

Morning Prayer

Friday 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.

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 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

Judges 5:1-18

A Reading from the Book of Judges.

Then Deborah and Barak son of Abinoam sang on that day, saying: “When locks are long in Israel, when the people offer themselves willingly— bless the LORD! “Hear, O kings; give ear, O princes; to the LORD I will sing, I will make melody to the LORD, the God of Israel. “LORD, when you went out from Seir, when you marched from the region of Edom, the earth trembled, and the heavens poured, the clouds indeed poured water. The mountains quaked before the LORD, the One of Sinai, before the LORD, the God of Israel.

“In the days of Shamgar son of Anath, in the days of Jael, caravans ceased and travelers kept to the byways. The peasantry prospered in Israel, they grew fat on plunder, because you arose, Deborah, arose as a mother in Israel. When new gods were chosen, then war was in the gates. Was shield or spear to be seen among forty thousand in Israel? My heart goes out to the commanders of Israel who offered themselves willingly among the people. Bless the LORD. “Tell of it, you who ride on white donkeys, you who sit on rich carpets and you who walk by the way. To the sound of musicians at the watering places, there they repeat the

triumphs of the LORD, the triumphs of his peasantry in Israel. “Then down to the gates marched the people of the LORD.

“Awake, awake, Deborah! Awake, awake, utter a song! Arise, Barak, lead away your captives, O son of Abinoam. Then down marched the remnant of the noble; the people of the LORD marched down for him against the mighty. From Ephraim they set out into the valley, following you, Benjamin, with your kin; from Machir marched down the commanders, and from Zebulun those who bear the marshal’s staff; the chiefs of Issachar came with Deborah, and Issachar faithful to Barak; into the valley they rushed out at his heels. Among the clans of Reuben there were great searchings of heart. Why did you tarry among the sheepfolds, to hear the piping for the flocks? Among the clans of Reuben there were great searchings of heart. Gilead stayed beyond the Jordan; and Dan, why did he abide with the ships? Asher sat still at the coast of the sea, settling down by his landings. Zebulun is a people that scorned death; Naphtali too, on the heights of the field.

The Word of the Lord.
Thanks be to God.

10. The Second Song of Isaiah

Isaiah 55:6-11

Seek the Lord while he wills to be found; *
call upon him when he draws near.
Let the wicked forsake their ways *
and the evil ones their thoughts;
And let them turn to the Lord, and he will have compassion, *
and to our God, for he will richly pardon.
For my thoughts are not your thoughts, *
nor your ways my ways, says the Lord.
For as the heavens are higher than the earth, *
so are my ways higher than your ways,
and my thoughts than your thoughts.
For as rain and snow fall from the heavens *
and return not again, but water the earth,
Bringing forth life and giving growth, *
seed for sowing and bread for eating,
So is my word that goes forth from my mouth; *
it will not return to me empty;
But it will accomplish that which I have purposed, *
and prosper in that for which I sent it.
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. 28:1-10

A Reading from the Gospel According to Matthew.

After the sabbath, as the first day of the week was dawning, Mary Magdalene and the other Mary went to see the tomb. And suddenly there was a great earthquake; for an angel of the Lord, descending from heaven, came and rolled back the stone and sat on it. His appearance was like lightning, and his clothing white as snow. For fear of him the guards shook and became like dead men. But the angel said to the women, “Do not be afraid; I know that you

are looking for Jesus who was crucified. He is not here; for he has been raised, as he said. Come, see the place where he lay. Then go quickly and tell his disciples, He has been raised from the dead, and indeed he is going ahead of you to Galilee; there you will see him.' This is my message for you." So they left the tomb quickly with fear and great joy, and ran to tell his disciples. Suddenly Jesus met them and said, "Greetings!" And they came to him, took hold of his feet, and worshiped him. Then Jesus said to them, "Do not be afraid; go and tell my brothers to go to Galilee; there they will see me."

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

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 A

V. Show us your mercy, O Lord;
R. And grant us your salvation.
V. Clothe your ministers with righteousness;
R. Let your people sing with joy.
V. Give peace, O Lord, in all the world;
R. For only in you can we live in safety.
V. Lord, keep this nation under your care;
R. And guide us in the way of justice and truth.
V. Let your way be known upon earth;
R. Your 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 your Holy Spirit.

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 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 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

BCP p. 101

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