

Morning Prayer

Thursday after 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.

Jubilate

Psalms 100

Be joyful in the Lord, all you lands; *
serve the Lord with gladness
and come before his presence with a song.
Know this: The Lord himself is God; *
he himself has made us, and we are his;
we are his people and the sheep of his pasture.
Enter his gates with thanksgiving;
go into his courts with praise; *
give thanks to him and call upon his Name.
For the Lord is good;
his mercy is everlasting; *
and his faithfulness endures from age to age.

Psalms 50

BCP p. 654

The LORD, the God of gods, has spoken; *
he has called the earth from the rising of the sun to its setting.
Out of Zion, perfect in its beauty, *
God reveals himself in glory.
Our God will come and will not keep silence; *
before him there is a consuming flame,
and round about him a raging storm.
He calls the heavens and the earth from above *
to witness the judgment of his people.

“Gather before me my loyal followers, *
 those who have made a covenant with me
 and sealed it with sacrifice.”
 Let the heavens declare the rightness of his cause; *
 for God himself is judge.
 Hear, O my people, and I will speak:
 “O Israel, I will bear witness against you; *
 for I am God, your God.
 I do not accuse you because of your sacrifices; *
 your offerings are always before me.
 I will take no bull-calf from your stalls, *
 nor he-goats out of your pens;
 For all the beasts of the forest are mine, *
 the herds in their thousands upon the hills.
 I know every bird in the sky, *
 and the creatures of the fields are in my sight.
 If I were hungry, I would not tell you, *
 for the whole world is mine and all that is in it.
 Do you think I eat the flesh of bulls, *
 or drink the blood of goats?
 Offer to God a sacrifice of thanksgiving *
 and make good your vows to the Most High.
 Call upon me in the day of trouble; *
 I will deliver you, and you shall honor me.”
 But to the wicked God says: *
 “Why do you recite my statutes,
 and take my covenant upon your lips;
 Since you refuse discipline, *
 and toss my words behind your back?
 When you see a thief, you make him your friend, *
 and you cast in your lot with adulterers.
 You have loosed your lips for evil, *
 and harnessed your tongue to a lie.
 You are always speaking evil of your brother *
 and slandering your own mother’s son.
 These things you have done, and I kept still, *
 and you thought that I am like you.”
 “I have made my accusation; *
 I have put my case in order before your eyes.
 Consider this well, you who forget God, *
 lest I rend you and there be none to deliver you.
 Whoever offers me the sacrifice of thanksgiving honors me; *
 but to those who keep in my way will I show the salvation of God.”
 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. 9:23-10:5

A Reading from the Book of Deuteronomy.

And when the LORD sent you from Kadesh-barnea, saying, “Go up and occupy the land that I have given you,” you rebelled against the command of the LORD your God, neither trusting him nor obeying him. You have been rebellious against the LORD as long as he has known you. Throughout the forty days and forty nights that I lay prostrate before the LORD when the LORD intended to destroy you, I prayed to the LORD and said, “Lord GOD, do not destroy the people who are your very own possession, whom you redeemed in your greatness, whom you brought out of Egypt with a mighty hand. Remember your servants, Abraham, Isaac, and Jacob; pay no attention to the stubbornness of this people, their wickedness and their sin, otherwise the land from which you have brought us might say, ‘Because the LORD was not able to bring them into the land that he promised them, and because he hated them, he has brought them out to let them die in the wilderness.’ For they are the people of your very own possession, whom you brought out by your great power and by your outstretched arm.”

At that time the LORD said to me, “Carve out two tablets of stone like the former ones, and come up to me on the mountain, and make an ark of wood. I will write on the tablets the words that were on the former tablets, which you smashed, and you shall put them in the ark.” So I made an ark of acacia wood, cut two tablets of stone like the former ones, and went up the mountain with the two tablets in my hand. Then he wrote on the tablets the same words as before, the ten commandments that the LORD had spoken to you on the mountain out of the fire on the day of the assembly; and the LORD gave them to me. So I turned and came down from the mountain, and put the tablets in the ark that I had made; and there they are, as the LORD commanded me.

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

Heb. 4:1-10

A Reading from the Book of Hebrews.

Therefore, while the promise of entering his rest is still open, let us take care that none of you should seem to have failed to reach it. For indeed the good news came to us just as to them; but the message they heard did not benefit them, because they were not united by faith with those who listened. For we who have believed enter that rest, just as God has said, “As in my anger I swore,  They shall not enter my rest,” though his works were finished at the foundation of the world. For in one place it speaks about the seventh day as follows, “And God rested on the seventh day from all his works.” And again in this place it says, “They shall not enter my rest.” Since therefore it remains open for some to enter it, and those who formerly received the good news failed to enter because of disobedience, again he sets a certain day—“today”—saying through David much later, in the words already quoted, “Today, if you hear his voice, do not harden your hearts.” For if Joshua had given them rest, God would not speak later about another day. So then, a sabbath rest still remains for the people of God; for those who enter God’s rest also cease from their labors as God did from his.

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

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 Guidance

Heavenly Father, in you we live and move and have our being: We humbly pray you so to guide and govern us by your Holy Spirit, that in all the cares and occupations of our life we may not forget you, but may remember that we are ever walking in your sight; 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 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.

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

Ephesians 3:20,21