

Morning Prayer

Thursday 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.

Jubilate

Psalm 100

Be joyful in the Lord, all you lands; *
serve the Lord with gladness
and come before his presence with a song.
Know this: The Lord himself is God; *
he himself has made us, and we are his;
we are his people and the sheep of his pasture.
Enter his gates with thanksgiving;
go into his courts with praise; *
give thanks to him and call upon his Name.
For the Lord is good;
his mercy is everlasting; *
and his faithfulness endures from age to age.

Psalm 69

BCP p. 679

Save me, O God, *
for the waters have risen up to my neck.
I am sinking in deep mire, *
and there is no firm ground for my feet.
I have come into deep waters, *
and the torrent washes over me.

I have grown weary with my crying;
my throat is inflamed; *
my eyes have failed from looking for my God.
Those who hate me without a cause are more than the hairs of my head;
my lying foes who would destroy me are mighty. *
Must I then give back what I never stole?
O God, you know my foolishness, *
and my faults are not hidden from you.
Let not those who hope in you be put to shame through me, Lord GOD of hosts; *
let not those who seek you be disgraced because of me, O God of Israel.
Surely, for your sake have I suffered reproach, *
and shame has covered my face.
I have become a stranger to my own kindred, *
an alien to my mother's children.
Zeal for your house has eaten me up; *
the scorn of those who scorn you has fallen upon me.
I humbled myself with fasting, *
but that was turned to my reproach.
I put on sack-cloth also, *
and became a byword among them.
Those who sit at the gate murmur against me, *
and the drunkards make songs about me.
But as for me, this is my prayer to you, *
at the time you have set, O LORD:
"In your great mercy, O God, *
answer me with your unfailing help.
Save me from the mire; do not let me sink; *
let me be rescued from those who hate me
and out of the deep waters.
Let not the torrent of waters wash over me,
neither let the deep swallow me up; *
do not let the Pit shut its mouth upon me.
Answer me, O LORD, for your love is kind; *
in your great compassion, turn to me."
"Hide not your face from your servant; *
be swift and answer me, for I am in distress.
Draw near to me and redeem me; *
because of my enemies deliver me.
You know my reproach, my shame, and my dishonor; *
my adversaries are all in your sight."
Reproach has broken my heart, and it cannot be healed; *
I looked for sympathy, but there was none,
for comforters, but I could find no one.
They gave me gall to eat, *
and when I was thirsty, they gave me vinegar to drink.
[Let the table before them be a trap *
and their sacred feasts a snare.
Let their eyes be darkened, that they may not see, *
and give them continual trembling in their loins.

Pour out your indignation upon them, *
 and let the fierceness of your anger overtake them.
 Let their camp be desolate, *
 and let there be none to dwell in their tents.
 For they persecute him whom you have stricken *
 and add to the pain of those whom you have pierced.
 Lay to their charge guilt upon guilt, *
 and let them not receive your vindication.
 Let them be wiped out of the book of the living *
 and not be written among the righteous.]
 As for me, I am afflicted and in pain; *
 your help, O God, will lift me up on high.
 I will praise the Name of God in song; *
 I will proclaim his greatness with thanksgiving.
 This will please the LORD more than an offering of oxen, *
 more than bullocks with horns and hoofs.
 The afflicted shall see and be glad; *
 you who seek God, your heart shall live.
 For the LORD listens to the needy, *
 and his prisoners he does not despise.
 Let the heavens and the earth praise him, *
 the seas and all that moves in them;
 For God will save Zion and rebuild the cities of Judah; *
 they shall live there and have it in possession.
 The children of his servants will inherit it, *
 and those who love his Name will dwell therein.
 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 22:13-23

A Reading from the Book of the Prophet Jeremiah.

Woe to him who builds his house by unrighteousness, and his upper rooms by injustice; who makes his neighbors work for nothing, and does not give them their wages; who says, "I will build myself a spacious house with large upper rooms," and who cuts out windows for it, paneling it with cedar, and painting it with vermilion. Are you a king because you compete in cedar? Did not your father eat and drink and do justice and righteousness? Then it was well with him. He judged the cause of the poor and needy; then it was well. Is not this to know me? says the LORD. But your eyes and heart are only on your dishonest gain, for shedding innocent blood, and for practicing oppression and violence. Therefore thus says the LORD concerning King Jehoiakim son of Josiah of Judah: They shall not lament for him, saying, "Alas, my brother!" or "Alas, sister!" They shall not lament for him, saying, "Alas, lord!" or "Alas, his majesty!" With the burial of a donkey he shall be buried— dragged off and thrown out beyond the gates of Jerusalem.

