

## Morning Prayer

### Thursday after the Tenth Sunday after Pentecost

#### 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.  
Alleluia.

#### 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 70

BCP p. 682

Be pleased, O God, to deliver me; \*  
O LORD, make haste to help me.  
Let those who seek my life be ashamed  
and altogether dismayed; \*  
let those who take pleasure in my misfortune  
draw back and be disgraced.  
Let those who say to me "Aha!" and gloat over me turn back, \*  
because they are ashamed.  
Let all who seek you rejoice and be glad in you; \*  
let those who love your salvation say for ever,  
"Great is the LORD!"

But as for me, I am poor and needy; \*  
    come to me speedily, O God.  
You are my helper and my deliverer; \*  
    O LORD, do not tarry.

## Psalm 71

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In you, O LORD, have I taken refuge; \*  
    let me never be ashamed.  
In your righteousness, deliver me and set me free; \*  
    incline your ear to me and save me.  
Be my strong rock, a castle to keep me safe; \*  
    you are my crag and my stronghold.  
Deliver me, my God, from the hand of the wicked, \*  
    from the clutches of the evildoer and the oppressor.  
For you are my hope, O LORD God, \*  
    my confidence since I was young.  
I have been sustained by you ever since I was born;  
    from my mother's womb you have been my strength; \*  
    my praise shall be always of you.  
I have become a portent to many; \*  
    but you are my refuge and my strength.  
Let my mouth be full of your praise \*  
    and your glory all the day long.  
Do not cast me off in my old age; \*  
    forsake me not when my strength fails.  
For my enemies are talking against me, \*  
    and those who lie in wait for my life take counsel together.  
They say, "God has forsaken him;  
    go after him and seize him; \*  
    because there is none who will save."  
O God, be not far from me; \*  
    come quickly to help me, O my God.  
Let those who set themselves against me be put to shame and be disgraced; \*  
    let those who seek to do me evil be covered with scorn and reproach.  
But I shall always wait in patience, \*  
    and shall praise you more and more.  
My mouth shall recount your mighty acts  
    and saving deeds all day long; \*  
    though I cannot know the number of them.  
I will begin with the mighty works of the Lord GOD; \*  
    I will recall your righteousness, yours alone.  
O God, you have taught me since I was young, \*  
    and to this day I tell of your wonderful works.  
And now that I am old and gray-headed, O God, do not forsake me, \*  
    till I make known your strength to this generation  
    and your power to all who are to come.

Your righteousness, O God, reaches to the heavens; \*  
you have done great things;  
who is like you, O God?  
You have showed me great troubles and adversities, \*  
but you will restore my life  
and bring me up again from the deep places of the earth.  
You strengthen me more and more; \*  
you enfold and comfort me,  
Therefore I will praise you upon the lyre for your faithfulness, O my God; \*  
I will sing to you with the harp, O Holy One of Israel.  
My lips will sing with joy when I play to you, \*  
and so will my soul, which you have redeemed.  
My tongue will proclaim your righteousness all day long, \*  
for they are ashamed and disgraced who sought to do me harm.  
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**

**Judges 4:4-23**

A Reading from the Book of Judges.

At that time Deborah, a prophetess, wife of Lappidoth, was judging Israel. She used to sit under the palm of Deborah between Ramah and Bethel in the hill country of Ephraim; and the Israelites came up to her for judgment. She sent and summoned Barak son of Abinoam from Kedesh in Naphtali, and said to him, "The LORD, the God of Israel, commands you, **Go**, take position at Mount Tabor, bringing ten thousand from the tribe of Naphtali and the tribe of Zebulun. I will draw out Sisera, the general of Jabin's army, to meet you by the Wadi Kishon with his chariots and his troops; and I will give him into your hand." Barak said to her, "If you will go with me, I will go; but if you will not go with me, I will not go." And she said, "I will surely go with you; nevertheless, the road on which you are going will not lead to your glory, for the LORD will sell Sisera into the hand of a woman." Then Deborah got up and went with Barak to Kedesh.

