Morning Prayer for Wednesday after the Fourth Sunday in Lent

Fore-Office

The Invitatory and Psalter

V: Lord, open our lips.
R: 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

*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.

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

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.

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

Harden not your hearts,
as your forebears did in the wilderness, *
at Meribah, and on that day at Massah,
when they tempted me.
They put me to the test, *
though they had seen my works.

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

Forty years long I detested that generation and said, *
"This people are wayward in their hearts;
they do not know my ways."
So I swore in my wrath, *
"They shall not enter into my rest."

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

**The Psalm or Psalms Appointed**

Psalm 101 *Misericordiam et judicium*

1 I will sing of mercy and justice; *
to you, O LORD, will I sing praises.
2 I will strive to follow a blameless course; oh, when will you come to me? *
I will walk with sincerity of heart within my house.
3 I will set no worthless thing before my eyes; *
I hate the doers of evil deeds; they shall not remain with me.
A crooked heart shall be far from me; *
I will not know evil.
Those who in secret slander their neighbors I will destroy; *
those who have a haughty look and a proud heart I cannot abide.
My eyes are upon the faithful in the land, that they may dwell with me, *
and only those who lead a blameless life shall be my servants.
Those who act deceitfully shall not dwell in my house, *
and those who tell lies shall not continue in my sight.
I will soon destroy all the wicked in the land, *
that I may root out all evildoers from the city of 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.

Psalm 109 Deus, laudem

Hold not your tongue, O God of my praise; *
for the mouth of the wicked, the mouth of the deceitful, is opened against me.
They speak to me with a lying tongue; *
they encompass me with hateful words and fight against me without a cause.
Despite my love, they accuse me; *
but as for me, I pray for them.
They repay evil for good, *
and hatred for my love.
Set a wicked man against him, *
and let an accuser stand at his right hand.
When he is judged, let him be found guilty, *
and let his appeal be in vain.
Let his days be few, *
and let another take his office.
Let his children be fatherless, *
and his wife become a widow.
Let his children be waifs and beggars; *
let them be driven from the ruins of their homes.
Let the creditor seize everything he has; *
let strangers plunder his gains.
Let there be no one to show him kindness, *
and none to pity his fatherless children.
Let his descendants be destroyed, *
and his name be blotted out in the next generation.
Let the wickedness of his fathers be remembered before the LORD, * and his mother's sin not be blotted out;
Let their sin be always before the LORD; *
but let him root out their names from the earth;
Because he did not remember to show mercy, *
but persecuted the poor and needy and sought to kill the brokenhearted.
He loved cursing, let it come upon him; *
he took no delight in blessing, let it depart from him.
He put on cursing like a garment, *
let it soak into his body like water and into his bones like oil;
and like the belt that he wears continually.
Let this be the recompense from the LORD to my accusers, *
and to those who speak evil against me.
But you, O Lord my God, oh, deal with me according to your Name; *
for your tender mercy's sake, deliver me.
For I am poor and needy, *
and my heart is wounded within me.
I have faded away like a shadow when it lengthens; *
I am shaken off like a locust.
My knees are weak through fasting, *
and my flesh is wasted and gaunt.
I have become a reproach to them; *
they see and shake their heads.
Help me, O LORD my God; *
save me for your mercy's sake.
Let them know that this is your hand, *
that you, O LORD, have done it.
They may curse, but you will bless; *
let those who rise up against me be put to shame, and your servant will rejoice.
Let my accusers be clothed with disgrace *
and wrap themselves in their shame as in a cloak.
I will give great thanks to the LORD with my mouth; *
in the midst of the multitude will I praise him;
Because he stands at the right hand of the needy, *
to save his life from those who would condemn 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

A reading from Genesis 50:15-26 (NRSV)

Realizing that their father was dead, Joseph's brothers said, "What if Joseph still bears a grudge against us and pays us back in full for all the wrong that we did to him?" So they approached Joseph, saying, "Your father gave this instruction before he died, 'Say to Joseph: I beg you, forgive the crime of your brothers and the wrong they did in harming you.' Now therefore please forgive the crime of the servants of the God of your father." Joseph wept when they spoke to him. Then his brothers also wept, fell down before him, and said, "We are here as your slaves." But Joseph said to them, "Do not be afraid! Am I in the place of God? Even though you intended to do harm to me, God intended it for good, in order to preserve a numerous people, as he is doing today. So have no fear; I myself will provide for you and your little ones." In this way he reassured them, speaking kindly to them. So Joseph remained in Egypt, he and his father's household; and Joseph lived one hundred ten years. Joseph saw Ephraim's children of the third generation; the children of Machir son of Manasseh were also born on Joseph's knees. Then Joseph said to his brothers, "I am about to die; but God will surely come to you, and bring you up out of this land to the land that he swore to Abraham, to Isaac, and to Jacob." So Joseph made the Israelites swear, saying, "When God comes to you, you shall carry up my bones from here." And Joseph died, being one hundred ten years old; he was embalmed and placed in a coffin in Egypt.

Here ends the Reading.

A Song of Penitence Kyrie Pantokrator
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.

A reading from 1 Corinthians 12:1-11 (NRSV)

Now concerning spiritual gifts, brothers and sisters, I do not want you to be uninformed. You know that when you were pagans, you were enticed and led astray to idols that could not speak. Therefore I want you to understand that no one speaking by the Spirit of God ever says "Let Jesus be cursed!" and no one can say "Jesus is Lord" except by the Holy Spirit. Now there are varieties of gifts, but the same Spirit; and there are varieties of services, but the same Lord; and there are varieties of activities, but it is the same God who activates all of them in everyone. To each is given the manifestation of the Spirit for the common good. To one is given through the Spirit the utterance of wisdom, and to another the utterance of knowledge according to the same Spirit, to another faith by the same Spirit, to another gifts of healing by the one Spirit, to another the working of miracles, to another prophecy, to another the discernment of spirits, to another various kinds of tongues, to another the interpretation of tongues. All these are activated by one and the same Spirit, who allots to each one individually just as the Spirit chooses.
Here ends the Reading.

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 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

V: The Lord be with you.
R: And also with you.

Let us pray.

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 A

V. Show us your mercy, O Lord;
R. And grant us your salvation.
V. Clothe your ministers with righteousness;
R. Let your people sing with joy.
V. Give peace, O Lord, in all the world;
R. For only in you can we live in safety.
V. Lord, keep this nation under your care;
R. And guide us in the way of justice and truth.
V. Let your way be known upon earth;
R. Your saving health among all nations.
V. Let not the needy, O Lord, be forgotten;
R. Nor the hope of the poor be taken away.
V. Create in us clean hearts, O God;
R. And sustain us with your Holy Spirit.

Collect of the Day

O Lord our God, you sustained your ancient people in the wilderness with bread from heaven: Feed now your pilgrim flock with the food that endures to
everlasting life; through Jesus Christ your Son our Lord, who lives and reigns with you and the Holy Spirit, one God, for ever and ever. Amen.

_A Collect for Grace_

O 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_

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 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_