

Morning Prayer

Friday after the Fourth Sunday in Lent

I will arise and go to my father, and will say unto him, "Father, I have sinned against heaven, and before thee, and am no more worthy to be called thy son."

Luke 15:18, 19

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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 102

Hear my prayer, O Lord *
and let my crying come unto thee.

Hide not thy face from me in the time of my trouble *
incline thine ear unto me when I call; O hear me, and that right soon.
For my days are consumed away like smoke *
and my bones are burnt up as it were a fire-brand.
My heart is smitten down, and withered like grass *
so that I forget to eat my bread.
For the voice of my groaning *
my bones will scarce cleave to my flesh.
I am become like a pelican in the wilderness *
and like an owl that is in the desert.
I have watched, and am even as it were a sparrow *
that sitteth alone upon the house-top.
Mine enemies revile me all the day long *
and they that are mad upon me are sworn together against me.
For I have eaten ashes as it were bread *
and mingled my drink with weeping;
And that because of thine indignation and wrath *
for thou hast taken me up, and cast me down.
My days are gone like a shadow *
and I am withered like grass.
But, thou, O Lord, shalt endure for ever *
and thy remembrance throughout all generations.
Thou shalt arise, and have mercy upon Sion *
for it is time that thou have mercy upon her, yea, the time is come.
And why? thy servants think upon her stones *
and it pitieth them to see her in the dust.
The heathen shall fear thy Name, O Lord *
and all the kings of the earth thy Majesty;
When the Lord shall build up Sion *
and when his glory shall appear;
When he turneth him unto the prayer of the poor destitute *
and despiseth not their desire.
This shall be written for those that come after *
and the people which shall be born shall praise the Lord.
For he hath looked down from his sanctuary *
out of the heaven did the Lord behold the earth;
That he might hear the mournings of such as are in captivity *
and deliver the children appointed unto death;
That they may declare the Name of the Lord in Sion *
and his worship at Jerusalem;
When the people are gathered together *
and the kingdoms also, to serve the Lord.
He brought down my strength in my journey *
and shortened my days.
But I said, O my God, take me not away in the midst of mine age *
as for thy years, they endure throughout all generations.
Thou, Lord, in the beginning hast laid the foundation of the earth *
and the heavens are the work of thy hands.
They shall perish, but thou shalt endure *
they all shall wax old as doth a garment;

And as a vesture shalt thou change them, and they shall be changed *
but thou art the same, and thy years shall not fail.
The children of thy servants shall continue *
and their seed shall stand fast in thy sight.
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

Exod. 2:1-22

A Reading from the Book of Exodus.

And there went a man of the house of Levi, and took to wife a daughter of Levi. And the woman conceived, and bare a son: and when she saw him that he was a goodly child, she hid him three months. And when she could not longer hide him, she took for him an ark of bulrushes, and daubed it with slime and with pitch, and put the child therein; and she laid it in the flags by the river's brink. And his sister stood afar off, to wit what would be done to him. And the daughter of Pharaoh came down to wash herself at the river; and her maidens walked along by the river's side; and when she saw the ark among the flags, she sent her maid to fetch it. And when she had opened it, she saw the child: and, behold, the babe wept. And she had compassion on him, and said, This is one of the Hebrews' children. Then said his sister to Pharaoh's daughter, Shall I go and call to thee a nurse of the Hebrew women, that she may nurse the child for thee? And Pharaoh's daughter said to her, Go. And the maid went and called the child her mother. And Pharaoh's daughter said unto her, Take this child away, and nurse it for me, and I will give thee thy wages. And the women took the child, and nursed it. And the child grew, and she brought him unto Pharaoh's daughter, and he became her son. And she called his name Moses: and she said, Because I drew him out of the water. And it came to pass in those days, when Moses was grown, that he went out unto his brethren, and looked on their burdens: and he spied an Egyptian smiting an Hebrew, one of his brethren. And he looked this way and that way, and when he saw that there was no man, he slew the Egyptian, and hid him in the sand. And when he went out the second day, behold, two men of the Hebrews strove together: and he said to him that did the wrong, Wherefore smitest thou thy fellow? And he said, Who made thee a prince and a judge over us? intendest thou to kill me, as thou killedst the Egyptian? And Moses feared, and said, Surely this thing is known. Now when Pharaoh heard this thing, he sought to slay Moses. But Moses fled from the face of Pharaoh, and dwelt in the land of Midian: and he sat down by a well. Now the priest of Midian had seven daughters: and they came and drew water, and filled the troughs to water their father's flock. And the shepherds came and drove them away: but Moses stood up and helped them, and watered their flock. And when they came to Reuel their father, he said, How is it that ye are come so soon to day? And they said, An Egyptian delivered us out of the hand of the shepherds, and also drew water enough for us, and watered the flock. And he said unto his daughters, And where is he? why is it that ye have left the man? call him, that he may eat bread. And Moses was content to dwell with the man: and he gave Moses Zipporah his daughter. And she bare him a son, and he called his name Gershom: for he said, I have been a stranger in a strange land.

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

Mark 9:2-13

A Reading from the Gospel According to Mark.

And after six days Jesus taketh with him Peter, and James, and John, and leadeth them up into an high mountain apart by themselves: and he was transfigured before them. And his raiment became shining, exceeding white as snow; so as no fuller on earth can white them. And there appeared unto them Elias with Moses: and they were talking with Jesus. And Peter answered and said to Jesus, Master, it is good for us to be here: and let us make three tabernacles; one for thee, and one for Moses, and one for Elias. For he wist not what to say; for they were sore afraid. And there was a cloud that overshadowed them: and a voice came out of the cloud,

saying, This is my beloved Son: hear him. And suddenly, when they had looked round about, they saw no man any more, save Jesus only with themselves. And as they came down from the mountain, he charged them that they should tell no man what things they had seen, till the Son of man were risen from the dead. And they kept that saying with themselves, questioning one with another what the rising from the dead should mean. And they asked him, saying, Why say the scribes that Elias must first come? And he answered and told them, Elias verily cometh first, and restoreth all things; and how it is written of the Son of man, that he must suffer many things, and be set at nought. But I say unto you, That Elias is indeed come, and they have done unto him whatsoever they listed, as it is written of him.

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,
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

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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 A

V. O Lord, show thy mercy upon us;
R. And grant us thy salvation.
V. Endue thy ministers with righteousness;
R. And make thy chosen people joyful.
V. Give peace, O Lord, in all the world;
R. For only in thee can we live in safety.
V. Lord, keep this nation under thy care;
R. And guide us in the way of justice and truth.
V. Let thy way be known upon earth;
R. Thy saving health among all nations.
V. Let not the needy, O Lord, be forgotten;
R. Nor the hope of the poor be taken away.
V. Create in us clean hearts, O God;
R. And sustain us with thy Holy Spirit.

The Collect of the Day

Gracious Father, whose blessed Son Jesus Christ came down from heaven to be the true bread which giveth life to the world: Evermore give us this bread, that he may live in us, and we in him; 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

O God, who hast made of one blood all the peoples of the earth, and didst send thy blessed Son to preach peace to those who are far off and to those who are near: Grant that people everywhere may seek after thee and find thee; bring the nations into thy fold; pour out thy Spirit upon all flesh; and hasten the coming of thy kingdom; through the same thy Son Jesus Christ our Lord. 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 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.

The grace of our Lord Jesus Christ, and the love of God, and the fellowship of the Holy
Ghost, be with us all evermore. Amen.

2 Corinthians 13:14