

Morning Prayer

Friday, March 14



Opening Statement

To the Lord our God belong mercy and forgiveness, because we have rebelled against him and have not obeyed the voice of the Lord our God by following his laws which he set before us.

Daniel 9:9, 10

Confession of Sin

Let us confess our sins against God and our neighbor.

Most merciful God,

*we confess that we have sinned against you
in thought, word, and deed,
by what we have done,
and by what we have left undone.
We have not loved you with our whole heart;
we have not loved our neighbors as ourselves.
We are truly sorry and we humbly repent.
For the sake of your Son Jesus Christ,
have mercy on us and forgive us;
that we may delight in your will,
and walk in your ways,
to the glory of your Name. Amen.*

Almighty God have mercy on us, forgive us all our sins through our Lord Jesus Christ, strengthen us in all goodness, and by the power of the Holy Spirit keep us in eternal life. *Amen.*

The Invitatory

Lord, open our lips.

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.

Psalm 95

Venite, exultemus

¹Come, let us sing to the Lord; *

let us shout for joy to the Rock of our salvation.

²Let us come before his presence with thanksgiving *
and raise a loud shout to him with psalms.

³For the Lord is a great God, *
and a great King above all gods.

⁴In his hand are the caverns of the earth, *
and the heights of the hills are his also.

⁵The sea is his, for he made it, *
and his hands have molded the dry land.

⁶Come, let us bow down, and bend the knee, *

and kneel before the Lord our Maker.
7For 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!
8Harden not your hearts,
as your forebears did in the wilderness, *
at Meribah, and on that day at Massah,
when they tempted me.
9They put me to the test, *
though they had seen my works.
10Forty years long I detested that generation and said, *
"This people are wayward in their hearts;
they do not know my ways."
11So I swore in my wrath, *
"They shall not enter into my rest."

Antiphon

The Lord is full of compassion and mercy:
Come let us adore him.

Jubilate

Psalm 100

Be joyful in the Lord, all you lands; *
serve the Lord with gladness
and come before his presence with a song.
Know this: The Lord himself is God; *
he himself has made us, and we are his;
we are his people and the sheep of his pasture.
Enter his gates with thanksgiving;
go into his courts with praise; *
give thanks to him and call upon his Name.
For the Lord is good;
his mercy is everlasting; *
and his faithfulness endures from age to age.
The Lord is full of compassion and mercy:
Come let us adore him.

Psalm 40 *Expectans, expectavi*

1 I waited patiently upon the Lord; *
he stooped to me and heard my cry.
2 He lifted me out of the desolate pit,
out of the mire and clay; *
he set my feet upon a high cliff
and made my footing sure.
3 He put a new song in my mouth,
a song of praise to our God; *
many shall see, and stand in awe,
and put their trust in the Lord.
4 Happy are they who trust in the Lord! *
they do not resort to evil spirits

or turn to false gods.

⁵ Great things are they that you have done, O Lord my God!
how great your wonders and your plans for us! *
there is none who can be compared with you.

⁶ Oh, that I could make them known and tell them! *
but they are more than I can count.

⁷ In sacrifice and offering you take no pleasure *
(you have given me ears to hear you);

⁸ Burnt-offering and sin-offering you have not required, *
and so I said, Behold, I come.

⁹ In the roll of the book it is written concerning me: *
I love to do your will, O my God;
your law is deep in my heart.

¹⁰ I proclaimed righteousness in the great congregation; *
behold, I did not restrain my lips;
and that, O Lord, you know.

¹¹ Your righteousness have I not hidden in my heart;
I have spoken of your faithfulness and your deliverance; *
I have not concealed your love and
faithfulness from the great congregation.

¹² You are the Lord;
do not withhold your compassion from me; *
let your love and your faithfulness keep me safe for ever,

¹³ For innumerable troubles have crowded upon me;
my sins have overtaken me, and I cannot see; *
they are more in number than the hairs of my head,
and my heart fails me.

¹⁴ Be pleased, O Lord, to deliver me; *
O Lord, make haste to help me.

¹⁵ Let them be ashamed and altogether dismayed
who seek after my life to destroy it; *
let them draw back and be disgraced
who take pleasure in my misfortune.

¹⁶ Let those who say Aha! and
gloat over me be confounded,
because they are ashamed.

¹⁷ Let all who seek you rejoice in you and be glad; *
let those who love your salvation
continually say,
Great is the Lord!

¹⁸ Though I am poor and afflicted, *
the Lord will have regard for me.

¹⁹ You are my helper and my deliverer; *
do not tarry, O my God.

Psalm 54 *Deus, in nomine*

¹ Save me, O God, by your Name; *
in your might, defend my cause.

² Hear my prayer, O God; *
give ear to the words of my mouth.

³ For the arrogant have risen up against me,
and the ruthless have sought my life, *
those who have no regard for God.
⁴ Behold, God is my helper; *
it is the Lord who sustains my life.
⁵ Render evil to those who spy on me; *
in your faithfulness, destroy them.
⁶ I will offer you a freewill sacrifice *
and praise your Name, O Lord, for it is good.
⁷ For you have rescued me from every trouble, *
and my eye has seen the ruin of my foes.

