

## Morning Prayer

### Friday after the Fifth Sunday in Lent

I will arise and go to my father, and will say unto him, "Father, I have sinned against heaven, and before thee, and am no more worthy to be called thy son."

*Luke 15:18, 19*

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*Officiant* O Lord, open thou our lips.  
*People* And our mouth shall show forth thy praise.

Glory be to the Father, and to the Son, and to the Holy Ghost: \*  
As it was in the beginning, is now, and ever shall be, world without end. Amen.

### Psalm 95

O come, let us sing unto the Lord \*  
let us heartily rejoice in the strength of our salvation.  
Let us come before his presence with thanksgiving \*  
and shew ourselves glad in him with psalms.  
For the Lord is a great God \*  
and a great King above all gods.  
In his hand are all the corners of the earth \*  
and the strength of the hills is his also.  
The sea is his, and he made it \*  
and his hands prepared the dry land.  
O come, let us worship and fall down \*  
and kneel before the Lord our Maker.  
For he is the Lord our God \*  
and we are the people of his pasture, and the sheep of his hand.  
To-day if ye will hear his voice, harden not your hearts \*  
as in the provocation, and as in the day of temptation in the wilderness;  
When your fathers tempted me \*  
proved me, and saw my works.  
Forty years long was I grieved with this generation, and said \*  
It is a people that do err in their hearts, for they have not known my ways;  
Unto whom I swear in my wrath \*  
that they should not enter into my rest.

### Psalm 22

My God, my God, look upon me; why hast thou forsaken me \*  
and art so far from my health, and from the words of my complaint?

O my God, I cry in the day-time, but thou hearest not \*  
and in the night-season also I take no rest.  
And thou continuest holy \*  
O thou worship of Israel.  
Our fathers hoped in thee \*  
they trusted in thee, and thou didst deliver them.  
They called upon thee, and were holpen \*  
they put their trust in thee, and were not confounded.  
But as for me, I am a worm, and no man \*  
a very scorn of men, and the out-cast of the people.  
All they that see me laugh me to scorn \*  
they shoot out their lips, and shake their heads, saying,  
He trusted in God, that he would deliver him \*  
let him deliver him, if he will have him.  
But thou art he that took me out of my mother's womb \*  
thou wast my hope, when I hanged yet upon my mother's breasts.  
I have been left unto thee ever since I was born \*  
thou art my God even from my mother's womb.  
O go not from me, for trouble is hard at hand \*  
and there is none to help me.  
Many oxen are come about me \*  
fat bulls of Basan close me in on every side.  
They gape upon me with their mouths \*  
as it were a ramping and a roaring lion.  
I am poured out like water, and all my bones are out of joint \*  
my heart also in the midst of my body is even like melting wax.  
My strength is dried up like a potsherd, and my tongue cleaveth to my gums \*  
and thou shalt bring me into the dust of death.  
For many dogs are come about me \*  
and the council of the wicked layeth siege against me.  
They pierced my hands and my feet; I may tell all my bones \*  
they stand staring and looking upon me.  
They part my garments among them \*  
and cast lots upon my vesture.  
But be not thou far from me, O Lord \*  
thou art my succour, haste thee to help me.  
Deliver my soul from the sword \*  
my darling from the power of the dog.  
Save me from the lion's mouth \*  
thou hast heard me also from among the horns of the unicorns.  
I will declare thy Name unto my brethren \*  
in the midst of the congregation will I praise thee.  
O praise the Lord, ye that fear him \*  
magnify him, all ye of the seed of Jacob, and fear him, all ye seed of Israel;  
For he hath not despised, nor abhorred, the low estate of the poor \*  
he hath not hid his face from him, but when he called unto him he heard him.  
My praise is of thee in the great congregation \*  
my vows will I perform in the sight of them that fear him.  
The poor shall eat, and be satisfied \*  
they that seek after the Lord shall praise him; your heart shall live for ever.

