

Morning Prayer

Saturday after the Third Sunday in Lent

If we say we have no sin, we deceive ourselves, and the truth is not in us, but if we confess our sins, God, who is faithful and just, will forgive our sins and cleanse us from all unrighteousness.

1 John 1:8, 9

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 87

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On the holy mountain stands the city he has founded; *

the LORD loves the gates of Zion more than all the dwellings of Jacob.

Glorious things are spoken of you, *

O city of our God.

I count Egypt and Babylon among those who know me; *

behold Philistia, Tyre, and Ethiopia: in Zion were they born.

Of Zion it shall be said, "Everyone was born in her, *

and the Most High himself shall sustain her."

The LORD will record as he enrolls the peoples, *

“These also were born there.”

The singers and the dancers will say, *

“All my fresh springs are in you.”

Psalm 90

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Lord, you have been our refuge *

from one generation to another.

Before the mountains were brought forth, or the land and the earth were born, *

from age to age you are God.

You turn us back to the dust and say, *

“Go back, O child of earth.”

For a thousand years in your sight are like yesterday when it is past *

and like a watch in the night.

You sweep us away like a dream; *

we fade away suddenly like the grass.

In the morning it is green and flourishes; *

in the evening it is dried up and withered.

For we consume away in your displeasure; *

we are afraid because of your wrathful indignation.

Our iniquities you have set before you, *

and our secret sins in the light of your countenance.

When you are angry, all our days are gone; *

we bring our years to an end like a sigh.

The span of our life is seventy years, perhaps in strength even eighty; *

yet the sum of them is but labor and sorrow, for they pass away quickly and we are gone.

Who regards the power of your wrath? *

who rightly fears your indignation?

So teach us to number our days *

that we may apply our hearts to wisdom.

Return, O LORD; how long will you tarry? *

be gracious to your servants.

Satisfy us by your loving-kindness in the morning; *

so shall we rejoice and be glad all the days of our life.

Make us glad by the measure of the days that you afflicted us *

and the years in which we suffered adversity.

Show your servants your works *

and your splendor to their children.

May the graciousness of the LORD our God be upon us; *

prosper the work of our hands; prosper our handiwork.

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. 47:27-48:7

A Reading from the Book of Genesis.

Thus Israel settled in the land of Egypt, in the region of Goshen; and they gained possessions in it, and were fruitful and multiplied exceedingly. Jacob lived in the land of Egypt seventeen years; so the days of Jacob, the years of his life, were one hundred forty-seven years. When the time of Israel's death drew near, he called his son Joseph and said to him, "If I have found favor with you, put your hand under my thigh and promise to deal loyally and truly with me. Do not bury me in Egypt. When I lie down with my ancestors, carry me out of Egypt and bury me in their burial place." He answered, "I will do as you have said." And he said, "Swear to me"; and he swore to him. Then Israel bowed himself on the head of his bed.

After this Joseph was told, "Your father is ill." So he took with him his two sons, Manasseh and Ephraim. When Jacob was told, "Your son Joseph has come to you," he summoned his strength and sat up in bed. And Jacob said to Joseph, "God Almighty appeared to me at Luz in the land of Canaan, and he blessed me, and said to me, 'I am going to make you fruitful and increase your numbers; I will make of you a company of peoples, and will give this land to your offspring after you for a perpetual holding.' Therefore your two sons, who were born to you in the land of Egypt before I came to you in Egypt, are now mine; Ephraim and Manasseh shall be mine, just as Reuben and Simeon are. As for the offspring born to you after them, they shall be yours. They shall be recorded under the names of their brothers with regard to their inheritance. For when I came from Paddan, Rachel, alas, died in the land of Canaan on the way, while there was still some distance to go to Ephrath; and I buried her there on the way to Ephrath" (that is, Bethlehem).

The Word of the Lord.

Thanks be to God.

12. A Song of Creation *Song of the Three Young Men, 35-65*

Invocation

Glorify the Lord, all you works of the Lord, *
praise him and highly exalt him for ever.
In the firmament of his power, glorify the Lord, *
praise him and highly exalt him for ever.

