

Morning Prayer

The Fourth Sunday in Lent

Jesus said: "If any of you would come after me, deny yourself and take up your 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

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 66

BCP p. 673

Be joyful in God, all you lands; *
sing the glory of his Name;
sing the glory of his praise.

Say to God, "How awesome are your deeds! *
because of your great strength your enemies cringe before you.
All the earth bows down before you, *
sings to you, sings out your Name."
Come now and see the works of God, *
how wonderful he is in his doing toward all people.
He turned the sea into dry land,
so that they went through the water on foot, *
and there we rejoiced in him.
In his might he rules for ever;
his eyes keep watch over the nations; *
let no rebel rise up against him.
Bless our God, you peoples; *
make the voice of his praise to be heard;
Who holds our souls in life, *
and will not allow our feet to slip.
For you, O God, have proved us; *
you have tried us just as silver is tried.
You brought us into the snare; *
you laid heavy burdens upon our backs.
You let enemies ride over our heads;
we went through fire and water; *
but you brought us out into a place of refreshment.
I will enter your house with burnt-offerings
and will pay you my vows, *
which I promised with my lips
and spoke with my mouth when I was in trouble.
I will offer you sacrifices of fat beasts
with the smoke of rams; *
I will give you oxen and goats.
Come and listen, all you who fear God, *
and I will tell you what he has done for me.
I called out to him with my mouth, *
and his praise was on my tongue.
If I had found evil in my heart, *
the Lord would not have heard me;
But in truth God has heard me; *
he has attended to the voice of my prayer.
Blessed be God, who has not rejected my prayer, *
nor withheld his love from me.

Psalm 67

BCP p. 675

May God be merciful to us and bless us, *
show us the light of his countenance and come to us.
Let your ways be known upon earth, *
your saving health among all nations.

Let the peoples praise you, O God; *
let all the peoples praise you.
Let the nations be glad and sing for joy, *
for you judge the peoples with equity
and guide all the nations upon earth.
Let the peoples praise you, O God; *
let all the peoples praise you.
The earth has brought forth her increase; *
may God, our own God, give us his blessing.
May God give us his blessing, *
and may all the ends of the earth stand in awe of him.
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 14:1-9,17-22

A Reading from the Book of the Prophet Jeremiah.

The word of the LORD that came to Jeremiah concerning the drought: Judah mourns and her gates languish; they lie in gloom on the ground, and the cry of Jerusalem goes up. Her nobles send their servants for water; they come to the cisterns, they find no water, they return with their vessels empty. They are ashamed and dismayed and cover their heads, because the ground is cracked. Because there has been no rain on the land the farmers are dismayed; they cover their heads. Even the doe in the field forsakes her newborn fawn because there is no grass. The wild asses stand on the bare heights, they pant for air like jackals; their eyes fail because there is no herbage. Although our iniquities testify against us, act, O LORD, for your name's sake; our apostasies indeed are many, and we have sinned against you. O hope of Israel, its savior in time of trouble, why should you be like a stranger in the land, like a traveler turning aside for the night? Why should you be like someone confused, like a mighty warrior who cannot give help? Yet you, O LORD, are in the midst of us, and we are called by your name; do not forsake us!

You shall say to them this word: Let my eyes run down with tears night and day, and let them not cease, for the virgin daughter—my people—is struck down with a crushing blow, with a very grievous wound. If I go out into the field, look—those killed by the sword! And if I enter the city, look—those sick with famine! For both prophet and priest ply their trade throughout the land, and have no knowledge. Have you completely rejected Judah? Does your heart loathe Zion? Why have you struck us down so that there is no healing for us? We look for peace, but find no good; for a time of healing, but there is terror instead. We acknowledge our wickedness, O LORD, the iniquity of our ancestors, for we have sinned against you. Do not spurn us, for your name's sake; do not dishonor your glorious throne; remember and do not break your covenant with us. Can any idols of the nations bring rain? Or can the heavens give showers? Is it not you, O LORD our God? We set our hope on you, for it is you who do all this.

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

Gal. 4:21-5:1

A Reading from the Letter to the Galatians.

Tell me, you who desire to be subject to the law, will you not listen to the law? For it is written that Abraham had two sons, one by a slave woman and the other by a free woman. One, the child of the slave, was born according to the flesh; the other, the child of the free woman, was born through the promise. Now this is an allegory: these women are two covenants. One woman, in fact, is Hagar, from Mount Sinai, bearing children for slavery. Now Hagar is Mount Sinai in Arabia and corresponds to the present Jerusalem, for she is in slavery with her children. But the other woman corresponds to the Jerusalem above; she is free, and she is our mother. For it is written, "Rejoice, you childless one, you who bear no children, burst into song and shout, you who endure no birthpangs; for the children of the

desolate woman are more numerous than the children of the one who is married.” Now you, my friends, are children of the promise, like Isaac. But just as at that time the child who was born according to the flesh persecuted the child who was born according to the Spirit, so it is now also. But what does the scripture say? “Drive out the slave and her child; for the child of the slave will not share the inheritance with the child of the free woman.” So then, friends, we are children, not of the slave but of the free woman.

For freedom Christ has set us free. Stand firm, therefore, and do not submit again to a yoke of slavery.

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

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 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

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.

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 Sundays

O God, you make us glad with the weekly remembrance of the glorious resurrection of your Son our Lord: Give us this day such blessing through our worship of you, that the week to come may be spent in your favor; through Jesus Christ our Lord. Amen.

A Prayer for Mission

Lord Jesus Christ, you stretched out your arms of love on the hard wood of the cross that everyone might come within the reach of your saving embrace: So clothe us in your Spirit that we, reaching forth our hands in love, may bring those who do not know you to the knowledge and love of you; for the honor of your Name. Amen.

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

The General Thanksgiving

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