

Welcome to Morning Prayer!

Many of you pray the Daily Office (Morning, Noonday, and Evening Prayer) as a regular part of your prayer life. These prayers, which can be led by lay or ordained, are some of the oldest communal prayers of the Church.

If you've never prayed Morning Prayer, welcome! We're thankful to have this option for prayer and worship while we are responding to this pandemic. But I hope you will find it a helpful way to pray even after this time passes.

Morning and Evening Prayer are made up of a few distinct parts: The Gathering (The Confession, "Lord, open our lips"), the Psalter (where we say the psalm or psalms of the day), the lessons and responses (we hear readings from the Bible and respond with canticlea, which are holy poetry of the Church), The Apostles' Creed (our statement of faith and similar to the Nicene Creed), and the Prayers.

A few helpful hints as you pray at home and/or join us via Facebook live:

- You do not have to have a Facebook account to join us via Facebook live. A Google search of St. Michael's Lexington Facebook should get you to our public page.
- You'll need a Bible for the lessons and a Book of Common Prayer. This PDF contains the service if you want to follow along, as well. The PDF has page numbers for the Book of Common Prayer, as well.
- As you begin, light a candle, gather with those in your household (pets included) and take a few minutes of silence.
- If you're praying alone, you get to read all the parts. If you're with others, each person can share (yes, even the kiddos).
- The parts with V (for versicle) and R (for response) are led by one person who says the versicle, and everyone else joins in the response. Again, if you're praying alone, simply pray them all.
- The directions will say stand, sit, or kneel. You can follow along as you are able, or simply stay seated. God will be praised regardless.



Morning Prayer for The Third Sunday in Lent
March 15, 2020

Gather with those in your household. The service begins on page 76 of The Book of Common Prayer.

Take a few moments of silence. Then one person says:

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

Confession of Sin (BCP p. 79)

Officiant Dearly beloved, we have come together in the presence of Almighty God our heavenly Father, to set forth his praise, to hear his holy Word, and to ask, for ourselves and on behalf of others, those things that are necessary for our life and our salvation. And so that we may prepare ourselves in heart and mind to worship him, let us kneel in silence, and with penitent and obedient hearts confess our sins, that we may obtain forgiveness by his infinite goodness and mercy.

Silence is kept.

Officiant and People together, all kneeling:

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.

The Priest alone stands and says: Almighty God have mercy on you, forgive you all your sins through our Lord Jesus Christ, strengthen you in all goodness, and by the power of the Holy Spirit keep you in eternal life. *Amen.*

A lay person using the preceding form remains kneeling, and substitutes "us" for "you" and "our" for "your."

The Invitatory and Psalter (BCP p. 80)

All stand

Officiant Lord, open our lips.

People And our mouth shall proclaim your praise.

Officiant and People 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.

All say together

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.

Then follows the Psalm of the say

Psalm 95 (BCP p. 724)

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!

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.

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."

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 Reading: Exodus 17:1-7

After the Lesson the Reader may say The Word of the Lord.
People Thanks be to God.

Silence may be kept after the Reading.

After the Reading, all say together

A Song of Penitence (BCP p. 90)

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.

The Second Reading: The Gospel of John 4:5-42

After the Lesson the Reader may say The Word of the Lord.
People Thanks be to God.

Silence may be kept after the Reading.

After the Reading, all say together

The Song of Zechariah (BCP p. 92)

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.

Homily

The Apostles' Creed

Saying together, all standing

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)

The People stand or kneel

Officiant The Lord be with you.
People And also with you.
Officiant Let us pray.

Officiant and People

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.

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 upon 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 Officiant then says one or more of the following Collects

The Third Sunday in Lent

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.

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.

Prayers and thanksgivings may follow during a time of prayer and music.

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.*

The Supplication (Based on a form from BCP p. 154)

For use during times of national anxiety.

O Lord, arise, help us;
And deliver us for your Name's sake.

O God, we have heard with our ears, and our ancestors have declared unto us, the noble works that you did in their days, and in the old time before them.
O Lord, arise, help us; and deliver us for thy Name's sake.

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.
O Lord, arise, help us; and deliver us for thy Name's sake.

V. From our enemies defend us, O Christ;
R. Graciously behold our afflictions.
V. With pity behold the sorrows of our hearts;
R. Mercifully forgive the sins of your people.
V. Favorably with mercy hear our prayers;
R. O Son of David, have mercy upon us.
V. Both now and ever vouchsafe to hear us, O Christ;
R. Graciously hear us, O Christ; graciously hear us, O Lord Christ.

The Officiant concludes

Let us pray.

We humbly beseech you, Almighty God, mercifully to look upon our infirmities; and, for the glory of your Name, turn from us all those evils that we most justly have deserved; and grant that in all our troubles we may put our whole trust and confidence in your mercy, and evermore serve you in holiness and pureness of living, to your honor and glory; through our only Mediator and Advocate, Jesus Christ our Lord. *Amen.*

Then may be said

Officiant Let us bless the Lord.
People Thanks be to God.