All the ends of the world shall remember themselves, and be turned unto the Lord \*  
and all the kindreds of the nations shall worship before him.  
For the kingdom is the Lord's \*  
and he is the Governor among the people.  
All such as be fat upon earth \*  
have eaten, and worshipped.  
All they that go down into the dust shall kneel before him \*  
and no man hath quickened his own soul.  
My seed shall serve him \*  
they shall be counted unto the Lord for a generation.  
They shall come, and the heavens shall declare his righteousness \*  
unto a people that shall be born, whom the Lord hath made.  
Glory be to the Father, and to the Son, and to the Holy Ghost: \*  
As it was in the beginning, is now, and ever shall be, world without end. Amen.

## **The Lessons**

### **The First Lesson**

**Exod. 9:13-35**

A Reading from the Book of Exodus.

And the LORD said unto Moses, Rise up early in the morning, and stand before Pharaoh, and say unto him, Thus saith the LORD God of the Hebrews, Let my people go, that they may serve me. For I will at this time send all my plagues upon thine heart, and upon thy servants, and upon thy people; that thou mayest know that there is none like me in all the earth. For now I will stretch out my hand, that I may smite thee and thy people with pestilence; and thou shalt be cut off from the earth. And in very deed for this cause have I raised thee up, for to shew in thee my power; and that my name may be declared throughout all the earth. As yet exaltest thou thyself against my people, that thou wilt not let them go? Behold, to morrow about this time I will cause it to rain a very grievous hail, such as hath not been in Egypt since the foundation thereof even until now. Send therefore now, and gather thy cattle, and all that thou hast in the field; for upon every man and beast which shall be found in the field, and shall not be brought home, the hail shall come down upon them, and they shall die. He that feared the word of the LORD among the servants of Pharaoh made his servants and his cattle flee into the houses: And he that regarded not the word of the LORD left his servants and his cattle in the field. And the LORD said unto Moses, Stretch forth thine hand toward heaven, that there may be hail in all the land of Egypt, upon man, and upon beast, and upon every herb of the field, throughout the land of Egypt. And Moses stretched forth his rod toward heaven: and the LORD sent thunder and hail, and the fire ran along upon the ground; and the LORD rained hail upon the land of Egypt. So there was hail, and fire mingled with the hail, very grievous, such as there was none like it in all the land of Egypt since it became a nation. And the hail smote throughout all the land of Egypt all that was in the field, both man and beast; and the hail smote every herb of the field, and brake every tree of the field. Only in the land of Goshen, where the children of Israel were, was there no hail. And Pharaoh sent, and called for Moses and Aaron, and said unto them, I have sinned this time: the LORD is righteous, and I and my people are wicked. Intreat the LORD (for it is enough) that there be no more mighty thunderings and hail; and I will let you go, and ye shall stay no longer. And Moses said unto him, As soon as I am gone out of the city, I will spread abroad my hands

unto the LORD; and the thunder shall cease, neither shall there be any more hail; that thou mayest know how that the earth is the LORD's. But as for thee and thy servants, I know that ye will not yet fear the LORD God. And the flax and the barley was smitten: for the barley was in the ear, and the flax was balled. But the wheat and the rye were not smitten: for they were not grown up. And Moses went out of the city from Pharaoh, and spread abroad his hands unto the LORD: and the thunders and hail ceased, and the rain was not poured upon the earth. And when Pharaoh saw that the rain and the hail and the thunders were ceased, he sinned yet more, and hardened his heart, he and his servants. And the heart of Pharaoh was hardened, neither would he let the children of Israel go; as the LORD had spoken by Moses.

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.

## The Second Lesson

Mark 10:32-45

A Reading from the Gospel According to Mark.

