praise him;  
Because he stands at the right hand of the needy, \*  
to save his life from those who would condemn him.  
Glory to the Father, and to the Son, and to the Holy Spirit: \*  
as it was in the beginning, is now, and will be for ever. Amen.

## The Lessons

### The First Lesson

Jeremiah 18:1-11

A Reading from the Book of the Prophet Jeremiah.

The word that came to Jeremiah from the LORD: “Come, go down to the potter’s house, and there I will let you hear my words.” So I went down to the potter’s house, and there he was working at his wheel. The vessel he was making of clay was spoiled in the potter’s hand, and he reworked it into another vessel, as seemed good to him. Then the word of the LORD came to me: Can I not do with you, O house of Israel, just as this potter has done? says the LORD. Just like the clay in the potter’s hand, so are you in my hand, O house of Israel. At one moment I may declare concerning a nation or a kingdom, that I will pluck up and break down and destroy it, but if that nation, concerning which I have spoken, turns from its evil, I will change my mind about the disaster that I intended to bring on it. And at another moment I may declare concerning a nation or a kingdom that I will build and plant it, but if it does evil in my sight, not listening to my voice, then I will change my mind about the good that I had intended to do to it.

Now, therefore, say to the people of Judah and the inhabitants of Jerusalem: Thus says the LORD: Look, I am a potter shaping evil against you and devising a plan against you. Turn now, all of you from your evil way, and amend your ways and your doings.

The Word of the Lord.  
Thanks be to God.

### 14. A Song of Penitence

*Prayer of Manasseh 1-2, 4, 6-7, 11-15*

O Lord and Ruler of the hosts of heaven, \*  
God of Abraham, Isaac, and Jacob,  
and of all their righteous offspring:  
You made the heavens and the earth, \*  
with all their vast array.  
All things quake with fear at your presence; \*  
they tremble because of your power.  
But your merciful promise is beyond all measure; \*  
it surpasses all that our minds can fathom.  
O Lord, you are full of compassion, \*  
long-suffering, and abounding in mercy.  
You hold back your hand; \*  
you do not punish as we deserve.  
In your great goodness, Lord,  
you have promised forgiveness to sinners, \*  
that they may repent of their sin and be saved.  
And now, O Lord, I bend the knee of my heart, \*  
and make my appeal, sure of your gracious goodness.  
I have sinned, O Lord, I have sinned, \*  
and I know my wickedness only too well.  
Therefore I make this prayer to you: \*  
Forgive me, Lord, forgive me.

Do not let me perish in my sin, \*  
nor condemn me to the depths of the earth.  
For you, O Lord, are the God of those who repent, \*  
and in me you will show forth your goodness.  
Unworthy as I am, you will save me,  
in accordance with your great mercy, \*  
and I will praise you without ceasing all the days of my life.  
For all the powers of heaven sing your praises, \*  
and yours is the glory to ages of ages. Amen.  
Glory to the Father, and to the Son, and to the Holy Spirit: \*  
as it was in the beginning, is now, and will be for ever. Amen.

## **The Second Lesson**

**Rom. 8:1-11**

A Reading from the Letter to the Romans.

There is therefore now no condemnation for those who are in Christ Jesus. For the law of the Spirit of life in Christ Jesus has set you free from the law of sin and of death. For God has done what the law, weakened by the flesh, could not do: by sending his own Son in the likeness of sinful flesh, and to deal with sin, he condemned sin in the flesh, so that the just requirement of the law might be fulfilled in us, who walk not according to the flesh but according to the Spirit. For those who live according to the flesh set their minds on the things of the flesh, but those who live according to the Spirit set their minds on the things of the Spirit. To set the mind on the flesh is death, but to set the mind on the Spirit is life and peace. For this reason the mind that is set on the flesh is hostile to God; it does not submit to God's law—indeed it cannot, and those who are in the flesh cannot please God. But you are not in the flesh; you are in the Spirit, since the Spirit of God dwells in you. Anyone who does not have the Spirit of Christ does not belong to him.

But if Christ is in you, though the body is dead because of sin, the Spirit is life because of righteousness. If the Spirit of him who raised Jesus from the dead dwells in you, he who raised Christ from the dead will give life to your mortal bodies also through his Spirit that dwells in you.

The Word of the Lord.  
Thanks be to God.

