

Morning Prayer

Saturday after the Fourth Sunday in Lent

Jesus said: "If any of you would come after me, deny yourself and take up your cross and follow me."

Mark 8:34

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

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.

Psalm 107: Part II

BCP p. 748

The LORD changed rivers into deserts, *
and water-springs into thirsty ground,
A fruitful land into salt flats, *
because of the wickedness of those who dwell there.
He changed deserts into pools of water *
and dry land into water-springs.
He settled the hungry there, *
and they founded a city to dwell in.
They sowed fields, and planted vineyards, *
and brought in a fruitful harvest.

He blessed them, so that they increased greatly; *
he did not let their herds decrease.
Yet when they were diminished and brought low, *
through stress of adversity and sorrow,
(He pours contempt on princes *
and makes them wander in trackless wastes)
He lifted up the poor out of misery *
and multiplied their families like flocks of sheep.
The upright will see this and rejoice, *
but all wickedness will shut its mouth.
Whoever is wise will ponder these things, *
and consider well the mercies of the LORD.

Psalm 108

BCP p. 749

My heart is firmly fixed, O God, my heart is fixed; *
I will sing and make melody.
Wake up, my spirit;
awake, lute and harp; *
I myself will waken the dawn.
I will confess you among the peoples, O LORD; *
I will sing praises to you among the nations.
For your loving-kindness is greater than the heavens, *
and your faithfulness reaches to the clouds.
Exalt yourself above the heavens, O God, *
and your glory over all the earth.
So that those who are dear to you may be delivered, *
save with your right hand and answer me.
[God spoke from his holy place and said, *
“I will exult and parcel out Shechem;
I will divide the valley of Succoth.
Gilead is mine and Manasseh is mine; *
Ephraim is my helmet and Judah my scepter.
Moab is my washbasin,
on Edom I throw down my sandal to claim it, *
and over Philistia will I shout in triumph.”
Who will lead me into the strong city? *
who will bring me into Edom?
Have you not cast us off, O God? *
you no longer go out, O God, with our armies.
Grant us your help against the enemy, *
for vain is the help of man.
With God we will do valiant deeds, *
and he shall tread our enemies under foot.]
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

Exod. 2:23-3:15

A Reading from the Book of Exodus.

After a long time the king of Egypt died. The Israelites groaned under their slavery, and cried out. Out of the slavery their cry for help rose up to God. God heard their groaning, and God remembered his covenant with Abraham, Isaac, and Jacob. God looked upon the Israelites, and God took notice of them.

Moses was keeping the flock of his father-in-law Jethro, the priest of Midian; he led his flock beyond the wilderness, and came to Horeb, the mountain of God. There the angel of the LORD appeared to him in a flame of fire out of a bush; he looked, and the bush was blazing, yet it was not consumed. Then Moses said, "I must turn aside and look at this great sight, and see why the bush is not burned up." When the LORD saw that he had turned aside to see, God called to him out of the bush, "Moses, Moses!" And he said, "Here I am." Then he said, "Come no closer! Remove the sandals from your feet, for the place on which you are standing is holy ground." He said further, "I am the God of your father, the God of Abraham, the God of Isaac, and the God of Jacob." And Moses hid his face, for he was afraid to look at God.

Then the LORD said, "I have observed the misery of my people who are in Egypt; I have heard their cry on account of their taskmasters. Indeed, I know their sufferings, and I have come down to deliver them from the Egyptians, and to bring them up out of that land to a good and broad land, a land flowing with milk and honey, to the country of the Canaanites, the Hittites, the Amorites, the Perizzites, the Hivites, and the Jebusites. The cry of the Israelites has now come to me; I have also seen how the Egyptians oppress them. So come, I will send you to Pharaoh to bring my people, the Israelites, out of Egypt."

But Moses said to God, "Who am I that I should go to Pharaoh, and bring the Israelites out of Egypt?" He said, "I will be with you; and this shall be the sign for you that it is I who sent you: when you have brought the people out of Egypt, you shall worship God on this mountain." But Moses said to God, "If I come to the Israelites and say to them, 'The God of your ancestors has sent me to you,' and they ask me, 'What is his name?'—what shall I say to them?" God said to Moses, "I AM WHO I AM." He said further, "Thus you shall say to the Israelites, 'YHWH has sent me to you.'" God also said to Moses, "Thus you shall say to the Israelites, 'The LORD, the God of your ancestors, the God of Abraham, the God of Isaac, and the God of Jacob, has sent me to you': This is my name forever, and this my title for all generations.

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 9:14-29

A Reading from the Gospel According to Mark.

When they came to the disciples, they saw a great crowd around them, and some scribes arguing with them. When the whole crowd saw him, they were immediately overcome with awe, and they ran forward to greet him. He asked them, "What are you arguing about with them?" Someone from the crowd answered him, "Teacher, I brought you my son; he has a spirit that makes him unable to speak; and whenever it seizes him, it dashes him down; and he foams and grinds his teeth and becomes rigid; and I asked your disciples to cast it out, but they could not do so." He answered them, "You faithless generation, how much longer must I be among you? How much longer must I put up with you? Bring him to me." And they brought the boy to him. When the spirit saw him, immediately it convulsed the boy, and he fell on the ground and rolled about, foaming at the mouth. Jesus asked the father, "How long has this been happening to him?" And he said, "From childhood. It has often cast him into the fire and into the water, to destroy him; but if you are able to do anything, have pity on us and help us." Jesus said to him, "If you are able! —All things can be done for the one who believes." Immediately the father of the child cried out, "I believe; help my unbelief!" When Jesus saw that a crowd came running together, he rebuked the unclean spirit, saying to it, "You spirit that keeps this boy from speaking and hearing, I command you, come out of him, and never enter him again!" After crying out and convulsing him terribly, it came out, and the boy was like a corpse, so that most of them said, "He is dead." But Jesus took him by the hand and lifted him up, and he was able to stand. When he had entered the house, his disciples asked him privately, "Why could we not cast it out?" He said to them, "This kind can come out only through prayer."

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 B

V. Save your people, Lord, and bless your inheritance;
R. Govern and uphold them, now and always.
V. Day by day we bless you;
R. We praise your name for ever.
V. Lord, keep us from all sin today;
R. Have mercy on us, Lord, have mercy.
V. Lord, show us your love and mercy;
R. For we put our trust in you.
V. In you, Lord, is our hope;
R. And we shall never hope in vain.

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 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

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 now 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