

Morning Prayer

Saturday 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 55

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Hear my prayer, O God; *

do not hide yourself from my petition.

Listen to me and answer me; *

I have no peace, because of my cares.

I am shaken by the noise of the enemy *

and by the pressure of the wicked;

For they have cast an evil spell upon me *

and are set against me in fury.

My heart quakes within me, *
and the terrors of death have fallen upon me.
Fear and trembling have come over me, *
and horror overwhelms me.
And I said, "Oh, that I had wings like a dove! *
I would fly away and be at rest.
I would flee to a far-off place *
and make my lodging in the wilderness.
I would hasten to escape *
from the stormy wind and tempest."
Swallow them up, O Lord; confound their speech; *
for I have seen violence and strife in the city.
Day and night the watchmen make their rounds upon her walls, *
but trouble and misery are in the midst of her.
There is corruption at her heart; *
her streets are never free of oppression and deceit.
For had it been an adversary who taunted me, then I could have borne it; *
or had it been an enemy who vaunted himself against me, then I could have hidden from
him.
But it was you, a man after my own heart, *
my companion, my own familiar friend.
We took sweet counsel together, *
and walked with the throng in the house of God.
Let death come upon them suddenly; let them go down alive to the grave; *
for wickedness is in their dwellings, in their very midst.
But I will call upon God, *
and the LORD will deliver me.
In the evening, in the morning, and at noonday, I will complain and lament, *
and he will hear my voice.
He will bring me safely back from the battle waged against me; *
for there are many who fight me.
God, who is enthroned of old, will hear me and bring them down; *
they never change; they do not fear God.
My companion stretched forth his hand against his comrade; *
he has broken his covenant.
His speech is softer than butter, *
but war is in his heart.
His words are smoother than oil, *
but they are drawn swords.
Cast your burden upon the LORD, and he will sustain you; *
he will never let the righteous stumble.
For you will bring the bloodthirsty and deceitful *
down to the pit of destruction, O God.
They shall not live out half their days, *
but I will put my trust in you.
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. 41:1-13

A Reading from the Book of Genesis.

After two whole years, Pharaoh dreamed that he was standing by the Nile, and there came up out of the Nile seven sleek and fat cows, and they grazed in the reed grass. Then seven other cows, ugly and thin, came up out of the Nile after them, and stood by the other cows on the bank of the Nile. The ugly and thin cows ate up the seven sleek and fat cows. And Pharaoh awoke. Then he fell asleep and dreamed a second time; seven ears of grain, plump and good, were growing on one stalk. Then seven ears, thin and blighted by the east wind, sprouted after them. The thin ears swallowed up the seven plump and full ears. Pharaoh awoke, and it was a dream. In the morning his spirit was troubled; so he sent and called for all the magicians of Egypt and all its wise men. Pharaoh told them his dreams, but there was no one who could interpret them to Pharaoh.

Then the chief cupbearer said to Pharaoh, "I remember my faults today. Once Pharaoh was angry with his servants, and put me and the chief baker in custody in the house of the captain of the guard. We dreamed on the same night, he and I, each having a dream with its own meaning. A young Hebrew was there with us, a servant of the captain of the guard. When we told him, he interpreted our dreams to us, giving an interpretation to each according to his dream. As he interpreted to us, so it turned out; I was restored to my office, and the baker was hanged."

The Word of the Lord.

Thanks be to God.

12. A Song of Creation *Song of the Three Young Men, 35-65*

Invocation

Glorify the Lord, all you works of the Lord, *
praise him and highly exalt him for ever.
In the firmament of his power, glorify the Lord, *
praise him and highly exalt him for ever.

I The Cosmic Order

Glorify the Lord, you angels and all powers of the Lord, *
O heavens and all waters above the heavens.
Sun and moon and stars of the sky, glorify the Lord, *
praise him and highly exalt him for ever.
Glorify the Lord, every shower of rain and fall of dew, *
all winds and fire and heat.
Winter and Summer, glorify the Lord, *
praise him and highly exalt him for ever.
Glorify the Lord, O chill and cold, *
drops of dew and flakes of snow
Frost and cold, ice and sleet, glorify the Lord, *
praise him and highly exalt him for ever.

Glorify the Lord, O nights and days, *
O shining light and enfolding dark.
Storm clouds and thunderbolts, glorify the Lord, *
praise him and highly exalt him for ever.

II The Earth and its Creatures

Let the earth glorify the Lord, *
praise him and highly exalt him for ever.
Glorify the Lord, O mountains and hills, and all that grows upon the earth, *
praise him and highly exalt him for ever.
Glorify the Lord, O springs of water, seas, and streams, *
O whales and all that move in the waters.
All birds of the air, glorify the Lord, *
praise him and highly exalt him for ever.
Glorify the Lord, O beasts of the wild, *
and all you flocks and herds.
O men and women everywhere, glorify the Lord, *
praise him and highly exalt him for ever.

III The People of God

Let the people of God glorify the Lord, *
praise him and highly exalt him for ever.
Glorify the Lord, O priests and servants of the Lord, *
praise him and highly exalt him for ever.
Glorify the Lord, O spirits and souls of the righteous, *
praise him and highly exalt him for ever.
You that are holy and humble of heart, glorify the Lord, *
praise him and highly exalt him for ever.

Doxology

Let us glorify the Lord: Father, Son, and Holy Spirit; *
praise him and highly exalt him for ever.
In the firmament of his power, glorify the Lord, *
praise him and highly exalt him for ever.

The Second Lesson Mark 2:23-3:6

A Reading from the Gospel According to Mark.

One sabbath he was going through the grainfields; and as they made their way his disciples began to pluck heads of grain. The Pharisees said to him, "Look, why are they doing what is not lawful on the sabbath?" And he said to them, "Have you never read what David did when he and his companions were hungry and in need of food? He entered the house of God, when Abiathar was high priest, and ate the bread of the Presence, which it is not lawful for any but the priests to eat, and he gave some to his companions." Then he said to them, "The sabbath was made for humankind, and not humankind for the sabbath; so the Son of Man is lord even of the sabbath."

Again he entered the synagogue, and a man was there who had a withered hand. They watched him to see whether he would cure him on the sabbath, so that they might accuse him. And he said to the man who had the withered hand, "Come forward." Then he said to them, "Is it lawful to do good or to do harm on the sabbath, to save life or to kill?" But they were silent. He looked around at them with anger; he was grieved at their hardness of heart and said to the man, "Stretch out your hand." He stretched it out, and his hand was restored. The Pharisees went out and immediately conspired with the Herodians against him, how to destroy him.

The Word of the Lord.

Thanks be to God.

19. The Song of the Redeemed *Revelation 15:3-4*

O ruler of the universe, Lord God, great deeds are they that you have done, *
surpassing human understanding.
Your ways are ways of righteousness and truth, *
O King of all the ages.
Who can fail to do you homage, Lord, and sing the praises of your Name? *
for you only are the Holy One.
All nations will draw near and fall down before you, *
because your just and holy works have been revealed.
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 Saturdays

Almighty God, who after the creation of the world rested from all your works and sanctified a day of rest for all your creatures: Grant that we, putting away all earthly anxieties, may be duly prepared for the service of your sanctuary, and that our rest here upon earth may be a preparation for the eternal rest promised to your people in heaven; 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