## **16. The Song of Zechariah**

**Luke 1: 68-79**

Blessed be the Lord, the God of Israel; \*  
he has come to his people and set them free.  
He has raised up for us a mighty savior, \*  
born of the house of his servant David.  
Through his holy prophets he promised of old,  
that he would save us from our enemies, \*  
from the hands of all who hate us.  
He promised to show mercy to our fathers \*  
and to remember his holy covenant.  
This was the oath he swore to our father Abraham, \*  
to set us free from the hands of our enemies,

Free to worship him without fear, \*  
holy and righteous in his sight  
all the days of our life.  
You, my child, shall be called the prophet of the Most High, \*  
for you will go before the Lord to prepare his way,  
To give his people knowledge of salvation \*  
by the forgiveness of their sins.  
In the tender compassion of our God \*  
the dawn from on high shall break upon us,  
To shine on those who dwell in darkness and the shadow of death, \*  
and to guide our feet into the way of peace.  
Glory to the Father, and to the Son, and to the Holy Spirit: \*  
as it was in the beginning, is now, and will be for ever. Amen.

### **The Apostles' Creed**

**BCP p. 96**

**I believe in God, the Father almighty,  
creator of heaven and earth.**  
**I believe in Jesus Christ, his only Son, our Lord.**  
**He was conceived by the power of the Holy Spirit  
and born of the Virgin Mary.**  
**He suffered under Pontius Pilate,  
was crucified, died, and was buried.**  
**He descended to the dead.**  
**On the third day he rose again.**  
**He ascended into heaven,  
and is seated at the right hand of the Father.**  
**He will come again to judge the living and the dead.**  
**I believe in the Holy Spirit,  
the holy catholic Church,  
the communion of saints,  
the forgiveness of sins,  
the resurrection of the body,  
and the life everlasting. Amen.**

### **The Prayers**

**BCP p. 97**

*Officiant* The Lord be with you.  
*People* And also with you.  
*Officiant* Let us pray.

## **The Lord's Prayer**

**Our Father, who art in heaven,  
hallowed be thy Name,  
thy kingdom come,  
thy will be done,  
on earth as it is in heaven.  
Give us this day our daily bread.  
And forgive us our trespasses,  
as we forgive those  
who trespass against us.  
And lead us not into temptation,  
but deliver us from evil.  
For thine is the kingdom,  
and the power, and the glory,  
for ever and ever. Amen.**

## **Suffrages B**

*V.* Save your people, Lord, and bless your inheritance;  
*R.* Govern and uphold them, now and always.  
*V.* Day by day we bless you;  
*R.* We praise your name for ever.  
*V.* Lord, keep us from all sin today;  
*R.* Have mercy on us, Lord, have mercy.  
*V.* Lord, show us your love and mercy;  
*R.* For we put our trust in you.  
*V.* In you, Lord, is our hope;  
*R.* And we shall never hope in vain.

## **The Collect of the Day**

Gracious Father, whose blessed Son Jesus Christ came down from heaven to be the true bread which gives life to the world: Evermore give us this bread, that he may live in us, and we in him; who lives and reigns with you and the Holy Spirit, one God, now and for ever. Amen.

## **Seasonal Collect**

Almighty and everlasting God, you hate nothing you have made and forgive the sins of all who are penitent: Create and make in us new and contrite hearts, that we, worthily lamenting our sins and acknowledging our wretchedness, may obtain of you, the God of all mercy, perfect remission and forgiveness; through Jesus Christ our Lord, who lives and reigns with you and the Holy Spirit, one God, for ever and ever. Amen.

## **A Collect for Grace**

Lord God, almighty and everlasting Father, you have brought us in safety to this new day: Preserve us with your mighty power, that we may not fall into sin, nor be overcome by adversity; and in all we do, direct us to the fulfilling of your purpose; through Jesus Christ our Lord. Amen.

## **A Prayer for Mission**

Lord Jesus Christ, you stretched out your arms of love on the hard wood of the cross that everyone might come within the reach of your saving embrace: So clothe us in your Spirit that we, reaching forth our hands in love, may bring those who do not know you to the knowledge and love of you; for the honor of your Name. Amen.

*Let us pray now for our own needs and those of others.*

## **The General Thanksgiving**

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Almighty God, Father of all mercies,  
we your unworthy servants give you humble thanks  
for all your goodness and loving-kindness  
to us and to all whom you have made.  
We bless you for our creation, preservation,  
and all the blessings of this life;  
but above all for your immeasurable love  
in the redemption of the world by our Lord Jesus Christ;  
for the means of grace, and for the hope of glory.

And, we pray, give us such an awareness of your mercies,  
that with truly thankful hearts we may show forth your praise,  
not only with our lips, but in our lives,  
by giving up our selves to your service,  
and by walking before you  
in holiness and righteousness all our days;  
through Jesus Christ our Lord,  
to whom, with you and the Holy Spirit,  
be honor and glory throughout all ages. Amen.

Let us bless the Lord.  
Thanks be to God.

Glory to God whose power, working in us, can do infinitely more than we can ask or imagine: Glory to him from generation to generation in the Church, and in Christ Jesus for ever and ever. Amen.

*Ephesians 3:20,21*