

## Morning Prayer

### Friday after the Fourth Sunday in Lent

If we say we have no sin, we deceive ourselves, and the truth is not in us; but if we confess our sins, God is faithful and just to forgive us our sins, and to cleanse us from all unrighteousness.

*I John 1:8, 9*

### Invitatory and Psalter

**BCP p. 42**

*Officiant* O Lord, open thou our lips.

*People* And our mouth shall show forth thy praise.

Glory be to the Father, and to the Son, and to the Holy Ghost: \*

As it was in the beginning, is now, and ever shall be, world without end. Amen.

### Psalm 95

O come, let us sing unto the Lord \*

let us heartily rejoice in the strength of our salvation.

Let us come before his presence with thanksgiving \*

and shew ourselves glad in him with psalms.

For the Lord is a great God \*

and a great King above all gods.

In his hand are all the corners of the earth \*

and the strength of the hills is his also.

The sea is his, and he made it \*

and his hands prepared the dry land.

O come, let us worship and fall down \*

and kneel before the Lord our Maker.

For he is the Lord our God \*

and we are the people of his pasture, and the sheep of his hand.

To-day if ye will hear his voice, harden not your hearts \*

as in the provocation, and as in the day of temptation in the wilderness;

When your fathers tempted me \*

proved me, and saw my works.

Forty years long was I grieved with this generation, and said \*

It is a people that do err in their hearts, for they have not known my ways;

Unto whom I swore in my wrath \*

that they should not enter into my rest.

## Psalm 102

Hear my prayer, O Lord \*  
and let my crying come unto thee.  
Hide not thy face from me in the time of my trouble \*  
incline thine ear unto me when I call; O hear me, and that right soon.  
For my days are consumed away like smoke \*  
and my bones are burnt up as it were a fire-brand.  
My heart is smitten down, and withered like grass \*  
so that I forget to eat my bread.  
For the voice of my groaning \*  
my bones will scarce cleave to my flesh.  
I am become like a pelican in the wilderness \*  
and like an owl that is in the desert.  
I have watched, and am even as it were a sparrow \*  
that sitteth alone upon the house-top.  
Mine enemies revile me all the day long \*  
and they that are mad upon me are sworn together against me.  
For I have eaten ashes as it were bread \*  
and mingled my drink with weeping;  
And that because of thine indignation and wrath \*  
for thou hast taken me up, and cast me down.  
My days are gone like a shadow \*  
and I am withered like grass.  
But, thou, O Lord, shalt endure for ever \*  
and thy remembrance throughout all generations.  
Thou shalt arise, and have mercy upon Sion \*  
for it is time that thou have mercy upon her, yea, the time is come.  
And why? thy servants think upon her stones \*  
and it pitieth them to see her in the dust.  
The heathen shall fear thy Name, O Lord \*  
and all the kings of the earth thy Majesty;  
When the Lord shall build up Sion \*  
and when his glory shall appear;  
When he turneth him unto the prayer of the poor destitute \*  
and despiseth not their desire.  
This shall be written for those that come after \*  
and the people which shall be born shall praise the Lord.  
For he hath looked down from his sanctuary \*  
out of the heaven did the Lord behold the earth;  
That he might hear the mournings of such as are in captivity \*  
and deliver the children appointed unto death;  
That they may declare the Name of the Lord in Sion \*  
and his worship at Jerusalem;  
When the people are gathered together \*  
and the kingdoms also, to serve the Lord.  
He brought down my strength in my journey \*  
and shortened my days.  
But I said, O my God, take me not away in the midst of mine age \*  
as for thy years, they endure throughout all generations.

Thou, Lord, in the beginning hast laid the foundation of the earth \*  
and the heavens are the work of thy hands.  
They shall perish, but thou shalt endure \*  
they all shall wax old as doth a garment;  
And as a vesture shalt thou change them, and they shall be changed \*  
but thou art the same, and thy years shall not fail.  
The children of thy servants shall continue \*  
and their seed shall stand fast in thy sight.  
Glory be to the Father, and to the Son, and to the Holy Ghost: \*  
As it was in the beginning, is now, and ever shall be, world without end. Amen.

## **The Lessons**

### **The First Lesson**

**Jeremiah 23:1-8**

A Reading from the Book of the Prophet Jeremiah.

Woe to the shepherds who destroy and scatter the sheep of my pasture! says the LORD.  
Therefore thus says the LORD, the God of Israel, concerning the shepherds who shepherd my people: It is you who have scattered my flock, and have driven them away, and you have not attended to them. So I will attend to you for your evil doings, says the LORD. Then I myself will gather the remnant of my flock out of all the lands where I have driven them, and I will bring them back to their fold, and they shall be fruitful and multiply. I will raise up shepherds over them who will shepherd them, and they shall not fear any longer, or be dismayed, nor shall any be missing, says the LORD. The days are surely coming, says the LORD, when I will raise up for David a righteous Branch, and he shall reign as king and deal wisely, and shall execute justice and righteousness in the land. In his days Judah will be saved and Israel will live in safety. And this is the name by which he will be called: "The LORD is our righteousness." Therefore, the days are surely coming, says the LORD, when it shall no longer be said, "As the LORD lives who brought the people of Israel up out of the land of Egypt," but "As the LORD lives who brought out and led the offspring of the house of Israel out of the land of the north and out of all the lands where he had driven them." Then they shall live in their own land.

