

## **Morning Prayer**

### **Ash Wednesday**

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**

**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 32**

**BCP p. 624**

Happy are they whose transgressions are forgiven, \*  
and whose sin is put away!

Happy are they to whom the LORD imputes no guilt, \*  
 and in whose spirit there is no guile!  
 While I held my tongue, my bones withered away, \*  
 because of my groaning all day long.  
 For your hand was heavy upon me day and night; \*  
 my moisture was dried up as in the heat of summer.  
 Then I acknowledged my sin to you, \*  
 and did not conceal my guilt.  
 I said, "I will confess my transgressions to the LORD." \*  
 Then you forgave me the guilt of my sin.  
 Therefore all the faithful will make their prayers to you in time of trouble; \*  
 when the great waters overflow, they shall not reach them.  
 You are my hiding-place;  
 you preserve me from trouble; \*  
 you surround me with shouts of deliverance.  
 "I will instruct you and teach you in the way that you should go; \*  
 I will guide you with my eye.  
 Do not be like horse or mule, which have no understanding; \*  
 who must be fitted with bit and bridle,  
 or else they will not stay near you."  
 Great are the tribulations of the wicked; \*  
 but mercy embraces those who trust in the LORD.  
 Be glad, you righteous, and rejoice in the LORD; \*  
 shout for joy, all who are true of heart.

### **Psalm 143**

**BCP p. 798**

LORD, hear my prayer,  
 and in your faithfulness heed my supplications; \*  
 answer me in your righteousness.  
 Enter not into judgment with your servant, \*  
 for in your sight shall no one living be justified.  
 For my enemy has sought my life;  
 he has crushed me to the ground; \*  
 he has made me live in dark places like those who are long dead.  
 My spirit faints within me; \*  
 my heart within me is desolate.  
 I remember the time past;  
 I muse upon all your deeds; \*  
 I consider the works of your hands.  
 I spread out my hands to you; \*  
 my soul gasps to you like a thirsty land.  
 O LORD, make haste to answer me; my spirit fails me; \*  
 do not hide your face from me  
 or I shall be like those who go down to the Pit.  
 Let me hear of your loving-kindness in the morning,  
 for I put my trust in you; \*

show me the road that I must walk,  
for I lift up my soul to you.  
Deliver me from my enemies, O LORD, \*  
for I flee to you for refuge.  
Teach me to do what pleases you, for you are my God; \*  
let your good Spirit lead me on level ground.  
Revive me, O LORD, for your Name's sake; \*  
for your righteousness' sake, bring me out of trouble.  
Of your goodness, destroy my enemies  
and bring all my foes to naught, \*  
for truly I am your servant.  
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**

**Jonah 3:1-4:11**

A Reading from the Book of the Prophet Jonah.

The word of the LORD came to Jonah a second time, saying, "Get up, go to Nineveh, that great city, and proclaim to it the message that I tell you." So Jonah set out and went to Nineveh, according to the word of the LORD. Now Nineveh was an exceedingly large city, a three days' walk across. Jonah began to go into the city, going a day's walk. And he cried out, "Forty days more, and Nineveh shall be overthrown!"

And the people of Nineveh believed God; they proclaimed a fast, and everyone, great and small, put on sackcloth. When the news reached the king of Nineveh, he rose from his throne, removed his robe, covered himself with sackcloth, and sat in ashes. Then he had a proclamation made in Nineveh: "By the decree of the king and his nobles: No human being or animal, no herd or flock, shall taste anything. They shall not feed, nor shall they drink water. Human beings and animals shall be covered with sackcloth, and they shall cry mightily to God. All shall turn from their evil ways and from the violence that is in their hands. Who knows? God may relent and change his mind; he may turn from his fierce anger, so that we do not perish." When God saw what they did, how they turned from their evil ways, God changed his mind about the calamity that he had said he would bring upon them; and he did not do it.

But this was very displeasing to Jonah, and he became angry. He prayed to the LORD and said, "O LORD! Is not this what I said while I was still in my own country? That is why I fled to Tarshish at the beginning; for I knew that you are a gracious God and merciful, slow to anger, and abounding in steadfast love, and ready to relent from punishing. And now, O LORD, please take my life from me, for it is better for me to die than to live." And the LORD said, "Is it right for you to be angry?"

Then Jonah went out of the city and sat down east of the city, and made a booth for himself there. He sat under it in the shade, waiting to see what would become of the city. The LORD God appointed a bush, and made it come up over Jonah, to give shade over his head, to save him from his discomfort; so Jonah was very happy about the bush. But when dawn came up the next day, God appointed a worm that attacked the bush, so that it withered. When the sun

rose, God prepared a sultry east wind, and the sun beat down on the head of Jonah so that he was faint and asked that he might die. He said, "It is better for me to die than to live." But God said to Jonah, "Is it right for you to be angry about the bush?" And he said, "Yes, angry enough to die." Then the LORD said, "You are concerned about the bush, for which you did not labor and which you did not grow; it came into being in a night and perished in a night. And should I not be concerned about Nineveh, that great city, in which there are more than a hundred and twenty thousand persons who do not know their right hand from their left, and also many animals?"

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

**Heb. 12:1-14**

A Reading from the Book of Hebrews.

Therefore, since we are surrounded by so great a cloud of witnesses, let us also lay aside every weight and the sin that clings so closely, and let us run with perseverance the race that is set before us, looking to Jesus the pioneer and perfecter of our faith, who for the sake of the joy that was set before him endured the cross, disregarding its shame, and has taken his seat at the right hand of the throne of God. Consider him who endured such hostility against himself from sinners, so that you may not grow weary or lose heart.

In your struggle against sin you have not yet resisted to the point of shedding your blood. And you have forgotten the exhortation that addresses you as children— “My child, do not regard lightly the discipline of the Lord, or lose heart when you are punished by him; for the Lord disciplines those whom he loves, and chastises every child whom he accepts.” Endure trials for the sake of discipline. God is treating you as children; for what child is there whom a parent does not discipline? If you do not have that discipline in which all children share, then you are illegitimate and not his children. Moreover, we had human parents to discipline us, and we respected them. Should we not be even more willing to be subject to the Father of spirits and live? For they disciplined us for a short time as seemed best to them, but he disciplines us for our good, in order that we may share his holiness. Now, discipline always seems painful rather than pleasant at the time, but later it yields the peaceful fruit of righteousness to those who have been trained by it. Therefore lift your drooping hands and strengthen your weak knees, and make straight paths for your feet, so that what is lame may not be put out of joint, but rather be healed. Pursue peace with everyone, and the holiness without which no one will see the Lord.

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 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.

### **Ash Wednesday**

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 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.

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*