

## Morning Prayer

### Friday 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 22

**BCP p. 610**

My God, my God, why have you forsaken me? \*

and are so far from my cry and from the words of my distress?

O my God, I cry in the daytime, but you do not answer; \*

by night as well, but I find no rest.

Yet you are the Holy One, \*

enthroned upon the praises of Israel.

Our forefathers put their trust in you; \*

they trusted, and you delivered them.

They cried out to you and were delivered; \*  
they trusted in you and were not put to shame.  
But as for me, I am a worm and no man, \*  
scorned by all and despised by the people.  
All who see me laugh me to scorn; \*  
they curl their lips and wag their heads, saying,  
“He trusted in the LORD; let him deliver him; \*  
let him rescue him, if he delights in him.”  
Yet you are he who took me out of the womb, \*  
and kept me safe upon my mother’s breast.  
I have been entrusted to you ever since I was born; \*  
you were my God when I was still in my mother’s womb.  
Be not far from me, for trouble is near, \*  
and there is none to help.  
Many young bulls encircle me; \*  
strong bulls of Bashan surround me.  
They open wide their jaws at me, \*  
like a ravening and a roaring lion.  
I am poured out like water; all my bones are out of joint; \*  
my heart within my breast is melting wax.  
My mouth is dried out like a pot-sherd; my tongue sticks to the roof of my mouth; \*  
and you have laid me in the dust of the grave.  
Packs of dogs close me in, and gangs of evildoers circle around me; \*  
they pierce my hands and my feet; I can count all my bones.  
They stare and gloat over me; \*  
they divide my garments among them; they cast lots for my clothing.  
Be not far away, O LORD; \*  
you are my strength; hasten to help me.  
Save me from the sword, \*  
my life from the power of the dog.  
Save me from the lion’s mouth, \*  
my wretched body from the horns of wild bulls.  
I will declare your Name to my brethren; \*  
in the midst of the congregation I will praise you.  
Praise the LORD, you that fear him; \*  
stand in awe of him, O offspring of Israel; all you of Jacob’s line, give glory.  
For he does not despise nor abhor the poor in their poverty; neither does he hide his face from  
them; \*  
but when they cry to him he hears them.  
My praise is of him in the great assembly; \*  
I will perform my vows in the presence of those who worship him.  
The poor shall eat and be satisfied, and those who seek the LORD shall praise him: \*  
“May your heart live for ever!”  
All the ends of the earth shall remember and turn to the LORD, \*  
and all the families of the nations bow before him.  
For kingship belongs to the LORD; \*  
he rules over the nations.  
To him alone all who sleep in the earth bow down in worship; \*  
all who go down to the dust fall before him.  
My soul shall live for him; my descendants shall serve him; \*  
they shall be known as the LORD’S for ever.

They shall come and make known to a people yet unborn \*  
the saving deeds that he has done.  
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. 9:13-35**

A Reading from the Book of Exodus.

Then the LORD said to Moses, "Rise up early in the morning and present yourself before Pharaoh, and say to him, Thus says the LORD, the God of the Hebrews: Let my people go, so that they may worship me. For this time I will send all my plagues upon you yourself, and upon your officials, and upon your people, so that you may know that there is no one like me in all the earth. For by now I could have stretched out my hand and struck you and your people with pestilence, and you would have been cut off from the earth. But this is why I have let you live: to show you my power, and to make my name resound through all the earth. You are still exalting yourself against my people, and will not let them go. Tomorrow at this time I will cause the heaviest hail to fall that has ever fallen in Egypt from the day it was founded until now. Send, therefore, and have your livestock and everything that you have in the open field brought to a secure place; every human or animal that is in the open field and is not brought under shelter will die when the hail comes down upon them." Those officials of Pharaoh who feared the word of the LORD hurried their slaves and livestock off to a secure place. Those who did not regard the word of the LORD left their slaves and livestock in the open field.

The LORD said to Moses, "Stretch out your hand toward heaven so that hail may fall on the whole land of Egypt, on humans and animals and all the plants of the field in the land of Egypt." Then Moses stretched out his staff toward heaven, and the LORD sent thunder and hail, and fire came down on the earth. And the LORD rained hail on the land of Egypt; there was hail with fire flashing continually in the midst of it, such heavy hail as had never fallen in all the land of Egypt since it became a nation. The hail struck down everything that was in the open field throughout all the land of Egypt, both human and animal; the hail also struck down all the plants of the field, and shattered every tree in the field. Only in the land of Goshen, where the Israelites were, there was no hail. Then Pharaoh summoned Moses and Aaron, and said to them, "This time I have sinned; the LORD is in the right, and I and my people are in the wrong. Pray to the LORD! Enough of God's thunder and hail! I will let you go; you need stay no longer." Moses said to him, "As soon as I have gone out of the city, I will stretch out my hands to the LORD; the thunder will cease, and there will be no more hail, so that you may know that the earth is the Lord's. But as for you and your officials, I know that you do not yet fear the LORD God." (Now the flax and the barley were ruined, for the barley was in the ear and the flax was in bud. But the wheat and the spelt were not ruined, for they are late in coming up.) So Moses left Pharaoh, went out of the city, and stretched out his hands to the LORD; then the thunder and the hail ceased, and the rain no longer poured down on the earth. But when Pharaoh saw that the rain and the hail and the thunder had ceased, he sinned once more and hardened his heart, he and his officials. So the heart of Pharaoh was hardened, and he would not let the Israelites go, just as the LORD had spoken through 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.  
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 10:32-45**

A Reading from the Gospel According to Mark.

They were on the road, going up to Jerusalem, and Jesus was walking ahead of them; they were amazed, and those who followed were afraid. He took the twelve aside again and began to tell them what was to happen to him, saying, See, we are going up to Jerusalem, and the Son of Man will be handed over to the chief priests and the scribes, and they will condemn him to death; then they will hand him over to the Gentiles; they will mock him, and spit upon him, and flog him, and kill him; and after three days he will rise again.'

James and John, the sons of Zebedee, came forward to him and said to him, Teacher, we want you to do for us whatever we ask of you.' And he said to them, What is it you want me to do for you?' And they said to him, Grant us to sit, one at your right hand and one at your left, in your glory.' But Jesus said to them, You do not know what you are asking. Are you able to drink the

cup that I drink, or be baptized with the baptism that I am baptized with?' They replied, 'We are able.' Then Jesus said to them, 'The cup that I drink you will drink; and with the baptism with which I am baptized, you will be baptized; but to sit at my right hand or at my left is not mine to grant, but it is for those for whom it has been prepared.'

When the ten heard this, they began to be angry with James and John. So Jesus called them and said to them, 'You know that among the Gentiles those whom they recognize as their rulers lord it over them, and their great ones are tyrants over them. But it is not so among you; but whoever wishes to become great among you must be your servant, and whoever wishes to be first among you must be slave of all. For the Son of Man came not to be served but to serve, 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,  
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.**

*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

- ✓ Help us, O God our Savior;  
R. **Deliver us and forgive us our sins.**  
✓ Look upon your congregation.  
R. **Give to your people the blessing of peace.**  
✓ Declare your glory among the nations;  
R. **And your wonders among all peoples.**  
✓ Do not let the oppressed be shamed and turned away;  
R. **Never forget the lives of your poor.**  
✓ Continue your loving-kindness to those who know you;  
R. **And your favor to those who are true of heart.**  
✓ 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.**

### 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 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

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 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*