Gloria Patri

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. *Amen.*

The Old Testament Lesson

A reading from the book of Deuteronomy 10:12-22

¹²So now, O Israel, what does the Lord your God require of you? Only to fear the Lord your God, to walk in all his ways, to love him, to serve the Lord your God with all your heart and with all your soul, ¹³and to keep the commandments of the Lord your God and his decrees that I am commanding you today, for your own well-being. ¹⁴Although heaven and the heaven of heavens belong to the Lord your God, the earth with all that is in it, ¹⁵yet the Lord set his heart in love on your ancestors alone and chose you, their descendants after them, out of all the peoples, as it is today. ¹⁶Circumcise, then, the foreskin of your heart, and do not be stubborn any longer. ¹⁷For the Lord your God is God of gods and Lord of lords, the great God, mighty and awesome, who is not partial and takes no bribe, ¹⁸who executes justice for the orphan and the widow, and who loves the strangers, providing them food and clothing. ¹⁹You shall also love the stranger, for you were strangers in the land of Egypt. ²⁰You shall fear the Lord your God; him alone you shall worship; to him you shall hold fast, and by his name you shall swear. ²¹He is your praise; he is your God, who has done for you these great and awesome things that your own eyes have seen. ²²Your ancestors went down to Egypt seventy persons; and now the Lord your God has made you as numerous as the stars in heaven.

The Word of the Lord.

Thanks be to God.

Canticle 16 The Song of Zechariah

Benedictus Dominus Deus

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 New Testament Lesson

A reading from the letter to the Hebrews 4:11-16

¹¹Let us therefore make every effort to enter that rest, so that no one may fall through such disobedience as theirs. ¹²Indeed, the word of God is living and active, sharper than any two-edged sword, piercing until it divides soul from spirit, joints from marrow; it is able to judge the thoughts and intentions of the heart. ¹³And before him no creature is hidden, but all are naked and laid bare to the eyes of the one to whom we must render an account. ¹⁴Since, then, we have a great high priest who has passed through the heavens, Jesus, the Son of God, let us hold fast to our confession. ¹⁵For we do not have a high priest who is unable to sympathize with our weaknesses, but we have one who in every respect has been tested as we are, yet without sin. ¹⁶Let us therefore approach the throne of grace with boldness, so that we may receive mercy and find grace to help in time of need.

The Word of the Lord.

Thanks be to God.

Canticle 18 A Song to the Lamb

Dignus es

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.
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 Gospel

A reading from the Gospel according to John 3:22-36

²²After this Jesus and his disciples went into the Judean countryside, and he spent some time there with them and baptized. ²³John also was baptizing at Aenon near Salim because water was abundant there; and people kept coming and were being baptized ²⁴—John, of course, had not yet been thrown into prison. ²⁵Now a discussion about purification arose between John's disciples and a Jew. ²⁶They came to John and said to him, "Rabbi, the one who was with you across the Jordan, to whom you testified, here he is baptizing, and all are going to him." ²⁷John answered, "No one can receive anything except what has been given from heaven. ²⁸You yourselves are my witnesses that I said, 'I am not the Messiah, but I have been sent ahead of him.' ²⁹He who has the bride is the bridegroom. The friend of the bridegroom, who stands and hears him, rejoices greatly at the bridegroom's voice. For this reason, my joy has been fulfilled. ³⁰He must increase, but I must decrease." ³¹The one who comes from above is above all; the one who is of the earth belongs to the earth and speaks about earthly things. The one who comes from heaven is above all. ³²He testifies to what he has seen and heard, yet no one accepts his testimony. ³³Whoever has accepted his testimony has certified this, that God is true. ³⁴He whom God has sent speaks the words of God, for he gives the Spirit without measure. ³⁵The Father loves the Son and has placed all things in his hands. ³⁶Whoever believes in the Son has eternal life; whoever disobeys the Son will not see life but must endure God's wrath.

The Word of the Lord.

Thanks be to God.

The Apostles' Creed

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

God be with you.

And also with you.

Let us pray.

The Lord's Prayer

Our Father in heaven,
hallowed be your Name,
your kingdom come,
your will be done,
on Earth as in heaven.
Give us today our daily bread.
Forgive us our sins
as we forgive those
who sin against us.
Save us from the time of trial,
and deliver us from evil.
For the kingdom, the power,
and the glory are yours,
now and for ever. *Amen.*

Suffrages

Help us, O God our Savior;
Deliver us and forgive us our sins.

Look upon your congregation;
Give to your people the blessing of peace.

Declare your glory among the nations;
And your wonders among all peoples.

Do not let the oppressed be shamed and turned away;
Never forget the lives of your poor.

Continue your loving-kindness to those who know you;
And your favor to those who are true of heart.

Satisfy us by your loving-kindness in the morning;
So shall we rejoice and be glad all the days of our life.

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 your Son our Lord.
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 your Son our Lord.
Amen.

Trinity Cycle of Prayer

John VanGuilder

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

A Prayer of St. Chrysostom

Almighty God, you have given us grace at this time with one accord to make our common supplication to you; and you have promised through your well-beloved Son that when two or three are gathered together in his Name you will be in the midst of them: Fulfill now, O Lord, our desires and petitions as may be best for us; granting us in this world knowledge of your truth, and in the age to come life everlasting. *Amen.*

Benediction

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*