Barak summoned Zebulun and Naphtali to Kedesh; and ten thousand warriors went up behind him; and Deborah went up with him. Now Heber the Kenite had separated from the other Kenites, that is, the descendants of Hobab the father-in-law of Moses, and had encamped as far away as Elon-bezaananim, which is near Kedesh. When Sisera was told that Barak son of Abinoam had gone up to Mount Tabor, Sisera called out all his chariots, nine hundred chariots of iron, and all the troops who were with him, from Harosheth-ha-goiim to the Wadi Kishon. Then Deborah said to Barak, "Up! For this is the day on which the LORD has given Sisera into your hand. The LORD is indeed going out before you." So Barak went down from Mount Tabor with ten thousand warriors following him. And the LORD threw Sisera and all his chariots and all his army into a panic before Barak; Sisera got down from his chariot and fled away on foot, while Barak pursued the chariots and the army to Harosheth-ha-goiim. All the army of Sisera fell by the sword; no one was left.

Now Sisera had fled away on foot to the tent of Jael wife of Heber the Kenite; for there was peace between King Jabin of Hazor and the clan of Heber the Kenite. Jael came out to meet Sisera, and said to him, "Turn aside, my lord, turn aside to me; have no fear." So he turned aside to her into the tent, and she covered him with a rug. Then he said to her, "Please give me a little water to drink; for I am thirsty." So she opened a skin of milk and gave him a drink and covered him. He said to her, "Stand at the entrance of the tent, and if anybody comes and asks you, 'Is anyone here?' say, 'No.'" But Jael wife of Heber took a tent peg, and took a hammer in her hand, and went softly to him and drove the peg into his temple, until it went down into the ground—he was lying fast asleep from weariness—and he died. Then, as Barak came in pursuit of Sisera, Jael went out to meet him, and said to him, "Come, and I will show you the man whom you are seeking." So he went into her tent; and there was Sisera lying dead, with the tent peg in his temple. So on that day God subdued King Jabin of Canaan before the Israelites.

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

Matt. 27:55-66

A Reading from the Gospel According to Matthew.

Many women were also there, looking on from a distance; they had followed Jesus from Galilee and had provided for him. Among them were Mary Magdalene, and Mary the mother of James and Joseph, and the mother of the sons of Zebedee.

When it was evening, there came a rich man from Arimathea, named Joseph, who was also a disciple of Jesus. He went to Pilate and asked for the body of Jesus; then Pilate ordered it to be given to him. So Joseph took the body and wrapped it in a clean linen cloth and laid it in his own new tomb, which he had hewn in the rock. He then rolled a great stone to the door of the tomb and went away. Mary Magdalene and the other Mary were there, sitting opposite the tomb. The next day, that is, after the day of Preparation, the chief priests and the Pharisees gathered before Pilate and said, "Sir, we remember what that impostor said while he was still alive, 'After three days I will rise again.' Therefore command the tomb to be made secure until the third day; otherwise his disciples may go and steal him away, and tell the people, 'He has been raised from the dead,' and the last deception would be worse than the first." Pilate said to them, "You have a guard of soldiers; go, make it as secure as you can." So they went with the guard and made the tomb secure by sealing the stone.

The Word of the Lord.

Thanks be to God.

## 20. Glory to God

Glory to God in the highest,  
and peace to his people on earth.

Lord God, heavenly King,  
almighty God and Father,  
we worship you, we give you thanks,  
we praise you for your glory.

Lord Jesus Christ, only Son of the Father,  
Lord God, Lamb of God,  
you take away the sin of the world:  
have mercy on us;  
you are seated at the right hand of the Father:  
receive our prayer.

For you alone are the Holy One,  
you alone are the Lord,  
you alone are the Most High,  
Jesus Christ,  
with the Holy Spirit,  
in the glory of God the Father. 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

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*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

O God, the protector of all who trust in you, without whom nothing is strong, nothing is holy: Increase and multiply upon us your mercy; that, with you as our ruler and guide, we may so pass through things temporal, that we lose not the things eternal; 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

O God, you have made of one blood all the peoples of the earth, and sent your blessed Son to preach peace to those who are far off and to those who are near: Grant that people everywhere may seek after you and find you; bring the nations into your fold; pour out your Spirit upon all flesh; and hasten the coming of your kingdom; through Jesus Christ our Lord. Amen.

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

## The General Thanksgiving

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.

The grace of our Lord Jesus Christ, and the love of God, and the fellowship of the Holy Spirit, be with us all evermore. Amen.

*2 Corinthians 13:14*