

Morning Prayer

The Fourth Sunday in Lent

Rend your hearts and not your garments. Return to the Lord your God, for he is gracious and merciful, slow to anger and abounding in steadfast love, and repents of evil.

Joel 2:13

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

Psalm 100

The Lord is full of compassion and mercy: Come let us adore him.

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.

The Lord is full of compassion and mercy: Come let us adore him.

Psalm 66

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Be joyful in God, all you lands; *

sing the glory of his Name; sing the glory of his praise.

Say to God, "How awesome are your deeds! *

because of your great strength your enemies cringe before you.

All the earth bows down before you, *

sings to you, sings out your Name."

Come now and see the works of God, *

how wonderful he is in his doing toward all people.

He turned the sea into dry land, so that they went through the water on foot, *

and there we rejoiced in him.

In his might he rules for ever; his eyes keep watch over the nations; *

let no rebel rise up against him.

Bless our God, you peoples; *

make the voice of his praise to be heard;

Who holds our souls in life, *
and will not allow our feet to slip.
For you, O God, have proved us; *
you have tried us just as silver is tried.
You brought us into the snare; *
you laid heavy burdens upon our backs.
You let enemies ride over our heads; we went through fire and water; *
but you brought us out into a place of refreshment.
I will enter your house with burnt-offerings and will pay you my vows, *
which I promised with my lips and spoke with my mouth when I was in trouble.
I will offer you sacrifices of fat beasts with the smoke of rams; *
I will give you oxen and goats.
Come and listen, all you who fear God, *
and I will tell you what he has done for me.
I called out to him with my mouth, *
and his praise was on my tongue.
If I had found evil in my heart, *
the Lord would not have heard me;
But in truth God has heard me; *
he has attended to the voice of my prayer.
Blessed be God, who has not rejected my prayer, *
nor withheld his love from me.

Psalm 67

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May God be merciful to us and bless us, *
show us the light of his countenance and come to us.
Let your ways be known upon earth, *
your saving health among all nations.
Let the peoples praise you, O God; *
let all the peoples praise you.
Let the nations be glad and sing for joy, *
for you judge the peoples with equity and guide all the nations upon earth.
Let the peoples praise you, O God; *
let all the peoples praise you.
The earth has brought forth her increase; *
may God, our own God, give us his blessing.
May God give us his blessing, *
and may all the ends of the earth stand in awe of him.
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. 48:8-22

A Reading from the Book of Genesis.

When Israel saw Joseph's sons, he said, "Who are these?" Joseph said to his father, "They are my sons, whom God has given me here." And he said, "Bring them to me, please, that I may bless

them.” Now the eyes of Israel were dim with age, and he could not see well. So Joseph brought them near him; and he kissed them and embraced them. Israel said to Joseph, “I did not expect to see your face; and here God has let me see your children also.” Then Joseph removed them from his father’s knees, and he bowed himself with his face to the earth. Joseph took them both, Ephraim in his right hand toward Israel’s left, and Manasseh in his left hand toward Israel’s right, and brought them near him. But Israel stretched out his right hand and laid it on the head of Ephraim, who was the younger, and his left hand on the head of Manasseh, crossing his hands, for Manasseh was the firstborn. He blessed Joseph, and said, “The God before whom my ancestors Abraham and Isaac walked, the God who has been my shepherd all my life to this day, the angel who has redeemed me from all harm, bless the boys; and in them let my name be perpetuated, and the name of my ancestors Abraham and Isaac; and let them grow into a multitude on the earth.” When Joseph saw that his father laid his right hand on the head of Ephraim, it displeased him; so he took his father’s hand, to remove it from Ephraim’s head to Manasseh’s head. Joseph said to his father, “Not so, my father! Since this one is the firstborn, put your right hand on his head.” But his father refused, and said, “I know, my son, I know; he also shall become a people, and he also shall be great. Nevertheless his younger brother shall be greater than he, and his offspring shall become a multitude of nations.” So he blessed them that day, saying, “By you Israel will invoke blessings, saying, God make you like Ephraim and like Manasseh.” So he put Ephraim ahead of Manasseh. Then Israel said to Joseph, “I am about to die, but God will be with you and will bring you again to the land of your ancestors. I now give to you one portion more than to your brothers, the portion that I took from the hand of the Amorites with my sword and with my bow.”

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 John 6:27-40

A Reading from the Gospel According to John.

Do not work for the food that perishes, but for the food that endures for eternal life, which the Son of Man will give you. For it is on him that God the Father has set his seal.”

Then they said to him, “What must we do to perform the works of God?” Jesus answered them, “This is the work of God, that you believe in him whom he has sent.” So they said to him, “What sign are you going to give us then, so that we may see it and believe you? What work are you performing? Our ancestors ate the manna in the wilderness; as it is written, He gave them bread from heaven to eat.” Then Jesus said to them, “Very truly, I tell you, it was not Moses who gave you the bread from heaven, but it is my Father who gives you the true bread from heaven. For the bread of God is that which comes down from heaven and gives life to the world.” They said to him, “Sir, give us this bread always.” Jesus said to them, “I am the bread of life. Whoever comes to me will never be hungry, and whoever believes in me will never be thirsty. But I said to you that you have seen me and yet do not believe. Everything that the Father gives me will come to me, and anyone who comes to me I will never drive away; for I have come down from heaven, not to do my own will, but the will of him who sent me. And this is the will of him who sent me, that I should lose nothing of all that he has given me, but raise it up on the last day. This is indeed the will of my Father, that all who see the Son and believe in him may have eternal life; and I will raise them up on the last day.”

The Word of the Lord.

Thanks be to God.

16. The Song of Zechariah

Luke 1: 68-79

Blessed be the Lord, the God of Israel; *
he has come to his people and set them free.
He has raised up for us a mighty savior, *
born of the house of his servant David.
Through his holy prophets he promised of old, that he would save us from our enemies, *
from the hands of all who hate us.
He promised to show mercy to our fathers *
and to remember his holy covenant.

This was the oath he swore to our father Abraham, *
to set us free from the hands of our enemies,
Free to worship him without fear, *
holy and righteous in his sight all the days of our life.
You, my child, shall be called the prophet of the Most High, *
for you will go before the Lord to prepare his way,
To give his people knowledge of salvation *
by the forgiveness of their sins.
In the tender compassion of our God *
the dawn from on high shall break upon us,
To shine on those who dwell in darkness and the shadow of death, *
and to guide our feet into the way of peace.
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

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

O God, you make us glad with the weekly remembrance of the glorious resurrection of your Son our Lord: Give us this day such blessing through our worship of you, that the week to come may be spent in your favor; through Jesus Christ our Lord. **Amen.**

A Prayer for Mission

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

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

2 Corinthians 13:14