

## Morning Prayer

### Wednesday after the First 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*

### 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 119: Zayin

**BCP p. 767**

Remember your word to your servant, \*  
because you have given me hope.

This is my comfort in my trouble, \*  
that your promise gives me life.  
The proud have derided me cruelly, \*  
but I have not turned from your law.  
When I remember your judgments of old, \*  
O LORD, I take great comfort.  
I am filled with a burning rage, \*  
because of the wicked who forsake your law.  
Your statutes have been like songs to me \*  
wherever I have lived as a stranger.  
I remember your Name in the night, O LORD, \*  
and dwell upon your law.  
This is how it has been with me, \*  
because I have kept your commandments.

### **Psalm 119: Heth**

**BCP p. 768**

You only are my portion, O LORD; \*  
I have promised to keep your words.  
I entreat you with all my heart, \*  
be merciful to me according to your promise.  
I have considered my ways \*  
and turned my feet toward your decrees.  
I hasten and do not tarry \*  
to keep your commandments.  
Though the cords of the wicked entangle me, \*  
I do not forget your law.  
At midnight I will rise to give you thanks, \*  
because of your righteous judgments.  
I am a companion of all who fear you \*  
and of those who keep your commandments.  
The earth, O LORD, is full of your love; \*  
instruct me in your statutes.

### **Psalm 119: Teth**

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O LORD, you have dealt graciously with your servant, \*  
according to your word.  
Teach me discernment and knowledge, \*  
for I have believed in your commandments.  
Before I was afflicted I went astray, \*  
but now I keep your word.  
You are good and you bring forth good; \*  
instruct me in your statutes.  
The proud have smeared me with lies, \*  
but I will keep your commandments with my whole heart.

Their heart is gross and fat, \*  
but my delight is in your law.  
It is good for me that I have been afflicted, \*  
that I might learn your statutes.  
The law of your mouth is dearer to me \*  
than thousands in gold and silver.  
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. 9:13-21**

A Reading from the Book of Deuteronomy.

Furthermore the LORD said to me, "I have seen that this people is indeed a stubborn people. Let me alone that I may destroy them and blot out their name from under heaven; and I will make of you a nation mightier and more numerous than they." So I turned and went down from the mountain, while the mountain was ablaze; the two tablets of the covenant were in my two hands. Then I saw that you had indeed sinned against the LORD your God, by casting for yourselves an image of a calf; you had been quick to turn from the way that the LORD had commanded you. So I took hold of the two tablets and flung them from my two hands, smashing them before your eyes. Then I lay prostrate before the LORD as before, forty days and forty nights; I neither ate bread nor drank water, because of all the sin you had committed, provoking the LORD by doing what was evil in his sight. For I was afraid that the anger that the LORD bore against you was so fierce that he would destroy you. But the LORD listened to me that time also. The LORD was so angry with Aaron that he was ready to destroy him, but I interceded also on behalf of Aaron at that same time. Then I took the sinful thing you had made, the calf, and burned it with fire and crushed it, grinding it thoroughly, until it was reduced to dust; and I threw the dust of it into the stream that runs down the mountain.

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. 3:12-19**

A Reading from the Book of Hebrews.

Take care, brothers and sisters, that none of you may have an evil, unbelieving heart that turns away from the living God. But exhort one another every day, as long as it is called “today,” so that none of you may be hardened by the deceitfulness of sin. For we have become partners of Christ, if only we hold our first confidence firm to the end. As it is said, “Today, if you hear his voice, do not harden your hearts as in the rebellion.” Now who were they who heard and yet were rebellious? Was it not all those who left Egypt under the leadership of Moses? But with whom was he angry forty years? Was it not those who sinned, whose bodies fell in the wilderness? And to whom did he swear that they would not enter his rest, if not to those who were disobedient? So we see that they were unable to enter because of unbelief.

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**

**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 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 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**

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.

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*