

## Morning Prayer

### Friday after the First Sunday in Lent

Jesus said, "Whosoever will come after me, let him deny himself, and take up his cross, and follow me."

*Mark 8:34*

### Invitatory and Psalter

**BCP p. 42**

*Officiant* O Lord, open thou our lips.

*People* And our mouth shall show forth thy praise.

Glory be to the Father, and to the Son, and to the Holy Ghost: \*

As it was in the beginning, is now, and ever shall be, world without end. Amen.

### Psalm 95

O come, let us sing unto the Lord \*

let us heartily rejoice in the strength of our salvation.

Let us come before his presence with thanksgiving \*

and shew ourselves glad in him with psalms.

For the Lord is a great God \*

and a great King above all gods.

In his hand are all the corners of the earth \*

and the strength of the hills is his also.

The sea is his, and he made it \*

and his hands prepared the dry land.

O come, let us worship and fall down \*

and kneel before the Lord our Maker.

For he is the Lord our God \*

and we are the people of his pasture, and the sheep of his hand.

To-day if ye will hear his voice, harden not your hearts \*

as in the provocation, and as in the day of temptation in the wilderness;

When your fathers tempted me \*

proved me, and saw my works.

Forty years long was I grieved with this generation, and said \*

It is a people that do err in their hearts, for they have not known my ways;

Unto whom I swear in my wrath \*  
that they should not enter into my rest.

### **Psalm 40**

I waited patiently for the Lord \*  
and he inclined unto me, and heard my calling.  
He brought me also out of the horrible pit, out of the mire and clay \*  
and set my feet upon the rock, and ordered my goings.  
And he hath put a new song in my mouth \*  
even a thanksgiving unto our God.  
Many shall see it, and fear \*  
and shall put their trust in the Lord.  
Blessed is the man that hath set his hope in the Lord \*  
and turned not unto the proud, and to such as go about with lies.  
O Lord my God, great are the wondrous works which thou hast done, like as be also thy  
thoughts which are to us-ward \*  
and yet there is no man that ordereth them unto thee.  
If I should declare them, and speak of them \*  
they should be more than I am able to express.  
Sacrifice, and meat-offering, thou wouldest not \*  
but mine ears hast thou opened.  
Burnt-offerings, and sacrifice for sin, hast thou not required \*  
then said I, Lo, I come,  
In the volume of the book it is written of me, that I should fulfil thy will, O my God \*  
I am content to do it; yea, thy law is within my heart.  
I have declared thy righteousness in the great congregation \*  
lo, I will not refrain my lips, O Lord, and that thou knowest.  
I have not hid thy righteousness within my heart \*  
my talk hath been of thy truth, and of thy salvation.  
I have not kept back thy loving mercy and truth \*  
from the great congregation.  
Withdraw not thou thy mercy from me, O Lord \*  
let thy loving-kindness and thy truth alway preserve me.  
For innumerable troubles are come about me; my sins have taken such hold upon me that I  
am not able to look up \*  
yea, they are more in number than the hairs of my head, and my heart hath failed me.  
O Lord, let it be thy pleasure to deliver me \*  
make haste, O Lord, to help me.  
Let them be ashamed, and confounded together, that seek after my soul to destroy it \*  
let them be driven backward, and put to rebuke, that wish me evil.  
Let them be desolate, and rewarded with shame \*  
that say unto me, Fie upon thee, fie upon thee.  
Let all those that seek thee be joyful and glad in thee \*  
and let such as love thy salvation say alway, The Lord be praised.  
As for me, I am poor and needy \*  
but the Lord careth for me.  
Thou art my helper and redeemer \*  
make no long tarrying, O my God.

## **Psalm 54**

Save me, O God, for thy Name's sake \*  
and avenge me in thy strength.  
Hear my prayer, O God \*  
and hearken unto the words of my mouth.  
For strangers are risen up against me \*  
and tyrants, which have not God before their eyes, seek after my soul.  
Behold, God is my helper \*  
the Lord is with them that uphold my soul.  
He shall reward evil unto mine enemies \*  
destroy thou them in thy truth.  
An offering of a free heart will I give thee, and praise thy Name, O Lord \*  
because it is so comfortable.  
For he hath delivered me out of all my trouble \*  
and mine eye hath seen his desire upon mine enemies.  
Glory be to the Father, and to the Son, and to the Holy Ghost: \*  
As it was in the beginning, is now, and ever shall be, world without end. Amen.

## **The Lessons**

### **The First Lesson**

**Deut. 10:12-22**

A Reading from the Book of Deuteronomy.

