

## Morning Prayer

### Tuesday after the Third 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*

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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 78: Part I

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Hear my teaching, O my people; \*  
incline your ears to the words of my mouth.  
I will open my mouth in a parable; \*  
I will declare the mysteries of ancient times.  
That which we have heard and known,  
and what our forefathers have told us, \*  
we will not hide from their children.

We will recount to generations to come  
the praiseworthy deeds and the power of the LORD, \*  
and the wonderful works he has done.  
He gave his decrees to Jacob  
and established a law for Israel, \*  
which he commanded them to teach their children;  
That the generations to come might know,  
and the children yet unborn; \*  
that they in their turn might tell it to their children;  
So that they might put their trust in God, \*  
and not forget the deeds of God,  
but keep his commandments;  
And not be like their forefathers,  
a stubborn and rebellious generation, \*  
a generation whose heart was not steadfast,  
and whose spirit was not faithful to God.  
The people of Ephraim, armed with the bow, \*  
turned back in the day of battle;  
They did not keep the covenant of God, \*  
and refused to walk in his law;  
They forgot what he had done, \*  
and the wonders he had shown them.  
He worked marvels in the sight of their forefathers, \*  
in the land of Egypt, in the field of Zoan.  
He split open the sea and let them pass through; \*  
he made the waters stand up like walls.  
He led them with a cloud by day, \*  
and all the night through with a glow of fire.  
He split the hard rocks in the wilderness \*  
and gave them drink as from the great deep.  
He brought streams out of the cliff, \*  
and the waters gushed out like rivers.  
But they went on sinning against him, \*  
rebellious in the desert against the Most High.  
They tested God in their hearts, \*  
demanding food for their craving.  
They railed against God and said, \*  
“Can God set a table in the wilderness?  
True, he struck the rock, the waters gushed out, and the gullies overflowed; \*  
but is he able to give bread  
or to provide meat for his people?”  
When the LORD heard this, he was full of wrath; \*  
a fire was kindled against Jacob,  
and his anger mounted against Israel;  
For they had no faith in God, \*  
nor did they put their trust in his saving power.  
So he commanded the clouds above \*  
and opened the doors of heaven.  
He rained down manna upon them to eat \*  
and gave them grain from heaven.

So mortals ate the bread of angels; \*  
he provided for them food enough.  
He caused the east wind to blow in the heavens \*  
and led out the south wind by his might.  
He rained down flesh upon them like dust \*  
and wingèd birds like the sand of the sea.  
He let it fall in the midst of their camp \*  
and round about their dwellings.  
So they ate and were well filled, \*  
for he gave them what they craved.  
But they did not stop their craving, \*  
though the food was still in their mouths.  
So God's anger mounted against them; \*  
he slew their strongest men  
and laid low the youth of Israel.  
In spite of all this, they went on sinning \*  
and had no faith in his wonderful works.  
So he brought their days to an end like a breath \*  
and their years in sudden terror.  
Whenever he slew them, they would seek him, \*  
and repent, and diligently search for God.  
They would remember that God was their rock, \*  
and the Most High God their redeemer.  
But they flattered him with their mouths \*  
and lied to him with their tongues.  
Their heart was not steadfast toward him, \*  
and they were not faithful to his covenant.  
But he was so merciful that he forgave their sins  
and did not destroy them; \*  
many times he held back his anger  
and did not permit his wrath to be roused.  
For he remembered that they were but flesh, \*  
a breath that goes forth and does not return.  
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. 45:1-15**

A Reading from the Book of Genesis.

Then Joseph could no longer control himself before all those who stood by him, and he cried out, "Send everyone away from me." So no one stayed with him when Joseph made himself known to his brothers. And he wept so loudly that the Egyptians heard it, and the household of Pharaoh heard it. Joseph said to his brothers, "I am Joseph. Is my father still alive?" But his brothers could not answer him, so dismayed were they at his presence. Then Joseph said to his brothers, "Come closer to me." And they came closer. He said, "I am your brother,