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.

## **The Second Lesson**

**Rom. 8:28-39**

A Reading from the Letter to the Romans.

We know that all things work together for good for those who love God, who are called according to his purpose.

For those whom he foreknew he also predestined to be conformed to the image of his Son, in order that he might be the firstborn within a large family. And those whom he predestined he also called; and those whom he called he also justified; and those whom he justified he also glorified.

What then are we to say about these things? If God is for us, who is against us? He who did not withhold his own Son, but gave him up for all of us, will he not with him also give us everything else? Who will bring any charge against God's elect? It is God who justifies. Who is to condemn? It is Christ Jesus, who died, yes, who was raised, who is at the right hand of God, who indeed intercedes for us. Who will separate us from the love of Christ? Will hardship, or distress, or persecution, or famine, or nakedness, or peril, or sword? As it is written, "For your sake we are being killed all day long; we are accounted as sheep to be slaughtered." No, in all these things we are more than conquerors through him who loved us. For I am convinced that neither death, nor life, nor angels, nor rulers, nor things present, nor things to come, nor powers, nor height, nor depth, nor anything else in all creation, will be able to separate us from the love of God in Christ Jesus our Lord.

The Word of the Lord.  
Thanks be to God.

## **18. A Song to the Lamb**

*Revelation 4:11, 5:9-10, 13*

Splendor and honor and kingly power \*  
are yours by right, O Lord our God,  
For you created everything that is, \*  
and by your will they were created and have their being;  
And yours by right, O Lamb that was slain, \*  
for with your blood you have redeemed for God,  
From every family, language, people, and nation, \*  
a kingdom of priests to serve our God.  
And so, to him who sits upon the throne, \*  
and to Christ the Lamb,  
Be worship and praise, dominion and splendor, \*  
for ever and for evermore.

## **The Apostles' Creed**

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**I believe in God, the Father almighty,  
maker of heaven and earth;  
And in Jesus Christ his only Son our Lord;  
who was conceived by the Holy Ghost,  
born of the Virgin Mary,  
suffered under Pontius Pilate,  
was crucified, dead, and buried.  
He descended into hell.  
The third day he rose again from the dead.  
He ascended into heaven,  
and sitteth on the right hand of God the Father almighty.  
From thence he shall come to judge the quick and the dead.  
I believe in the Holy Ghost,  
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. 54**

*Officiant* The Lord be with you.  
*People* And with thy spirit.  
*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 A**

*V.* O Lord, show thy mercy upon us;  
*R.* And grant us thy salvation.  
*V.* Endue thy ministers with righteousness;  
*R.* And make thy chosen people joyful.  
*V.* Give peace, O Lord, in all the world;  
*R.* For only in thee can we live in safety.  
*V.* Lord, keep this nation under thy care;  
*R.* And guide us in the way of justice and truth.  
*V.* Let thy way be known upon earth;  
*R.* Thy saving health among all nations.  
*V.* Let not the needy, O Lord, be forgotten;  
*R.* Nor the hope of the poor be taken away.  
*V.* Create in us clean hearts, O God;  
*R.* And sustain us with thy Holy Spirit.

## **The Collect of the Day**

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

## **The Collect of the Day**

Almighty and everlasting God, who hatest nothing that thou hast made and dost forgive the sins of all those 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 thee, the God of all mercy, perfect remission and forgiveness; through Jesus Christ our Lord, who liveth and reigneth with thee and the Holy Spirit, one God, for ever and ever. Amen.

### **A Collect for Fridays**

Almighty God, whose most dear Son went not up to joy but first he suffered pain, and entered not into glory before he was crucified: Mercifully grant that we, walking in the way of the cross, may find it none other than the way of life and peace; through the same thy Son Jesus Christ our Lord. Amen.

### **A Prayer for Mission**

Almighty and everlasting God, by whose Spirit the whole body of thy faithful people is governed and sanctified: Receive our supplications and prayers which we offer before thee for all members of thy holy Church, that in their vocation and ministry they may truly and godly serve thee; 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 thine unworthy servants  
do give thee most humble and hearty thanks  
for all thy goodness and loving-kindness  
to us and to all men.  
We bless thee for our creation, preservation,  
and all the blessings of this life;  
but above all for thine inestimable 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 beseech thee,  
give us that due sense of all thy mercies,  
that our hearts may be unfeignedly thankful;  
and that we show forth thy praise,  
not only with our lips, but in our lives,  
by giving up our selves to thy service,  
and by walking before thee  
in holiness and righteousness all our days;  
through Jesus Christ our Lord,  
to whom, with thee and the Holy Ghost,  
be all honor and glory, world without end. 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*