

## Morning Prayer

### Thursday after the Second 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*

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 70

**BCP p. 682**

Be pleased, O God, to deliver me; \*  
O LORD, make haste to help me.  
Let those who seek my life be ashamed  
and altogether dismayed; \*

let those who take pleasure in my misfortune  
draw back and be disgraced.  
Let those who say to me “Aha!” and gloat over me turn back, \*  
because they are ashamed.  
Let all who seek you rejoice and be glad in you; \*  
let those who love your salvation say for ever,  
“Great is the LORD!”  
But as for me, I am poor and needy; \*  
come to me speedily, O God.  
You are my helper and my deliverer; \*  
O LORD, do not tarry.

## Psalm 71

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In you, O LORD, have I taken refuge; \*  
let me never be ashamed.  
In your righteousness, deliver me and set me free; \*  
incline your ear to me and save me.  
Be my strong rock, a castle to keep me safe; \*  
you are my crag and my stronghold.  
Deliver me, my God, from the hand of the wicked, \*  
from the clutches of the evildoer and the oppressor.  
For you are my hope, O LORD God, \*  
my confidence since I was young.  
I have been sustained by you ever since I was born;  
from my mother’s womb you have been my strength; \*  
my praise shall be always of you.  
I have become a portent to many; \*  
but you are my refuge and my strength.  
Let my mouth be full of your praise \*  
and your glory all the day long.  
Do not cast me off in my old age; \*  
forsake me not when my strength fails.  
For my enemies are talking against me, \*  
and those who lie in wait for my life take counsel together.  
They say, “God has forsaken him;  
go after him and seize him; \*  
because there is none who will save.”  
O God, be not far from me; \*  
come quickly to help me, O my God.  
Let those who set themselves against me be put to shame and be disgraced; \*  
let those who seek to do me evil be covered with scorn and reproach.  
But I shall always wait in patience, \*  
and shall praise you more and more.  
My mouth shall recount your mighty acts  
and saving deeds all day long; \*  
though I cannot know the number of them.

I will begin with the mighty works of the Lord GOD; \*  
 I will recall your righteousness, yours alone.  
 O God, you have taught me since I was young, \*  
 and to this day I tell of your wonderful works.  
 And now that I am old and gray-headed, O God, do not forsake me, \*  
 till I make known your strength to this generation  
 and your power to all who are to come.  
 Your righteousness, O God, reaches to the heavens; \*  
 you have done great things;  
 who is like you, O God?  
 You have showed me great troubles and adversities, \*  
 but you will restore my life  
 and bring me up again from the deep places of the earth.  
 You strengthen me more and more; \*  
 you enfold and comfort me,  
 Therefore I will praise you upon the lyre for your faithfulness, O my God; \*  
 I will sing to you with the harp, O Holy One of Israel.  
 My lips will sing with joy when I play to you, \*  
 and so will my soul, which you have redeemed.  
 My tongue will proclaim your righteousness all day long, \*  
 for they are ashamed and disgraced who sought to do me harm.  
 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

**Jeremiah 4:9-10,19-28**

A Reading from the Book of the Prophet Jeremiah.

On that day, says the LORD, courage shall fail the king and the officials; the priests shall be appalled and the prophets astounded. Then I said, "Ah, Lord GOD, how utterly you have deceived this people and Jerusalem, saying, 'It shall be well with you,' even while the sword is at the throat!"

My anguish, my anguish! I writhe in pain! Oh, the walls of my heart! My heart is beating wildly; I cannot keep silent; for I hear the sound of the trumpet, the alarm of war. Disaster overtakes disaster, the whole land is laid waste. Suddenly my tents are destroyed, my curtains in a moment. How long must I see the standard, and hear the sound of the trumpet? "For my people are foolish, they do not know me; they are stupid children, they have no understanding. They are skilled in doing evil, but do not know how to do good." I looked on the earth, and lo, it was waste and void; and to the heavens, and they had no light. I looked on the mountains, and lo, they were quaking, and all the hills moved to and fro. I looked, and lo, there was no one at all, and all the birds of the air had fled. I looked, and lo, the fruitful land was a desert, and all its cities were laid in ruins before the LORD, before his fierce anger. For thus says the LORD: The whole land shall be a desolation; yet I will not make a full end. Because of this the earth shall mourn, and the heavens above grow black; for I have spoken, I have purposed; I have not relented nor will I turn back.

The Word of the Lord.  
Thanks be to God.

## 8. The Song of Moses

*Exodus 15:1-6, 11-13, 17-18*

I will sing to the Lord, for he is lofty and uplifted; \*  
the horse and its rider has he hurled into the sea.  
The Lord is my strength and my refuge; \*  
the Lord has become my Savior.  
This is my God and I will praise him, \*  
the God of my people and I will exalt him.  
The Lord is a mighty warrior; \*  
Yahweh is his Name.  
The chariots of Pharaoh and his army has he hurled into the sea; \*  
the finest of those who bear armor have been drowned in the Red Sea.  
The fathomless deep has overwhelmed them; \*  
they sank into the depths like a stone.  
Your right hand, O Lord, is glorious in might; \*  
your right hand, O Lord, has overthrown the enemy.  
Who can be compared with you, O Lord, among the gods? \*  
who is like you, glorious in holiness,  
awesome in renown, and worker of wonders?  
You stretched forth your right hand; \*  
the earth swallowed them up.  
With your constant love you led the people you redeemed; \*  
with your might you brought them in safety to your holy dwelling.  
You will bring them in and plant them \*  
on the mount of your possession,  
The resting-place you have made for yourself, O Lord, \*  
the sanctuary, O Lord, that your hand has established.  
The Lord shall reign \*  
for ever and 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 Second Lesson

**Rom. 2:12-24**

A Reading from the Letter to the Romans.

All who have sinned apart from the law will also perish apart from the law, and all who have sinned under the law will be judged by the law. For it is not the hearers of the law who are righteous in God's sight, but the doers of the law who will be justified. When Gentiles, who do not possess the law, do instinctively what the law requires, these, though not having the law, are a law to themselves. They show that what the law requires is written on their hearts, to which their own conscience also bears witness; and their conflicting thoughts will accuse or perhaps excuse them on the day when, according to my gospel, God, through Jesus Christ, will judge the secret thoughts of all.

But if you call yourself a Jew and rely on the law and boast of your relation to God and know his will and determine what is best because you are instructed in the law, and if you are sure

that you are a guide to the blind, a light to those who are in darkness, a corrector of the foolish, a teacher of children, having in the law the embodiment of knowledge and truth, you, then, that teach others, will you not teach yourself? While you preach against stealing, do you steal? You that forbid adultery, do you commit adultery? You that abhor idols, do you rob temples? You that boast in the law, do you dishonor God by breaking the law? For, as it is written, "The name of God is blasphemed among the Gentiles because of you."

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

O God, whose glory it is always to have mercy: Be gracious to all who have gone astray from your ways, and bring them again with penitent hearts and steadfast faith to embrace and hold fast the unchangeable truth of your Word, Jesus Christ your Son; who with you and the Holy Spirit lives and reigns, one God, for ever and 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 Guidance**

Heavenly Father, in you we live and move and have our being: We humbly pray you so to guide and govern us by your Holy Spirit, that in all the cares and occupations of our life we may not forget you, but may remember that we are ever walking in your sight; 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*