

## Morning Prayer

### Wednesday after the Third Sunday in Lent

I will arise and go to my father, and I will say to him, "Father, I have sinned against heaven and before you; I am no longer worthy to be called your son."

*Luke 15:18, 19*

### 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*

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 119: Mem

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Oh, how I love your law! \*

all the day long it is in my mind.

Your commandment has made me wiser than my enemies, \*

and it is always with me.

I have more understanding than all my teachers, \*  
for your decrees are my study.  
I am wiser than the elders, \*  
because I observe your commandments.  
I restrain my feet from every evil way, \*  
that I may keep your word.  
I do not shrink from your judgments, \*  
because you yourself have taught me.  
How sweet are your words to my taste! \*  
they are sweeter than honey to my mouth.  
Through your commandments I gain understanding; \*  
therefore I hate every lying way.

**Psalm 119: Nun**

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Your word is a lantern to my feet \*  
and a light upon my path.  
I have sworn and am determined \*  
to keep your righteous judgments.  
I am deeply troubled; \*  
preserve my life, O LORD, according to your word.  
Accept, O LORD, the willing tribute of my lips, \*  
and teach me your judgments.  
My life is always in my hand, \*  
yet I do not forget your law.  
The wicked have set a trap for me, \*  
but I have not strayed from your commandments.  
Your decrees are my inheritance for ever; \*  
truly, they are the joy of my heart.  
I have applied my heart to fulfill your statutes \*  
for ever and to the end.

**Psalm 119: Samekh**

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I hate those who have a divided heart, \*  
but your law do I love.  
You are my refuge and shield; \*  
my hope is in your word.  
Away from me, you wicked! \*  
I will keep the commandments of my God.  
Sustain me according to your promise, that I may live, \*  
and let me not be disappointed in my hope.  
Hold me up, and I shall be safe, \*  
and my delight shall be ever in your statutes.  
You spurn all who stray from your statutes; \*  
their deceitfulness is in vain.

In your sight all the wicked of the earth are but dross; \*  
therefore I love your decrees.  
My flesh trembles with dread of you; \*  
I am afraid of your judgments.  
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 8:18-9:6**

A Reading from the Book of the Prophet Jeremiah.

My joy is gone, grief is upon me, my heart is sick. Hark, the cry of my poor people from far and wide in the land: "Is the LORD not in Zion? Is her King not in her?" ("Why have they provoked me to anger with their images, with their foreign idols?") "The harvest is past, the summer is ended, and we are not saved." For the hurt of my poor people I am hurt, I mourn, and dismay has taken hold of me. Is there no balm in Gilead? Is there no physician there? Why then has the health of my poor people not been restored?

O that my head were a spring of water, and my eyes a fountain of tears, so that I might weep day and night for the slain of my poor people! O that I had in the desert a traveler's lodging place, that I might leave my people and go away from them! For they are all adulterers, a band of traitors. They bend their tongues like bows; they have grown strong in the land for falsehood, and not for truth; for they proceed from evil to evil, and they do not know me, says the LORD. Beware of your neighbors, and put no trust in any of your kin; for all your kin are supplanters, and every neighbor goes around like a slanderer. They all deceive their neighbors, and no one speaks the truth; they have taught their tongues to speak lies; they commit iniquity and are too weary to repent. Oppression upon oppression, deceit upon deceit! They refuse to know me, says the LORD.

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**

**Rom. 5:1-11**

A Reading from the Letter to the Romans.

Therefore, since we are justified by faith, we have peace with God through our Lord Jesus Christ, through whom we have obtained access to this grace in which we stand; and we boast in our hope of sharing the glory of God. And not only that, but we also boast in our sufferings, knowing that suffering produces endurance, and endurance produces character, and character produces hope, and hope does not disappoint us, because God's love has been poured into our hearts through the Holy Spirit that has been given to us.

For while we were still weak, at the right time Christ died for the ungodly. Indeed, rarely will anyone die for a righteous person—though perhaps for a good person someone might actually dare to die. But God proves his love for us in that while we still were sinners Christ died for us. Much more surely then, now that we have been justified by his blood, will we be saved through him from the wrath of God. For if while we were enemies, we were reconciled to God through the death of his Son, much more surely, having been reconciled, will we be saved by his life. But more than that, we even boast in God through our Lord Jesus Christ, through whom we have now received reconciliation.

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**

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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

Almighty God, you know that we have no power in ourselves to help ourselves: Keep us both outwardly in our bodies and inwardly in our souls, that we may be defended from all adversities which may happen to the body, and from all evil thoughts which may assault and hurt the soul; through Jesus Christ our Lord, who lives and reigns with you and the Holy Spirit, 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 Grace**

Lord God, almighty and everlasting Father, you have brought us in safety to this new day: Preserve us with your mighty power, that we may not fall into sin, nor be overcome by adversity; and in all we do, direct us to the fulfilling of your purpose; 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*