

Morning Prayer

Friday 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 102

BCP p. 731

LORD, hear my prayer, and let my cry come before you; *

hide not your face from me in the day of my trouble.

Incline your ear to me; *

when I call, make haste to answer me,

For my days drift away like smoke, *

and my bones are hot as burning coals.

My heart is smitten like grass and withered, *

so that I forget to eat my bread.

Because of the voice of my groaning *
I am but skin and bones.
I have become like a vulture in the wilderness, *
like an owl among the ruins.
I lie awake and groan; *
I am like a sparrow, lonely on a house-top.
My enemies revile me all day long, *
and those who scoff at me have taken an oath against me.
For I have eaten ashes for bread *
and mingled my drink with weeping.
Because of your indignation and wrath *
you have lifted me up and thrown me away.
My days pass away like a shadow, *
and I wither like the grass.
But you, O LORD, endure for ever, *
and your Name from age to age.
You will arise and have compassion on Zion, for it is time to have mercy upon her; *
indeed, the appointed time has come.
For your servants love her very rubble, *
and are moved to pity even for her dust.
The nations shall fear your Name, O LORD, *
and all the kings of the earth your glory.
For the LORD will build up Zion, *
and his glory will appear.
He will look with favor on the prayer of the homeless; *
he will not despise their plea.
Let this be written for a future generation, *
so that a people yet unborn may praise the LORD.
For the LORD looked down from his holy place on high; *
from the heavens he beheld the earth;
That he might hear the groan of the captive *
and set free those condemned to die;
That they may declare in Zion the Name of the LORD, *
and his praise in Jerusalem;
When the peoples are gathered together, *
and the kingdoms also, to serve the LORD.
He has brought down my strength before my time; *
he has shortened the number of my days;
And I said, "O my God, do not take me away in the midst of my days; *
your years endure throughout all generations.
In the beginning, O LORD, you laid the foundations of the earth, *
and the heavens are the work of your hands;
They shall perish, but you will endure; they all shall wear out like a garment; *
as clothing you will change them, and they shall be changed;
But you are always the same, *
and your years will never end.
The children of your servants shall continue, *
and their offspring shall stand fast in your sight."
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. 2:1-22

A Reading from the Book of Exodus.

Now a man from the house of Levi went and married a Levite woman. The woman conceived and bore a son; and when she saw that he was a fine baby, she hid him three months. When she could hide him no longer she got a papyrus basket for him, and plastered it with bitumen and pitch; she put the child in it and placed it among the reeds on the bank of the river. His sister stood at a distance, to see what would happen to him.

The daughter of Pharaoh came down to bathe at the river, while her attendants walked beside the river. She saw the basket among the reeds and sent her maid to bring it. When she opened it, she saw the child. He was crying, and she took pity on him, "This must be one of the Hebrews' children," she said. Then his sister said to Pharaoh's daughter, "Shall I go and get you a nurse from the Hebrew women to nurse the child for you?" Pharaoh's daughter said to her, "Yes." So the girl went and called the child's mother. Pharaoh's daughter said to her, "Take this child and nurse it for me, and I will give you your wages." So the woman took the child and nursed it. When the child grew up, she brought him to Pharaoh's daughter, and she took him as her son. She named him Moses, "because," she said, "I drew him out of the water."

One day, after Moses had grown up, he went out to his people and saw their forced labor. He saw an Egyptian beating a Hebrew, one of his kinsfolk. He looked this way and that, and seeing no one he killed the Egyptian and hid him in the sand. When he went out the next day, he saw two Hebrews fighting; and he said to the one who was in the wrong, "Why do you strike your fellow Hebrew?" He answered, "Who made you a ruler and judge over us? Do you mean to kill me as you killed the Egyptian?" Then Moses was afraid and thought, "Surely the thing is known." When Pharaoh heard of it, he sought to kill Moses. But Moses fled from Pharaoh. He settled in the land of Midian, and sat down by a well.

The priest of Midian had seven daughters. They came to draw water, and filled the troughs to water their father's flock. But some shepherds came and drove them away. Moses got up and came to their defense and watered their flock. When they returned to their father Reuel, he said, "How is it that you have come back so soon today?" They said, "An Egyptian helped us against the shepherds; he even drew water for us and watered the flock." He said to his daughters, "Where is he? Why did you leave the man? Invite him to break bread." Moses agreed to stay with the man, and he gave Moses his daughter Zipporah in marriage. She bore a son, and he named him Gershom; for he said, "I have been an alien residing in a foreign land."

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 Mark 9:2-13

A Reading from the Gospel According to Mark.

Six days later, Jesus took with him Peter and James and John, and led them up a high mountain apart, by themselves. And he was transfigured before them, and his clothes became dazzling white, such as no one on earth could bleach them. And there appeared to them Elijah with Moses, who were talking with Jesus. Then Peter said to Jesus, "Rabbi, it is good for us to be here; let us make three dwellings, one for you, one for Moses, and one for Elijah." He did not know what to say, for they were terrified. Then a cloud overshadowed them, and from the cloud there came a voice, "This is my Son, the Beloved; listen to him!" Suddenly when they looked around, they saw no one with them any more, but only Jesus.

As they were coming down the mountain, he ordered them to tell no one about what they had seen, until after the Son of Man had risen from the dead. So they kept the matter to themselves, questioning what this rising from the dead could mean. Then they asked him, "Why do the scribes say that Elijah must come first?" He said to them, "Elijah is indeed coming first to restore all things. How then is it written about the Son of Man, that he is to go through many sufferings and be treated with contempt? But I tell you that Elijah has come, and they did to him whatever they pleased, as it is written about him."

The Word of the Lord.
Thanks be to God.

18. A Song to the Lamb *Revelation 4:11, 5:9-10, 13*

Splendor and honor and kingly power *
are yours by right, O Lord our God,
For you created everything that is, *
and by your will they were created and have their being;
And yours by right, O Lamb that was slain, *
for with your blood you have redeemed for God,
From every family, language, people, and nation, *
a kingdom of priests to serve our God.
And so, to him who sits upon the throne, *
and to Christ the Lamb,
Be worship and praise, dominion and splendor, *
for ever and for evermore.

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 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.**

Cuthbert, Bishop of Lindisfarne, 687

Merciful God, who called Cuthbert from following the flock to be a shepherd of your people: Mercifully grant that we also may go without fear to dangerous and remote places, to seek the indifferent and the lost; 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 Fridays

Almighty God, whose most dear Son went not up to joy but first he suffered pain, and entered not into glory before he was crucified: Mercifully grant that we, walking in the way of the cross, may find it none other than the way of life and peace; through Jesus Christ our Lord. **Amen.**

A Prayer for Mission

Almighty and everlasting God, by whose Spirit the whole body of your faithful people is governed and sanctified: Receive our supplications and prayers which we offer before you for all members of your holy Church, that in their vocation and ministry they may truly and devoutly serve you; through our Lord and Savior Jesus Christ. **Amen.**

Let us pray for our own needs and those of others.

The General Thanksgiving

BCP p. 101

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