

## Morning Prayer

### Wednesday after the First Sunday in Lent

I will arise and go to my father, and I will say to him, "Father, I have sinned against heaven and before you; I am no longer worthy to be called your son."

*Luke 15:18, 19*

### Invitatory and Psalter

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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***

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

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!

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

### Psalm 119: Zayin

**BCP p. 767**

Remember your word to your servant, \*

because you have given me hope.

This is my comfort in my trouble, \*

that your promise gives me life.

The proud have derided me cruelly, \*

but I have not turned from your law.

When I remember your judgments of old, \*

O LORD, I take great comfort.

I am filled with a burning rage, \*  
because of the wicked who forsake your law.  
Your statutes have been like songs to me \*  
wherever I have lived as a stranger.  
I remember your Name in the night, O LORD, \*  
and dwell upon your law.  
This is how it has been with me, \*  
because I have kept your commandments.

**Psalm 119: Heth**

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You only are my portion, O LORD; \*  
I have promised to keep your words.  
I entreat you with all my heart, \*  
be merciful to me according to your promise.  
I have considered my ways \*  
and turned my feet toward your decrees.  
I hasten and do not tarry \*  
to keep your commandments.  
Though the cords of the wicked entangle me, \*  
I do not forget your law.  
At midnight I will rise to give you thanks, \*  
because of your righteous judgments.  
I am a companion of all who fear you \*  
and of those who keep your commandments.  
The earth, O LORD, is full of your love; \*  
instruct me in your statutes.

**Psalm 119: Teth**

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O LORD, you have dealt graciously with your servant, \*  
according to your word.  
Teach me discernment and knowledge, \*  
for I have believed in your commandments.  
Before I was afflicted I went astray, \*  
but now I keep your word.  
You are good and you bring forth good; \*  
instruct me in your statutes.  
The proud have smeared me with lies, \*  
but I will keep your commandments with my whole heart.  
Their heart is gross and fat, \*  
but my delight is in your law.  
It is good for me that I have been afflicted, \*  
that I might learn your statutes.  
The law of your mouth is dearer to me \*  
than thousands in gold and silver.  
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. 37:25-36

A Reading from the Book of Genesis.

Then they sat down to eat; and looking up they saw a caravan of Ishmaelites coming from Gilead, with their camels carrying gum, balm, and resin, on their way to carry it down to Egypt. Then Judah said to his brothers, "What profit is it if we kill our brother and conceal his blood? Come, let us sell him to the Ishmaelites, and not lay our hands on him, for he is our brother, our own flesh." And his brothers agreed. When some Midianite traders passed by, they drew Joseph up, lifting him out of the pit, and sold him to the Ishmaelites for twenty pieces of silver. And they took Joseph to Egypt. When Reuben returned to the pit and saw that Joseph was not in the pit, he tore his clothes. He returned to his brothers, and said, "The boy is gone; and I, where can I turn?"

Then they took Joseph's robe, slaughtered a goat, and dipped the robe in the blood. They had the long robe with sleeves taken to their father, and they said, "This we have found; see now whether it is your son's robe or not." He recognized it, and said, "It is my son's robe! A wild animal has devoured him; Joseph is without doubt torn to pieces." Then Jacob tore his garments, and put sackcloth on his loins, and mourned for his son many days. All his sons and all his daughters sought to comfort him; but he refused to be comforted, and said, "No, I shall go down to Sheol to my son, mourning." Thus his father bewailed him. Meanwhile the Midianites had sold him in Egypt to Potiphar, one of Pharaoh's officials, the captain of the guard.

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 Mark 1:29-45**

A Reading from the Gospel According to Mark.

As soon as they left the synagogue, they entered the house of Simon and Andrew, with James and John. Now Simon's mother-in-law was in bed with a fever, and they told him about her at once. He came and took her by the hand and lifted her up. Then the fever left her, and she began to serve them.

That evening, at sundown, they brought to him all who were sick or possessed with demons. And the whole city was gathered around the door. And he cured many who were sick with various diseases, and cast out many demons; and he would not permit the demons to speak, because they knew him. In the morning, while it was still very dark, he got up and went out to a deserted place, and there he prayed. And Simon and his companions hunted for him. When they found him, they said to him, "Everyone is searching for you." He answered, "Let us go on to the neighboring towns, so that I may proclaim the message there also; for that is what I came out to do." And he went throughout Galilee, proclaiming the message in their synagogues and casting out demons.

A leper came to him begging him, and kneeling he said to him, "If you choose, you can make me clean." Moved with pity, Jesus stretched out his hand and touched him, and said to him, "I do choose. Be made clean!" Immediately the leprosy left him, and he was made clean. After sternly warning him he sent him away at once, saying to him, "See that you say nothing to anyone; but go, show yourself to the priest, and offer for your cleansing what Moses commanded, as a testimony to them." But he went out and began to proclaim it freely, and to spread the word, so that Jesus could no longer go into a town openly, but stayed out in the country; and people came to him from every quarter.

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**

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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 for Use in Morning Prayer EOW 1 p. 42

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

Lord God, almighty and everlasting Father, you have brought us in safety to this new day: Preserve us with your mighty power, that we may not fall into sin, nor be overcome by adversity; and in all we do, direct us to the fulfilling of your purpose; 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**

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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.**

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*