

Morning Prayer

Monday after the Fifth 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.

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 31

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In you, O LORD, have I taken refuge; let me never be put to shame; *

deliver me in your righteousness.

Incline your ear to me; *

make haste to deliver me.

Be my strong rock, a castle to keep me safe, for you are my crag and my stronghold; *

for the sake of your Name, lead me and guide me.

Take me out of the net that they have secretly set for me, *

for you are my tower of strength.

Into your hands I commend my spirit, *
for you have redeemed me, O LORD, O God of truth.
I hate those who cling to worthless idols, *
and I put my trust in the LORD.
I will rejoice and be glad because of your mercy; *
for you have seen my affliction; you know my distress.
You have not shut me up in the power of the enemy; *
you have set my feet in an open place.
Have mercy on me, O LORD, for I am in trouble; *
my eye is consumed with sorrow, and also my throat and my belly.
For my life is wasted with grief, and my years with sighing; *
my strength fails me because of affliction, and my bones are consumed.
I have become a reproach to all my enemies and even to my neighbors, a dismay to those of my
acquaintance; *
when they see me in the street they avoid me.
I am forgotten like a dead man, out of mind; *
I am as useless as a broken pot.
For I have heard the whispering of the crowd; fear is all around; *
they put their heads together against me; they plot to take my life.
But as for me, I have trusted in you, O LORD. *
I have said, "You are my God.
My times are in your hand; *
rescue me from the hand of my enemies, and from those who persecute me.
Make your face to shine upon your servant, *
and in your loving-kindness save me."
LORD, let me not be ashamed for having called upon you; *
rather, let the wicked be put to shame; let them be silent in the grave.
Let the lying lips be silenced which speak against the righteous, *
haughtily, disdainfully, and with contempt.
How great is your goodness, O LORD! which you have laid up for those who fear you; *
which you have done in the sight of all for those who put their trust in you.
You hide them in the covert of your presence from those who slander them; *
you keep them in your shelter from the strife of tongues.
Blessed be the LORD! *
for he has shown me the wonders of his love in a besieged city.
Yet I said in my alarm, "I have been cut off from the sight of your eyes." *
Nevertheless, you heard the sound of my entreaty when I cried out to you.
Love the LORD, all you who worship him; *
the LORD protects the faithful, but repays to the full those who act haughtily.
Be strong and let your heart take courage, *
all you who wait for the LORD.
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. 4:10-31

A Reading from the Book of Exodus.

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.” But he said, “O my Lord, please send someone else.” Then the anger of the LORD was kindled against Moses and he said, “What of your brother Aaron, the Levite? I know that he can speak fluently; even now he is coming out to meet you, and when he sees you his heart will be glad. You shall speak to him and put the words in his mouth; and I will be with your mouth and with his mouth, and will teach you what you shall do. He indeed shall speak for you to the people; he shall serve as a mouth for you, and you shall serve as God for him. Take in your hand this staff, with which you shall perform the signs.”

Moses went back to his father-in-law Jethro and said to him, “Please let me go back to my kindred in Egypt and see whether they are still living.” And Jethro said to Moses, “Go in peace.” The LORD said to Moses in Midian, “Go back to Egypt; for all those who were seeking your life are dead.” So Moses took his wife and his sons, put them on a donkey and went back to the land of Egypt; and Moses carried the staff of God in his hand. And the LORD said to Moses, “When you go back to Egypt, see that you perform before Pharaoh all the wonders that I have put in your power; but I will harden his heart, so that he will not let the people go. Then you shall say to Pharaoh, Thus says the LORD: Israel is my firstborn son. I said to you, “Let my son go that he may worship me.” But you refused to let him go; now I will kill your firstborn son.”

On the way, at a place where they spent the night, the LORD met him and tried to kill him. But Zipporah took a flint and cut off her son’s foreskin, and touched Moses’ feet with it, and said, “Truly you are a bridegroom of blood to me!” So he let him alone. It was then she said, “A bridegroom of blood by circumcision.” The LORD said to Aaron, “Go into the wilderness to meet Moses.” So he went; and he met him at the mountain of God and kissed him. Moses told Aaron all the words of the LORD with which he had sent him, and all the signs with which he had charged him. Then Moses and Aaron went and assembled all the elders of the Israelites. Aaron spoke all the words that the LORD had spoken to Moses, and performed the signs in the sight of the people. The people believed; and when they heard that the LORD had given heed to the Israelites and that he had seen their misery, they bowed down and worshiped.

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 9:30-41

A Reading from the Gospel According to Mark.

They went on from there and passed through Galilee. He did not want anyone to know it; for he was teaching his disciples, saying to them, 'The Son of Man is to be betrayed into human hands, and they will kill him, and three days after being killed, he will rise again.' But they did not understand what he was saying and were afraid to ask him.

Then they came to Capernaum; and when he was in the house he asked them, 'What were you arguing about on the way?' But they were silent, for on the way they had argued with one another about who was the greatest. He sat down, called the twelve, and said to them, 'Whoever wants to be first must be last of all and servant of all.' Then he took a little child and put it among them; and taking it in his arms, he said to them, 'Whoever welcomes one such child in my name welcomes me, and whoever welcomes me welcomes not me but the one who sent me.'

John said to him, 'Teacher, we saw someone casting out demons in your name, and we tried to stop him, because he was not following us.' But Jesus said, 'Do not stop him; for no one who does a deed of power in my name will be able soon afterwards to speak evil of me. Whoever is not against us is for us. For truly I tell you, whoever gives you a cup of water to drink because you bear the name of Christ will by no means lose the reward.'

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 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

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.**

Gregory the Illuminator, Bishop and Missionary Of Armenia, c. 332

Almighty God, who raised up your servant Gregory to be a light in the world, and to preach the Gospel to the people of Armenia: Illuminate our hearts, that we also in our own generation may show forth your praise, who called us out of darkness and into your marvelous light; 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 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

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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.

May the God of hope fill us with all joy and peace in believing through the power of the Holy Spirit. **Amen.**

Romans 15:13