Morning Prayer

Wednesday after the Third 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

Confession of Sin

Let us confess our sins against God and our neighbor.

Most merciful God,
we confess that we have sinned against you
in thought, word, and deed,
by what we have done,
and by what we have left undone.
We have not loved you with our whole heart;
we have not loved our neighbors as ourselves.
We are truly sorry and we humbly repent.
For the sake of your Son Jesus Christ,
have mercy on us and forgive us;
that we may delight in your will,
and walk in your ways,
to the glory of your Name. Amen.

Almighty God have mercy on us, forgive us all our sins through our Lord Jesus Christ, strengthen us in all goodness, and by the power of the Holy Spirit keep us in eternal life. **Amen.**

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***

The Lord is full of compassion and mercy: Come let us adore him.

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!
The Lord is full of compassion and mercy: Come let us adore him.

Psalm 119: Mem **BCP p. 771**

Oh, how I love your law! *
all the day long it is in my mind.
Your commandment has made me wiser than my enemies, *
and it is always with me.
I have more understanding than all my teachers, *
for your decrees are my study.
I am wiser than the elders, *
because I observe your commandments.
I restrain my feet from every evil way, *
that I may keep your word.
I do not shrink from your judgments, *
because you yourself have taught me.
How sweet are your words to my taste! *
they are sweeter than honey to my mouth.
Through your commandments I gain understanding; *
therefore I hate every lying way.

Psalm 119: Nun **BCP p. 772**

Your word is a lantern to my feet *
and a light upon my path.
I have sworn and am determined *
to keep your righteous judgments.
I am deeply troubled; *
preserve my life, O LORD, according to your word.
Accept, O LORD, the willing tribute of my lips, *
and teach me your judgments.
My life is always in my hand, *
yet I do not forget your law.
The wicked have set a trap for me, *
but I have not strayed from your commandments.
Your decrees are my inheritance for ever; *
truly, they are the joy of my heart.
I have applied my heart to fulfill your statutes *
for ever and to the end.

Psalm 119: Samekh **BCP p. 772**

I hate those who have a divided heart, *
   but your law do I love.
You are my refuge and shield; *
   my hope is in your word.
Away from me, you wicked! *
   I will keep the commandments of my God.
Sustain me according to your promise, that I may live, *
   and let me not be disappointed in my hope.
Hold me up, and I shall be safe, *
   and my delight shall be ever in your statutes.
You spurn all who stray from your statutes; *
   their deceitfulness is in vain.
In your sight all the wicked of the earth are but dross; *
   therefore I love your decrees.
My flesh trembles with dread of you; *
   I am afraid of your judgments.
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. 45:16-28

A Reading from the Book of Genesis.

When the report was heard in Pharaoh's house, "Joseph's brothers have come," Pharaoh and his servants were pleased. Pharaoh said to Joseph, "Say to your brothers, Do this: load your animals and go back to the land of Canaan. Take your father and your households and come to me, so that I may give you the best of the land of Egypt, and you may enjoy the fat of the land.' You are further charged to say, Do this: take wagons from the land of Egypt for your little ones and for your wives, and bring your father, and come. Give no thought to your possessions, for the best of all the land of Egypt is yours.'" The sons of Israel did so. Joseph gave them wagons according to the instruction of Pharaoh, and he gave them provisions for the journey. To each one of them he gave a set of garments; but to Benjamin he gave three hundred pieces of silver and five sets of garments. To his father he sent the following: ten donkeys loaded with the good things of Egypt, and ten female donkeys loaded with grain, bread, and provision for his father on the journey. Then he sent his brothers on their way, and as they were leaving he said to them, "Do not quarrel along the way."

So they went up out of Egypt and came to their father Jacob in the land of Canaan. And they told him, "Joseph is still alive! He is even ruler over all the land of Egypt." He was stunned; he could not believe them. But when they told him all the words of Joseph that he had said to them, and when he saw the wagons that Joseph had sent to carry him, the spirit of their father Jacob revived. Israel said, "Enough! My son Joseph is still alive. I must go and see him before I die."

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 6:13-29

A Reading from the Gospel According to Mark.

They cast out many demons, and anointed with oil many who were sick and cured them.

King Herod heard of it, for Jesus' name had become known. Some were saying, "John the baptizer has been raised from the dead; and for this reason these powers are at work in him." But others said, "It is Elijah." And others said, "It is a prophet, like one of the prophets of old." But when Herod heard of it, he said, "John, whom I beheaded, has been raised."

For Herod himself had sent men who arrested John, bound him, and put him in prison on account of Herodias, his brother Philip's wife, because Herod had married her. For John had been telling Herod, "It is not lawful for you to have your brother's wife." And Herodias had a grudge against him, and wanted to kill him. But she could not, for Herod feared John, knowing that he was a righteous and holy man, and he protected him. When he heard him, he was greatly perplexed; and yet he liked to listen to him. But an opportunity came when Herod on his birthday gave a banquet for his courtiers and officers and for the leaders of Galilee. When his daughter Herodias came in and danced, she pleased Herod and his guests; and the king said to

the girl, "Ask me for whatever you wish, and I will give it." And he solemnly swore to her, "Whatever you ask me, I will give you, even half of my kingdom." She went out and said to her mother, "What should I ask for?" She replied, "The head of John the baptizer." Immediately she rushed back to the king and requested, "I want you to give me at once the head of John the Baptist on a platter." The king was deeply grieved; yet out of regard for his oaths and for the guests, he did not want to refuse her. Immediately the king sent a soldier of the guard with orders to bring John's head. He went and beheaded him in the prison, brought his head on a platter, and gave it to the girl. Then the girl gave it to her mother. When his disciples heard about it, they came and took his body, and laid it in a tomb.

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 **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 for Use in Morning Prayer EOW 1 p. 42

V. Help us, O God our Savior;
R. **Deliver us and forgive us our sins.**
V. Look upon your congregation.
R. **Give to your people the blessing of peace.**
V. Declare your glory among the nations;
R. **And your wonders among all peoples.**
V. Do not let the oppressed be shamed and turned away;
R. **Never forget the lives of your poor.**
V. Continue your loving-kindness to those who know you;

R. **And your favor to those who are true of heart.**
V. Satisfy us by your loving-kindness in the morning;
R. **So shall we rejoice and be glad all the days of our life.**

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 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

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 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