

Morning Prayer

Thursday after the Third Sunday in Lent

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

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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

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 83

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O God, do not be silent; *

do not keep still nor hold your peace, O God;

For your enemies are in tumult, *

and those who hate you have lifted up their heads.

They take secret counsel against your people *

and plot against those whom you protect.

They have said, "Come, let us wipe them out from among the nations; *

let the name of Israel be remembered no more."

They have conspired together; *
they have made an alliance against you:
The tents of Edom and the Ishmaelites; *
the Moabites and the Hagarenes;
Gebal, and Ammon, and Amalek; *
the Philistines and those who dwell in Tyre.
The Assyrians also have joined them, *
and have come to help the people of Lot.
Do to them as you did to Midian, *
to Sisera, and to Jabin at the river of Kishon:
They were destroyed at Endor; *
they became like dung upon the ground.
Make their leaders like Oreb and Zeëb, *
and all their commanders like Zebah and Zalmunna,
Who said, "Let us take for ourselves *
the fields of God as our possession."
O my God, make them like whirling dust *
and like chaff before the wind;
Like fire that burns down a forest, *
like the flame that sets mountains ablaze.
Drive them with your tempest *
and terrify them with your storm;
Cover their faces with shame, O LORD, *
that they may seek your Name.
Let them be disgraced and terrified for ever; *
let them be put to confusion and perish.
Let them know that you, whose Name is YAHWEH, *
you alone are the Most High over all the earth.
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. 46:1-7,28-34

A Reading from the Book of Genesis.

When Israel set out on his journey with all that he had and came to Beer-sheba, he offered sacrifices to the God of his father Isaac. God spoke to Israel in visions of the night, and said, "Jacob, Jacob." And he said, "Here I am." Then he said, "I am God, the God of your father; do not be afraid to go down to Egypt, for I will make of you a great nation there. I myself will go down with you to Egypt, and I will also bring you up again; and Joseph's own hand shall close your eyes."

Then Jacob set out from Beer-sheba; and the sons of Israel carried their father Jacob, their little ones, and their wives, in the wagons that Pharaoh had sent to carry him. They also took their livestock and the goods that they had acquired in the land of Canaan, and they came into Egypt, Jacob and all his offspring with him, his sons, and his sons' sons with him, his daughters, and his sons daughters; all his offspring he brought with him into Egypt.

Israel sent Judah ahead to Joseph to lead the way before him into Goshen. When they came to the land of Goshen, Joseph made ready his chariot and went up to meet his father Israel in Goshen. He presented himself to him, fell on his neck, and wept on his neck a good while. Israel said to Joseph, "I can die now, having seen for myself that you are still alive." Joseph said to his brothers and to his father's household, "I will go up and tell Pharaoh, and will say to him, My brothers and my father's household, who were in the land of Canaan, have come to me. The men are shepherds, for they have been keepers of livestock; and they have brought their flocks, and their herds, and all that they have.' When Pharaoh calls you, and says, What is your occupation?' you shall say, Your servants have been keepers of livestock from our youth even until now, both we and our ancestors' —in order that you may settle in the land of Goshen, because all shepherds are abhorrent to the Egyptians."

The Word of the Lord.
Thanks be to God.

8. The Song of Moses *Exodus 15:1-6, 11-13, 17-18*

I will sing to the Lord, for he is lofty and uplifted; *
the horse and its rider has he hurled into the sea.
The Lord is my strength and my refuge; *
the Lord has become my Savior.
This is my God and I will praise him, *
the God of my people and I will exalt him.
The Lord is a mighty warrior; *
Yahweh is his Name.
The chariots of Pharaoh and his army has he hurled into the sea; *
the finest of those who bear armor have been drowned in the Red Sea.
The fathomless deep has overwhelmed them; *
they sank into the depths like a stone.
Your right hand, O Lord, is glorious in might; *
your right hand, O Lord, has overthrown the enemy.
Who can be compared with you, O Lord, among the gods? *
who is like you, glorious in holiness, awesome in renown, and worker of wonders?
You stretched forth your right hand; *
the earth swallowed them up.
With your constant love you led the people you redeemed; *
with your might you brought them in safety to your holy dwelling.
You will bring them in and plant them *
on the mount of your possession,
The resting-place you have made for yourself, O Lord, *
the sanctuary, O Lord, that your hand has established.
The Lord shall reign *
for ever and for ever.
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 6:30-46

A Reading from the Gospel According to Mark.

The apostles gathered around Jesus, and told him all that they had done and taught. He said to them, 'Come away to a deserted place all by yourselves and rest a while.' For many were coming and going, and they had no leisure even to eat. And they went away in the boat to a deserted place by themselves. Now many saw them going and recognized them, and they hurried there on foot from all the towns and arrived ahead of them. As he went ashore, he saw a great crowd; and he had compassion for them, because they were like sheep without a shepherd; and he began to teach them many things. When it grew late, his disciples came to him and said, 'This is a deserted place, and the hour is now very late; send them away so that they may go into the surrounding country and villages and buy something for themselves to eat.' But he answered them, 'You give them something to eat.' They said to him, 'Are we to go and buy two hundred denarii worth of bread, and give it to them to eat?' And he said to them, 'How many loaves have you? Go and see.' When they had found out, they said, 'Five, and two fish.' Then he ordered them to get all the people to sit down in groups on the green grass. So they sat down in groups of hundreds and of fifties. Taking the five loaves and the two fish, he looked up to heaven, and blessed and broke the loaves, and gave them to his disciples to set before the people; and he divided the two fish among them all. And all ate and were filled; and they took up twelve baskets full of broken pieces and of the fish. Those who had eaten the loaves numbered five thousand men.

Immediately he made his disciples get into the boat and go on ahead to the other side, to Bethsaida, while he dismissed the crowd. After saying farewell to them, he went up on the mountain to pray.

The Word of the Lord.

Thanks be to God.

19. The Song of the Redeemed *Revelation 15:3-4*

O ruler of the universe, Lord God, great deeds are they that you have done, *
surpassing human understanding.

Your ways are ways of righteousness and truth, *

O King of all the ages.

Who can fail to do you homage, Lord, and sing the praises of your Name? *
for you only are the Holy One.

All nations will draw near and fall down before you, *

because your just and holy works have been revealed.

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 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.**

Gregory the Great, Bishop of Rome, 604

Almighty and merciful God, you raised up Gregory of Rome to be a servant of the servants of God, and inspired him to send missionaries to preach the Gospel to the English people: Preserve your church in the catholic and apostolic faith, that your people, being fruitful in every good work, may receive the crown of glory that never fades away; 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 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 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