Joseph, whom you sold into Egypt. And now do not be distressed, or angry with yourselves, because you sold me here; for God sent me before you to preserve life. For the famine has been in the land these two years; and there are five more years in which there will be neither plowing nor harvest. God sent me before you to preserve for you a remnant on earth, and to keep alive for you many survivors. So it was not you who sent me here, but God; he has made me a father to Pharaoh, and lord of all his house and ruler over all the land of Egypt. Hurry and go up to my father and say to him, 'Thus says your son Joseph, God has made me lord of all Egypt; come down to me, do not delay. You shall settle in the land of Goshen, and you shall be near me, you and your children and your children's children, as well as your flocks, your herds, and all that you have. I will provide for you there—since there are five more years of famine to come—so that you and your household, and all that you have, will not come to poverty.' And now your eyes and the eyes of my brother Benjamin see that it is my own mouth that speaks to you. You must tell my father how greatly I am honored in Egypt, and all that you have seen. Hurry and bring my father down here." Then he fell upon his brother Benjamin's neck and wept, while Benjamin wept upon his neck. And he kissed all his brothers and wept upon them; and after that his brothers talked with him.

The Word of the Lord.  
Thanks be to God.

### 13. A Song of Praise

### *Song of the Three Young Men, 29-34*

Glory to you, Lord God of our fathers; \*  
you are worthy of praise; glory to you.  
Glory to you for the radiance of your holy Name; \*  
we will praise you and highly exalt you for ever.  
Glory to you in the splendor of your temple; \*  
on the throne of your majesty, glory to you.  
Glory to you, seated between the Cherubim; \*  
we will praise you and highly exalt you for ever.  
Glory to you, beholding the depths; \*  
in the high vault of heaven, glory to you.  
Glory to you, Father, Son, and Holy Spirit; \*  
we will praise you and highly exalt you for ever.

### The Second Lesson

### Mark 6:1-13

A Reading from the Gospel According to Mark.

He left that place and came to his hometown, and his disciples followed him. On the sabbath he began to teach in the synagogue, and many who heard him were astounded. They said, "Where did this man get all this? What is this wisdom that has been given to him? What deeds of power are being done by his hands! Is not this the carpenter, the son of Mary and brother of James and Joses and Judas and Simon, and are not his sisters here with us?" And they took offense at him. Then Jesus said to them, "Prophets are not without honor, except in their hometown, and among their own kin, and in their own house." And he could do no deed of power there, except that he laid his hands on a few sick people and cured them. And he was amazed at their unbelief.

Then he went about among the villages teaching. He called the twelve and began to send them out two by two, and gave them authority over the unclean spirits. He ordered them to

take nothing for their journey except a staff; no bread, no bag, no money in their belts; but to wear sandals and not to put on two tunics. He said to them, "Wherever you enter a house, stay there until you leave the place. If any place will not welcome you and they refuse to hear you, as you leave, shake off the dust that is on your feet as a testimony against them." So they went out and proclaimed that all should repent. They cast out many demons, and anointed with oil many who were sick and cured them.

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 B

*V.* Save your people, Lord, and bless your inheritance;  
*R.* Govern and uphold them, now and always.  
*V.* Day by day we bless you;  
*R.* We praise your name for ever.  
*V.* Lord, keep us from all sin today;  
*R.* Have mercy on us, Lord, have mercy.  
*V.* Lord, show us your love and mercy;  
*R.* For we put our trust in you.  
*V.* In you, Lord, is our hope;  
*R.* And we shall never hope in vain.

## 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 Peace**

O God, the author of peace and lover of concord, to know you is eternal life and to serve you is perfect freedom: Defend us, your humble servants, in all assaults of our enemies; that we, surely trusting in your defense, may not fear the power of any adversaries; through the might of Jesus Christ our Lord. Amen.

## **A Prayer for Mission**

Lord Jesus Christ, you stretched out your arms of love on the hard wood of the cross that everyone might come within the reach of your saving embrace: So clothe us in your Spirit that we, reaching forth our hands in love, may bring those who do not know you to the knowledge and love of you; for the honor of your Name. Amen.

*Let us pray now 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.

Glory to God whose power, working in us, can do infinitely more than we can ask or imagine: Glory to God from generation to generation in the Church, and in Christ Jesus for ever and ever. Amen.

*Ephesians 3:20,21*