

## Morning Prayer

### Monday after the Fourth Sunday in Lent

Jesus said, "If anyone would come after me, let him deny himself and take up his cross and follow me."

*Mark 8:34*

### 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 89: Part I

**BCP p. 713**

Your love, O LORD, for ever will I sing; \*

from age to age my mouth will proclaim your faithfulness.

For I am persuaded that your love is established for ever; \*

you have set your faithfulness firmly in the heavens.

"I have made a covenant with my chosen one; \*

I have sworn an oath to David my servant:

"I will establish your line for ever, \*

and preserve your throne for all generations."

The heavens bear witness to your wonders, O LORD, \*  
and to your faithfulness in the assembly of the holy ones;  
For who in the skies can be compared to the LORD? \*  
who is like the LORD among the gods?  
God is much to be feared in the council of the holy ones, \*  
great and terrible to all those round about him.  
Who is like you, LORD God of hosts? \*  
O mighty LORD, your faithfulness is all around you.  
You rule the raging of the sea \*  
and still the surging of its waves.  
You have crushed Rahab of the deep with a deadly wound; \*  
you have scattered your enemies with your mighty arm.  
Yours are the heavens; the earth also is yours; \*  
you laid the foundations of the world and all that is in it.  
You have made the north and the south; \*  
Tabor and Hermon rejoice in your Name.  
You have a mighty arm; \*  
strong is your hand and high is your right hand.  
Righteousness and justice are the foundations of your throne; \*  
love and truth go before your face.  
Happy are the people who know the festal shout! \*  
they walk, O LORD, in the light of your presence.  
They rejoice daily in your Name; \*  
they are jubilant in your righteousness.  
For you are the glory of their strength, \*  
and by your favor our might is exalted.  
Truly, the LORD is our ruler; \*  
The Holy One of Israel is our King.  
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. 49:1-28**

A Reading from the Book of Genesis.

Then Jacob called his sons, and said: "Gather around, that I may tell you what will happen to you in days to come. Assemble and hear, O sons of Jacob; listen to Israel your father. Reuben, you are my firstborn, my might and the first fruits of my vigor, excelling in rank and excelling in power. Unstable as water, you shall no longer excel because you went up onto your father's bed; then you defiled it—you went up onto my couch!

Simeon and Levi are brothers; weapons of violence are their swords. May I never come into their council; may I not be joined to their company—for in their anger they killed men, and at their whim they hamstrung oxen. Cursed be their anger, for it is fierce, and their wrath, for it is cruel! I will divide them in Jacob, and scatter them in Israel.

Judah, your brothers shall praise you; your hand shall be on the neck of your enemies; your father's sons shall bow down before you. Judah is a lion's whelp; from the prey, my son, you have gone up. He crouches down, he stretches out like a lion, like a lioness—who dares rouse

him up? The scepter shall not depart from Judah, nor the ruler's staff from between his feet, until tribute comes to him; and the obedience of the peoples is his. Binding his foal to the vine and his donkey's colt to the choice vine, he washes his garments in wine and his robe in the blood of grapes; his eyes are darker than wine, and his teeth whiter than milk.

Zebulun shall settle at the shore of the sea; he shall be a haven for ships, and his border shall be at Sidon. Issachar is a strong donkey, lying down between the sheepfolds; he saw that a resting place was good, and that the land was pleasant; so he bowed his shoulder to the burden, and became a slave at forced labor. Dan shall judge his people as one of the tribes of Israel. Dan shall be a snake by the roadside, a viper along the path, that bites the horse's heels so that its rider falls backward. I wait for your salvation, O LORD. Gad shall be raided by raiders, but he shall raid at their heels. Asher's food shall be rich, and he shall provide royal delicacies. Naphtali is a doe let loose that bears lovely fawns.

Joseph is a fruitful bough, a fruitful bough by a spring; his branches run over the wall. The archers fiercely attacked him; they shot at him and pressed him hard. Yet his bow remained taut, and his arms were made agile by the hands of the Mighty One of Jacob, by the name of the Shepherd, the Rock of Israel, by the God of your father, who will help you, by the Almighty who will bless you with blessings of heaven above, blessings of the deep that lies beneath, blessings of the breasts and of the womb. The blessings of your father are stronger than the blessings of the eternal mountains, the bounties of the everlasting hills; may they be on the head of Joseph, on the brow of him who was set apart from his brothers. Benjamin is a ravenous wolf, in the morning devouring the prey, and at evening dividing the spoil.”

All these are the twelve tribes of Israel, and this is what their father said to them when he blessed them, blessing each one of them with a suitable blessing.

The Word of the Lord.

**Thanks be to God.**

## **9. The First Song of Isaiah**

*Isaiah 12:2-6*

Surely, it is God who saves me; \*

I will trust in him and not be afraid.

For the Lord is my stronghold and my sure defense, \*

and he will be my Savior.

Therefore you shall draw water with rejoicing \*

from the springs of salvation.

And on that day you shall say, \*

Give thanks to the Lord and call upon his Name;

Make his deeds known among the peoples; \*

see that they remember that his Name is exalted.

Sing the praises of the Lord, for he has done great things, \*

and this is known in all the world.

Cry aloud, inhabitants of Zion, ring out your joy, \*

for the great one in the midst of you is the Holy One of Israel.

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 Mark 7:24-37**

A Reading from the Gospel According to Mark.

From there he set out and went away to the region of Tyre. He entered a house and did not want anyone to know he was there. Yet he could not escape notice, but a woman whose little daughter had an unclean spirit immediately heard about him, and she came and bowed down at his feet. Now the woman was a Gentile, of Syrophenician origin. She begged him to cast the demon out of her daughter. He said to her, Let the children be fed first, for it is not fair to take the children's food and throw it to the dogs. But she answered him, Sir, even the dogs under the table eat the children's crumbs. Then he said to her, For saying that, you may go—the demon has left your daughter.' So she went home, found the child lying on the bed, and the demon gone.

Then he returned from the region of Tyre, and went by way of Sidon towards the Sea of Galilee, in the region of the Decapolis. They brought to him a deaf man who had an impediment in his speech; and they begged him to lay his hand on him. He took him aside in private, away from the crowd, and put his fingers into his ears, and he spat and touched his tongue. Then looking up to heaven, he sighed and said to him, Ephphatha', that is, Be opened. And immediately his ears were opened, his tongue was released, and he spoke plainly. Then Jesus ordered them to tell no one; but the more he ordered them, the more zealously they proclaimed it. They were astounded beyond measure, saying, He has done everything well; he even makes the deaf to hear and the mute to speak.'

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**

**BCP p. 96**

**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 the Renewal of Life**

O God, the King eternal, whose light divides the day from the night and turns the shadow of death into the morning: Drive far from us all wrong desires, incline our hearts to keep your law, and guide our feet into the way of peace; that, having done your will with cheerfulness during the day, we may, when night comes, rejoice to give you thanks; through Jesus Christ our Lord. **Amen.**

### **A Prayer for Mission**

Lord Jesus Christ, you stretched out your arms of love on the hard wood of the cross that everyone might come within the reach of your saving embrace: So clothe us in your Spirit that we, reaching forth our hands in love, may bring those who do not know you to the knowledge and love of you; for the honor of your Name. **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.**

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*