

## Morning Prayer

### The Fifth 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.

### Venite

*Psalm 95:1-7*

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!

### Psalm 118

**BCP p. 760**

Give thanks to the LORD, for he is good; \*  
his mercy endures for ever.  
Let Israel now proclaim, \*  
"His mercy endures for ever."  
Let the house of Aaron now proclaim, \*  
"His mercy endures for ever."  
Let those who fear the LORD now proclaim, \*  
"His mercy endures for ever."

I called to the LORD in my distress; \*  
the LORD answered by setting me free.  
The LORD is at my side, therefore I will not fear; \*  
what can anyone do to me?  
The LORD is at my side to help me; \*  
I will triumph over those who hate me.  
It is better to rely on the LORD \*  
than to put any trust in flesh.  
It is better to rely on the LORD \*  
than to put any trust in rulers.  
All the ungodly encompass me; \*  
in the Name of the LORD I will repel them.  
They hem me in, they hem me in on every side; \*  
in the name of the LORD I will repel them.  
They swarm about me like bees;  
they blaze like a fire of thorns; \*  
in the name of the LORD I will repel them.  
I was pressed so hard that I almost fell, \*  
but the LORD came to my help.  
The LORD is my strength and my song, \*  
and he has become my salvation.  
There is a sound of exultation and victory \*  
in the tents of the righteous:  
“The right hand of the LORD has triumphed! \*  
the right hand of the LORD is exalted!  
the right hand of the LORD has triumphed!”  
I shall not die, but live, \*  
and declare the works of the LORD.  
The LORD has punished me sorely, \*  
but he did not hand me over to death.  
Open for me the gates of righteousness; \*  
I will enter them;  
I will offer thanks to the LORD.  
“This is the gate of the LORD; \*  
he who is righteous may enter.”  
I will give thanks to you, for you answered me \*  
and have become my salvation.  
The same stone which the builders rejected \*  
has become the chief cornerstone.  
This is the LORD’S doing, \*  
and it is marvelous in our eyes.  
On this day the LORD has acted; \*  
we will rejoice and be glad in it.  
Hosanna, LORD, hosanna! \*  
LORD, send us now success.  
Blessed is he who comes in the name of the Lord; \*  
we bless you from the house of the LORD.  
God is the LORD; he has shined upon us; \*  
form a procession with branches up to the horns of the altar.

“You are my God, and I will thank you; \*  
you are my God, and I will exalt you.”  
Give thanks to the LORD, for he is good; \*  
his mercy endures for ever.

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. 3:16-4:12

A Reading from the Book of Exodus.

Go and assemble the elders of Israel, and say to them, The LORD, the God of your ancestors, the God of Abraham, of Isaac, and of Jacob, has appeared to me, saying: I have given heed to you and to what has been done to you in Egypt. I declare that I will bring you up out of the misery of Egypt, to the land of the Canaanites, the Hittites, the Amorites, the Perizzites, the Hivites, and the Jebusites, a land flowing with milk and honey.’ They will listen to your voice; and you and the elders of Israel shall go to the king of Egypt and say to him, The LORD, the God of the Hebrews, has met with us; let us now go a three days’ journey into the wilderness, so that we may sacrifice to the LORD our God. <sup>7</sup> know, however, that the king of Egypt will not let you go unless compelled by a mighty hand. So I will stretch out my hand and strike Egypt with all my wonders that I will perform in it; after that he will let you go. I will bring this people into such favor with the Egyptians that, when you go, you will not go empty-handed; each woman shall ask her neighbor and any woman living in the neighbor’s house for jewelry of silver and of gold, and clothing, and you shall put them on your sons and on your daughters; and so you shall plunder the Egyptians.”

Then Moses answered, “But suppose they do not believe me or listen to me, but say, The LORD did not appear to you.” The LORD said to him, “What is that in your hand?” He said, “A staff.” And he said, “Throw it on the ground.” So he threw the staff on the ground, and it became a snake; and Moses drew back from it. Then the LORD said to Moses, “Reach out your hand, and seize it by the tail” —so he reached out his hand and grasped it, and it became a staff in his hand— “so that they may believe that the LORD, the God of their ancestors, the God of Abraham, the God of Isaac, and the God of Jacob, has appeared to you.” Again, the LORD said to him, “Put your hand inside your cloak.” He put his hand into his cloak; and when he took it out, his hand was leprous, as white as snow. Then God said, “Put your hand back into your cloak” —so he put his hand back into his cloak, and when he took it out, it was restored like the rest of his body— “If they will not believe you or heed the first sign, they may believe the second sign. If they will not believe even these two signs or heed you, you shall take some water from the Nile and pour it on the dry ground; and the water that you shall take from the Nile will become blood on the dry ground.”

But Moses said to the LORD, “O my Lord, I have never been eloquent, neither in the past nor even now that you have spoken to your servant; but I am slow of speech and slow of tongue.” Then the LORD said to him, “Who gives speech to mortals? Who makes them mute or deaf, seeing or blind? Is it not I, the LORD? Now go, and I will be with your mouth and teach you what you are to speak.”

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 8:46-59**

A Reading from the Gospel According to John.

Which of you convicts me of sin? If I tell the truth, why do you not believe me? Whoever is from God hears the words of God. The reason you do not hear them is that you are not from God." The Jews answered him, "Are we not right in saying that you are a Samaritan and have a demon?" Jesus answered, "I do not have a demon; but I honor my Father, and you dishonor me. Yet I do not seek my own glory; there is one who seeks it and he is the judge.

Very truly, I tell you, whoever keeps my word will never see death.” The Jews said to him, “Now we know that you have a demon. Abraham died, and so did the prophets; yet you say, ‘Whoever keeps my word will never taste death.’ Are you greater than our father Abraham, who died? The prophets also died. Who do you claim to be?” Jesus answered, “If I glorify myself, my glory is nothing. It is my Father who glorifies me, he of whom you say, ‘He is our God,’ though you do not know him. But I know him; if I would say that I do not know him, I would be a liar like you. But I do know him and I keep his word. Your ancestor Abraham rejoiced that he would see my day; he saw it and was glad.” Then the Jews said to him, “You are not yet fifty years old, and have you seen Abraham?” Jesus said to them, “Very truly, I tell you, before Abraham was, I am.” So they picked up stones to throw at him, but Jesus hid himself and went out of the temple.

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**

**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**

**BCP p. 97**

*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**

Almighty God, you alone can bring into order the unruly wills and affections of sinners: Grant your people grace to love what you command and desire what you promise; that, among the swift and varied changes of the world, our hearts may surely there be fixed where true joys are to be found; through Jesus Christ our Lord, 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**

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 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.

Glory to God whose power, working in us, can do infinitely more than we can ask or  
imagine: Glory to God from generation to generation in the Church, and in Christ Jesus for  
ever and ever. Amen.

*Ephesians 3:20,21*