

## Morning Prayer

### Friday after the Third Sunday in Lent

To the Lord our God belong mercy and forgiveness, because we have rebelled against him and have not obeyed the voice of the Lord our God by following his laws which he set before us.

*Daniel 9:9, 10*

### 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 88

**BCP p. 712**

O LORD, my God, my Savior, \*

by day and night I cry to you.

Let my prayer enter into your presence; \*

incline your ear to my lamentation.

For I am full of trouble; \*

my life is at the brink of the grave.

I am counted among those who go down to the Pit; \*

I have become like one who has no strength;

Lost among the dead, \*  
like the slain who lie in the grave,  
Whom you remember no more, \*  
for they are cut off from your hand.  
You have laid me in the depths of the Pit, \*  
in dark places, and in the abyss.  
Your anger weighs upon me heavily, \*  
and all your great waves overwhelm me.  
You have put my friends far from me; you have made me to be abhorred by them; \*  
I am in prison and cannot get free.  
My sight has failed me because of trouble; \*  
LORD, I have called upon you daily; I have stretched out my hands to you.  
Do you work wonders for the dead? \*  
will those who have died stand up and give you thanks?  
Will your loving-kindness be declared in the grave? \*  
your faithfulness in the land of destruction?  
Will your wonders be known in the dark? \*  
or your righteousness in the country where all is forgotten?  
But as for me, O LORD, I cry to you for help; \*  
in the morning my prayer comes before you.  
LORD, why have you rejected me? \*  
why have you hidden your face from me?  
Ever since my youth, I have been wretched and at the point of death; \*  
I have borne your terrors with a troubled mind.  
Your blazing anger has swept over me; \*  
your terrors have destroyed me;  
They surround me all day long like a flood; \*  
they encompass me on every side.  
My friend and my neighbor you have put away from me, \*  
and darkness is my only companion.  
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. 47:1-26**

A Reading from the Book of Genesis.

So Joseph went and told Pharaoh, "My father and my brothers, with their flocks and herds and all that they possess, have come from the land of Canaan; they are now in the land of Goshen." From among his brothers he took five men and presented them to Pharaoh. Pharaoh said to his brothers, "What is your occupation?" And they said to Pharaoh, "Your servants are shepherds, as our ancestors were." They said to Pharaoh, "We have come to reside as aliens in the land; for there is no pasture for your servants' flocks because the famine is severe in the land of Canaan. Now, we ask you, let your servants settle in the land of Goshen." Then Pharaoh said to Joseph, "Your father and your brothers have come to you. The land of Egypt is before you; settle your father and your brothers in the best part of the land; let them live in the land of Goshen; and if you know that there are capable men among them, put them in charge of my livestock." Then Joseph brought in his father Jacob, and presented him before Pharaoh, and Jacob blessed

Pharaoh. Pharaoh said to Jacob, "How many are the years of your life?" Jacob said to Pharaoh, "The years of my earthly sojourn are one hundred thirty; few and hard have been the years of my life. They do not compare with the years of the life of my ancestors during their long sojourn." Then Jacob blessed Pharaoh, and went out from the presence of Pharaoh. Joseph settled his father and his brothers, and granted them a holding in the land of Egypt, in the best part of the land, in the land of Rameses, as Pharaoh had instructed. And Joseph provided his father, his brothers, and all his father's household with food, according to the number of their dependents.

Now there was no food in all the land, for the famine was very severe. The land of Egypt and the land of Canaan languished because of the famine. Joseph collected all the money to be found in the land of Egypt and in the land of Canaan, in exchange for the grain that they bought; and Joseph brought the money into Pharaoh's house. When the money from the land of Egypt and from the land of Canaan was spent, all the Egyptians came to Joseph, and said, "Give us food! Why should we die before your eyes? For our money is gone." And Joseph answered, "Give me your livestock, and I will give you food in exchange for your livestock, if your money is gone." So they brought their livestock to Joseph; and Joseph gave them food in exchange for the horses, the flocks, the herds, and the donkeys. That year he supplied them with food in exchange for all their livestock. When that year was ended, they came to him the following year, and said to him, "We can not hide from my lord that our money is all spent; and the herds of cattle are my lord's. There is nothing left in the sight of my lord but our bodies and our lands. Shall we die before your eyes, both we and our land? Buy us and our land in exchange for food. We with our land will become slaves to Pharaoh; just give us seed, so that we may live and not die, and that the land may not become desolate." So Joseph bought all the land of Egypt for Pharaoh. All the Egyptians sold their fields, because the famine was severe upon them; and the land became Pharaoh's. As for the people, he made slaves of them from one end of Egypt to the other. Only the land of the priests he did not buy; for the priests had a fixed allowance from Pharaoh, and lived on the allowance that Pharaoh gave them; therefore they did not sell their land. Then Joseph said to the people, "Now that I have this day bought you and your land for Pharaoh, here is seed for you; sow the land. And at the harvests you shall give one-fifth to Pharaoh, and four-fifths shall be your own, as seed for the field and as food for yourselves and your households, and as food for your little ones." They said, "You have saved our lives; may it please my lord, we will be slaves to Pharaoh." So Joseph made it a statute concerning the land of Egypt, and it stands to this day, that Pharaoh should have the fifth. The land of the priests alone did not become Pharaoh's.

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 6:47-56**

A Reading from the Gospel According to Mark.

When evening came, the boat was out on the sea, and he was alone on the land. When he saw that they were straining at the oars against an adverse wind, he came towards them early in the morning, walking on the sea. He intended to pass them by. But when they saw him walking on the sea, they thought it was a ghost and cried out; for they all saw him and were terrified. But immediately he spoke to them and said, "Take heart, it is I; do not be afraid." Then he got into the boat with them and the wind ceased. And they were utterly astounded, for they did not understand about the loaves, but their hearts were hardened.

When they had crossed over, they came to land at Gennesaret and moored the boat. When they got out of the boat, people at once recognized him, and rushed about that whole region and began to bring the sick on mats to wherever they heard he was. And wherever he went, into villages or cities or farms, they laid the sick in the marketplaces, and begged him that they might touch even the fringe of his cloak; and all who touched it were healed.

The Word of the Lord.

**Thanks be to God.**

### **18. A Song to the Lamb**

*Revelation 4:11, 5:9-10, 13*

Splendor and honor and kingly power \*  
are yours by right, O Lord our God,

For you created everything that is, \*  
and by your will they were created and have their being;  
And yours by right, O Lamb that was slain, \*  
for with your blood you have redeemed for God,  
From every family, language, people, and nation, \*  
a kingdom of priests to serve our God.  
And so, to him who sits upon the throne, \*  
and to Christ the Lamb,  
Be worship and praise, dominion and splendor, \*  
for ever and for evermore.

### **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 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 Fridays**

Almighty God, whose most dear Son went not up to joy but first he suffered pain, and entered not into glory before he was crucified: Mercifully grant that we, walking in the way of the cross, may find it none other than the way of life and peace; 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 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*