Go up to Lebanon, and cry out, and lift up your voice in Bashan; cry out from Abarim, for all your lovers are crushed. I spoke to you in your prosperity, but you said, "I will not listen." This has been your way from your youth, for you have not obeyed my voice. The wind shall shepherd all your shepherds, and your lovers shall go into captivity; then you will be ashamed and dismayed because of all your wickedness. O inhabitant of Lebanon, nested among the cedars, how you will groan when pangs come upon you, pain as of a woman in labor!

The Word of the Lord.
Thanks be to God.

8. The Song of Moses

Exodus 15:1-6, 11-13, 17-18

I will sing to the Lord, for he is lofty and uplifted; *
the horse and its rider has he hurled into the sea.
The Lord is my strength and my refuge; *
the Lord has become my Savior.
This is my God and I will praise him, *
the God of my people and I will exalt him.
The Lord is a mighty warrior; *
Yahweh is his Name.
The chariots of Pharaoh and his army has he hurled into the sea; *
the finest of those who bear armor have been drowned in the Red Sea.
The fathomless deep has overwhelmed them; *
they sank into the depths like a stone.
Your right hand, O Lord, is glorious in might; *
your right hand, O Lord, has overthrown the enemy.
Who can be compared with you, O Lord, among the gods? *
who is like you, glorious in holiness,
awesome in renown, and worker of wonders?
You stretched forth your right hand; *
the earth swallowed them up.
With your constant love you led the people you redeemed; *
with your might you brought them in safety to your holy dwelling.
You will bring them in and plant them *
on the mount of your possession,
The resting-place you have made for yourself, O Lord, *
the sanctuary, O Lord, that your hand has established.
The Lord shall reign *
for ever and for ever.
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. 8:12-27

A Reading from the Letter to the Romans.

So then, brothers and sisters, we are debtors, not to the flesh, to live according to the flesh— for if you live according to the flesh, you will die; but if by the Spirit you put to death the deeds of the body, you will live. For all who are led by the Spirit of God are children of God. For you did not receive a spirit of slavery to fall back into fear, but you have received a spirit

of adoption. When we cry, “Abba! Father!” it is that very Spirit bearing witness with our spirit that we are children of God,

and if children, then heirs, heirs of God and joint heirs with Christ—if, in fact, we suffer with him so that we may also be glorified with him. I consider that the sufferings of this present time are not worth comparing with the glory about to be revealed to us. For the creation waits with eager longing for the revealing of the children of God; for the creation was subjected to futility, not of its own will but by the will of the one who subjected it, in hope that the creation itself will be set free from its bondage to decay and will obtain the freedom of the glory of the children of God. We know that the whole creation has been groaning in labor pains until now; and not only the creation, but we ourselves, who have the first fruits of the Spirit, groan inwardly while we wait for adoption, the redemption of our bodies. For in hope we were saved. Now hope that is seen is not hope. For who hopes for what is seen? But if we hope for what we do not see, we wait for it with patience.

Likewise the Spirit helps us in our weakness; for we do not know how to pray as we ought, but that very Spirit intercedes with sighs too deep for words. And God, who searches the heart, knows what is the mind of the Spirit, because the Spirit intercedes for the saints according to the will of God.

The Word of the Lord.
Thanks be to God.

19. The Song of the Redeemed

Revelation 15:3-4

O ruler of the universe, Lord God,
great deeds are they that you have done, *
surpassing human understanding.
Your ways are ways of righteousness and truth, *
O King of all the ages.
Who can fail to do you homage, Lord,
and sing the praises of your Name? *
for you only are the Holy One.
All nations will draw near and fall down before you, *
because your just and holy works have been revealed.
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

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**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 Guidance

Heavenly Father, in you we live and move and have our being: We humbly pray you so to guide and govern us by your Holy Spirit, that in all the cares and occupations of our life we may not forget you, but may remember that we are ever walking in your sight; through Jesus Christ our Lord. Amen.

A Prayer for Mission

Almighty and everlasting God, by whose Spirit the whole body of your faithful people is governed and sanctified: Receive our supplications and prayers which we offer before you for all members of your holy Church, that in their vocation and ministry they may truly and devoutly serve you; through our Lord and Savior Jesus Christ. 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.

May the God of hope fill us with all joy and peace in believing through the power of the Holy Spirit. Amen.

Romans 15:13