

## Morning Prayer

### The First 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*

### 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 63

**BCP p. 670**

O God, you are my God; eagerly I seek you; \*  
my soul thirsts for you, my flesh faints for you,  
as in a barren and dry land where there is no water.

Therefore I have gazed upon you in your holy place, \*  
that I might behold your power and your glory.  
For your loving-kindness is better than life itself; \*  
my lips shall give you praise.  
So will I bless you as long as I live \*  
and lift up my hands in your Name.  
My soul is content, as with marrow and fatness, \*  
and my mouth praises you with joyful lips,  
When I remember you upon my bed, \*  
and meditate on you in the night watches.  
For you have been my helper, \*  
and under the shadow of your wings I will rejoice.  
My soul clings to you; \*  
your right hand holds me fast.  
[May those who seek my life to destroy it \*  
go down into the depths of the earth;  
Let them fall upon the edge of the sword, \*  
and let them be food for jackals.  
But the king will rejoice in God;  
all those who swear by him will be glad; \*  
for the mouth of those who speak lies shall be stopped.]

## Psalm 98

BCP p. 727

Sing to the LORD a new song, \*  
for he has done marvelous things.  
With his right hand and his holy arm \*  
has he won for himself the victory.  
The LORD has made known his victory; \*  
his righteousness has he openly shown in the sight of the nations.  
He remembers his mercy and faithfulness to the house of Israel, \*  
and all the ends of the earth have seen the victory of our God.  
Shout with joy to the LORD, all you lands; \*  
lift up your voice, rejoice, and sing.  
Sing to the LORD with the harp, \*  
with the harp and the voice of song.  
With trumpets and the sound of the horn \*  
shout with joy before the King, the LORD.  
Let the sea make a noise and all that is in it, \*  
the lands and those who dwell therein.  
Let the rivers clap their hands, \*  
and let the hills ring out with joy before the LORD,  
when he comes to judge the earth.  
In righteousness shall he judge the world \*  
and the peoples with equity.  
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

**Deut. 8:1-10**

A Reading from the Book of Deuteronomy.

This entire commandment that I command you today you must diligently observe, so that you may live and increase, and go in and occupy the land that the LORD promised on oath to your ancestors. Remember the long way that the LORD your God has led you these forty years in the wilderness, in order to humble you, testing you to know what was in your heart, whether or not you would keep his commandments. He humbled you by letting you hunger, then by feeding you with manna, with which neither you nor your ancestors were acquainted, in order to make you understand that one does not live by bread alone, but by every word that comes from the mouth of the LORD. The clothes on your back did not wear out and your feet did not swell these forty years. Know then in your heart that as a parent disciplines a child so the LORD your God disciplines you. Therefore keep the commandments of the LORD your God, by walking in his ways and by fearing him. For the LORD your God is bringing you into a good land, a land with flowing streams, with springs and underground waters welling up in valleys and hills, a land of wheat and barley, of vines and fig trees and pomegranates, a land of olive trees and honey, a land where you may eat bread without scarcity, where you will lack nothing, a land whose stones are iron and from whose hills you may mine copper.

You shall eat your fill and bless the LORD your God for the good land that he has given you.

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**

**1 Cor. 1:17-31**

A Reading from the First Letter to the Corinthians.

For Christ did not send me to baptize but to proclaim the gospel, and not with eloquent wisdom, so that the cross of Christ might not be emptied of its power. For the message about the cross is foolishness to those who are perishing, but to us who are being saved it is the power of God. For it is written, "I will destroy the wisdom of the wise, and the discernment of the discerning I will thwart." Where is the one who is wise? Where is the scribe? Where is the debater of this age? Has not God made foolish the wisdom of the world? For since, in the wisdom of God, the world did not know God through wisdom, God decided, through the foolishness of our proclamation, to save those who believe. For Jews demand signs and Greeks desire wisdom, but we proclaim Christ crucified, a stumbling block to Jews and foolishness to Gentiles, but to those who are called, both Jews and Greeks, Christ the power of God and the wisdom of God. For God's foolishness is wiser than human wisdom, and God's weakness is stronger than human strength. Consider your own call, brothers and sisters: not many of you were wise by human standards, not many were powerful, not many were of noble birth. But God chose what is foolish in the world to shame the wise; God chose what is weak in the world to shame the strong; God chose what is low and despised in the world, things that are not, to reduce to nothing things that are, so that no one might boast in the presence of God. He is the source of your life in Christ Jesus, who became for us wisdom from God, and righteousness and sanctification and redemption, in order that, as it is written, "Let the one who boasts, boast in 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**

**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

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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, 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 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**

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**

**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.

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

*Ephesians 3:20,21*