

## Morning Prayer

### The First Sunday in Lent

Jesus said: "If any of you would come after me, deny yourself and take up your 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***

*The Lord is full of compassion and mercy: Come let us adore him.*

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.

*The Lord is full of compassion and mercy: Come let us adore him.*

#### Psalm 63

**BCP p. 670**

O God, you are my God; eagerly I seek you; \*

my soul thirsts for you, my flesh faints for you, as in a barren and dry land where there is no water.

Therefore I have gazed upon you in your holy place, \*

that I might behold your power and your glory.

For your loving-kindness is better than life itself; \*

my lips shall give you praise.

So will I bless you as long as I live \*

and lift up my hands in your Name.

My soul is content, as with marrow and fatness, \*

and my mouth praises you with joyful lips,

When I remember you upon my bed, \*

and meditate on you in the night watches.

For you have been my helper, \*

and under the shadow of your wings I will rejoice.

My soul clings to you; \*  
your right hand holds me fast.  
[May those who seek my life to destroy it \*  
go down into the depths of the earth;  
Let them fall upon the edge of the sword, \*  
and let them be food for jackals.  
But the king will rejoice in God; all those who swear by him will be glad; \*  
for the mouth of those who speak lies shall be stopped.]

## **Psalm 98**

**BCP p. 727**

Sing to the LORD a new song, \*  
for he has done marvelous things.  
With his right hand and his holy arm \*  
has he won for himself the victory.  
The LORD has made known his victory; \*  
his righteousness has he openly shown in the sight of the nations.  
He remembers his mercy and faithfulness to the house of Israel, \*  
and all the ends of the earth have seen the victory of our God.  
Shout with joy to the LORD, all you lands; \*  
lift up your voice, rejoice, and sing.  
Sing to the LORD with the harp, \*  
with the harp and the voice of song.  
With trumpets and the sound of the horn \*  
shout with joy before the King, the LORD.  
Let the sea make a noise and all that is in it, \*  
the lands and those who dwell therein.  
Let the rivers clap their hands, \*  
and let the hills ring out with joy before the LORD, when he comes to judge the earth.  
In righteousness shall he judge the world \*  
and the peoples with equity.  
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 Dan 9:3-10**

A Reading from the Book of Daniel.

Then I turned to the Lord God, to seek an answer by prayer and supplication with fasting and sackcloth and ashes.

I prayed to the LORD my God and made confession, saying, "Ah, Lord, great and awesome God, keeping covenant and steadfast love with those who love you and keep your commandments, we have sinned and done wrong, acted wickedly and rebelled, turning aside from your commandments and ordinances. We have not listened to your servants the prophets, who spoke in your name to our kings, our princes, and our ancestors, and to all the people of the land. "Righteousness is on your side, O Lord, but open shame, as at this day, falls on us, the people of Judah, the inhabitants of Jerusalem, and all Israel, those who are near and those who

are far away, in all the lands to which you have driven them, because of the treachery that they have committed against you. Open shame, O LORD, falls on us, our kings, our officials, and our ancestors, because we have sinned against you. To the Lord our God belong mercy and forgiveness, for we have rebelled against him, and have not obeyed the voice of the LORD our God by following his laws, which he set before us by his servants the prophets.

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.  
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 John 12:44-50**

A Reading from the Gospel According to John.

Then Jesus cried aloud: "Whoever believes in me believes not in me but in him who sent me. And whoever sees me sees him who sent me. I have come as light into the world, so that

everyone who believes in me should not remain in the darkness. I do not judge anyone who hears my words and does not keep them, for I came not to judge the world, but to save the world. The one who rejects me and does not receive my word has a judge; on the last day the word that I have spoken will serve as judge, for I have not spoken on my own, but the Father who sent me has himself given me a commandment about what to say and what to speak. And I know that his commandment is eternal life. What I speak, therefore, I speak just as the Father has told me.”

The Word of the Lord.

**Thanks be to God.**

### **16. The Song of Zechariah**

*Luke 1: 68-79*

Blessed be the Lord, the God of Israel; \*  
he has come to his people and set them free.  
He has raised up for us a mighty savior, \*  
born of the house of his servant David.  
Through his holy prophets he promised of old, that he would save us from our enemies, \*  
from the hands of all who hate us.  
He promised to show mercy to our fathers \*  
and to remember his holy covenant.  
This was the oath he swore to our father Abraham, \*  
to set us free from the hands of our enemies,  
Free to worship him without fear, \*  
holy and righteous in his sight all the days of our life.  
You, my child, shall be called the prophet of the Most High, \*  
for you will go before the Lord to prepare his way,  
To give his people knowledge of salvation \*  
by the forgiveness of their sins.  
In the tender compassion of our God \*  
the dawn from on high shall break upon us,  
To shine on those who dwell in darkness and the shadow of death, \*  
and to guide our feet into the way of peace.  
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**

**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

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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 For Use in Morning Prayer EOW 1 p. 42

V. Help us, O God our Savior;  
R. **Deliver us and forgive us our sins.**  
V. Look upon your congregation.  
R. **Give to your people the blessing of peace.**  
V. Declare your glory among the nations;  
R. **And your wonders among all peoples.**  
V. Do not let the oppressed be shamed and turned away;  
R. **Never forget the lives of your poor.**  
V. Continue your loving-kindness to those who know you;  
R. **And your favor to those who are true of heart.**

V. Satisfy us by your loving-kindness in the morning;  
R. **So shall we rejoice and be glad all the days of our life.**

### **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 Sundays**

O God, you make us glad with the weekly remembrance of the glorious resurrection of your Son our Lord: Give us this day such blessing through our worship of you, that the week to come may be spent in your favor; 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 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.**

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*