So now, O Israel, what does the LORD your God require of you? Only to fear the LORD your God, to walk in all his ways, to love him, to serve the LORD your God with all your heart and with all your soul, and to keep the commandments of the LORD your God and his decrees that I am commanding you today, for your own well-being. Although heaven and the heaven of heavens belong to the LORD your God, the earth with all that is in it, yet the LORD set his heart in love on your ancestors alone and chose you, their descendants after them, out of all the peoples, as it is today. Circumcise, then, the foreskin of your heart, and do not be stubborn any longer. For the LORD your God is God of gods and Lord of lords, the great God, mighty and awesome, who is not partial and takes no bribe, who executes justice for the orphan and the widow, and who loves the strangers, providing them food and clothing. You shall also love the stranger, for you were strangers in the land of Egypt. You shall fear the LORD your God; him alone you shall worship; to him you shall hold fast, and by his name you shall swear. He is your praise; he is your God, who has done for you these great and awesome things that your own eyes have seen. Your ancestors went down to Egypt seventy persons; and now the LORD your God has made you as numerous as the stars in heaven.

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.

## The Second Lesson

**Heb. 4:11-16**

A Reading from the Book of Hebrews.

Let us therefore make every effort to enter that rest, so that no one may fall through such disobedience as theirs. Indeed, the word of God is living and active, sharper than any two-edged sword, piercing until it divides soul from spirit, joints from marrow; it is able to judge the thoughts and intentions of the heart. And before him no creature is hidden, but all are naked and laid bare to the eyes of the one to whom we must render an account. Since, then, we have a great high priest who has passed through the heavens, Jesus, the Son of God, let us hold fast to our confession. For we do not have a high priest who is unable to sympathize with our weaknesses, but we have one who in every respect has been tested as we are, yet without sin. Let us therefore approach the throne of grace with boldness, so that we may receive mercy and find grace to help in time of need.

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**

**BCP p. 53**

**I believe in God, the Father almighty,  
maker of heaven and earth;  
And in Jesus Christ his only Son our Lord;  
who was conceived by the Holy Ghost,  
born of the Virgin Mary,  
suffered under Pontius Pilate,  
was crucified, dead, and buried.  
He descended into hell.  
The third day he rose again from the dead.  
He ascended into heaven,  
and sitteth on the right hand of God the Father almighty.  
From thence he shall come to judge the quick and the dead.  
I believe in the Holy Ghost,  
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. 54**

*Officiant* The Lord be with you.  
*People* And with thy spirit.  
*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.* O Lord, save thy people and bless thine heritage;  
*R.* Govern them and lift them up for ever.  
*V.* Day by day we magnify thee;  
*R.* And we worship thy name ever, world without end.  
*V.* Vouchsafe, O Lord, to keep us this day without sin;  
*R.* O Lord, have mercy upon us, have mercy upon us.  
*V.* O Lord, let thy mercy be upon us;  
*R.* As our trust is in thee.  
*V.* O Lord, in thee have I trusted;  
*R.* Let me never be confounded.

## **The Collect of the Day**

Almighty God, whose blessed Son was led by the Spirit to be tempted of Satan; Make speed to help thy servants who are assaulted by manifold temptations; and, as thou knowest their several infirmities, let each one find thee mighty to save; through Jesus Christ thy Son our Lord, who liveth and reigneth with thee and the Holy Spirit, one God, now and for ever. Amen.

## **The Collect of the Day**

Almighty and everlasting God, who hatest nothing that thou hast made and dost forgive the sins of all those 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 thee, the God of all mercy, perfect remission and forgiveness; through Jesus Christ our Lord, who liveth and reigneth with thee 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 the same thy Son Jesus Christ our Lord. Amen.

## **A Prayer for Mission**

Almighty and everlasting God, by whose Spirit the whole body of thy faithful people is governed and sanctified: Receive our supplications and prayers which we offer before thee for all members of thy holy Church, that in their vocation and ministry they may truly and godly serve thee; through our Lord and Savior Jesus Christ. Amen.

*Let us pray now for our own needs and those of others.*

## **The General Thanksgiving**

**BCP p. 58**

Almighty God, Father of all mercies,  
we thine unworthy servants  
do give thee most humble and hearty thanks  
for all thy goodness and loving-kindness  
to us and to all men.  
We bless thee for our creation, preservation,  
and all the blessings of this life;  
but above all for thine inestimable 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 beseech thee,  
give us that due sense of all thy mercies,  
that our hearts may be unfeignedly thankful;  
and that we show forth thy praise,  
not only with our lips, but in our lives,  
by giving up our selves to thy service,  
and by walking before thee  
in holiness and righteousness all our days;  
through Jesus Christ our Lord,  
to whom, with thee and the Holy Ghost,  
be all honor and glory, world without end. 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 him from generation to generation in the Church, and in Christ Jesus for ever and ever. Amen.

*Ephesians 3:20,21*