

## Morning Prayer

### Friday after the Second Sunday in Lent

Rend your hearts and not your garments. Return to the Lord your God, for he is gracious and merciful, slow to anger and abounding in steadfast love, and repents of evil.

*Joel 2:13*

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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 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

Gen. 43:1-15

A Reading from the Book of Genesis.

Now the famine was severe in the land. And when they had eaten up the grain that they had brought from Egypt, their father said to them, “Go again, buy us a little more food.” But Judah said to him, “The man solemnly warned us, saying, ‘You shall not see my face unless your brother is with you.’ If you will send our brother with us, we will go down and buy you food; but if you will not send him, we will not go down, for the man said to us, ‘You shall not see my face, unless your brother is with you.’” Israel said, “Why did you treat me so badly as to tell the man that you had another brother?” They replied, “The man questioned us carefully about ourselves and our kindred, saying, ‘Is your father still alive? Have you another brother?’ What we told him was in answer to these questions. Could we in any way know that he would say, ‘Bring your brother down?’” Then Judah said to his father Israel, “Send the boy with me, and let us be on our way, so that we may live and not die—you and we and also our little ones. I myself will be surety for him; you can hold me accountable for

him. If I do not bring him back to you and set him before you, then let me bear the blame forever. If we had not delayed, we would now have returned twice.”

Then their father Israel said to them, “If it must be so, then do this: take some of the choice fruits of the land in your bags, and carry them down as a present to the man—a little balm and a little honey, gum, resin, pistachio nuts, and almonds. Take double the money with you. Carry back with you the money that was returned in the top of your sacks; perhaps it was an oversight. Take your brother also, and be on your way again to the man; may God Almighty grant you mercy before the man, so that he may send back your other brother and Benjamin. As for me, if I am bereaved of my children, I am bereaved.”

So the men took the present, and they took double the money with them, as well as Benjamin. Then they went on their way down to Egypt, and stood before Joseph.

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 4:35-41**

A Reading from the Gospel According to Mark.

On that day, when evening had come, he said to them, 'Let us go across to the other side.' And leaving the crowd behind, they took him with them in the boat, just as he was. Other boats were with him. A great gale arose, and the waves beat into the boat, so that the boat was already being swamped. But he was in the stern, asleep on the cushion; and they woke him up and said to him, 'Teacher, do you not care that we are perishing?' He woke up and rebuked the wind, and said to the sea, 'Peace! Be still!' Then the wind ceased, and there was a dead calm. He said to them, 'Why are you afraid? Have you still no faith?' And they were filled with great awe and said to one another, 'Who then is this, that even the wind and the sea obey him?'

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 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, whose glory it is always to have mercy: Be gracious to all who have gone astray from your ways, and bring them again with penitent hearts and steadfast faith to embrace and hold fast the unchangeable truth of your Word, Jesus Christ your Son; who with you and the Holy Spirit lives and reigns, one God, for ever and 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 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**

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 now for our own needs and those of others.*

### **The General Thanksgiving**

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*