And they were in the way going up to Jerusalem; and Jesus went before them: and they were amazed; and as they followed, they were afraid. And he took again the twelve, and began to tell them what things should happen unto him, Saying, Behold, we go up to Jerusalem; and the Son of man shall be delivered unto the chief priests, and unto the scribes; and they shall condemn him to death, and shall deliver him to the Gentiles: And they shall mock him, and shall scourge him, and shall spit upon him, and shall kill him: and the third day he shall rise again. And James and John, the sons of Zebedee, come unto him, saying, Master, we would that thou shouldest do for us whatsoever we shall desire. And he said unto them, What would ye that I should do for you? They said unto him, Grant unto us that we may sit, one on thy right hand, and the other on thy left hand, in thy glory. But Jesus said unto them, Ye know not what ye ask: can ye drink of the cup that I drink of? and be baptized with the baptism that I am baptized with? And they said unto him, We can. And Jesus said unto them, Ye shall indeed drink of the cup that I drink of; and with the baptism that I am baptized withal shall ye be baptized: But to sit on my right hand and on my left hand is not mine to give; but it shall be given to them for whom it is prepared. And when the ten heard it, they began to be much displeased with James and John. But Jesus called them to him, and saith unto them, Ye know that they which are accounted to rule over the Gentiles exercise lordship over them; and their great ones exercise authority upon them. But so shall it not be among you: but whosoever will be great among you, shall be your minister: And whosoever of you will be the chiefest, shall be servant of all. For even the Son of man came not to be ministered unto, but to minister, and to give his life a ransom for many.

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

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**I believe in God, the Father almighty,  
maker of heaven and earth;**

**And in Jesus Christ his only Son our Lord;  
who was conceived by the Holy Ghost,  
born of the Virgin Mary,  
suffered under Pontius Pilate,  
was crucified, dead, and buried.  
He descended into hell.  
The third day he rose again from the dead.  
He ascended into heaven,  
and sitteth on the right hand of God the Father almighty.  
From thence he shall come to judge the quick and the dead.**

**I believe in the Holy Ghost,  
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 with thy spirit.

*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 A**

- V.* O Lord, show thy mercy upon us;  
*R.* And grant us thy salvation.  
*V.* Endue thy ministers with righteousness;  
*R.* And make thy chosen people joyful.  
*V.* Give peace, O Lord, in all the world;  
*R.* For only in thee can we live in safety.  
*V.* Lord, keep this nation under thy care;  
*R.* And guide us in the way of justice and truth.  
*V.* Let thy way be known upon earth;  
*R.* Thy saving health among all nations.  
*V.* Let not the needy, O Lord, be forgotten;  
*R.* Nor the hope of the poor be taken away.  
*V.* Create in us clean hearts, O God;  
*R.* And sustain us with thy Holy Spirit.

## **The Collect of the Day**

O Almighty God, who alone canst order the unruly wills and affections of sinful men: Grant unto thy people that they may love the thing which thou commandest, and desire that which thou dost promise; that so, among the sundry and manifold changes of the world, our hearts may surely there be fixed where true joys are to be found; through Jesus Christ our Lord, who liveth and reigneth with thee and the Holy Spirit, one God, now and for ever. Amen.

## **The Collect of the Day**

Almighty and everlasting God, who hatest nothing that thou hast made and dost forgive the sins of all those 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 thee, the God of all mercy, perfect remission and forgiveness; through Jesus Christ our Lord, who liveth and reigneth with thee 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 the same thy Son Jesus Christ our Lord. Amen.

## **A Prayer for Mission**

Almighty and everlasting God, by whose Spirit the whole body of thy faithful people is governed and sanctified: Receive our supplications and prayers which we offer before thee

for all members of thy holy Church, that in their vocation and ministry they may truly and godly serve thee; through our Lord and Savior Jesus Christ. 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 thine unworthy servants  
do give thee most humble and hearty thanks  
for all thy goodness and loving-kindness  
to us and to all men.

We bless thee for our creation, preservation,  
and all the blessings of this life;  
but above all for thine inestimable 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 beseech thee,  
give us that due sense of all thy mercies,  
that our hearts may be unfeignedly thankful;  
and that we show forth thy praise,  
not only with our lips, but in our lives,  
by giving up our selves to thy service,  
and by walking before thee  
in holiness and righteousness all our days;  
through Jesus Christ our Lord,  
to whom, with thee and the Holy Ghost,  
be all honor and glory, world without end. 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*