

## Morning Prayer

### The Third 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*

**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.

### 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 93

**BCP p. 722**

The LORD is King;  
he has put on splendid apparel; \*  
the LORD has put on his apparel  
and girded himself with strength.  
He has made the whole world so sure \*  
that it cannot be moved;  
Ever since the world began, your throne has been established; \*  
you are from everlasting.

The waters have lifted up, O LORD,  
the waters have lifted up their voice; \*  
the waters have lifted up their pounding waves.  
Mightier than the sound of many waters,  
mightier than the breakers of the sea, \*  
mightier is the LORD who dwells on high.  
Your testimonies are very sure, \*  
and holiness adorns your house, O LORD,  
for ever and for evermore.

## Psalm 96

BCP p. 725

Sing to the LORD a new song; \*  
sing to the LORD, all the whole earth.  
Sing to the LORD and bless his Name; \*  
proclaim the good news of his salvation from day to day.  
Declare his glory among the nations \*  
and his wonders among all peoples.  
For great is the LORD and greatly to be praised; \*  
he is more to be feared than all gods.  
As for all the gods of the nations, they are but idols; \*  
but it is the LORD who made the heavens.  
Oh, the majesty and magnificence of his presence! \*  
Oh, the power and the splendor of his sanctuary!  
Ascribe to the LORD, you families of the peoples; \*  
ascribe to the LORD honor and power.  
Ascribe to the LORD the honor due his Name; \*  
bring offerings and come into his courts.  
Worship the LORD in the beauty of holiness; \*  
let the whole earth tremble before him.  
Tell it out among the nations: "The LORD is King! \*  
he has made the world so firm that it cannot be moved;  
he will judge the peoples with equity."  
Let the heavens rejoice, and let the earth be glad;  
let the sea thunder and all that is in it; \*  
let the field be joyful and all that is therein.  
Then shall all the trees of the wood shout for joy  
before the LORD when he comes, \*  
when he comes to judge the earth.  
He will judge the world with righteousness \*  
and the peoples with his truth.  
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. 44:1-17

A Reading from the Book of Genesis.

Then he commanded the steward of his house, "Fill the men's sacks with food, as much as they can carry, and put each man's money in the top of his sack. Put my cup, the silver cup, in the top of the sack of the youngest, with his money for the grain." And he did as Joseph told him. As soon as the morning was light, the men were sent away with their donkeys. When they had gone only a short distance from the city, Joseph said to his steward, "Go, follow after the men; and when you overtake them, say to them, 'Why have you returned evil for good? Why have you stolen my silver cup? Is it not from this that my lord drinks? Does he not indeed use it for divination? You have done wrong in doing this.'" When he overtook them, he repeated these words to them. They said to him, "Why does my lord speak such words as these? Far be it from your servants that they should do such a thing! Look, the money that we found at the top of our sacks, we brought back to you from the land of Canaan; why then would we steal silver or gold from your lord's house? Should it be found with any one of your servants, let him die; moreover the rest of us will become my lord's slaves." He said, "Even so; in accordance with your words, let it be: he with whom it is found shall become my slave, but the rest of you shall go free." Then each one quickly lowered his sack to the ground, and each opened his sack. He searched, beginning with the eldest and ending with the youngest; and the cup was found in Benjamin's sack. At this they tore their clothes. Then each one loaded his donkey, and they returned to the city. Judah and his brothers came to Joseph's house while he was still there; and they fell to the ground before him. Joseph said to them, "What deed is this that you have done? Do you not know that one such as I can practice divination?" And Judah said, "What can we say to my lord? What can we speak? How can we clear ourselves? God has found out the guilt of your servants; here we are then, my lord's slaves, both we and also the one in whose possession the cup has been found." But he said, "Far be it from me that I should do so! Only the one in whose possession the cup was found shall be my slave; but as for you, go up in peace to your father."

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.

## **The Second Lesson**

**John 5:25-29**

A Reading from the Gospel According to John.

“Very truly, I tell you, the hour is coming, and is now here, when the dead will hear the voice of the Son of God, and those who hear will live. For just as the Father has life in himself, so he has granted the Son also to have life in himself; and he has given him authority to execute judgment, because he is the Son of Man. Do not be astonished at this; for the hour is coming when all who are in their graves will hear his voice and will come out—those who have done good, to the resurrection of life, and those who have done evil, to the resurrection of condemnation.

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; \*  
you have come to your people and set them free.  
You have raised up for us a mighty savior, \*  
born of the house of your servant David.  
Through your holy prophets you promised of old,  
that you would save us from our enemies, \*  
from the hands of all who hate us.  
To show mercy to our forebears \*  
and to remember your holy covenant.  
This was the oath you swore to our father Abraham, \*  
to set us free from the hands of our enemies,  
Free to worship you without fear, \*  
holy and righteous before you,  
all the days of our life.  
And you, child, shall be called the prophet of the Most High, \*  
for you will go before the Lord to prepare the way,

To give God's 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.

### **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**

**BCP p. 97**

*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**

Almighty God, you know that we have no power in ourselves to help ourselves: Keep us both outwardly in our bodies and inwardly in our souls, that we may be defended from all adversities which may happen to the body, and from all evil thoughts which may assault and hurt the soul; through Jesus Christ our Lord, who lives and reigns with you and the Holy Spirit, 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 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**

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**

**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.

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*