I The Cosmic Order

Glorify the Lord, you angels and all powers of the Lord, *
O heavens and all waters above the heavens.
Sun and moon and stars of the sky, glorify the Lord, *
praise him and highly exalt him for ever.
Glorify the Lord, every shower of rain and fall of dew, *
all winds and fire and heat.
Winter and Summer, glorify the Lord, *
praise him and highly exalt him for ever.
Glorify the Lord, O chill and cold, *
drops of dew and flakes of snow

Frost and cold, ice and sleet, glorify the Lord, *
praise him and highly exalt him for ever.
Glorify the Lord, O nights and days, *
O shining light and enfolding dark.
Storm clouds and thunderbolts, glorify the Lord, *
praise him and highly exalt him for ever.

II The Earth and its Creatures

Let the earth glorify the Lord, *
praise him and highly exalt him for ever.
Glorify the Lord, O mountains and hills, and all that grows upon the earth, *
praise him and highly exalt him for ever.
Glorify the Lord, O springs of water, seas, and streams, *
O whales and all that move in the waters.
All birds of the air, glorify the Lord, *
praise him and highly exalt him for ever.
Glorify the Lord, O beasts of the wild, *
and all you flocks and herds.
O men and women everywhere, glorify the Lord, *
praise him and highly exalt him for ever.

III The People of God

Let the people of God glorify the Lord, *
praise him and highly exalt him for ever.
Glorify the Lord, O priests and servants of the Lord, *
praise him and highly exalt him for ever.
Glorify the Lord, O spirits and souls of the righteous, *
praise him and highly exalt him for ever.
You that are holy and humble of heart, glorify the Lord, *
praise him and highly exalt him for ever.

Doxology

Let us glorify the Lord: Father, Son, and Holy Spirit; *
praise him and highly exalt him for ever.
In the firmament of his power, glorify the Lord, *
praise him and highly exalt him for ever.

The Second Lesson Mark 7:1-23

A Reading from the Gospel According to Mark.

Now when the Pharisees and some of the scribes who had come from Jerusalem gathered around him, they noticed that some of his disciples were eating with defiled hands, that is, without washing them. (For the Pharisees, and all the Jews, do not eat unless they thoroughly wash their hands, thus observing the tradition of the elders; and they do not eat anything from the market unless they wash it; and there are also many other traditions that they observe, the

washing of cups, pots, and bronze kettles.) So the Pharisees and the scribes asked him, Why do your disciples not live according to the tradition of the elders, but eat with defiled hands?' He said to them, Isaiah prophesied rightly about you hypocrites, as it is written,

“This people honors me with their lips,
but their hearts are far from me;
in vain do they worship me,
teaching human precepts as doctrines.”

You abandon the commandment of God and hold to human tradition.’

Then he said to them, You have a fine way of rejecting the commandment of God in order to keep your tradition! For Moses said, “Honour your father and your mother”; and, “Whoever speaks evil of father or mother must surely die.” But you say that if anyone tells father or mother, “Whatever support you might have had from me is Corban” (that is, an offering to God)— then you no longer permit doing anything for a father or mother, thus making void the word of God through your tradition that you have handed on. And you do many things like this.’

Then he called the crowd again and said to them, Listen to me, all of you, and understand: there is nothing outside a person that by going in can defile, but the things that come out are what defile.’

When he had left the crowd and entered the house, his disciples asked him about the parable. He said to them, Then do you also fail to understand? Do you not see that whatever goes into a person from outside cannot defile, since it enters, not the heart but the stomach, and goes out into the sewer?’ (Thus he declared all foods clean.) And he said, It is what comes out of a person that defiles. For it is from within, from the human heart, that evil intentions come: fornication, theft, murder, adultery, avarice, wickedness, deceit, licentiousness, envy, slander, pride, folly. All these evil things come from within, and they defile a person.’

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.**

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 Saturdays

Almighty God, who after the creation of the world rested from all your works and sanctified a day of rest for all your creatures: Grant that we, putting away all earthly anxieties, may be duly prepared for the service of your sanctuary, and that our rest here upon earth may be a preparation for the eternal rest promised to your people in heaven; 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 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