

## Morning Prayer

### Tuesday after the First 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*

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*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 45

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My heart is stirring with a noble song;  
let me recite what I have fashioned for the king; \*  
my tongue shall be the pen of a skilled writer.  
You are the fairest of men; \*  
grace flows from your lips,  
because God has blessed you for ever.  
Strap your sword upon your thigh, O mighty warrior, \*  
in your pride and in your majesty.

Ride out and conquer in the cause of truth \*  
 and for the sake of justice.  
 Your right hand will show you marvelous things; \*  
 your arrows are very sharp, O mighty warrior.  
 The peoples are falling at your feet, \*  
 and the king's enemies are losing heart.  
 Your throne, O God, endures for ever and ever, \*  
 a scepter of righteousness is the scepter of your kingdom;  
 you love righteousness and hate iniquity.  
 Therefore God, your God, has anointed you \*  
 with the oil of gladness above your fellows.  
 All your garments are fragrant with myrrh, aloes, and cassia, \*  
 and the music of strings from ivory palaces makes you glad.  
 Kings' daughters stand among the ladies of the court; \*  
 on your right hand is the queen,  
 adorned with the gold of Ophir.  
 "Hear, O daughter; consider and listen closely; \*  
 forget your people and your father's house.  
 The king will have pleasure in your beauty; \*  
 he is your master; therefore do him honor.  
 The people of Tyre are here with a gift; \*  
 the rich among the people seek your favor."  
 All glorious is the princess as she enters; \*  
 her gown is cloth-of-gold.  
 In embroidered apparel she is brought to the king; \*  
 after her the bridesmaids follow in procession.  
 With joy and gladness they are brought, \*  
 and enter into the palace of the king.  
 "In place of fathers, O king, you shall have sons; \*  
 you shall make them princes over all the earth.  
 I will make your name to be remembered  
 from one generation to another; \*  
 therefore nations will praise you for ever and 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 Lessons

### The First Lesson

Gen. 37:12-24

A Reading from the Book of Genesis.

Now his brothers went to pasture their father's flock near Shechem. And Israel said to Joseph, "Are not your brothers pasturing the flock at Shechem? Come, I will send you to them." He answered, "Here I am." So he said to him, "Go now, see if it is well with your brothers and with the flock; and bring word back to me." So he sent him from the valley of Hebron. He came to Shechem, and a man found him wandering in the fields; the man asked him, "What are you seeking?" "I am seeking my brothers," he said; "tell me, please, where

they are pasturing the flock.” The man said, “They have gone away, for I heard them say, **¶**Let us go to Dothan.” So Joseph went after his brothers, and found them at Dothan. They saw him from a distance, and before he came near to them, they conspired to kill him. They said to one another, “Here comes this dreamer. Come now, let us kill him and throw him into one of the pits; then we shall say that a wild animal has devoured him, and we shall see what will become of his dreams.” But when Reuben heard it, he delivered him out of their hands, saying, “Let us not take his life.” Reuben said to them, “Shed no blood; throw him into this pit here in the wilderness, but lay no hand on him” —that he might rescue him out of their hand and restore him to his father.

So when Joseph came to his brothers, they stripped him of his robe, the long robe with sleeves that he wore; and they took him and threw him into a pit. The pit was empty; there was no water in it.

The Word of the Lord.  
Thanks be to God.

### 13. A Song of Praise

### *Song of the Three Young Men, 29-34*

Glory to you, Lord God of our fathers; \*  
you are worthy of praise; glory to you.  
Glory to you for the radiance of your holy Name; \*  
we will praise you and highly exalt you for ever.  
Glory to you in the splendor of your temple; \*  
on the throne of your majesty, glory to you.  
Glory to you, seated between the Cherubim; \*  
we will praise you and highly exalt you for ever.  
Glory to you, beholding the depths; \*  
in the high vault of heaven, glory to you.  
Glory to you, Father, Son, and Holy Spirit; \*  
we will praise you and highly exalt you for ever.

### The Second Lesson

### Mark 1:14-28

A Reading from the Gospel According to Mark.

Now after John was arrested, Jesus came to Galilee, proclaiming the good news of God, and saying, **¶**The time is fulfilled, and the kingdom of God has come near; repent, and believe in the good news.’

As Jesus passed along the Sea of Galilee, he saw Simon and his brother Andrew casting a net into the lake—for they were fishermen. And Jesus said to them, **¶**Follow me and I will make you fish for people.’ And immediately they left their nets and followed him. As he went a little farther, he saw James son of Zebedee and his brother John, who were in their boat mending the nets. Immediately he called them; and they left their father Zebedee in the boat with the hired men, and followed him.

They went to Capernaum; and when the sabbath came, he entered the synagogue and taught. They were astounded at his teaching, for he taught them as one having authority, and not as the scribes. Just then there was in their synagogue a man with an unclean spirit, and he cried out, **¶**What have you to do with us, Jesus of Nazareth? Have you come to destroy us? I know

who you are, the Holy One of God.’ But Jesus rebuked him, saying, ‘Be silent, and come out of him!’ And the unclean spirit, throwing him into convulsions and crying with a loud voice, came out of him. They were all amazed, and they kept on asking one another, ‘What is this? A new teaching—with authority! He commands even the unclean spirits, and they obey him.’ At once his fame began to spread throughout the surrounding region of Galilee.

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,  
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

Almighty God, whose blessed Son was led by the Spirit to be tempted by Satan; Come quickly to help us who are assaulted by many temptations; and, as you know the weaknesses of each of us, let each one find you mighty to save; through Jesus Christ your Son our Lord, 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 Peace

O God, the author of peace and lover of concord, to know you is eternal life and to serve you is perfect freedom: Defend us, your humble servants, in all assaults of our enemies; that we, surely trusting in your defense, may not fear the power of any adversaries; through the might of 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*